



“RELEVANCE OF THE KNOWLEDGE OF CHILD PSYCHOLOGY FOR PARENTS AND TEACHERS”

KEYWORDS

Concept, Growth, Development, Role of Teacher and Parents.

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ABSTRACT *Child psychology is also called child development. Development is a comprehensive term and it may be physical, mental, social and emotional and it continues throughout life. It includes all the vital areas of child development such as physical, mental, emotional, motor, social and moral. Child psychology tries to discover casual relations and universal laws concerning the child's development from the time conception to the beginning of adolescence. It is also concerned with the problems of children and backward children, the difficulties of creating suitable environment and allied conditions. So, a teachers' main concern in the classroom is the development of the child but he cannot fully understand such basic processes as perception, motivation and emotion etc., without knowing something about their development. The knowledge of child psychology helps the parents and teachers to know the interest, nature, intelligence and individual differences of his children as well as students.*

Introduction: The childhood is the foundation upon which the development of an individual depends. The development of a nation depends upon the development of its children. In the case of human beings the most significant common stage of growth are - pre-infancy, infancy, childhood, adolescence, adulthood and the different phases of development are physical, mental, emotional and social. Psychology is a subject that attempts at making an analytical and scientific, study on the dynamic nature of human mind. In modern times, psychology is being used in almost all aspects of human life as it is very helpful to understand and improve the existing conditions. Human beings are the centre of study according to psychology. There are various branches of psychology. Among these branches *Child Psychology* is one of them.

Objective of the Paper: In general, we know that objectives tell us what we expected to do and under what condition it will be achieved. It is more specific and easier to measure than goals. So, the main objective of the present study is that to understand about the growth and development and discipline of child through the knowledge of child psychology especially as parents and teachers how can determine their children in the field of different significant like physically, mentally, emotionally, socially as well as morally of human being.

Methodology: Methodology is the most important aspect of any research study as well as project work. So, the present paper attempts a comprehensive analysis of the relevance of knowledge of child psychology. Especially the method used for the study is descriptive in nature and based on secondary data collected by the different sources from the published and unpublished like *Journal's, Magazine, Books, Reviews, Websites and relevant documents.*

Concept of Child Psychology: At the present time the role of psychology is very significant. So, in this regards we can say that child psychology is one of the many branches of general psychology. It deals with the development of behaviour of the child. It is comprises the study of pre-natal and post-natal period of childhood up to the age of twelve years. It includes all the vital areas of child development such as physical, mental, emotional, moral and social. Child psychology is the study of children, we hint at the study of the human being from the moment of his conception to the time when he enters the adolescent periods. The child differs from the adult very much. His emotions, sentiments, intelligence, aspirations and his life urges all differ from those of the adult. Child psychology is a full-fledged science itself. Also it studies the relative influence of environment on areas of development. It is a positive science which studies the behaviour of child in the context of his environment treating the child as an individual. Child

psychology focuses greatly on effective child development. It also says that child psychology is the science dealing with mental power or interaction between the conscious and subconscious elements in a child. In the words of Crow and Crow, "Child psychology is the scientific study of the individual from his pre-natal beginnings through the early stages of his adolescent development". (Dr Kumar P.01).

Growth and Development: The most important and significant fact about human growth and development is that the individual grows as a whole. Growth starts, for the child, within the womb and is generally used to indicate changes of a quantitative nature such as change in size, weight and height. On the other hand the term development refers to a process of change in growth and capability over time, as function of both maturation and interaction with environment. It involves a series of progressive, orderly and meaningful changes leading to the goals of maturity. Usually growth contributes to development but not always. So, in this regards we should know that about the significant of *Pre-natal* and *Post-natal*.

Pre-natal Stage: The period from conception to birth is known as pre-natal stage. In this stage there are three main periods. These periods are - germinal period, embryonic period and foetal period. Germinal period is which lasts for the first two weeks. In this period the pertillized egg develops by process of cell-division into a hollow sphere of cells about one fifth of an inch in diameter. On the other hand embryonic period starts after two weeks and continue up to ten weeks. In this period the new individual slowly begins to form and the internal organs have begun to take shape and foetal period is cover from ten weeks to birth. So, in the field of pre-natal stage of human beings before birth, the organism is cable of reacting to the internal as well as external stimuli in the appropriate environment. Normally lasts for about 40 weeks is pre-natal period. It is the hypothetically pre-scientific study of the pre-natal growth.

Post-natal Stage: Post-natal periods are cover from the birth to beyond. But we have already mentioned that the child psychology is specially study on period of childhood up to age of twelve. Up to 12 years i.e., childhood periods there are two stages are distinct. These periods are - infancy stage (from birth to 5 years) and childhood stage (from 6 to 11/12 years). So, in these stages development process is very significant. During this periods development within the body of the child takes place i.e., weight and high, respiration and circulation, muscular and mother development. As in childhood stage the youngster is still a child, but he is more mature than the infancy stage. This period is also known as intervening stage between infancy and adolescence. Actually, this period is the beginning with the formal entry into school and ending in the advent of puberty.

