

# MANAS

## *Speaks*

Volume 02

ISSUE **01**

January 2022

IN ASSOCIATION WITH ADIKAVI NANNAYA UNIVERSITY

“Children must be taught how to think, not what to think.”

#SchoolPsychology

## SCHOOL PSYCHOLOGY FOCUS

Screen Addiction

Parenting Styles

School Adjustment

Peer Relations

Bullying and  
Victimization

## The Academy of Psychology



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# MANAS *Speaks*

A MONTHLY MAGAZINE

VOLUME 2 ISSUE 1 JANUARY 2022

Manas Speaks is a monthly magazine from Manas-The academy of psychology, to publish a wide range of conceptual articles relating to different perspectives on methodologies in psychological research and to support student communities to strengthen their knowledge.

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## Author Guidelines

We accept submissions through email. You may send us manuscripts for the following submission categories: Any submission related to psychology, short stories, book review, movie review, psychology concepts, case studies, cartoons, memes or a specific genre. Content should be related to psychology, your manuscript must be in one of the following file forms word, pdf and jpeg. please send content related pictures if you are interested. All manuscripts should be in 12 point type, with at least one-inch margins, and sequentially numbered pages. The author's name, address, telephone number, and email address should be typed at the top of the first page. Contributors are asked to include a brief biographical note with their submissions. Submissions may be sent to us at any time, year-round. Manas speaks is a non-profit magazine with the ambition of encouraging good literary work. We desire is to connect readers and writers, and we strongly encourage anyone interested in submitting work to read the magazine before submitting. You may read the magazine for free. If you enjoy reading it and wish to submit it, we hope that the reading is strengthening your mental muscles. we are strongly committed to publishing debut and emerging writers.

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# TYPES OF PARENTING



**T**he single greatest influence on who we become is how we are parented. Our parent figures are the relationships that our survival depends on. Of course, their relationship with themselves, their emotions and their unresolved trauma impacts how we think and feel about ourselves.

There is so much variation when it comes to raising children. But, did you know that researchers have narrowed it down to just 4 different parenting styles? A parenting style is more than just a label. It is a pattern of strategies of interacting with your child which includes several elements:

- A parent's attitude towards the child.
- How much a parent demand or respond to the child.
- How they discipline their child.
- Parent's communication style.
- Maturity and self-control levels of the parent

**Diana Blumberg Baumrind**, a clinical and

developmental psychologist known for her research on parenting styles framed the following styles, authoritative, authoritarian, permissive and uninvolved. Each parenting style has a unique impact on the child's health, self-esteem, emotional intelligence, social development and mental well-being.

**An Authoritative Parenting** establishes firm yet clear rules and expects a child to follow them but not without a question. These parents explain about the rules and provide the support and guidance needed to follow them. If the child fails to follow the rule, which can happen!!! An authoritative parent doesn't jump to quick punishments. Instead, they teaches the child right behaviour and supports him in making better decisions. These rules help foster emotional self-control and independence.



**An authoritative parent** is both demanding and responsive; is assertive but not pushy; is warm and responds positively; offers feedback and constructive criticism; forgives; prefers positive discipline over punishment; uses rewards and praise. Children who grow up in authoritative households are generally cooperative and responsible. They also demonstrate strong emotional and good-decision making skills.

**An Authoritarian Parenting** is characterized by strict rules with harsh demands for compliance. Unlike authoritative parenting, authoritarians prioritize obedience above all. Parents who use authoritarian parenting expect compliance without question. You might hear “Because I said so” a lot in authoritarian households. If the child fails, punishment is the response. Punishments, unlike positive discipline make the child feel bad without the proper means to learn from past mistakes.

**An authoritarian parent** is demanding but not responsive; expects compliance without attention to child’s emotional needs; is cold and focuses on punishment over positive instruction; has high expectations with little warmth. Children living under extreme parental control are more likely to develop low self-esteem as well as behaviour problems which can lead to aggression. In the most extreme cases, children develop good lying skills to avoid strict punishments. Often, children raised in authoritarian houses are more likely

to become discontented, delinquent with mistrusting personalities.

**Permissive Parenting** is characterized by high responsiveness with low demands. Although they are loving, they don’t set many rules, and if any rules are broken, there are few consequences. Permissive parents are generally nurturing and communicative. Their communication pattern often seems more friend-to-friend rather than parent-to-child.

*A permissive parent* is warm, loving and responsive but not demanding; creates household rules but rarely enforces them, doesn’t focus on consequences or punishments; acts like a friend rather than a parent. Because of this lenient parenting style, children may struggle with authority, grades. Emotionally these children may be at higher risk for feelings of sadness. Permissive parenting also affects the health of a child i.e., they often struggle with obesity. In extreme cases, a child may develop egocentric and impulsive behaviours.

**Uninvolved Parenting** is also referred as neglectful parenting is characterized by few demands, low responsiveness, and very little communication. Though they fulfil their child's basic needs, they are generally detached from their child's life. They make sure that their children are equipped with food and shelter, but offer little to nothing in the way of guidance, structure, rules, or even support. In extreme cases, these parents may even reject or neglect the needs of their children.





**An uninvolved parent** is neither demanding nor responsive; doesn't make rules; declines communication; is indifferent neither warm nor cold. Without any rules, support or communication children of uninvolved parents lack proper direction of life. This may increase in risk of illicit and poor behaviour; children may also struggle to regulate their emotions and are at high risk for suicidal tendencies.

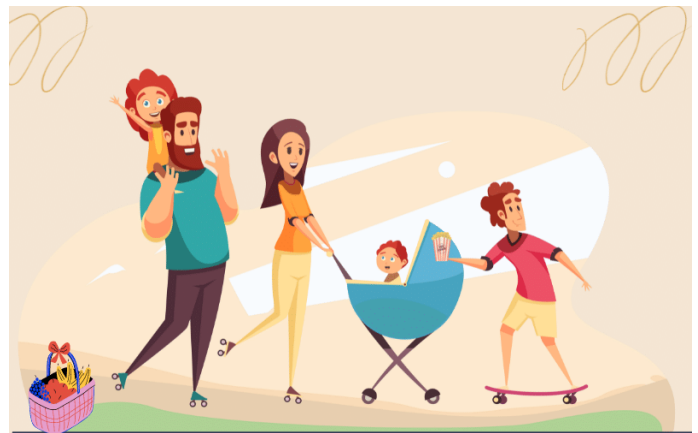
Yet there is another famous parenting style, which is being popular these days which is **Helicopter Parenting**. A style of a parent, who's overly focused on their children. It means being involved in a child's life in a way that



trolling, over-protecting and over perfecting.

They typically take too much responsibility for their children's experiences. Helicopter parenting affects child's learning and development that results in poor self-regulation and childhood anxiety and depression. Researchers found that helicopter parenting can negatively affect a child's ability to manage his or her emotions and behaviour

There pops a question i.e., **which parenting style is effective?** When it comes to parenting styles, the term effective can be subjective. A truly effective parenting style is one that helps a parent raise a well-adjusted, confident, happy child who has high emotional intelligence.



To do so, an effective parenting style must:

- Prioritize clear expectations of the child.
- Prioritize high demands of the parent along with high responsiveness.
- Prioritize positive discipline over punishment.
- Pave the way for open and loving communication- circular communication would really help.
- Make clear and healthy boundaries.

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