

Emotional Management and Behavioural Development in Children

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ABSTRACT

Through this paper, I would like to highlight the factors that can be considered when managing the emotions and behaviour of children. I also take this opportunity to mention some measures that can be taken into consideration by the parents, guardians, and educators to promote healthy habits in children so that they can easily manage their emotions and experience development in their behaviour that positively affect their well-being in the long run.

Keywords: Emotional management, Behavioural development, Children, Emotions

INTRODUCTION

A child's social relationships, academic performance, and general well-being are all impacted by their behavioural and emotional development, which are fundamental to maturation. A child's capacity to manage complicated emotions and actions can be greatly improved by comprehending these processes and implementing successful techniques. These can help the children in school, their home, and also when they are put outside in situations that require them to deal with people from outside.

Comprehending Emotional Control:

Self-regulation, also known as emotional management, is the ability of a child to track and adjust their feelings, ideas, and actions in response to different circumstances. Children with this ability can react to emotional difficulties in adaptable and socially acceptable ways. Self-regulation takes time to develop, starting in infancy and lasting into puberty. Warm, receptive interactions and watching how adults behave around them help children develop these abilities⁽¹⁾.

Elements Affecting Behavioural and Emotional

Development:

A child's emotional and behavioural development is influenced by several factors:

Home Environment:

The home environment is important because healthy development is fostered by positive interactions, but emotional regulation issues can result from negative experiences like neglect or inconsistent discipline. Secure attachment, which results in emotional stability, self-assurance, and the capacity to build wholesome connections, is fostered in a loving and caring environment. On the other hand, insecurity, worry, and problems with trust might arise from neglect, emotional detachment, or uneven caregiving. Youngsters pick up behaviours from seeing their parents. Positive social behaviour is promoted in a household where patience, compassion, and respect are demonstrated. Children may grow up to exhibit aggressive or manipulative behaviours if they observe aggression, dishonesty, or indifference. Children who have open and encouraging communication at home are better able to manage stress, healthily express their emotions, and develop emotional intelligence. Low self-esteem, social disengagement, or trouble controlling emotions might result from a home where emotions are

repressed or devalued. Children learn self-control, responsibility, and moral principles through consistent, equitable, and constructive discipline.

Inadequate discipline or severe punishment can lead to disobedience, rebellion, or poor decision-making. Psychological security and emotional well-being are fostered by a calm and secure environment. Stress, anxiety, and behavioural problems like aggression or withdrawal might be brought on by frequent arguments, domestic abuse, or an insecure family environment. Self-motivation and resilience are fostered in a home that values education, creativity, and independence. Excessive criticism or a lack of support might cause people to avoid tasks, feel unworthy, or fear failure.

Temperament:

Children's vulnerability to emotional dysregulation is influenced by their innate personality qualities, which also affect how they perceive and express emotions. Naturally calm and flexible kids are better at controlling their emotions, which reduces their likelihood of becoming frustrated or anxious. Emotional control issues can cause frequent tantrums, mood swings, or trouble settling down in children who are extremely reactive, intense, or sluggish to adapt. Positive and gregarious personalities interact with peers more readily, forming connections and gaining social skills more rapidly. These kids may require more time and assistance to develop social confidence since they may take longer to engage with others. Children with a disposition that values perseverance and focus typically do well in regimented educational settings. Academic performance may be impacted by impulsive or inattentive people's difficulties with assignments requiring prolonged attention. Some kids bounce back from losses and intuitively manage stress. Others might need extra emotional assistance to deal with difficulties after becoming overburdened by pressures. Development goes more smoothly when the parenting style fits the child's temperament, and a child may experience emotional or behavioural problems if their temperament does not align with the expectations of their parents.

Early Adversity:

Being exposed to negative events can interfere with normal emotional processing, which can result in either repressed or heightened emotional outbursts. Prolonged stress during childhood can cause the HPA axis, the body's stress mechanism, to become overactive, which

can result in increased emotional sensitivity, anxiety, or even emotional numbness. Adversity-exposed kids frequently have trouble managing their feelings of fear, grief, or rage, which can result in emotional outbursts or withdrawal. An insecure attachment style with caregivers can lead to excessive dependence, fear of abandonment, or trouble trusting others. As coping strategies, some kids adopt externalizing behaviours like hyperactivity, resistance, or violence. Others might experience anxiety, social disengagement, or trouble establishing positive relationships. Adversity at a young age raises the probability of substance misuse, delinquency, and other risky behaviours in later life. Learning can be impacted by stress and emotional dysregulation, which can impair concentration, memory, and problem-solving abilities. Adversity can cause children to have a poor opinion of themselves and lose faith in their skills which can lead to higher chances of mental health conditions such as PTSD, anxiety, or depression. Increased vulnerability to chronic diseases increases the inability to establish enduring and wholesome connections as an adult.

