Mothers are likely to be a constant presence throughout their children’s lives. Young children usually think of their mother as the person who does things for them, takes care of their hunger and thirst and who gives them affection and attention. So, if the child-rearing practices are favourable when children are small, they are able to cope better as teenagers.

Therefore, it would be difficult to overestimate the effect of parental behaviour on children’s psychological growth and development. Home influences probably outweigh the effects of all other environmental impacts in determining the fundamental organisation of children’s behaviour. Affectional tendencies which are so important to psychological adjustment in adult life are dependent on the matter of parent-child relationship.

The early preparation for an assignment of the home maker role is deeply inculcated in the girl child. Her primary role is to fulfill wifely and motherly duties and devote her priorities and energies to domestic obligations and responsibilities. The ultimate existence of humanity undoubtedly rests upon the women. An important aspect of motherhood is to rear children in the best possible manner. At birth, a human baby is totally helpless. Without proper care and nourishment, a newborn baby would probably perish. Hence, child-rearing practices have a great impact on children’s physical and emotional development. It plays an important role in the most formative years of a child’s life. On the other hand, poor child-rearing practices is hazardous and affects not only the child alone but other family members as well.
6.1 Different Parameters on child rearing practices:

To a mother, the most precious gift in the world is a new born baby. To the little one she is the centre of the Universe. And by following her most basic instincts to touch, hold and talk to her baby she provides the best start to a happy healthy life. Mother knows their baby better than any one else. By watching, listening and having confidence to their natural ability, mother’s will know how to use the information they have in their hand’s for the benefit of the baby in her arms. Therefore, tradition also favours the mother’s influence since, ‘Child Rearing’ in our culture is generally recognized as primarily the mother’s privilege and responsibility.

Child rearing practice is very important and plays an important role in the most formative years of a child’s life. It is a process by which the child gains the knowledge and skill needed to function successfully in adult life. There are many parameters of child rearing practices which had its impact on the physical and emotional development of the children. Among the parameters 13 parameters are selected for the study. They are breast-feeding, burping, weaning, bottle feeding, solid foods, teething, toileting, sterilization, immunization and vaccinations and for emotional development 5 parameters are taken i.e. Anger, Fear, Love, Jealousy and Joy for children 0-3 and 4-6 years. Again for child rearing beliefs and practices statements are given to analyse the said practices.

6.2 Statement of the Problem:

The research problem undertaken for the present study has been entitled as “A study on the child Rearing Practices” among the women of Nalbari District and its
impact on the physical and Emotional Development of the children.” The study undertaken has made an endeavour to find the child rearing practices against different parameters and its impact on the physical and emotional development of the children belonging to the age group 0-6 years among the women of Nalbari district. The women includes both tribal (Literate, Illiterate, Working, Non-working) and non tribal (literate, illiterate, working, non-working) who belongs to the rural and town areas of Nalbari District.

6.3 Operational Definitions:

a) Emotional Development of the Children:

   Emotions: Emotion is a distinct feeling or quality of consciousness such as joy or sadness, that reflects the personal significance of an emotion - arousing event. Emotions are central to the issues of human survival and adoption. They motivate the development of moral behaviour which lies at the very root of civilization. Therefore, emotion has been defined as a particular psychological state of feeling such as fear, anger, joy, sorrow, jealousy. It is a casual factor or influence in thought, actions, personalities and social relationship.

b) Physical Development of Children:

Physical development of children is a series of orderly progression of changes in the physical domain which takes place in height, weight, body proportion both internal and external. It also influences children’s behaviour directly and indirectly specially
personal and social adjustment. Therefore good health and nutrition is important specially mother’s milk atleast for two years along with this immunization and medication can help keep the child physically fit.

c) Development:

“Development can be defined as the emerging and expanding of capacities of the individual to provide progressively greater facility in functioning.” Every species whether animal or human follows a pattern of development peculiar to their species and the rate and limits of development are similar for all members of the species.

d) Child Rearing:

Tradition also favours the mothers influence since “Child Rearing” in our culture is generally recognised as primarily the mothers privilege and responsibility. Parents rear their sons and daughters is essentially the same ways they were reared by their parents. They were rewarded with affection and privilege. Similar behaviours punish with rejection and threats the same kinds of misbehaviour for which they were chastised. Therefore mother is the most significant person during the early formative years of child’s life. From birth to five or six years a child is very much dependent on his/her mother. The attention a child receives during these years is irreplaceable. Therefore, for a mother “Child Rearing” becomes important to know how to make a child healthy, what cares are needed during feeding, bathing, dressing, and immunizing, how his physical and emotional development could be gained in a better way. Such a child always remain a loving one and every mother wants to have such a child who is healthy, happy and
active and attributes like physical, mental, emotional, physiological and psychological which make him positive in outlook.

