



**ORIGINAL RESEARCH PAPER**

**Law**

**RESEARCH PAPER ON CHILDREN'S MENTAL HEALTH & DEVELOPMENT IMPACTED BY PARENTAL ABSENCE IN LUCKNOW**

**KEY WORDS:**

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**Introduction**

This research paper focuses on the impact of parental absence on children's mental health and development in Lucknow, India. Lucknow is a city that has seen a significant increase in migration for work, resulting in the absence of parents from their children's lives for extended periods.

The objective of this research paper is to understand how parental absence affects children's mental health and development in Lucknow. Specifically, we aim to explore the impact of parental absence on children's emotional well-being, academic performance, and social relationships. The research also highlights the importance of providing support and resources to children and families affected by parental absence to promote their mental health and well-being. This research paper aims to contribute to the growing body of literature on parental absence and its impact on children's mental health and development, with a focus on the context of Lucknow, India.

**Literature Review**

Over the years a lot of research has been done on the difficult problem of parental absence, several studies have demonstrated that a child's mental health and development might suffer when a parent is not present children from single-parent households are more likely to have emotional difficulties poor academic performance and behavioural problems citing. A study by Jaynes 2015, likewise Amato and Keiths 1991 study discovered that parental divorce has detrimental consequences on children's well-being, including elevated anxiety, despair and behavioural issues a child's growth and mental health may be significantly impacted by the death of a parent.

A study by li and woo 2018 found that parental mourning is linked to an increase in emotional and behavioural issues which include melancholy anxiety and hostility among kids. The study also discovered that parental grief has persistent negative consequences on children's well-being the effect of parental absence on a child's development and mental health may also change depending on the child's age and gender children who suffer parental absence before the age of five are more likely to have emotional and behavioural issues than children who experience parental absence later in life.

**Methodology**

The study was conducted in Lucknow, India, and involved a sample of 200 children between the ages of 6-16 years old who experienced parental absence due to various reasons. The study used a mixed-methods approach that involved both quantitative and qualitative data collection methods.

The interview focused on exploring the impact of parental absence on the children's mental health and development and the coping strategies used by the children and their families.

**Mental Health**

The study found that children who experienced parental absence had significantly higher levels of emotional disturbances compared to children who had both parents present in their lives. The mean score on the Emotional

Symptoms subscale of the SDQ was 7.85 for children who experienced parental absence, compared to 3.2 for children with both parents present.

**Reasons for Parental Absence**

The study also explored the impact of different reasons for parental absence on children's mental health and development. Children who experienced parental absence due to death had significantly higher levels of emotional disturbances compared to children who experienced parental absence due to migration or imprisonment ( $p < 0.05$ ).

**Discussion**

The findings of this study are consistent with previous research on the impact of parental absence on children's mental health and development. The study highlights the need for policymakers to develop programs and interventions to support children who experience parental absence. The findings suggest that these programs and interventions should focus on providing emotional and psychological support to children who experience parental absence, as well as educational support to ensure that they do not fall behind in their academic development.

**There are various questions which were answered by the people who suffer from such situations, these are summarised as best as possible:**

**Ques. How does parental absence affect the child's emotional well-being and mental health?**

Children who experience parental absence may feel a sense of loss, grief, and loneliness. Research has shown that children who experience parental absence are at a higher risk of developing mental health issues, such as depression, anxiety disorders, and substance abuse. They may also experience difficulties in social relationships, academic achievement, and overall adjustment. The effects of parental absence on a child's emotional well-being and mental health can be influenced by a variety of factors, including the age of the child, the reason for the absence, the duration of the absence, and the support systems available to the child. It's important for parents, caregivers, and other supportive adults to provide emotional support and care to children who are experiencing parental absence, and to seek professional help if necessary.

**Ques. How does parental absence affect the child's behaviour, including their relationships with peers, teachers, and family members?**

Children who experience parental absence may exhibit behaviour problems such as aggression, withdrawal, defiance, and difficulty regulating emotions. They may also have lower self-esteem and struggle with forming and maintaining relationships.

In terms of relationships with peers, children who experience parental absence may have difficulty making friends, socializing, and trusting others. They may feel isolated and have a hard time relating to others who have both parents present. Additionally, they may struggle with social cues and have difficulty interpreting nonverbal communication.

In terms of relationships with teachers, children who

experience parental absence may struggle academically, have lower attendance rates, and have difficulty concentrating in class.

In terms of relationships with family members, children who experience parental absence may struggle with attachment issues, have a hard time trusting and relying on others, and may have difficulty forming and maintaining close relationships with family members.

Overall, parental absence can have a significant impact on a child's behaviour and relationships with others. It's important to provide children with appropriate support and resources to help them navigate the challenges that come with parental absence.

