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A STUDY ON PSYCHO SOCIAL PROBLEMS OF SINGLE CHILD IN TIRUPATTUR TALUK

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ABSTRACT

Children are supremely important asset and the nation's future lives in their proper development. An investment in children is indeed an investment in nation's future. A healthy and educated child of today is the active and intelligent citizen of tomorrow. A single child is a person with no siblings either biological or adopted. The single child faces more psychological and psycho social problems as compared to those have siblings. Generally says only child as spoilt and selfish kids. Due to less social interaction these children face problems in expressing themselves and have an introvert nature. This leads to an uncomfortable situation for the child emotional. The study aims to understand the psychosocial problems faced by single child. This study highlighted the psychological problems, social problems, educational problems, relationship with society, and life adjustment problems of single child. The descriptive design was used and the sampling method was convenience sampling. The frequency table and diagrams was used for analysis. The suggestions were given to the parents in order to make the single child free from psycho social problems and to improve the self esteem and self confidence.

Key words: single child, problem

INTRODUCTION

According to Adlerian theory, only children take on the characteristics of both the firstborn and the youngest. Showered with attention by their parents, only children of ten expect to be universally admired. Yet they learn to rely on themselves, going through childhood alone and developing a sense of comfort in being alone. Consequently children who lack siblings have traditionally been expected to display stilted social skills. However parents can take active steps to overcome the challenges faced by the only child. The risk exist s that the only child will mature too early. Childhood experiences include having fantasies, enjoying storytelling, rough games, shouting, and other childish behaviour. A child spends too much time with his parents and other adults are in danger of unbalanced development perhaps becoming a 'little adult' at the age of five or six.

STATEMENT OF THE PROBLEM

The statement of the problem is very clear and concise that describes the psychosocial problems of single child. The single child problem is increased day by day; it is one of the important problems of rural and urban areas. Single child faces more psychological and psycho social problems as compared to those having siblings. The incidence of mental health related problems was found to be significantly higher in the single children than in the non single children. Thus having siblings has positive effects on mental health.

REVIEW OF LITERATURE

The pronouncement by the father of psychology, G Stanely Hall, when he told the world in 1904 that "being an only child is a disease in itself" has endured in spite of the fact his research was later shot down for being flawed. Freud concluded that only children are prone to sexual identity problems and psychologist Alfred Adler claimed" the only child has difficulty with independent activity and or later they become useless in life.

The national association of school psychologist recommends teachers, parents, and care givers work together to develop interventions that can help reinforce skills. Encouraging desirable behaviour problems. Stigma that brings with it a sense that somehow I am bad, a little Damien from the omen, because I was the only one.

"Single children face social behavioural problems because they do not grow up with their siblings. As they miss out daily interaction, they prefer to remain lonely. Therefore, these children are generally termed as spoilt and selfish kids," said Dr R P Singh, head, department of paediatrics, GSVM Medical College.

The joys and problems of raising an only child

In his book "bringing up boys", the author James c Dobson describes of the joys and problems of raising an only child. Fifty years ago about 105 of households in the United States were single child households and the perception of the only child as that he or she was often spoiled. Lonely and socially inept. Today the figure has more than doubled to over 14 million children and the perception of the only child has changed markedly. Only child parenting is immensely rewarding and there are many advantages to being able to focus your attention on the development of just one child. Most of us lead extremely busy lives days and it is not always easy to devote the time that we would like to our family, but things are certainly a bit easier with just a single child. Bringing up children can also a very expensive business and you may well be able to provide an only child with many things which you simply could not afford if you were trying to provide for several children. Hurlock B. Elizabethin the book the child development, 1964 has discussed about the influence of the family on children, influence of family size on family relationships, influence of siblings on family relationship and significance of siblings relationship in the chapter XVII-"Family Relationships"

OBJECTIVES OF THE STUDY

- To study about the psychological problems of single child
- To study the social problems of single child
- To study about the educational problems of the single child
- To find out the life adjustment problems of single child
- To find out the relationship with the society