e) Child Rearing Practices:

According to Elizabeth Hurlock, child rearing practices are the product of ideas, beliefs and attitudes prevalent along different groups on how to bring up children through child training and parental care. The goal of all child rearing is to develop the capacity for adjustment to the traditional roles prescribe by the culture group to which the child’s family belong. Therefore, child rearing practice is very important and plays an important role in the most formative years of a child’s life. It is a process by which the child gains the knowledge and skill needed to function successfully in adult life. The child is always viewed as a dynamic and growing organism.

6.4 Need and Significance of the study:

Child rearing practices is very important and plays an important role in the most formative years of a child’s life. It is a process by which the child gains the knowledge and skill needed to function successfully in adult life.

A significant thing to note is that basically parametres like Breast feeding, weaning, burping, bottle feeding, solid food, toileting, teething, clothing, massage, medicine and vaccination, cleanliness, clothing, bathing and sterilization has an impact on two aspects physical and emotional development of the child besides mental and social aspects.

But if the rearing is not done in a proper way, it might hamper the child thereby as
an adult, he could not adjust with other individual. Studies also shows that patterns of family life, old tradition on child rearing practices are handed down over generations. (Prof. B.K. Medhi and Queenbala Mark 2010). It shows that among the Garo’s of North-East India birth of a daughter is welcomed with great joy and merrymaking since all hopes are pinned on her as the inheritress and successor which is not same as a boy child. Thus rearing differs between a boy and a girl.

But in Indian families traditionally they value boys more than girls. In general, mothers have engaged physical contact with their children including breast feeding on demand, carrying children even when they walk, co-sleeping and baby massage.

Roseu, Dominica (2006) studied about fathering and mothering roles in caribbean, culture differences in parenting practices, social emotional development within the family. It is found that for emotional development, play is one of the important factor which they learn in the family environment as well as helps them in the physical development also.

Therefore for a mother “Child Rearing” becomes important to know how to make a child healthy, what eares are needed during feeding, bathing, dressing and immunizing, how his physical and emotional development could be gained in a better way such a child always remain a loving one and every mother wants to have a child who is healthy, happy and active and attributes like physical, mental, emotional, physiological and psychological attributes make him positive in outlook.

So, it would be difficult to overestimate the effect of parental behaviour on children’s psychological growth and development. Home influences probably outweigh the effects of all other environmental impacts in determining the fundamental organization of child’s
behaviour. Affectional tendencies which are so important to psychological adjustment in adult life are dependent on the nature of parent child relationship. Therefore, it is rightly said that “The Hand That Rocks The Cradle Rules The Words.” So, it is the mother who plays a central role in the family as regards the nurturing of children.

However, different types of child rearing are practiced by different families which either give a positive or a negative result. Therefore, there is an urgent need to study the various practices in regards to child rearing taking different parametres and its impact on various development basically physical and emotional besides mental, social psychological and the like. Various studies on Child Rearing practices have been done but there is hardly any references available on the study of the child and its impact on the physical and emotional development. Therefore, the investigator feels that there is a need to explore the problem and conduct research on child rearing practices among the women of Nalbari district which comprises of tribal and non tribal and make an in-depth study on the impact of physical and emotional development of children.

The rational for such an inquiry is warranted because of the need to generate new knowledge and to expand upon the existing knowledge.

### 6.5 Objectives:

Keeping in mind the rationale and resume of the studies conducted by the previous researchers the following objectives were framed -

1) To study the child rearing practices among the women of Nalbari district and to find out its impact on the physical development of children.
2) To study the child rearing practices among the women of Nalbari district and to find out its impact on the emotional development of children.

3) To make a comparative study on child rearing practices among the tribal and non-tribal mothers.

4) To find out gender differentiated child rearing beliefs and practices.

5) To study the child rearing practice among working and non-working mothers.

6.6 Hypotheses:

In the light of the objectives mentioned above, the following hypotheses were formulated

1) There is a close relationship between the child rearing practices and children’s physical development.

2) There is a close relationship between the child rearing practices and children’s emotional development.

