

Interpersonal Relationship Between Parents and Its Impact on Mental Health of Children

Shahinzade Gunel Ogtay

PhD student, Psychology Department, Baku State University, Azerbaijan.

ORCID: <https://orcid.org/0009-0004-2575-7920>

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ABSTRACT

The family plays an important role in the development of a person as an active participant in the life of society. When a child is born and grows up in a family, the system of relationships in the family that has been developing for years has an impact on the child's psychology. They are influenced by the interpersonal relationships of adults in the family with each other and with their children, i.e. communication, behavior, and attitude toward the child. This effect ultimately affects the child's way of understanding the world, his attitude toward the environment, and even his way of thinking. It would be wrong to consider this effect as negative or positive in the same direction. Because under certain conditions, a child's susceptibility to family influence can have different results depending on how he reacts to these influences. If the educational influence exerted by adults can be compared with existing social norms, the child will most likely follow the model that is considered positive for him. But life experience and observations show that the educational power of the family, especially in the child's preschool age, is high, and during this period the influence of adults in the family on the child can be of primary importance. Therefore, we have sufficient grounds to speak about a direct connection between personality traits and even the formation of a way of thinking and methods of educational influence in the family.

Keywords: interpersonal relationship, parents, mental health of children, development

LITERATURE REVIEW

In the conditions of modern society, characterized by a high level of instability, a high pace of life, the presence of all sorts of threats and cataclysms, it is difficult to talk about the absolute psychological health of an individual. The reality surrounding us initially disrupts the harmonious development of the individual, deprives a person of a sense of security, which actualizes the problem of psychological health of the individual. Psychological health is a necessary condition for a person's full life in society, it is a feeling of one's own personal well-being, extending to the people around and the world as a whole. On the basis of psychological health, a person develops a sense of harmony with himself and with others, which allows him to most fully express himself in various spheres of life, create for the benefit of society, realizing his potential. Discussing about a psychologically healthy personality, they usually indicate the adequacy of a person's behavior to his social role, social context, a harmoniously developed emotional sphere, the ability to control, express his emotions, establish harmonious relationships with others, the ability to understand himself, be aware of his actions and deeds, and be responsible for them. A psychologically healthy person is able to overcome numerous adversities, stressful situations,

and seek internal resources to overcome them. Considering the factors that influence the psychological health of a modern person, we can note the presence of external (social) and internal (psychological) factors. External environmental factors have a greater impact on a person the younger they are. In the first years of life, a child is completely dependent on the environment, the people involved in their upbringing and development, which, accordingly, cannot but affect the development of their personality and the level of their psychological health [2,4,5].

A psychologically healthy person can only grow up surrounded by healthy people, and this is a rarity these days. Modern parents have a huge number of problems that cause them emotional stress. A person's life is characterized by excessive workload, neurosis, the emergence of many personal problems in combination with insufficient awareness of ways to resolve intrapersonal conflicts and the possibilities of psychological and psychotherapeutic assistance.

Such personal disharmony of parents is reflected in the development of children and has a negative impact on their psyche. Among the social factors, one can single out the socio-cultural category, which includes all the features of the way of life of modern society, the level of culture, the requirements imposed on the individual as a representative of a group, state, political system, etc. The socio-economic factor can include domestic instability and the nature of its influence on the state of psychological health of the individual, professional employment of parents, early placement of the child in pre-school educational institutions.

According to the main manifestations of family education methods that have been proven in the science of psychology, they can be divided into two categories: influence that supports or limits human activity. In particular, methods of cooperation and non-interference can be considered as methods of influence that

limit individual activity. The birth of any new idea and its development depends on how much this idea is supported by others. Especially in the recognition of the idea and the recognition of individual thinking will increase the existing demand. Therefore, the formation of an independent thought process is directly related to the attitude of parents to the child in the family.

The most serious harm to a child's psychological health can be caused by socio-psychological factors, among which it is necessary to name such as disharmony in family relationships and disharmony in family upbringing or violations in the sphere of parent-child relationships. Internal, psychological factors include personality traits, character traits, properties of the human nervous system that allow him to function as a psychologically healthy person. Since psychological health primarily implies resistance to stressful situations, attention should be paid to psychological characteristics that reduce resistance to stress. The category of the most stable personality traits includes properties of the nervous system that manifest themselves in temperament traits.

If we take into account the above, then the dictate of education, based on showing superiority and expressing only their opinion by adults, forces the child to think only in the direction of the demands and wishes of adults. Thus, the instructions given to the child by adults, reprimands and even in some cases discrimination limit the range of the child's thoughts in the direction that is acceptable to adults and pleases adults.

