

## **An Analysis on Adoption and Awareness of Child Rearing Practices by Urban Mothers : A Study in Bhubaneswar City- Odisha**

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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. Parenting refers to the intricacies of raising a child and not exclusively to the biological relationship. The children are the future of the nation. Their rearing is of national importance. Unfortunately the recommended practices are not followed by the mothers. Even instances reveal that educated mothers do not follow the recommendation as a result of which the children are not well brought up. The Out of 9 stages of life cycle prenatal period or conception to birth of the baby, infancy i.e. birth to end of first year, baby hood from end of first year to the end of second year and childhood from second year to eleven or twelve years is very critical where care of mother is very important. The mothers can justify the role provided she is educated on recommended practices and receive information about it from various reliable sources. The present study is the collection of data analyzed by using mean and frequency percentage, data presented by tables and figures. The sample size of 100 was interviewed for the purpose of collection of data. It is revealed from the study that as the study was conducted in urban areas of the city of Bhubaneswar, the sample parents are quite aware of their role and responsibilities towards their children still there is a huge scope of awareness to be created or to be adopted for better society with a healthy child and mother.

**Key Words :** Adoption and Awareness, Parenting, Child Rearing Practices, Urban Mothers

### **INTRODUCTION**

The family unit in its most regular form arose tens or thousands of years ago among our hunting ancestors. The relations of our evolutionary ancestors did not just promote the survival of its own members. It also performed fundamental services for the society of which it was a part. As societies became more complex, the demands placed on the family became too much for it to sustain alone. Consequently, other institutions developed to assist with certain functions and families became linked to larger social structures. Although certain functions have been taken over by or are shared with other institutions, three important ones- reproduction, socialization and

emotional support- remain primarily the province of the family. These functions are especially concerned with children, since they include giving birth to, rearing and nurturing the young.

Child rearing refers to promotion and support of physical, emotional, social and intellectual development of a child from infancy to adulthood. Parenting deals with the intricacies of raising a child and not exclusively to the biological relationship. The children are the future of the nation. Their rearing is of national importance. Unfortunately, the recommended practices are not followed by the mothers. Even instances reveal that educated mothers do not follow the recommendation which results in the children are not well brought up

(Cacodcar *et al.*, 2015; Kaur, 2017; Pandey and Mishra, 2018).

The child mortality rate of Odisha for the year 2012-13 is 56 and highest being in the district of Bolangir (97) and lowest in Jharsuguda (42). The situation warrants steps to check child mortality by educating the mothers about recommended practices of child rearing practices. A number studies conducted in India and abroad show that there are number of factors contribute for child mortality. Some of the reasons are, (i) Preterm birth complications (18%), (ii) Pneumonia (16%), (iii) Interpartum-related events (12%), (iv) Neonatal sepsis (7%), (v) Diarrhea (8%) (vi) Malaria (5%) and (vii) Malnutrition and under nutrition. The role of mothers in saving children is much more important than any other reasons.

Out of NINE stages of life cycle prenatal period or conception to birth of the baby, infancy *i.e.* birth to end of first year, baby hood from end of first year to the end of second year and childhood from second year to eleven or twelve years is very critical where care of mother is very important. The mothers can justify the role provided she is educated on recommended practices and receive information about it from various reliable sources. The hypothesis is that mothers do not receive important messages about child care practices for which they do not adopt them. Further the socio-economic status of the family also influences the rate of adoption of child rearing practices. More over our health care system is not that competent to keep mother aware of it. Keeping this consideration in view the present study was conceptualized to investigate into the following objectives.

A selection of caring practices were identified for breast feeding, complimentary infant feeding, weaning, habit formation, maternal diet and health, psychological care and health and hygiene practices. Descriptive and multivariate analysis was conducted to identify key caring practices and indicators associated with well and poorly growing children. The analysis support earlier work that indicates that determinants of child nutrition are not exactly same for different groups of children, even in the same population. The key factors that were important across the board were hygiene practices and mothers' access to knowledge by paying attention to social advertisement issued by the Government.

