



## Counting the contribution of home during childhood in emotional development

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### Abstract

Through this paper, an attempt has been made to throw light on the emotional development of childhood, and how home and primary associates of the children play a significant role in shaping the emotional development of the child during childhood. From the perspective of Education, when an individual attains development in all aspects only then an individual becomes educated. With rapid globalization and changing times, the emotional makeup of the individual has also changed, and the emotional and mental health of a person has gained a lot of importance. Various factors impact the emotional development of the child, starting from the socio-economic background in which they were born, their relationship with primary caregivers and the rest of the members with whom they interact in their immediate background or home, the emotional support they receive at home, the way their primary caregivers communicate with them, etc greatly influences the emotional development of the children. Along with this, it can be mentioned, that when a child receives a secure home environment free from constant conflict, isn't neglected by the primary caregivers, and there isn't any continuous criticism, it can very well aid the child to move toward positive emotional development. Positive emotional development lays the base for high emotional intelligence and becomes quite essential in the formative year to nurture the emotional development of the child. This paper attempts to show how primary caregivers and their activities can positively and negatively impact the emotional development of children.

**Keywords:** Primary caregiver, home, emotional development, childhood, education, family

### Introduction

Human beings while passing from womb to tomb are subjected to various stages which they must undergo. Each stage of human life is determined according to the age, physical growth, and social and emotional maturation, that they attain. Human being and their life are usually divided into four stages, infancy, childhood, adolescence, and adulthood. Often considered a very important and golden period of one's life is childhood; the experiences and exposure during childhood often shape the later stages of human life and its impact remains critical throughout. Childhood is the stage of human life, which is the bridge between infancy and adulthood which begins by the time a human being reaches the age of 3 and extends unto 12 years of life. Childhood is often divided into early childhood, middle childhood, and later childhood. Childhood is often considered a remarkable point of human life, where they experience growth and development often characterized by physical maturity, and social influence on the child also increases very rapidly, enabling them to attain cognitive, physical, social, and emotional development. Every individual is unique and has their own pace of development, various factors exercise their impact on the development of children which makes the development attained by an individual different from person to person.

In human being and their life span, emotions play a very significant role which paves the way for guiding the behaviour exhibited by the individuals. There are times when emotions overpower an individual; handicapping a person and compelling them to behave in the way the emotions direct them. In the overall development of a human being, emotional development becomes crucial. The present-day situation, with the increasing stress, anxiety, and fear greatly highlights how emotional development is necessary, and without it, it disables the proper functioning of the human being. The emotional development of human

beings in early childhood and various factors contribute to the emotional development of human beings.

According to Aristotle, 'Man is a social animal'. Human beings are social and cultural beings who cannot live in isolation. Human beings throughout their lives are part of groups irrespective of the size, be it large or small groups. Human beings come to earth with zero experiences, with time they are exposed to a wide range of experiences that shape them and turn them into social and cultural beings from limiting to just their biological identity, during this process their emotional development lays its foundation stone. Human beings cannot live in isolation, for which their emotional development solely cannot take place in isolation, they need to be exposed to a social environment where they acquire traits and behaviors that are essential for them to effectively adjust and conform to society they must become part of in long run. There are a wide range of factors that exercise and exert an impact on the human being's emotional development. In this regard, the role of social institutions like home and school can play a very prominent role which can be both negative and positive.

### Role of Home

As a social institution, the home is the first institution a human being is exposed to immediately after birth. Before being exposed to other social institutions, the child stays at home with their immediate family members in general with their mother, father, and sibling and in case of joint family, it might also include their uncle, aunt, grandfather, grandmother, and cousins. It is seen that due to the influence of globalization, the family structures are changing very rapidly, with the rise of urbanization the joint families are disintegrating into nuclear families which may also comprise parents, siblings, or even single parents and children. Home can be considered an important factor that impacts the development of the child, in both negative and

positive manner. While discussing the role of home, the role of the parent should be highlighted mostly, it is seen that the child's relationship with parents greatly impacts the socio-psycho-emotional aspect of the individual, especially their interpersonal relationship with the associates. The role of home, concerning the development of children can be discussed concerning the positive and negative influence it exerts.

The positive factors at home that can help in emotional development are discussed below

#### **Balanced Love**

During childhood, a child is greatly dependent on their primary caregiver, during this period they demand to feel loved, and accepted and crave attention and care. Especially the child craves love and emotional intimacy with their primary caregivers. Research has shown that when children are given a gentle loving touch by their primary caregivers it reduces their stress levels and releases feel-good hormones that include oxytocin, endorphin, and dopamine, as during this stage if the brain is exposed to prolonged stress, it can impact the future working of the brain. So, during this stage, the children should be given love, affection, and care but should be ensured that the amount of love is balanced. The amount of love given shouldn't be excess as it can give rise to undesirable behaviour; when love is excess, they crave the same amount of love and attention from the rest of the people they will further associate with and become dependent on their primary caregivers meanwhile when the basic amount of love and affection is not given the children may become overly independent and show withdrawal symptoms. So, balancing love and affection is very essential for the proper emotional development of the children. In various cases, an unbalanced amount of love gives rise to emotionally imbalanced human beings, who cannot regulate their emotions effectively and become maladjusted human beings.