During this period, there is no difference between the body contours of boys and girls.

In the field of development we can assume that during the period of childhood stage physical development is relatively stable and his sense organs, muscles, brain are more or less mature enough. Also during this period the mental development is significant. The instincts of curiosity, constructiveness and acquisition and the innate tendency of play work wonders at this stage. The child is able to see the similarities and differences between objects but children are found to be quite immature. Besides, during childhood stage social and emotional development is also significant role. In this stage the process of socialization takes place as a fast speed and qualities of self consciousness and co-ordination. At this stage child expresses a number of emotions. He/she is highly attached to his parents and he has affection for then other members of the family. They express as emotion, fear, jealous, curiosity, sentiments, love etc. Also moral behavior is oriented towards authority, law, duty and maintaining the status quo which is assumed to be a primary value.

So, all the development process of childhood stage, child psychology tries to study properly. What is the significant development of child, how can identify the development process of child and how can solve the problems of child in different field are the main objectives of the study of child psychology. So, in the field of child development as well as future human beings the role of parents and the teachers are very necessary. For this subject matter both i.e., teacher and parent are to know about the knowledge of child psychology. Then they will able to proper guide to their children/students.

Child Psychology and the Teachers: It is benefits that through the knowledge of child psychology teacher can know about the developmental process of child and can bring their external and internal quality. A student teacher relationship can have a significant influence on a child's development. Also a teacher that provides the right encouragement and direction to his/her students, can actually help them grow into a fine young individuals of tomorrow, by imparting values such as perseverance, hard work, determination and respect. So in this field teacher can benefits from knowledge of child psychology of the following-

Better Understanding the Student: Generally in a class there are different students come from the different mentality as well as different behaviors. In the process of teaching-learning the teacher must equipped with detail information regarding the students' needs the bases of his interest, personalities, abilities and his behavior. The needs of most backward and handicapped or problem children cannot be satisfied in school. It is for this reason that they turn to trouble making as a source of relief. In this field teacher who knows the psychology of children is aware of the fact that the source of a child's physical, psychological and social needs. Besides, all the students are not same in mentally, physically, emotionally, socially and morally. So, the knowledge of child psychology helps to know the nature, interest, intelligence and individual differences of the students. Child psychology is the help one can derive in understanding the child's behavior as an individual being. Also, the role of a teacher for in a child's early years is that of a guide. A guide who walks beside them and keeps them safe from harm, while letting them explore all the new things around them.

Teaching Methods for Effective Teaching: In the field of effective teaching the applied of method is very significant. That means how will can teach which will to be teaching, what will to be teaching it's the big subject matter. Children are taught to be disciplined by psychological methods, not by force. Teaching has become more scientific, easier and goal directed. The knowledge of child psychology gives the teacher information about the process of learning, methods of teaching, important factors, conditions which help the process of learning, allowing the teachers to make use of this information in his teaching. The

knowledge of child psychology helps the teacher his teaching capacity how can teach the students for effective teaching. So, it is very essential that if teacher will may be want to an ideal teacher then the knowledge of child psychology should be know.

Improvement in Curriculum: During the childhood stage interests are centre round his close associates and surroundings. Lessons in personal hygiene, cleanliness and behavior with elders are more meaningful than lessons dealing with the people. So, child psychology has led to important improvement in the curriculum for teaching children. The curriculum of a school should be based on the individual differences of children, their motives the values and principles of learning, all of which can be known only through the study of child psychology. The teacher must not over emphasize reading and writing but between ages nine and twelve reading can be encouraged.

Improvement in Teacher-Student Relationship: In the field of teaching-learning process the relationship between student and teacher is very important. Therefore, as an ideal teacher before the teaching he can constructive related with the students for better teaching. If the teacher wish to maintain cordial relations with their students it is essential to be clever and understanding. Besides, through the relationship of the students and teachers can be improve the internal and external qualities of the learner. So, the knowledge of child psychology can provide many proper hints towards such an understanding.

Discipline and Administration: Discipline in an institution depends upon the extent to which the rules and regulations applying in the institution are psychological and the extent to which the teacher makes use of psychological devices. So, as a teacher should be maintaining the principles of child psychology. If the teacher is unaware of the principles of child psychology then he will be unable to solve the problems of his students. So, in this field the knowledge of child psychology is the very important for teacher.

Child Differences: We know that all children are not alike. The differences between the children occur in respect of economic condition, family background, sex differences, mental age, special abilities, motor ability, personality development and learning. All these differences can be measures through the knowledge of child psychology.