METHODOLOGY

The research design of this study is Descriptive Research Design. The design describes the psycho social problems of single child. Two main sources of data that is primary from respondents and the secondary from books, journals, and website. The questionnaire schedule was used for data collection. The sampling method was convenience sampling. The sample size was 60 school going children in tirupattur taluk. The data collected from the primary respondents were analyzed using SPSS (Statistical Package for Social Science

Analysis and interpretation

Distribution of respondents based on their gender

Table No: 1

Gender	No of respondents	Percentage
Male	18	30
Female	42	70
Total	60	100

The above table shows that 70% of the respondents were female and 30% were male. The female respondents were expressed more stress and strains of single child life.

Distribution based on respondent’s likeness having a sibling

Table No: 2

Likeness	No of respondents	Percentage
Yes	45	75%
No	15	25%
Total	60	100

The majority of the respondents like to live with siblings. Single child face social and behavioural problems. Siblings play a powerful role in child development. Siblings who interact frequently influence the others social behaviours and personalities as they develop in to adults.

Feeling of loneliness

Table No: 3

loneliness	No of respondents	Percentage
Yes	41	68%
No	19	32%
Total	60	100

Majority of the respondents felt loneliness the reason is the absence of sibling in their life. Loneliness is a complex and usually unpleasant emotional situation. It leads to lack of communication and social interaction.

Based on respondents angry towards others

Table No: 4

Angry towards others	No of respondents	Percentage
Yes	44	73%
No	16	27%
Total	60	100

The above table shows that 73% of the respondents have showing their angry towards others. Anger is emotional responses related to one’s basic boundaries are violated. It is most common only child is aggressive and angry. The prediction was proved in single Child’s life in many situations

Based on the respondents wish tom reveal their problems

Table No: 5

Weight	No of respondents	Percentage
Friends	42	70%
Parents	3	5%
Teachers	15	25%
Total	60	100

It shows that 70% of single children are likes to reveal their problems to their friends. They are considering a free and safe model of interaction. But only 5% of the respondents prefer to share their problems with their parents.

Based on the respondents interest towards entertainment

Table No: 6

Interest towards Entertainment	No of respondents	Percentage
Sports	11	18%
Reading books	8	13%
Listening music	11	18%
Travelling	13	22%
Watching TV	6	10%
Use of internet	8	13%

Chat with friends	3	5%
total	60	100

The above table shows that 18% of the respondents like sports and music. Entertainment is a form of activity that holds the attention and interest of an audience, or gives pleasure and delight. Although people's attention is held by different things because individuals have different preferences in entertainment.

FINDINGS

The study shows that (70%) of the respondents were female and 30% were male. The majority (75%) of the respondents like to live with siblings. Majority (68%) of the respondents felt loneliness the reason is the absence of sibling in their life. Majority (73%) of the respondents have showing their angry towards others. Most (70%) of single children are likes to reveal their problems to their friends. But only 5% of the respondents prefer to share their problems with their parents. . Around (18%) of the respondents like sports and music. Around 22% of the children revealed that travel as entertainment.

SUGGESTIONS

- Try to have good relationship with children
- Organize pleasure trip with family
- Encourage joint family system and avoid child loneliness
- Encourage single child socialization process especially recreational activities, sports, games.
- Avoid over expectations towards child. The pressure on the child to be a super child is immense. This kind of expectation will create more pressure atmosphere to child
- Create opportunities for your child to interact either a peer group neither by talking him to play areas where he interacts with other kids or enrolling him as a member of a club where he can make friends.
- Give your children consistent love and attention
- Discuss with child their likes and dislikes and find out their problems and solve in a good manner

CONCLUSION

The study was used descriptive design and by having sixty samples who are in tirupattur taluk. The aim of the study was to identify the psycho social problems of single child. The study reveals that they have emotional, behavioural, academic and social problems. Parents need to encourage the concepts of sharing, adjustment, involve in group activities. It helps to improve child self esteem and self confidence.

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