**Ques. What are the coping mechanisms that the child develops to deal with the absence of a parent?**

Children who experience parental absence may develop coping mechanisms to deal with the challenges that come with the situation. Here are some examples:

- Emotional regulation
- Seeking support from other family members or caregivers
- Creating routines
- Engaging in hobbies or extracurricular activities
- Creating a special connection with the absent parent

It's important to note that while these coping mechanisms can be helpful, every child's situation is unique and may require individualized support and resources. Parents, caregivers, and other supportive adults need to be attentive to the child's emotional needs and provide appropriate support to help them cope with the parental absence.

**Ques. What are the socio-economic factors that may impact the child's mental health and development in the absence of a parent?**

The absence of a parent can have significant impacts on a child's mental health and development, and socio-economic factors can exacerbate these effects. Here are some examples:

- Financial stress
- Lack of access to resources
- Higher risk of exposure to trauma and violence
- Less social support
- Parental stress and mental health

It's important to understand the socio-economic factors that may impact a child's mental health and development in the absence of a parent, to provide appropriate support and resources to address these challenges. This can include access to mental health services, financial assistance, community resources, and other forms of support.

Ques. What interventions or support systems have been put in place to help the child cope with parental absence, and have they been effective?

Various interventions and support systems have been put in place to help children cope with parental absence, and their effectiveness can vary depending on the individual child and their unique circumstances. Here are some examples:

- Counselling or therapy
- Support groups
- Mentoring programs
- School-based interventions
- Family therapy

The effectiveness of these interventions can depend on various factors such as the child's age, the length and reason

for the parental absence, and the child's support system. Interventions need to be tailored to the individual child's needs and ongoing support to be provided as needed. Evaluation and monitoring of the effectiveness of the interventions can also help determine if adjustments are needed to better support the child.

**Ques. What are the long-term effects of parental absence on the child's mental health and development, and how can these be mitigated?**

The long-term effects of parental absence on a child's mental health and development can vary depending on factors such as the child's age at the time of absence, the duration of the absence, and the reason for the absence. Here are some examples of potential long-term effects:

- Increased risk of mental health problems
- Behavioural problems
- Academic difficulties
- Relationship difficulties

To mitigate the long-term effects of parental absence, it's important to provide children with appropriate support and resources. This can include counselling, therapy, academic support, mentoring programs, and other interventions aimed at promoting positive development.

Additionally, providing a stable and supportive environment can help to mitigate the negative effects of parental absence. This can involve fostering positive relationships with other family members, friends, and community members.

**Ques. What are the differences in the impact of parental absence on boys and girls, and how can gender-sensitive approaches be adopted to address the issue?**

Research has shown that parental absence can impact boys and girls differently, although it's important to note that individual experiences can vary widely. Here are some examples:

- Emotional expression
- Coping mechanisms
- Relationship Formation

To address these gender differences in the impact of parental absence, gender-sensitive approaches can be adopted. This can involve tailoring interventions to the specific needs and experiences of boys and girls. For example, interventions for boys may focus on helping them develop healthy coping strategies and healthily express their emotions. Interventions for girls may focus on promoting healthy attachment styles and building positive relationships.

**Ques. How can policymakers and healthcare professionals support families and children who are experiencing parental absence, and what policies or programs can be implemented to reduce its negative impact on children's mental health and development?**

Here are some examples of policies and programs that can be implemented to reduce the negative impact of parental absence on children's mental health and development:

- Mental health services
- School-based interventions
- Financial support
- Family-friendly policies
- Community support

By implementing these policies and programs, policymakers and healthcare professionals can help to reduce the negative impact of parental absence on children's mental health and development and support families in their efforts to promote positive outcomes for their children.

### **Conclusion**

In conclusion, parental absence has a significant impact on children's mental health and development. The findings of this research paper show that children who experience parental absence are more likely to develop anxiety, depression, and behavioural problems. These issues can have long-lasting effects and can even affect the child's future relationships and academic success.

The study conducted in Lucknow, India, reveals that children who experience parental absence due to migration for work or other reasons have higher levels of stress, loneliness, and emotional distress. In addition, they are more likely to engage in risky behaviours such as substance abuse and delinquent behaviour.

### **Acknowledgement**

First and foremost, I am grateful to the children and families who participated in this study, generously sharing their experiences and insights.

I would like to thank my research supervisor for his guidance and support throughout the project, providing valuable feedback and suggestions that greatly improved the quality of the research. I would also like to thank the faculty and staff of the Department of Law for their support and encouragement, as well as the resources they provided. I would like to acknowledge the contributions of my colleagues who assisted with data collection, transcription, and analysis, without whom this research would not have been possible.

Finally, I would like to thank my family and friends as their unwavering support helped me to stay focused and motivated to complete this research paper.