Restricting maternal diet for longer periods after the child's birth, and the absence of specially prepared food items in the child's diet causes the ill health for both the

child and mother. Care factors of the caretaker were also deemed important: a mother's idea of "satisfaction with her family life," which was used as an indicator of psychosocial care, was found to be statistically important. Many local practices were identified that programs and policies could support and build upon to facilitate the participation and empowerment of local communities, families, women, and men in Bangladesh for better child nutrition. The majority of all care giving behaviors occur in interpersonal interactions. Psychosocial factors influence the quality of physical care as in the timeliness and care taken while child feeding, health-seeking behavior, and sensitivity to child's needs in general. However, just as crucial may be its direct effect on child growth and development.

### **Dietary Restrictions on Mothers:**

Eating norms that restrict the food intake of mothers during pregnancy and Lactation has been found to be widespread in Bangladesh. Approximately 70 per cent of women reported a reduction in their "normal" consumption level during pregnancy. The study also reported postpartum food restrictions—with 75 per cent of women withholding food for eight hours after delivery and other restrictions in dietary staple and animal foods.

### **Breast-Feeding:**

Breast-feeding is a normal practice after birth in Bangladesh. However, feeding often does not begin until the second or even third day after birth. Under this period, honey or sugar solution is fed to the infant, on a fingertip, cloth, or nipple. This practice not only delays the sucking process but also introduces infections and contaminants at an early age. Withholding breastfeeding also decreases the consumption of colostrums, which is beneficial to the child (Khan *et al.*, 2015; Friedrich, 2018).

### **Effects of Hygiene:**

Cleanliness of the child, mother, and surroundings has been observed to be significantly correlated with child nutritional status and morbidity. In Bhubaneswar, ground cleanliness was associated with morbidity at ages when children were crawling.

### **Role of Complementary Infant Feeding:**

Generally, complementary foods are not introduced to infants before four months, with the average age about seven months (Vermury, 1981). On the contrary nearly

30 per cent of mothers had reported introducing other dietary items before three months. This early introduction is generally not recommended prior to four months of age, and increases the risk of infections. However, beyond the age of six months, the child's need for supplementary foods increases rapidly.

### **Parenthood:**

Parenthood is life's most interesting and challenging opportunity. Parent is the child's first and most influential teacher. The delight, the parents experience in fostering the children's development the satisfaction which getting from the interaction with them, are some of the positive aspects of parenthood. Parenthood also involves loss of sleep, restricted social life, increased expenses, noise and new routines (Knox, 1979). Parenthood is a glowing picture, a central icon in cultures and religions from time immemorial. The basic assumption is that parenthood is an automatic leap ahead in status, joy, and fulfillment but now days it becomes more difficult than it used to be. Child rearing is the number one practical concern at this phase of the life cycle.

### **History of child rearing:**

The history of child rearing has no exact chronological markings. Stages and cultural traditions blend and overlap, yet changes and trends are perceptible. There are references to child-rearing and parental activities in written records from the earliest times. Written speculation on parenting date back to ancient Egypt, the code of Hammurabi and the pre-Socratic philosophers. In the Laws, Plato theorized about the significance of parenting.

Both Aristotle and Plato discussed about the 15 appropriate rearing of children of various ages. Writings of clergy and philosophers replete with theories concerning what kinds of child training best ensure social order. Bornstein (2006) pointed out that the formal study of parenting had its beginning in attempts by philosopher, educator and scientist parents to do systematically by observing their children in their natural setting and it referred as Baby biographies. It provoked formal studies of how to guide child development. In twentieth century, parenting became the focus of scientific study. When considering the struggle for life in the past, the children received the same amount of attention relative to their times'. At early times, parents were unselfconscious about the importance of emotional investments in

