

## **SPANKING NEW RULE: THROW OUT THAT RULER**

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### **Abstract**

Children are like flowers. Hence, to be handled properly by understanding their psychology. Discipline has to be inculcated at an early stage rather than impose it on children. Severe punishment will not be productive and it exhibit opposite effect. In the world of competition the children are trapped. They are over burden with parental expectation. It is essential to avoid harsh punishment as it leads to aggression behavior and in long term emotional burst out. A good parenting can bring an emotional stable and healthy child development. A small scolding make the child to realize what they have done wrong is enough to make them understand. Environment plays vital role in child's development. Children pick everything from parents, teachers and their peer group.

Keyword; children, aggression, parenting

### **INTRODUCTION**

A child is like an empty canvas waiting to be painted with faith, humor, love and optimism. Parents are expected to raise their children by recognizing their good behaviors and qualities and also by respecting their individuality. As children develop, they undergo numerous experiences. These experiences draft their general nature and attitude towards life. Their childhood experiences help them in acquisition of life skills, attitude and experience in nature and development of interpersonal skills. In addition, various experiences like pleasure, sorrow, anger and jealousy are also important in training them about life and relationship with others. Do they understand why they are being scolded or whacked? The answer is as simple as that they might not understand the words but for sure the emotions and expressions are very well comprehended. Anger is a universal expression, which can be easily understood by everyone regardless of his or her age.

Children have to be nurtured like flowers. The best way to teach and discipline them is by setting examples before them. Environment they are nurtured plays a key role in a child's development. They pick up by observing their parents, teachers

and peer group.

In order to grow from their experience of being disciplined, children must have a strong sense of self-esteem. This confidence or self-respect comes, in part, from the experience of being acknowledged for good behavior and achievements rather than by only being spanked or scolded for their mistakes. A good balance of feeling praised and being disciplined are necessary for the socialization of children<sup>1</sup>.

Current trend of having a small nuclear family tends to increase the parents expectations high from their kids. For example, expecting them to perform extremely well in their academics as well as extra-curricular activities disregarding what interests their child wants. Lack of confidence in children and also patience and tolerance among the parent often create problem. Parents need to adopt a graduated response yet firm and communicate with their children as frankly as they can, explaining things over and taking them into confidence. Threats should be an exception and physical punishment even rare. However, meta-analysis study conducted revealed that in 10 out of 13 studies, conditional spanking was more effective in reducing child noncompliance and anti-social behavior. They

added that overly severe or predominant use of physical punishment compared unfavorably with alternative disciplinary tactics.<sup>5</sup> In short, there seems to be a threshold whereas some amount of scolding (physical spanking in this case) can be a beneficial tool in a parent's disciplinary toolkit, while excessive amounts of scolding (such as relying on spanking exclusively) can be detrimental.

Today's children are growing up in a fiercely competitive world and have enough tensions of their own. They need parental support and appreciation from time to time that motivates them. Spending time with children often proves to be beneficial. They are to be conquered with love, logic and a helping hand. Every child has age appropriate issues, which must be dealt with patience, and understanding. Parents must try to empathize and look at those problems from their child's perspective rather than rebuking or ridiculing them. Study conducted by Benesse Educational Research Centre in 1998 shows the child's perspective towards how they are affected by parent's behavior. When asked to a sample if their parent's listen to them patiently the study revealed that children who have been scolded or whacked many times do not think their parents listen to them very well.<sup>1</sup> Sometimes parents are harsh with their children. However, we must keep in mind that children may feel that their parents do not understand them very well when they are subjected to severe scolding or physical punishment.

A conditional spank, as mentioned earlier, may help to discipline the child but harsh punishment may lead to child's aggressive behavior. Deater-Deckard and Dodge (1997)<sup>3</sup> have suggested that the association between harsh parenting and child aggression depend on whether parental disciplinary actions are carried out in an emotionally controlled or an emotionally charged manner. Their findings implicate the emotional

influence of harsh parenting on child aggression. Separately. Other researchers have examined parental emotionality<sup>7</sup> as well as child emotional regulation<sup>4</sup> and emotional security<sup>2</sup>. These findings suggest that children's emotion regulation is affected by their parents' punitive emotions and, in turn, affects an array of social behaviors, including aggression. A study conducted on linking parent's harsh behavior and a child's emotional regulation including aggression suggests that parental harshness, even if it does not meet a criterion of physical maltreatment, may have an impact on a child's ability to regulate emotion and become aggressive and further advocates to change parent's behavior for example banning spanking.

**Conclusion:** It can be concluded that spare the rod and spoil the child, now seems to be an outdated expression. Today's parents must have a healthy and friendly relationship with their kids and deal with them with lots of patience, tolerance and love. A correct balance between being affirmative and compassionate towards them may help them get disciplined in a way that they accept it as their way of life rather than a task to perform only when parent's are around. They must always be appreciated for adopting a good habit or behaving appropriately and a conditional spank is acceptable however, a line must be drawn between an occasional whack and harsh punishment. Just give them an environment filled with love, support, faith, humor and optimism and see them grow into a loving and confident individual.

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