Solution of Classroom Problems: Generally, in the classroom situation some problems are created. These problems are may be different things. These problems can be solved only by psychological methods. Also, child psychology can assist the teacher in tackling such problems as the backwardness of children, indiscipline, sex crimes, defects in the child's progress mental defects of problem children etc. For solving these problems teacher should know the significant knowledge of child psychology. Without the knowledge of child psychology then cannot be effective solving of the different problems of the child.

Psychological Data: Psychological data is reliability like scientific data. Specially, knowledge of child psychology encourages the teacher to make psychological experiments in the field of education. Through the psychological research teacher can bring new facts to light and improve education.

Child Psychology and the Parents: Parents are can play an important role in the child development. But if parents are want to develop their child in different aspects then they are should know about the proper knowledge of child psychology. Parents are the backbone of child and they are the foundation for child development. If a child doesn't form a healthy attachment with their primary parent, their ability to pay attention and do well at school will be affected. Parents must make sure that while introducing technology into their life that a proper check should be made to make sure that child had adapted the technology not

has become dependent on that. So, as parent it is very important to understand a child's behaviour in order to help them adapt to various situations in life. Child psychology is important for the some significant reasons. These reasons are - to understand the child better, to know that some problems have a psychological origin, to establish effective communication between child and the parent to gain confidence of the child and of the parents, to teach parents and children the importance of primary and preventive care etc. All these reasons the parent can be solve through the knowledge of child psychology.

Psycho-physical Development: Generally, stage of infancy is marked by sensitive and significant developmental characteristics of its own. It is necessary to identify them in order to have a clear picture of child's nature and his needs. The main aspects of psycho-physical development of infancy stage are - quick physical growth, motor development, playfulness, sensory development, language development, development of curiosity, imitativeness, instinctive tendencies etc. On the other hand during the childhood stage physical growth and development is somewhat slower in comparison to early childhood. In this period a child may grow five to eight centimetres only. During this period indicates relatively little bodily changes and this period end with the onset of puberty – a very important and significant phenomenon in the life of a human being.

So, in the field of psycho-physical development of child the parents can vital role. Through the knowledge of child psychology as ideal parents can be observe their children's time to time changing components. Therefore we may say that development process is natural. But with this process the positive role of the parents is very necessary. So in this field the knowledge of child psychology can helps the parents.

Mental Development: In general, at birth the baby has all the sensory equipments that are needed for mental activity. During the period from birth to the age of three, there is a significant increase in the needs of the child and he begins to be selective in fulfilling his needs. By the age three, the child has specialised in his definite needs and he tries to find out the ways in which his needs are fully satisfied. At this stage, the child is also keen to secure approval from his parents and others for the things he likes or does. On the other hand in childhood stage intellectual activities are clearly visible. He is in a position to exercise his power of memory, attention, thinking and imagination and can solve problems intelligently. His knowledge and experience not merely remains receptive but gradually take the creative turn in late childhood stage. Besides, adolescence is a period of great intellectual advancement. Both boys and girls start learning at a rapid rate. They become interested in their own choices and also become aware of their own intellectual power. In this period power of analysis and synthesis make thinking more organized and systematic. Memory turns to be more logical than habitual and attention more voluntary than sensuous.

So, in the field of mental development of child the parents can play a significant role. In this filed as a parents can be proper observe that what they think, what will think and what will they are behave according to their thinking power. For this matter the parents should know the knowledge of child psychology. Because, the knowledge of child psychology helps the parents how can observe their children in the aspects of intellectually.

Emotional Development: Emotion is the internal quality response with the external quality of human being. Emotional development includes all aspects of personality and identity development. At birth, no specific emotion is found in the new born infant. He shows only undifferentiated, diffused and general excitement. While during the early childhood period, the child shows a good deal of emotionality. The child may show temper tantrums, intense fears etc. Jealousy may also manifest itself. The most common emotions at this age are anger, fear, affection, curiosity and joy. During later childhood, there are less emotional disturbances than in any other period. In this period there are frequent outbursts of temper and jealousy and

there are pleasant emotions too. Girls generally begin to weep when they are angry. The boys generally become sullen and sulky. On the other hand adolescents experience emotional up charges in various psycho-social situations. All the pleasant and unpleasant emotions appear in their full form. Emotion of love makes them quite sensitive and blind. Emotion of anger, fear, shame and disgust make them quite explosive of the situation. The adolescent manifests a spirit of independence and freedom. He wishes to have more liberty so that he may gain new and varied experience. He also develops the spirit of criticism with which he judges the attitude to his parents and elders towards him. They may also become extremely optimistic and pessimistic, moody, depressed, desperate and delinquent.