childrearing. Parents demanded strict obedience from children. From 18th century, they were considered as mini adults, though industrialization extended the use of children as cheap labour. Continuously male labour mobility increased by industrial revolutions and demanded that women were children's primary care givers. In western countries, the state starts to intervene to protect children in mid 19th century. However, in developing countries like India it started only in 20th century. The death and ill health of children in this time proves that the intervention of state is only partially effective. Early work on parenting focused on parents as agents of socialization and on aspects of parenting that were thought to influence social and personality development in children. In the 1930s and 1940s, the weaning and toilet training of infants was a primary concern. The Freudian influence seen in these variables also appears in variables having to do with handling aggression and sex play, which are subsumed under headings such as "impulse control". Also of interest 16 during this period and continuing through the 1960s was "responsibility training" or the demands for independence that parents placed on children. However, interest in specific parenting behaviors such as weaning and toilet training declined, and the focus shifted to more global dimensions of parenting.

### **Theoretical Background of Child Rearing:**

To understand child rearing one has to look into the various aspects of child rearing like the theories, major conceptual contributions, its origin, goals, influencing factors etc. parenthood is a stage which starts in adulthood and ends in the last stage of life. Child rearing is different according to the age of child and it is influenced by various factors like gender, culture, characteristics of parents, social class, marital relations and family environment. Child rearing is a specialty of animals. All type of species following their own ways of rearing according to the context.

We can observe the different varieties of rearing in different species like elephants, cat, cow, etc. But prolonged rearing had happened only in human beings. Child rearing is not a unidirectional process; it is a great activity which reflects back. Child rearing is a reflection of our family relationships and social context. To perform this activity parents not only need training and skills but also the attitude and interest. The base of child rearing is family relationship, so it needs a strong family support. Family's financial status, educational standard and culture

have important role in child's growth and development. The behavior of child is the result of knowledge and value he acquired from the family. The family has to encourage the talents of children. The mental health of child is depending on the family's mental health. Love, co-operation and faith between members will foster the mental health of child. Family is the first training centre of children. Family gives opportunity to express the children's feelings and to evaluate its merits and demerits. Families have to provide the opportunity for children to mingle with others. That experience will give way to social and intellectual development. The proper care, love and safety are necessary for the children's growth.

### **Concept of Child Rearing:**

The connotation of the word is that child rearing is a positive, nurturing activity. It emerges as probably the most fundamental and universal concern of society. Child rearing is observed across nations, generation, and social classes, religious or political creeds where commonalities are greater than the differences. Child rearing is an activity which normally involves the children, parents and other family members in lifelong interaction.

Child rearing process is defined as activities that are specifically aimed at promoting the child's welfare. Hoghughi and Long (2004) explains the elements of child rearing as child rearing activities, functional areas and prerequisites

### **Child Rearing Activities:**

It is necessary for good enough parenting. These activities falls into three groups: care, control and development. Care comprises a cluster of activities aimed at meeting the survival needs of children. These include physical activities, which aimed at ensuring a child's survival by providing food, warmth, cleanliness, reliably providing shelter, education, medical care, physical safety, and nourishment. Emotional care ensures that the child is not unhappy through anxiety, fear or preventable trauma and love, play, and physical touch, and social care is aimed at ensuring that the child is not isolated from significant people and peers in the course of growth.

### **Control :**

Control comprises the range of activities concerned with setting and enforcing boundaries for the child in an age and culturally appropriate manner. Control activities are guided by a complex interaction of parents' personal

predisposition and cultural expectations. Parent's attempts at control are complicated by their own history and the type of control they experienced, their beliefs in the efficacy of particular methods of control and their style of making wishes known. Setting and enforcing boundaries for children involves the whole complex psychology of shaping behavior mixed with changing cultural and ethical considerations of what punishment is acceptable. Now days the children challenge their parents control. Parents are adapting their approach to shifting social dynamics. Responsibilities of the parent are not only limited to feeding, assisting with education, ensuring their safety and wellness, but also providing them with a loving and nurturing home environment and responsibility training .

### **Development:**

Development activities are lead by parents' desire to fulfill their children's potential. It is not necessary for survival or for social functioning. The social system provides opportunity for promoting children's talents in cultural awareness, sports, arts and science. The most important parental task, the inculcation of values, is mentioned only in religious texts of parenting.