Techniques to Encourage Behavioural Development and Emotional Regulation:

To foster emotional and behavioural development, parents and other caregivers can use a variety of strategies:

Modelling Proper Behaviour:

Kids pick up skills by watching adults. Being composed and exhibiting good emotional control sets an example for kids to follow. By seeing how adults handle stress, sadness, and happiness, children can learn how to control their emotions. The youngster learns how to deal with frustration healthily if their caregiver exhibits patience and resilience. Children absorb virtues like honesty, kindness, and accountability when they see adults modelling them. For instance, when a parent expresses regret for a mistake, the child gains humility and responsibility. Youngsters watch the tone, body language, and listening techniques used by adults. Children's communication is shaped by positive interactions, such as demonstrating empathy and speaking politely. We must show kindness and respect to children and others and acknowledge and validate their sentiments to demonstrate empathy. To teach emotional regulation, we must remain composed in trying circumstances, and stay clear of impulsive or violent responses. This promotes candid

communication, engages in active listening, and teaches how to constructively express your emotions. Children should be encouraged to accept accountability for their behaviour. Being cooperative and settling disputes amicably can encourage loving and supportive family interactions^(2&3).

Teaching Emotion Identification:

Helping kids identify and categorize their feelings improves their capacity to control them healthily. Through this, the youngsters acquire good coping mechanisms for emotions like worry, rage, and frustration. Empathy and constructive relationships with peers are fostered by an understanding of emotions and focus and stress reduction are enhanced by emotional awareness. Youngsters who possess emotional intelligence behave less aggressively and disruptively. To assist kids in matching feelings with words, teach them terms for various emotions and provide them with emotion charts that include facial expressions. Encourage kids to use role-playing to act out various emotions and read tales where characters go through a range of emotions, and then talk about them. Show off your ability to communicate and manage your feelings in authentic settings, and instruct kids in meditation and deep breathing techniques to help them cope with intense emotions. Establishing a secure environment where kids can talk about their feelings and giving resources like stress balls, art projects, or music to listen to helps them look for solutions when their emotions become extreme, and stops them from getting angry for no reason^(4&5).

Creating Consistent Routines:

Children benefit from predictable routines because they feel secure and can develop self-control and proper behaviour. When children are in predictable surroundings, they flourish and regular routines reduce stress and anxiety by giving them a sense of security. They feel more in control of their environment when they are aware of what will happen next. Regular routines support the reinforcement of positive actions and habits in children. Healthy sleep habits can be encouraged, for instance, by a set evening ritual that includes cleaning teeth, reading a book, and going to bed at the same time. In a similar vein, assigning schoolwork at specific times helps foster responsibility and discipline. Children who follow regular routines are better able to control their emotions. They gain resilience, self-control, and patience when they adhere to a routine regularly and meltdowns and tantrums

are less common when transitions are predictable, such as a set morning routine before school. Children benefit from routines by learning how to solve problems, manage their time, and become independent. Participating in organized activities (such as family meals, creative play, or reading time) promotes social and language development. Families can have meaningful connections when they follow a schedule, such as eating dinner together at the same time, sharing stories before bed, or going on weekend excursions, as this increases trust and fortifies emotional ties. Routines teach children to be responsible and they learn responsibility and independence from simple chores like preparing dinner or putting their school bags before bed.

Offering Positive Reinforcement:

Children are encouraged to continue displaying desirable actions when they get praise and rewards for them. It promotes innate drive and self-control and reinforces positive behaviour rather than concentrating on negatives, which increases emotional security. It enhances the relationship between parents and children through constructive interactions and aids in building resilience and self-worth. The reduction in undesirable behaviours by reorienting attention away from punishment and toward what is desired is appreciated by the children on growing up. As soon as the behaviour happens, we must reinforce it. Children learn to link actions to results when they receive regular reinforcement and our focus should be placed on internal motivation because excessive rewards can result in dependency. Giving credit for efforts and advancements rather than just outcomes and adjusting reinforcement techniques based on the developmental stage of the child can lead to better overall growth. Caregivers and educators can successfully influence a child's behaviour and foster social and emotional well-being by incorporating positive reinforcement into everyday interactions.

Conclusion:

Through this paper, I have tried to highlight the various techniques that can be used to promote better behaviour in children which can help in their overall development as they will be able to better manage their emotions among the family members, with their schoolmates, and when asked to do a task on their own. Using these techniques like better routine management, a healthy and happy environment for the release of

emotions, and better interaction with parents fosters better qualities in the child which can lead to making better decisions when given the opportunity. This can influence their social interactions, academic success, and emotional intelligence which enhances the child's ability to navigate complex emotions and behaviour.

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