Thinking does not allow the child to independently think over any problem and find its solution, all this deprives the child of independent thinking.

In the same way, in the practice of guardianship and education, the need for independent thinking in the child is not developed in exchange for the fact that adults take on all the tasks that the child must perform.

Maintaining a positive psychological atmosphere in the family is a phenomenon that concerns all family members. In order for children to be able to freely and independently express their thoughts, tasks should be completed.

Emotional and psychological support, providing emotional support, restoring the balance of people's personalities and providing psychological therapy for communication; ensuring the emergence of a process of high spiritual communication between family members; regulation of duties and responsibilities that must be carried out in the process of communication between all family members; achieve full and effective use of the level of communication based on mutually encouraging polyphony, or other sincerity of family members. For example:

1. communication styles;
2. Procedures specific to each family;
3. The presence (absence) of communication barriers in the process of mutual communication.

Based on his psychotherapeutic experience, Satir identifies 5 different communication styles noticeable in the process of family relationships, four of which he calls ineffective, and one of which is a mature communication style with sufficient experience and knowledge [3].

The first four are techniques that usually serve to overcome a problem or obstacle in the communication process, to intentionally show yourself well, to please someone, or, conversely, to blame or criticize someone. For example, the flattery style means imitating the behavior of all family members in order to please someone, to live in harmony with others, even if you are self-deprecating [2].

The accusative style always includes communicative actions related to teaching someone something, criticism and control, only in front of a stronger person. The first and second methods complement each other.

A calculating style of behavior is such that a person always and in any situation strives to

perform clear, impeccable actions, because such a person always strives to be "correct, perfect", without making mistakes, therefore the actions of such a person are always artificial, and his feelings are meaningless, constantly under pressure.

Alienated behavior is aimed at keeping a certain distance from others at all costs, leaving the field of vision and influence of others in a humane way (for example, this is how our newlywed usually behaves).

In a mature, adaptive way of communication, a person is always ready for correct, sincere and open relationships with members of his family. Such a person knows and preserves all his qualities and enters into communication, not forgetting that others are also individuals and individuals. He knows how to speak and listen to others, so he is not afraid of any barriers in communication [1].

In psychotherapeutic practice, Satir, like Carl Rogers, when analyzing all methods of treatment, pays special attention to the ability of a person to listen to another person. The main goal is to teach each member of the family a culture of behavior without violating their rules. For example, some family rules may include: "On Sundays, everyone gets together and has lunch together", "No one disturbs our father when he is sleeping", "Children are given a certain amount of money for school expenses", etc.

CONCLUSION AND RECOMMENDATIONS

In addition to open rules, every family has hidden rules that also play a big role in good family relationships. Usually, such rules are seen in the fact that certain topics are not raised in the family circle or feelings are not expressed in a certain way. For example, the topic of a father with children from a previous marriage, the presence of a disabled person in the family, a child's mental or physical illness as a result of some disaster, someone is locked up, the father and mother do not sleep together, the father's addiction to alcohol, etc. are not

openly discussed during planning. Because officially, children do not participate in such situations directly and are not to blame, so such situations are not discussed in order to prevent them from having such a negative experience.

In conclusion, it can be said that if a child is prepared for communication in the above-described way, then preparing him for life and marriage will not be difficult. Improves the ability to make decisions and find solutions, especially in the face of life's difficulties [3].

The discipline and culture of its members are laid in the family. Only the norms of behavior accepted by society and capable of raising a person's life to a higher level are absorbed into human nature in family conditions. Increasing the responsibility of the family in strengthening the moral, psychological and physical health of the younger generation means solving one of the most important problems of our time.

Thus, important factors in maintaining the child's psychological health will be the development of the child's ability to adapt to stress, the ability to see in the most difficult situation an incentive for personal growth, accumulation of life experience. On the other hand, it is important to be able to relax, avoid excessively high stress, information overload [4].

In addition, a positive mood background will help maintain the psychological health of the individual. The child's mood directly depends on the mood of the adults around him, and the younger the child, the more obvious this dependence is. Therefore, the personality of the adult primarily determines how the child will feel next to him. If parents and teachers themselves feel happy, appreciate and feel the taste of life, convey optimism, then the child will grow up psychologically healthy.

Thus, the presence of difficult situations resolved by the child independently or with the help of adults, a generally positive mood background and fixation on the child's

progress with an analysis of the reasons for this progress can, in our opinion, be considered the main pedagogical conditions for the development of children's psychological health.

Declaration by Author

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