A PRAGMATIC APPROACH TO PARENTING BASED ON ISSUES FACED BY PARENTS OF ADOLESCENT SCHOOL GOING CHILDREN

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ABSTRACT

Parenting issues can trigger deep levels of stress. The stress may manifest in different ways, such as chronic worry, depression, chronic irritability, or explosive anger. Psychotherapy and counseling can help parents in many different ways. Some parents need information, guidance, and/or proven parenting strategies. In this case, Social workers, professionals who specialize in parenting and/or developmental psychology may be able to provide the best help. These professionals will take into account the parent’s current parenting style and emotional state in order to develop the most appropriate interventions. Often parents will receive specific instructions that they will be able to carry out with their family at home. A little proactive care can make the upbringing of children an easy and enjoyable experience to Parents.

KEY WORDS: Parenting, issues, counseling, care.

References:


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