

FAMILY E3 IS EQUAL TO MENTAL HEALTH OF SLUM CHILDREN (FE3=MHSC)

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Education which does not Mold Character is absolutely Worthless

Mahatma Gandhi

Abstract

House is the first class room for a child where most important lessons of life are learned. Mental health of a child is completely dominated by four main aspects they are the family, environment (society), education, economy. (FE³= MHC).In this paper more light is scattered on the life of a child in ghettos. Engulfed in slums how these children can cope up with the digital society through education .What can be done to

encourage these children to improve their social status .Role of the family in molding the child's future, importance of education, environment, and economy. This paper analyses the problems faced by children in informal settlements, their way of life, importance of education, role of these children in society which helps in the progress of the nation.

Introduction

Family is the principal institution for socialization of children. Family molds the behavior of a child to the maximum; children in slums are more prone to mental stress when compared to their counterparts due to their socio-economic, socio-cultural state. Children in slums are deprived of the basic needs like food, shelter, sanitation and education. Children whose basic needs are devoid are prone to both physical and mental diseases .The mental health of slum children is very important because it is these children due to inadequate food, improper sanitation, and lack of shelter indulge in anti social activities. Shaping the character of these children through education is a great challenge .Education plays a pivotal role in laying proper foundation for the overall development of children in slums.

Back Ground of the Studies

Slums are universal phenomena. Slums exists in almost all the cities in the world.(UN-Habitat 2010). There are number of reasons to focus on slum population, among them poverty, illiteracy, malnourishment, ill-health are some of the major problems in slum children .Due to their family conditions the children in the slums are under nourished, these kids are sometimes considered as burden to their parents. Major portion of the slum children suffer from diseases, this is due to their filthy and more vulnerable surrounding with improper sanitation. Most of the slum families have more kids to lessen their burden, most of the children are neglected the basic needs such as food, water, shelter, and education. Slum children, often work as child laborers, most of the time it is exploitative jobs and hazardous jobs to support their family. For a child whose basic needs are not

met education becomes an unobtainable dream. Slum families cannot afford education, and even when they are given free education the family conditions restrict them to fulfill their dreams. The environment in which a child grows has a major role in the development of mental health. When the environmental conditions are in favor of the child, the child's mental health can be shaped to its best and the hidden talents of the child can be recognized. According to psychological theories an understanding of children is essential because it allows us to fully appreciate the cognitive, emotional, physical, social and educational growth that children go through from birth. ‘

Behavior of Children Varies when their Environment Varies

The environmental condition of a children basically the environment of the family ,like number of members in the family, occupation of the family head, education of the parents, dependence ratio in the family, behavior of the neighbors will impact the mental health of the child.

Socio economic status of slum people is very poor. Poverty has destroyed their mental ability. Most of the time the families in the slum are large, don't have adequate space for family members, most of the slum dwellers are day workers in unorganized sectors with poor and unstable income. When a family does not have a regular income the child's day to day needs cannot be met.

Negative effects of family, environment and economy result in mental depression on children which may lead to sadness, loneliness, irritated to small things, crying without any reason, unable to concentrate, fatigue and low energy, impaired thinking, suicidal attempts etc.

In today's digitalized world where most of the world organizations are focusing on children, maximum efforts are taken to help children. The progress of the nation is directly related to the number of literates in the country, not lagging behind in this race India is also trying to cope up with the world. Education is a process of acquiring knowledge, skills, values, beliefs and habits. Education can be acquired formally or informally.

How Families Influence the Mental Development in Slum Children and What can be done

- Children are naturally curious and observant taking advantage of this the families in slum must try to initiate good things in the developing mind. Elders must have positive attitudes, must not use unparliamentarily words in front of the children, they must not quarrel in front of their children, if they have any bad habits like smoking, alcohol which is very common in slums must not be done in the presence of children. By doing all of this we will not only educate children we will inculcate values and respect for other fellow beings.
- Impress on child the importance of education, schooling how these things can change their way of life.
- Parent's educational levels are important to boost the young minds. Usually in India most of the parents in slums do not have basic education in such cases the government must take steps to encourage the parents and help them in realizing the importance of education for their children.
- Lack of parental education is the cause for high rate of child labor in India. Parents must not encourage these children to work as child laborers .Employment of children deprives them their childhood, interferes with their ability to attend regular schooling and this is mentally, physically, socially and morally harmful to our society.
- Economic conditions must not be discussed by the family in the presence of children.

How the environment influences the mental development of slum children and what can be done.

- The physical and the social environment influences the mental development of children. Physical environment of the child like noise levels, overcrowding, housing and neighborhood qualities are significant in children's development.
- Studies show that crowding influences the interpersonal behavior, mental health, motivation, cognitive development and biological measures. It is believed that highly concentrated number of children in an activity area results in more distraction and less constructive work among children
- Housing and quality of neighbor influences the socio emotional development of children.
- Educating the people in the slums the grave consequences of noise pollution, overcrowding and encouraging them to talk in low voices, avoid instrument like speakers in the area for any type of functions. Government should take strict rules for those who are creating noise pollution. Government schools should have proper facilities and provide a health environment for studies.

How Economical Conditions Influence the Mental Development of Slum Children and what can be done

- Economic crisis in a low income family and families below poverty are associated with scares basic needs such as food security, healthcare and shelter.
- Higher poverty rates are associated with increased rates of family conflict, child neglect and abuse, and intimate partner violence.
- Absences of income or low income can impact funds for schools and health care.
- Changes in the family economic condition have profound and lasting effects on the mental health of children.
- Education can help in teaching positive parenting, preventing child abuse, neglect and fostering of children due to economic crises.

Conclusion

Education of any form say formal or informal will help children especially in slums to come out of their situation and face the society with positive approach hence having good mental health.

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