

Original Research Article

# Parenting: Relationship of Dual-Earners with the Off Springs

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## ABSTRACT

Parenting (or child rearing) is the process of promoting and supporting the physical, emotional, social, and intellectual development of a child from infancy to adulthood. The present study is focussed on the understanding of the parent child relationship of a teenager with his parents when both the parents were working. Moreover parenting has various impact on child development and this is one of the burning issues in today's society that how to balance between the work place and family life. For this purpose, we prepared an open ended/informal and conversational form of interview consisting of 40 dual earners middle class families, the interview is conducted on both parents and the child. Through this interview we found that the working parents seems to devote less time towards their child because of their professional responsibilities and long working hours. As a result the child found the alternative ways to share their feelings such as with their friends and classmates.

**Key words:** Parenting, dual earners, professional responsibilities, long working hours.

## 1. INTRODUCTION

Parenting refers to the aspect of raising the child and giving most care and support. Parenting usually done by the biological parents of the child in question; although government and society take a role as well. In many cases, orphaned or abandoned children receive parental care from non-parent blood relations. Others may be raised in foster care, or placed in orphanage. Parenting skills vary, and a parent with good parenting skills may be referred to as good parent. The English paediatrician and psychoanalyst Donald Winnicott described the concept of "good enough" parenting in which a minimum of prerequisites for healthy child development are met.

### Parenting Style:

- Authoritarian parenting styles can be very rigid and strict. Parents who practice authoritarian style parenting have a strict set of rules and expectations and require rigid obedience. If rules are not followed punishment is most often used to ensure obedience? There is usually no explanation of punishment expect that the child is in trouble and should listen accordingly. "Because I said so" is a typical response to a child's question of authority, and this type of authority is used more often in working-class families than the middle class. In 1983 Diana Baumrind found that the child raised in an authoritarian style

were less cheerful, more moody and more vulnerable to stress. In many cases these children also demonstrate passive hostility.

- Authoritative parenting relies on positive reinforcement and infrequent use of punishment. Parents are more aware of child's feelings and capabilities and support the development of a child's autonomy within reasonable limits. There is a give and take atmosphere involved in parent child communication and both control and support are exercised in authoritative parenting style. Research allows that this style is most beneficial when parenting children.
- Permissive and Indulgent parenting is most popular in middle class families. In these family settings a child's freedom and their autonomy are valued and parents tend to rely mostly on reasoning and explanation. There tends to be little if any punishment or rules in this style of parenting and children are said to be free from external constraints. Children of permissive parents are generally happy but sometimes show levels of self-control and self-reliance because they lack structure at home.
- An uninvolved parenting style is when parents are emotionally absent and sometimes even physically absent. They have little to no expectation of the child and regularly have no communication. They are not responsive to a child's needs and do not demand anything of them in their behavioural expectations. They provide everything the child needs for survival with little to no engagement. There is often a large gap between the parents and children with this parenting style. Children with little or no communication with parents tended to be the victims of another child's deviant behaviour and may be involved in some

deviances themselves. Children of uninvolved parents suffer in each of the following areas: social competence, academic performance, psychological development and problem behaviour.

#### **Long working hours and its effect on parenting:**

Working hours were driven by the requirements of their jobs, income, and the cultures of their workplaces, as well as the satisfaction work provided. Many parents felt unable to reduce their hours, despite believing that their hours had a variety of negative impacts on family life. Parents who worked long hours identified a number of positive impacts about their working hours, including being a role model, earning extra income (for those on wages) and building up a business. Negative impacts for many long-hours workers included fatigue and sleep deprivation, stress, negative impacts on health and fitness, and having less energy for parenting.