### **Functional areas :**

Child rearing is not limited to any particular area of child's functioning. It flows from one to another such as feeding to playing and one activity fulfils more than one purpose. The parent's attention in the areas of children's functioning cover physical health, intellectual and educational functioning, social behavior and mental health.

### **Prerequisites of child rearing:**

Child rearing needs a sense of commitment and responsibility which is most demanding. Parents need extensive resources to carry out this complex task which 29 change according to context. These include knowledge and understanding, motivation, resources and opportunity. Knowledge and understanding are the essential starting point of active parenting. It is concerned with the parent's ability to understand the child's needs and responding to it appropriately. The knowledge is acquiring from culture and from one's own socialization. Understanding implies a reasonably accurate interpretation of the child's state. These are necessary for effective child rearing. Motivation - Motivation concerns parents' commitment and interest to improve children's state. The

parents getting this motivation from their own life experience and they expect a social recognition through the child's right activities and the bright future. Now-a-days the mothers have dual career as mothers and workers. So they have less quality time to spend with children. The increasing complexity of fatherhood is now recognized. Resources for parenting - Along with the financial factor the resources for parenting include qualities personality characteristics such as warmth and intelligence), skills (to meet the physical, emotional and social care needs of the child, to communicate with the child and management skills), social network (network of significant people, relatives and friends as a source of empowerment) and material resources (money, goods and services). Opportunity - Parents need time to do their parenting. At present time both of the parents are working. Because of their labour strain, they do not get opportunity to spend more time with their children. These will inversely affecting parenting.

### Objectives :

1. To study the socio- economic background of the sample mothers in relation to awareness and adoption of child rearing practices in urban areas of Bhubaneswar city.
2. To determine the factors that affect child rearing practices.
3. To analyze the knowledge and practices followed by sample mothers at child rearing practices.
4. To determine the extent of adoption of recommended child rearing practices by the sample mothers and gap, if any.
5. To secure suggestions for wide adoption of child rearing practices by the mothers.

## METHODOLOGY

In research work Methodology plays vital role. It is the systematic and sequential operation for conducting scientific survey and research. A proper methodology leads to a researcher towards a valid and logical result. It would be difficult to comprehend the nature and content of research without an appropriate implementation of Methods.

Methodology indicates the overall approach to inquiry and present in details, the plan of research. So that the logic is apparent. The points which were considered while conducting study :

- **Selection of Area:** Selection of area is a very

essential part of data collection in each of the surveys.

- **Selection of sample:** For conducting the present study 100 samples were selected through purposive random sampling method. The process of selecting the sample was done by arranging the mothers in alphabetical orders.
- **Selection of method:** Interview method is selected to collect the information with the help of a questionnaire. Scheduled.
- **Preparation of Tools:** A close /open ended structure interview schedule is prepared. The level of questioner /schedule will be that of lay man understanding.
- **Collection of Data:** For conducting the study the data are collected by using pre texted interview questionnaire method. The purpose of study will be introduced to the respondents directly.
- **Analysis of data:**
  - The collected data are consolidated, tabulated and analyzed. Statistical analysis like percentage, average etc; are performed to interpret the findings.
  - This include the way in which the collected data is interpreted. It is done by using tables and figures. The data collected under the study is analyzed and shown in the form of tables.

### Limitation of the study:

- The study is limited only in urban area of Bhubaneswar City.
- The study is limited to only those mothers having children up to 5 years of age.
- The survey conducted through questionnaire method will basically suffer from the limitation of the possibilities of differences between expression and facts.
- The scope of the study will somehow be limited as the samples have been chosen from Nayapally area in Bhubaneswar city, Odisha and is confined to 100 respondents only.
- The study suffers from limitations like time factors, limited mobility and finance.