So, role of the parents is very important in the field of emotional development of child. Throughout life, one's personality and identity are greatly influenced by genes as well as environmental influences such as parents. A child at this age largely only interacts with his or her parents; therefore, they are the main source of trust and mistrust in the child's life. If parents have a trusting and supportive relationship with their child, then the child overcomes the crisis and establishes the virtue of hope. Besides, parental influence on the personality development of a child also includes the development of emotional and behavioural self-regulation. Emotional regulation, or the ability to control emotions and emotional responses, stems from the level of response and involvement of parents in a child's life. Like emotional regulation, behavioural regulation comes about as a result of parental involvement and response to various aspects of a child's life. It is clear that parents not only influence the development of emotional and behavioural self-regulation in their child, but they also influence the development of maturity and drive. The development of maturity and drive in children is most prevalent in academic achievement. Therefore, we may say that the knowledge of child psychology helps the parents solving the problems of emotional of children. So, as ideal parents should be study about the child psychology.

Moral Development: Moral development is another characteristic of human beings. In the period of infancy stage moral development is not too measurable. But in the period of childhood and adolescent stage it is very significant. Childhood moral development is not genetic, but develops in stages. The development of morality is based on a child's experiences and environment, as well as cognitive, social and emotional development. Specially, children at this stage of moral development understand and value fairness, and perceive morality as a social contract in which rules must be obeyed in order to be liked. On the other hand during the period of early adolescence, children expand their moral view and see morality as a set of social guidelines that benefit everyone. While they still value rules, children see them as negotiable. By middle adolescence, children understand that following rules is a choice they must make and that their decisions affect those around them. Adolescents no longer base morality of fear of punishment or to gain friends.

In the field of moral development the parents can be significant measurable. Moral development, like emotional development, results from the positive influence of parents on a child. When a parent intervenes in a child's negative behaviour in an attempt to correct the behaviour and then disciplines the child, the parent is attempting to help the child internalize moral standards. Parents also facilitate moral growth and high levels of moral reasoning when they draw out the child's opinion and reasoning with appropriate questions and paraphrasing to check for an understanding of the situation. Besides, parents can help build strong moral values in their children by making sure they feel important and loved. This motivates a child to act in a way that will gain approval. Acknowledge and identify your child's emotions from an early age to help her learn how to identify these feelings in others, and learn to empathize as a result. So, in this field can say that the knowledge of child psychology is very important for every parent.

Social Development: Social development is a nature of human being. Childhood is the stage of socialization of the ego-centric nature of the child. His social environment and its functions are widening. He also learns some of the social rules and norms through active participation in society. In this period the child is able to enter the adult world on account skills. On the other hand during adolescence period boys and girls become active members of peer groups and develop deep friendships. Social development during this period is marked by a desire for freedom and independence from adult central.

The social development of a child is influenced by parental involvement similar to emotional and moral development. The social relationship a child has with his or her parents directly correlates with the relationships and social behaviour the child will have throughout life. Throughout each form of psychosocial development, parents play a vital role in the positive development of their child. Parents who influence the development of their child in a positive manner tend to have particular qualities and characteristics.

At end can say that parents greatly influence the development of their child. In the emotional sense, a positive parental influence can help a child establish a healthy personality and reach identity achievement. Parents also aid in the development of their child's moral reasoning and judgment skills through supportive discussions and conversations. Lastly, a close, secure relationship between the child and his or her parents influences the social behaviour of the child in the future. So, for the all components of child development the knowledge as well as the study of child psychology is very necessary for parents as well as teachers.

Conclusion: From the foregoing analysis about the relevance of the knowledge of child psychology for teachers and parents now I would like to conclude that child psychology comprises the study of pre-natal and post-natal period of childhood up to the age of twelve years. It is a key part of developmental psychology, is vast and one of the most commonly studied types of the subject. This specialized branch focuses on the psychological processes of children from birth to adolescence. It takes note of the psychological changes that occur from infancy. It includes all the vital areas of child development such as physical, motor, mental, emotional, social and moral. It also studies the relative influence of environment on such areas of development.

So, with this regards parents have a vital role in the global developmental processes of their child and also more importantly are the most constant factor in the child's life. They play a primary role in the upbringing; protection and development of their children, and hence empowering them to be actively involved in the process is one of our prime focuses. Parents need to understand what drives their child's behaviour and how to adjust the way they interact accordingly. Besides, children crave time with parents. It makes them feel special. Parents are encouraged to find time to spend playing with their kids on a regular basis. This should include one to one with each child and group time with all of the adults and kids in the home. Besides, teachers can also promote positive social skills by encouraging student interaction. Also, they provide opportunities for students to work in pairs and small groups, encourage collaborative work, provides time and resources for in-depth discussions that include the entire class.

At the end I would like to say that in the field of child development, the role of parents and teachers is very significant. The knowledge of child psychology helps the parents and teachers how can control and observe as well as guide to their children in real life situation. So, as an ideal teacher as well as parent should be know about the knowledge of child psychology then all the related problems of their children will be solve very easily.

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