



## PCI AS A PREDICTOR OF CHILD DEVELOPMENT AMONG CHILDREN: AN OVERVIEW

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### ABSTRACT

Improving child health has been a major focus of health services and social development sector worldwide in recent decades. Considerable research evidence on children's development are available in the domain, however, the present article is a modest attempt to review the factors that influences directly or indirectly the development of child with a main focus on PCI. An overview of available literature indicates that PCI has a crucial influence on child physical, social, spiritual, cognitive and psychological development. There was a significant association between parent child interaction and child better development, also significantly positive correlation between parent child interaction and gratitude and prosocial behavior of child.

**KEYWORDS :** PCI, Child Development

### INTRODUCTION

Children are future of nation and healthy children are foundation stone of prosperous nation. Every culture, demographic aspects and family interactions are unique and contribute to the child's growth and development, directly and indirectly. Most complex process of child development mainly encompasses physical, social, spiritual, cognitive and psychological development of the child. Poverty, poor health and non-stimulating environments caused failure for 200 million children worldwide in meeting their development potential. Behavioral problems and dysfunctions among children such as delinquency, drug use, runaways, and many more are the aftermaths of missing the vital parameters of children development.<sup>1</sup>

Quality childcare is vital in child development; however, half of the all parents share their duties of childcare with someone else. Parental practices plays pivotal role in enhancing development of children which inter alia includes parenting styles, parental availability, presence or lack of siblings, socio-economic status and child's individual temperament. Creating a secure and healthy attachment with children through Parent Child Interaction (PCI) is considered as a predictor for development of children among the diverse developmental factors of the children. Considerable research evidence on children's development are available in the domain, however, the present article is a modest attempt to review the factors that influences directly or indirectly the development of child with a main focus on parent child interactions.<sup>2</sup>

### PARENT-CHILD INTERACTION

Parent-child interaction has been defined in many, yet similar, ways: communication between a parent and a child; the combined reciprocal action of a parent and a child that has an effect on each other; and "two or more people engaging in a mutual exchange of thoughts and ideas in which both participants are contributing and responding to each other (Russo & Owens, 1982, p.166)."<sup>3</sup>

Parent-Child Interaction is the basis from which children are able to explore and experience the world of relationships, objects, cause and effect, and problem solving.

Parent-Child Interaction is considered a crucial influence on a child's functioning and is the most important factor in child behavior and development.

### INFLUENCE OF PARENT-CHILD INTERACTION

According to Rosa Milagros Santos, et al (2015), the developmental benefits of PCI are<sup>4</sup>

1. Childs competence develop
2. Childs confidence develop
3. Strengthen child's bonds with parents and caregiver
4. Promote the development and expression of child's unique personality
5. Support child's moral and spiritual growth

### TIPS FOR POSITIVE PARENT-CHILD INTERACTION

Below are some easy ways to interact with child in a positive manner on daily basis:<sup>5</sup>

- "Catch" child in a positive behavior and praise them
- Limit words such as 'don't' or 'no'
- Teach positive behaviors...instead of telling child what not to do
- Set limits and expectations
- Teach the behavior would like to see child exhibit
- Play with child as much as time permits...play is important in a child's development
- Ask open ended questions and listen to child by making eye contact
- Read to child...everyday
- Don't be afraid to get down on the child's level...sometimes getting into a chair or on the floor can be better for both parent and child
- Use patience...take a deep breath, count to ten...don't take anger out on the child
- Use the outdoors as a classroom...there is so much to see and do in right here in Brevard

### PARENT-CHILD INTERACTION AND CHILD DEVELOPMENT

N Cicuto Ferreira Rocha et al (2015) found that the quality of the relationship between a child and parent is an important factor influencing the child's development during the first year of life.<sup>6</sup>

The study conducted by Meredith Anne Scott (2008) highlighted the importance of parents in the communication skill development of their child. They found that children, who had sustained engagement, follow through and positive interaction with their parents had higher communication skill.<sup>7</sup> According to Margaret Tresch Owen (2015) the small number of words heard by children in homes has strongly linked with poor language development. He also opined that in the development of language skill, the quality of parent child

interaction serve as a strong communication foundation.<sup>8</sup>

Ho-Tang Wu, et al (2016) concluded that there was a significant positive correlation between father child and mother child interaction as well as between parent child interaction, gratitude and prosocial behavior.<sup>9</sup>

R. Kumat, et al (1997) studied factors influencing psychosocial development of preschooler children in rural area of Haryana, India, and found that factors like parental interaction and care were significantly associated with better child development.<sup>10</sup>

Hyun JooJeon, et al (2013) found that growth rates of child cognition were significantly related to parental supportiveness and changes in child task-oriented regulation.<sup>11</sup>

## CONCLUSION

Child development- a multidimensional aspect is an outcome of many factors be it direct and/or indirect. Number of researcher, academicians and concern organizations tried to explore such factors of child development. An overview of such studies in the present article found that PCI has a crucial influence on child functioning. There was a significant association between parent child interaction and child better development, also significantly positive correlation between parent child interaction and gratitude and prosocial behavior of child. In a nutshell PCI is a predictor of child development and appropriate and effective PCI is a vital for child physical, social, spiritual, cognitive and psychological development.

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