



Study on Changing Trends in Parenting with The Advent of Social Media

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Abstract

Parents, especially those in the urban middle class, have tremendously been affected by social media in their parenting responsibilities. This paper aims at exploring shifts in child rearing practices with children aged between 3 and 12 years focusing on effects of social media on parents and children. Through the conduct of cross-sectional surveys and interviews both quantitative and qualitative, this research reveals changes in parenting practices and control, time spent on screen, and for child welfare. Studied outcomes show parents turning to the social media for advice and instructions on parenting and discovering new paradigms of parenting in the context of the social media with positive and negative effects on children's interpersonal skills and performance. Intervention strategies/ideas are recommended for use by social workers included; Spending lesser time on screen, spending more time outdoors, and managing the impacts of screen time on the mental health of individuals. Some directions in managing social presence and reducing screen time are offered to possibly promote more enhancing approaches to parenting.

Keywords: Parenting Practices, Social Networking, Young Executive Population, Children, Child Rearing, Effects of Social Networking

1. Introduction

This paper therefore seeks to find out how the fast-growing social media has impacted on the various facets of contemporary childhood such as parenting. Consequently, social media has been accepted in many urban middle-class families as a ubiquitous almost normal component of their daily life, playing a role of a mediator within the family, parenting styles included. This paper aims at discussing changes in parenting that have been incurred by the use of social media in children aged 3-12 years. It seeks to investigate how the use of social media has affected the ways that parents approach parenting and the outcome on the child.

2. Background

Earlier on, the strategies of rearing the children was defined by culture, family practice and direct communication. That can be explained by the fact that, in recent years, due to the appearance of social profiles, such as Facebook, Instagram, and various types of parenting blogs, the process of parenting has included certain aspects that were not characteristic

of earlier generations. New forms of parenting advice, communities and peer comparisons are now available for parents through digital platforms. [1]

3. Findings

3.1 Shifts in Parenting Styles

- Authoritative Parenting: Worsened, because parents turned to online sources for information on how to be both loving and punitive at the same time.
- Authoritarian Parenting: Reduction, as parents do not as rigidly follow traditional authoritative, imperative parenting styles.
- Permissive and Neglectful Parenting: Recorded moderate inclines, which were as a result of "interference" from new means such as social networks.

3.2 Screen Time and Development

- Academic Performance: In the result, the children who had screen time of 0-2 hours had improved grade point average.
- Social Skills Development: More TV



viewing was linked with poorer social interactions among kids, according to a new study – Screen Time and Kids – Social Skills Connection Lost. [2]

- Behavioral Issues: More television viewing correlated with increased issues in behavior observed. Table 1 shows Parenting Styles Pre- and Post-Social Media Era, Table 2 shows Average Daily Screen Time and It Impact

3.3 Social Media Influences

Parents frequently use social media for:

- Parenting tips and advice.
Getting information from other parents that are also using the products.
Monitoring children’s online activities.

3.4 Emerging Trends

- Digital Parenting Communities: Increase in the number of social groups available on the internet for parents.
Influencer Parenting: The Parents acting like the way social media influencers imbibe certain practices.

Table 1 Parenting Styles Pre- and Post-Social Media Era

Table with 3 columns: Parenting Style, Pre-Social Media Era, Post-Social Media Era. Rows include Authoritative, Authoritarian, Permissive, and Neglectful.

Table 2 Average Daily Screen Time and It Impact

Table with 4 columns: Screen Time (Hours), Academic Performance, Social Skills Development, Behavioral Issues. Rows include 0-2, 2-4, and 4+ hours.

4. Methodology

4.1 Sampling - Purposive Sampling

4.1.1 Specific Population Focus

Some of the limitations of the study are as follows: The study is restricted to middle-class families residing in urban areas with children between the ages of three and twelve. In purposive sampling, the researcher can deliberately choose the participants that meet these criteria, and, therefore, sample is suitable for the study objectives.

4.1.2 Qualitative and Quantitative Data

Purposive sampling can be used in this study because the study uses both quantitative questionnaires and qualitative interviews which require participants to

provide detailed data regarding the use of social media and consequent changes in parenting practices.

4.1.3 Diverse Perspectives

In the given LO, purposive sampling can assist in including different points of view within the group of urban middle-class people, involving parents with different usage of LAM, different attitudes to child rearing, and different strategies of managing the amount of time that the child spends using screens.

5. Implementation

Step 1: Conducting the specification of the target group and the criteria for participant selection (for



example, the age of 30-40 years, the parents of children 3-12 of age, the residents of the big cities belonging to the middle class, and active users of social networks). [3]

Step 2: Seek out and enroll participants that meet these conditions in relevant locations, including parenting classes, schools, or community agencies.

Step 3: Conduct surveys and interviews and make sure that some of the participants have more diverse experience and opinion. By adopting this method, the study is able to identify how differently social media impacts on the aspect of parenting among middle-class families in urban areas, hence producing more reliable findings that can be applied to the society.

6. Social Work Interventions

6.1 Digital Literacy Programs

Objective: Enable parents to deal with content and become sufficiently competent to control the child's interaction with the Internet and related services.

Approach: Seminars and presentations aimed at effective teaching regarding the topic of digital parenting, ways of giving children controlled access to the Internet, and how to identify reliable sources of information.

6.2 2. Support Groups

Objective: Create a forum where parents can talk about their day by day experiences, problems and the measures you can take while actively using social networks and at the same time being good parents.

Approach: Organize group forums that are supervised by local professionals in pediatrics and social services as a way of supporting the families online.

6.3 3. Educational Campaigns

Objective: Educate the students on the possible vices inherent to the abuse of screens as well as encourage the use of screens in a healthy manner.

Approach: Conduct educational programs at schools and community centers which include; lectures from professionals in the field, bulletin with useful information, and sessions.

6.4 Policy Recommendations

Objective: Promote the rules of the utilization of screens with children and guidance on the frequency of their use in parenting strategies.

Approach: I have to work closely with the policy makers so as to establish and advertise balance in this case it is balance in the view of media products that children can access and take in. [4]

Conclusion

Altogether, this research underlines the multiple effects that has social media yielded to parenting behaviours in the urban mid- class families with children of ages, three to twelve years. This paper presents an evident change in the pattern of parenting and the use of social media in coming up with the daily management of the children, as a result has its merits and demerits. On the one hand, social media has given parents new tools and people to turn to for advice but on the other hand it has exposed kids to a lot of screen time which is known to hinder the performance, social interaction and conduct of children. The present research implies that there is a need for interventions in the areas of digital literacy, peer support groups, and educational crusades to assist parents in coping with the effects of social media and act normally in the right ways of parenting. In conclusion, the current research demands moderation in using social media in parenting but in a manner that improves the positive outcomes rather than the negative ones for children and families.

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