During adolescence children are beginning to form their identity and their testing and developing the interpersonal and occupational roles that they will assume as adults. Therefore it is important that parents must treat as young adults. Although adolescence look to peers and adults outside of the family for guidance and models for how to behave, parents remain influential in their development. It is seen that dual earners child thinks poorly of him or herself, is not confident, hangs around with gangs, lack positive values, and follows the crowd, is not doing well in studies, is losing interest in school, has few friends, lack supervision at home or is not close to key adults like parents are vulnerable to peer pressure. In order to prevent all these, it is important to build the trusting relationship with them. This can be achieved by planning and spending fun activities together, keeping your promises, do not nag with him or her about their past mistakes and try to listen

and talk to them, no matter how busy they are. When a trusting relationship is built, they are more likely to approach you for help when faced with negative peer pressure. Parenting style illustrates this centrality of nurturing and control; authoritarian parents are low in nurturing (responsiveness) and high on control (demandingness). Permissive parents are high on nurturing and low on control and authoritative parents are high on nurturing and high on control. All these parenting styles include parenting practices, which are communicative behaviours specially, aimed at guiding children's development. These parenting practices and communication have been associated with various physical, socio-emotional, and academic outcomes for children. In general authoritative parenting is associated with the best communicative, academic, emotional and mastery orientation outcomes for children.

**Review of Literature:** Barren and Earls (1984) found that negative parent-child interaction and high family stress are associated with poor behaviour adjustment in children. Negative parent-child interaction included low parental warmth and affection. Increased parental irritability and criticism, family discord, strife and physical abuse, affect the child's life. Another study conducted by Moline (1999) is done to see the effect of parental involvement in student's achievement, to provide a scholarly basis for justifying and implementing their involvement programs that may produce significant and long lasting effect on child's academic performance. In doing so, educational institutions can expect to reap the reward of improved student achievement. Research reveals that parental involvement at home and school are not equally important to children's learning. The home environment is among the most important influences on academic achievement and child

development. Parents of high achieving students had a distinct style of interacting with their children, and created emotionally supportive home environment.

## 2. RESEARCH METHODOLOGY

### 2.1. STATEMENT OF THE PROBLEM:

The present study is focussed on the understanding of the parent child relationship of a teenager with his parents when both the parents were working.

### 2.2. OBJECTIVES OF THE STUDY:

- gain an understanding of the impact of long working hours on family life and family wellbeing
- to explore the reasons family members work long hours
- To suggest suitable steps for maintaining healthy relationship

**2.3. RESEARCHDESIGN:** Descriptive research.

**2.4. SAMPLE DESIGN:** Simple random sampling.

**2.5. SAMPLE TECHNIQUE/METHOD:** Questionnaire method.

**2.6. SAMPLING SIZE:** sample size is 40 dual earners and their children

**2.7. SOURCES OF DATA COLLECTION:** primary data.

### 2.8. LIMITATIONS:

- The sample size taken for the research is small due to the constraint of time.
- The study does not represent the situation of the entire population which consist of more diverse and complex groups of people. Also the participants

could not be pressurized to answer all the question due to their busy schedule.

### 3. DATA ANALYSIS

In depth interview was conducted with the dual earner and their off springs to understand their relationship. And for this open ended questionnaire was prepared and were asked to both of them. There were basic reasons why parents generally worked long hour is the requirements of the job (including completing the tasks involved, having a high workload, and customer demands). The need for greater income. The pressure of work place and industry culture.

As the interview was conducted with the 40 working parents and their children it was found that they were very open about their thoughts and relationship with each other. Out of 40 interview 35 said that they had very tough time maintaining the balance between the home and work life. Parents generally indulge in working to give better life to their kids and to even add on extra income in the family to meet their financial needs and to maintain basic standard of their living. As they themselves were educated and it was kind of have to engage in any work. And for some of them it is the competition that engages themselves in to work and also even to give better education to child and meeting their demand and for all this they themselves becomes so busy in their own lives that they hardly gets time to get out of that. After all they get less maternity leave. Moreover they get less time to spend with their kids even to go for holiday or to share each other's feeling. They keep their child in child day care centre and also the parents coming back from the office gets tired and sleeps and in the morning they again have to run for their work. Even it was found that there is 8 fixed hours of working and sometimes work for extra hours for extra money and even on Saturdays also. And when we asked the kids