#### **Meeting the needs**

The famous psychologist Abraham Maslow and his proposed theory of need highlight how the fulfillment of each level of need can lead to self-actualization, that is the ability to identify the real sense of self and potential. Every human being has needs, and for adequate emotional development, it is essential to fulfill basic human needs which include food, clothes, and shelter along with a when basic environment at home where the child feels safe and secure, instilling a sense of love and belongingness which can boost their self-esteem which plays a very positive role in developing the emotional aspect of a human being.

#### **Communication**

Parents need to ensure that a safe space is provided to the children, where they can freely communicate without being interrupted and judged. When parents try to communicate with their offspring starting from the time to begin to babble in infancy ensures proper language development. During childhood, when children freely communicate their thoughts, ideas, and views it will enable them to develop a friendly relationship with their parents and always have a safe space in them which will enable them to feel emotionally safe and secure, thereby enabling them to self-confidence, and regulate their emotions affectively in a positive way rather than negatively and escaping from uncomfortable emotions.

#### **Usage of words**

The words used by primary caregivers at home have a deep long-lasting impact on the children which can impact the later stage of human life too. The primary caregivers who surround the child, along with other family members should always have an effective choice of words, words are believed to be mightier than swords. When children are treated with love and kindness and are shown their shortcomings without using any sarcasm, ill words, and in a tone that isn't rude and harsh that can hurt them it can positively impact the emotional development of the children.

#### **Spending Quality Time**

Parents should ensure that they leave good memories for their children to remember in adulthood, which they can cherish later. When parents ensure that despite their busy schedule, they spend some quality with their children by taking them out to play, reading bedtime stories for them, and doing some outdoor activities together can be very beneficial for them as it helps in combating stress, and emotional turmoil in the children which can pave way for better emotional development.

The negative factors at home that can help in emotional development are discussed below

#### **Parental Pressure**

One of the major factors that can negatively impact the emotional development of children is parental pressure, the primary caregivers should ensure the children are never given obligations, and pressure to meet the needs and demands of the parents, that couldn't be fulfilled by them due to various reasons. As Abdul Kalam said, "Your children are not your children. They are all sons and daughters of Life's longing for itself. They come through you but not from you. You may give them your love but not your thoughts. For they have their thoughts." Parents should never pressure their children to fulfill their suppressed desires and needs through their children as it can create stress among them and give rise to emotional turmoil in them which can create complexities in them giving rise to an inferiority complex mostly which can make them underconfident and emotionally unstable.

#### **Constant comparison**

When parents begin to constantly compare their children with others, be it a family member, siblings, cousin, or peer group they are associated with can instill a sense of jealousy and rivalry among them which will create stress in their minds to strive for being better which can create frustration and make them rebellious thereby leading to emotional tension which can negatively impact the emotional development of the children.

#### **Rejecting the child**

When parents begin to give unequal treatment to their offspring, it can very negatively impact the emotional development of the children. Unhealthy comparison and even rejection of the children based on their sex and position in the family can be very harmful to the emotional development of the children, which can significantly lower their self-esteem and create complexities among them.

#### **Being Abusive**

When caregivers are abusive towards their children, it can have a very negative impact on the children. Abuse in any

form, be it physical, mental, or emotional can have a very negative impact on the emotional development of the child, the child will constantly live in a state of anxiety and stress, thereby trying to protect themselves which can give rise to making them hypervigilant, nervous, and anxious which can push them to severe trauma even causing depression, anxiety, PTSD, etc.

### Conclusion

The human being's ability to feel and think makes them different from rest, the emotions of human beings are very necessary to ensure proper functioning. Childhood plays a very important role in the emotional development of a human being, and in the development, home plays a very crucial role who developing their early habits, and attitude enabling them to know the ability and skill to understand, and become aware of the emotions they are feeling and manage one's emotions. So, it is essential for the family members starting from primary caregivers to the rest of the family members, they should always provide a healthy environment where their emotions are nourished. Cognitive development and emotional development are two sides of the same coin, which are indispensably interrelated, they work collaboratively which ensures the smooth functioning of an individual in every aspect. Thus, at home, it can be highlighted that the genetic make-up, parenting style, and the environment at home have an influencing role to play in the emotional development of the children. Positive emotional development aids in preserving mental health, boosts success in every aspect and ensures better social relationships.

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