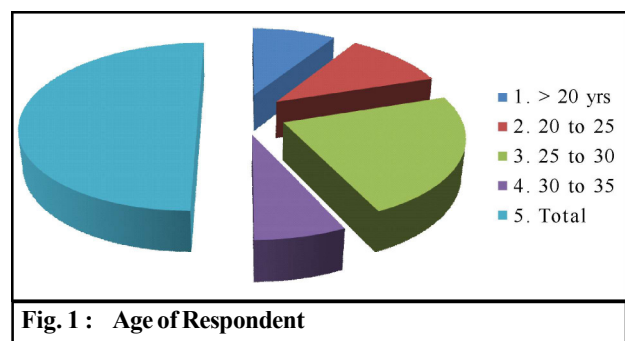
## RESULTS AND DISCUSSION

From Table 1 and Fig. 1, it was found that 18% of

the respondents are less than 20 years, 22% were 20-25 years age group, 46% were in the group of 25-30 years age and 14% were in the age group of 30-35 years age.

**Table 1 : Age of the Respondent**

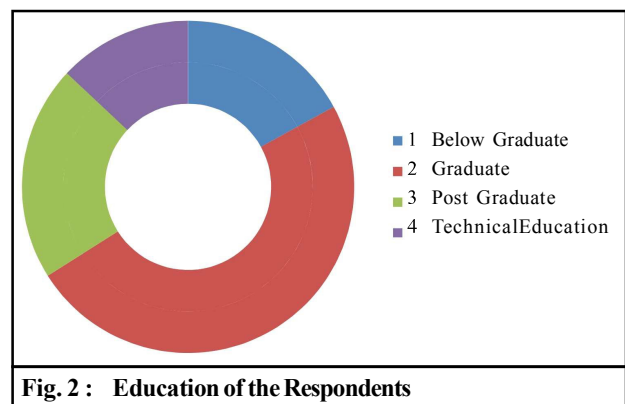
Sr. No.	Age	Frequency	%age
1.	> 20 yrs	18	18
2.	20 to 25	22	22
3.	25 to 30	46	46
4.	30 to 35	14	14
	Total	100	100



From the Table 2 and Fig. 2, it is observed in the field of education that 17% were under graduate level, 49% graduates, 21% of the respondents were post graduate and 13% were technically educated.

**Table 2 : Education of the Respondents**

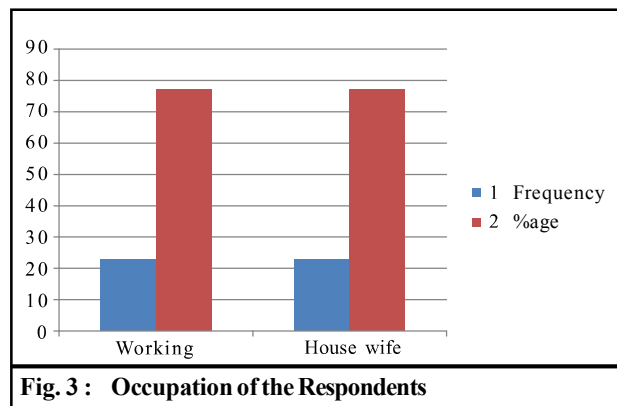
Sr. No.	Particulars	Frequency	%age
1.	Below Graduate	17	17
2.	Graduate	49	49
3.	Post Graduate	21	21
4.	Technical Education	13	13
	Total	100	100



The Table 3 and Fig. 3 shows regarding the type of women respondents of which 23% were working women and 77% were house wives.

**Table 3 : Occupation of the Respondents**

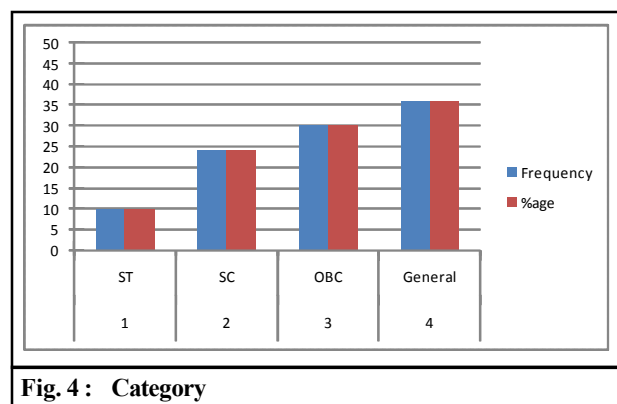
Sr. No.	Particulars	Frequency	%age
1.	Working	23	23
2.	House Wife	77	77
	Total	100	100



Form the Table 4 and Fig. 4, it is observed that out of the total respondents 10% belong to ST category, 24% to SC category, 30% OBC, and 36% belong to General Category.

