Behavioural Problems in Childhood

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Abstract:
This research paper attempts to focus on the behavioural problems in childhood. This study is based on the children of primary school. Study finds that behavioural problems are more among high income group. There is lack of patience among these children. At the end of the paper solutions are given to come out behavioural problems among children.

Key words- Temper tantrum, Parenting, Emotional ability

Introduction:
Population of India is 1.21 billion. There are 28% children out of total population between age group 6 to 10 years. Development of personality is associated with the adjustment psychology in the childhood. Expressions and reactions of children in the given situation is a behavior. Researchers state that, for proper behavior of children, they should be healthy. Many times it is observed that even if health is good there are behavioural problems among children. It affects emotional development of children. It leads to difference in behavior of children. It is because of hormonal changes among them. According to Valentine, “problematic child is referred as the child who is difficult to raise or educate especially due to disruptive or antisocial behavior “.

Objectives Of The Study:
1. To study the behavioral problems among children of age group 6 to 10 years old.
2. To find out solutions for behavioral problems among children.

Methodology:
This study is based on primary as well as secondary data. Behavior of 6 to 10 age group children has been observed in the school. Observation and questionnaire are two important methods used for this study. A school in Aurangabad city (MS) has been selected. Children of primary school were selected. In this study following behavioral problems were observed.

Behavioral Problems Among Children:
1. Temper Tantrum:
   It is an unplanned outburst of anger among children. It ranges from whining and crying to screaming, kicking, hitting and breath holding. According to Mcdwgle, temper Tantrum is easy and natural tendency in which child becomes aggressive to fulfill their wants. Many times it becomes nature of the children. Good parenting control or reduce the temper tantrum. Temper tantrums are in response to frustration, tiredness and hunger are the most common causes. Child reacts through screaming, throwing objects etc. It is observed that when language skills are starting to develop, tantrums tends to decrease. Child up to 3 years want control over environment and they want to do everything independently. They are not able to control or manage their emotions. Following are main reasons behind it.
1. **Unable to control emotions**: Child is not able to control emotions or child cant express what he or she want to tell. It is a part of their development.

2. **Unsatisfied wants**: If wants are not fulfilled then child explodes with impatience. Child displays temper tantrum by kicking, stomping, pounding, yelling, crying, slamming doors, throwing body on the floor.

3. **Disturb in Playing**: When child is busy in playing and someone disturbs him then child becomes angry and shows the temper tantrum.

4. **Strictness & Discipline**: Some parents are very strict regarding discipline. Child has not freedom to play, work and sleep in this case. In this rigid disciplined atmosphere child becomes angry and reacts in an uncontrolled way.

5. **Sickness**: A child undergoing sickness or suffering the first signs of illness may also show temperamental fluctuations. Many times due to sickness child is not able to play.

6. **To follow parent’s behavior**: If parents are high tempered their behavior with others is not proper then child also follows the same.

   Thus a limited scope of understandings and a limited ability to vocalize needs and desires coupled with frustration is the perfect situation to create tantrum. When the child is not capable of understanding the emotions they usually resort to tantrum as a form of expressions.

**Measure To Handle A Temper Tantrum:**

Proper guidance through good parenting is an important measure to handle temper tantrum. It is important for the parent to maintain a level head and not get angry with their child. Anger only adds fuel to the fire of a temper tantrum. Positive parenting is must to control temper tantrum. Parents should

1) Give equal treatment to child.
2) Behave in a liberal manner instead of rigid disciplined way.
3) Create a feeling of responsibility among the child.
4) Encourage children to engage in hobby or their interest area e.g. Drawing, Singing etc.
5) Not focus on negativities of the child every time.
6) Give at least 5 positive comments to every negative one.
7) See how your love and caring every time.
8) Do not give the child what he or she wants. e.g a preferred food at meal time or allow the child to escape or avoid what he or she doesn’t want.

All above discussed temper tantrums have observed among students. It is a common behavioral problem among school children’s and seen also. It is also observed that behavioral problems are more among high income group. There are many changes in the family structure in the 21st century that’s why parenting methods are also changing. Declining joint families and rising nuclear families, single parenting are same important features of it.

Study by Reddy & Shyam (2004) explains that we can solve behavioral problems among children with the help of teacher associating games, problems solving, role play etc. are the remedies with which behavioral problems may be reduced.

**Conclusion:**

It is observed that temper tantrum is the most common behavioral problem among the children. Boys are having more behavioral problems than girls. Higher income group families have higher temper tantrums among children.
References:
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