they said that they hardly got any time with their parents to spend and they also forces them to study and the child became so much of introvert and do not know how to and learn whatever written on the books and magazines which is less of social life. With that they finds an idol and follows their mantras. Moreover it was found that most of them had only one child as for the hard time in bringing them up. For all these things child did not find anyone to share their feelings and most of them found to be indulging in bad habits of substance abuse. More child becomes so arrogant and does not care about their future and becomes adventurous. In spite of giving love, responsibility and time parents gave prime importance to money. According to one of the children "I mostly prefer to discuss any problem with my best friend. I also share it with my mother but not so much because she is mostly unavailable throughout the day ....i just get to meet her at night...dad is mostly busy. Both my parents are approachable ...but we don't really get time to sit together and talk about stuff. So, even though they are available, they are not accessible.

Only 5 parents were found to be satisfied and maintaining balance between the work and family life and giving prime importance to child and catering to every needs of the child. Moreover showing them the right path and guidance in spite of over indulgence in ever thing. When asked they gave reason of working in computers from the home to the office which means the physical present is there in the home and gave more time to the families.

A number of studies have found that direct relationships between long work hours and impacts on family functioning are negligible (Baxter 2007, Dermott 2006, Bianchi et al. 2006, Crouter et al. 2001). However, many have identified factors that act as mediators between long hours and the

family. These include satisfaction with hour's worked, spousal perception of hours, role overload, and the nature of the work being performed, both in terms of when it is performed and the quality of the work itself. Even some of them has to travel to different countries or states for meetings and some have to travel a long distance to reach office, all these takes away lot of time.

A number of the workers interviewed expressed the belief that their hours were an unavoidable part of working in their industry, a finding mirroring research on flexible work conducted by the Families Commission (2008). Families with workers who perceived long hours as being an integral part of their work were unlikely to make active decisions about reducing or maintaining working hours.

Parents often feel isolated and alone in parenting adolescents, but they still make efforts to be aware of their adolescent's activities, provide guidance, direction, and consultation. Adolescence can be a time for high risk for children, where new found freedoms can result in decisions that drastically open up or close off like opportunities. Parental issues at this stage of parenting include dealing with "rebellious" teenagers, who didn't know freedom while they were smaller. Also, try to build a strong foundation to help your child to resist negative peer pressure, it is important to build up their self-esteem: Praise your child's strength instead of focussing on their weakness (it will make them feel good and grow confident about themselves, so he/she does not feel the need to gain acceptance from his peers), acknowledge your child's efforts, do not simply focus on the final result (when they notice nuclear families, adoptive families, gay families etc.) socialize their children in physical, social, emotional and academic ways. Central to all these outcomes is the process of nurturing and control.

Understanding the communication of disciplinary practices is also enhanced through consideration of learning theory concepts and natural and logical consequences. Disciplinary communication and parenting practices may be especially difficult in adolescent-parent relationships because adolescent attempt to exert more control over their own lives. Regardless of parenting styles, parent also communicate in ways of encourage their children's development physically, socially, emotionally and academically. Researchers find that parental awareness of children's friends is an important part of parenting. For parents, knowing their children's friends can have a two-fold effect: it can help pre-empt their children's involvement in negative social activities, and it can keep parents aware of their children's social behaviours. In addition, research finds that parents who monitor their children's friendships tend raise more socially adept children. Indeed of the 10 rules that the National Centre for Missing & Exploited Children provides parents, part of rule number one- making sure to know where children are located at all times-- is parental awareness of children's friends.

#### 4. CONCLUSION

This study explored the range of impacts parents' long working hours can have on family life. However, it also highlighted the fact that the impact of long working hours on family life is complex, with a number of factors influencing and mediating whether -- and the degree to which -- long hours positively or negatively affect family wellbeing. And the relation they share with each other. Overall it was found that lack of communication between the two poses risk on the relationship. The parents on the children get alienated from each other, and when a special circumstances dictates that they need to talk, they might have difficulty

understanding each other's feelings, thoughts, and motivations, when all the while they bought believe that each of them "should" be able to understand the others.

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