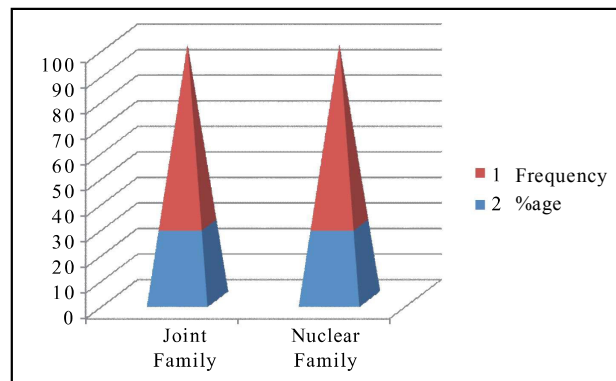
**Table 4 : Category**

Sr. No.	Category	Frequency	%age
1	ST	10	10
2	SC	24	24
3	OBC	30	30
4	General	36	36
	Total	100	100



From the Table 5 and Fig 5, total respondent of 100 it is observed that 29% are staying in Joint family and 71% of the respondents are staying as nuclear family.

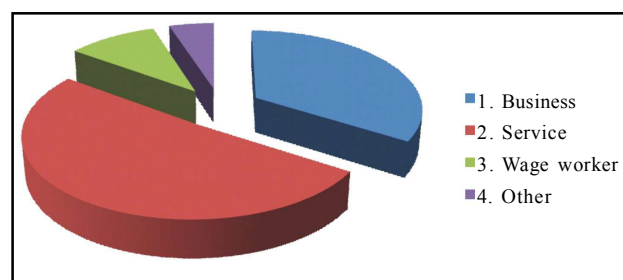
Table 5 : Family Type of the Respodents			
Sr. No.	Type	Frequency	%age
1.	Joint Family	29	29
2.	Nuclear Family	71	71
	Total	100	100



**Fig. 5 : Family Type of the Respodents**

It is observed from the Table 6 and Fig. 6 that out of total 100 respondents 34% are habing their own business, 51% are in service area , 10% are the daily wage works and 5% were in the other sector.

Table 6 : Occupation of the Family of the Respondents			
Sr. No.	Occupation	Frequency	%age
1.	Business	34	34
2.	Service	51	51
3.	Wage Worker	10	10
4.	Others	5	5
	Total	100	100



**Fig. 6 : Occupation of the family**

### Summary :

Child rearing practices have an important role in general development of children. Its relation to different

socio demographic variables and other variables like parenting style, marital quality and family environment is mentioned. This point to the need for giving importance to child rearing practices in family. One of the major features of modern society is that families are caring for children more often and for longer periods of time than ever before. There is considerable individual variability in how care giving is handled and experienced, but it is typically stressful for the primary caregivers. The many dimensions involved in the family's responses and the dimensions of child rearing have been observed. The challenge for the future is to find ways to support families so that they can provide high quality, personalized care without excessive strain on themselves. The responsibility for care cannot fall exclusively either on families, it's too on society. In the complex socio economic order of society of today, parental care of children is not just a matter of maternal instinct. In order that the child of today who is to be a citizen of tomorrow, and has to occupy its rightful place in our welfare state, it is the responsibility of the welfare state to organize and strengthen services which cater towards promoting the parental care of children. The conceptual framework giving an overview about the need for studying the relation between child rearing practices and the variables like parenting style, marital quality and family environment.

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