3) The child rearing practices of tribal mothers differ from that of non-tribal mothers.

4) Child rearing beliefs and practices is related to gender differentiation.

5) In child rearing practices working mothers differ from that of non-working mothers.
6.7 Population and Sample:

There are 7 (seven) blocks in the district of Nalbari. They are Pub Nalbari, Borigog, Banbhag, Paschim Nalbari, Madhupur, Tihu, Barbhag, Borkhetri. For the present study the researcher had taken Nalbari district as the area for her investigation. Hence all the women both tribal and non tribal residing in the rural and town area under these 7 blocks as the area for her investigation. Hence all the women having children (2) from birth to 6 years constitute the population of the study. However, the sample of the study mainly confined to 300 women having atleast two children belonging to the age-group of (0-6 years). It comprises 150 tribal and 150 non-tribal women of Nalbari district.

6.8 Purposive Random Sampling Procedure:

Purposive random sampling procedure was adopted to sort out 300 women in both rural and town areas. Randomisation as a method of sorting out sample strength from each of the 7 blocks of Nalbari district. Hence, care was taken to see that from each of the 7 blocks the samples are selected.

Secondly, the very selection procedure adopted in the context of picking up women (both tribal and non tribal) was independent. However, Purposive Sample was the criteria to select 300 women both from rural and town areas due to their relevance in the concerned area of the present study. The purpose of such selection has been thoroughly discussed in the sampling of women.
6.9 **Description of the sample:**

The sample of the present study were sorted out as in the following manner.

a) Sampling of women on literate and illiterate – Blockwise distribution

b) Sampling of women – area wise on percentage.

c) Sampling of women – marital status on percentage.

d) Total number of children against sample women.

Randomisation techniques was applied to sort out seven blocks of Nalbari district. Among the sample women 150 are tribal and 150 are non tribal women.

6.10 **Sampling of women – Area wise on percentage:**

The sample strength of women was 300 spread over the seven block of Nalbari district comprising both tribal and non tribal. These women represent literate, illiterate, working and non working category.

6.11 **Sampling of women – marital status on percentage:**

There are 300 women in all the seven blocks of Nalbari district representing both tribal and non tribal.

6.12 **Number of children including male and female against sampling of women:**

Against the 300 sample strength of women both tribal and non tribal, the total children was 600 including both male and female category. The age group of both
categories ranges from 0–6 years of age. In this purposive sampling each women has two children from both tribal and non tribal women.

6.13 **Tools for data collection:**

Tools are the instrument used for collection of data or pertinent instruction. Tools are an important process to collect data. In the present study the following tools were used for data collection.

1) 13 parameters on the impact of physical development of the children.
2) Self developed question on the impact of emotional development of children.
3) Self developed question on child rearing beliefs and practices.

6.14 **Statistical Technique Used:**

Statistical Techniques is an important factor for research work which helps the investigator to analyse and interpret the collected data needed for the research work. It helps the investigator to arrange the data in a sequence and systematic way. In the present work statistical techniques such as percentages, t-test and bar diagram are applied to get proper findings and conclusion.

6.15 **Data Collection:**

According to the objectives of the present study, both the primary and the secondary data were collected for the statement on various parameters. Data collection was done by the personal request of the investigator after visiting the sample women of Nalbari district. For this the investigator spent minimum one and a half year for this
purpose. When the questionnaire was given, the investigator gave her introduction, the purpose of her visit, the idea on what the purpose, its objectives. After distributing the questionnaire, the investigator clarified each questions along with its doubts. In some cases the questions are translated verbally to those who are illiterate to get the specific answer from the samples. At times, the local head man of the villages (Gaonburah) helped the investigator to collect the women in groups either in a school (during holidays) or in a place where the investigator could talk and explain to them. During her investigator, an informal and friendly situation was created, so they would feel free to answer the questions.

Apart from this, an informal interview was conducted with the local people.

6.16 Major Findings :

The findings are as follows:

* Physical Impact on Breast feeding as perceived by tribal working and non tribal non working Breast feeding table 4.2.

- There is no significant difference in Aq₁, Aq₂, Aq₃, Aq₄, Aq₅, Aq₆, and Aq₇. The reasons are —

- Breast feed the child up to 4 years. Aq₁.

- Feels comfortable while breast feed Aq₂.

- Total hours is same Upto 4 hours. Aq₃.

- Interval of Breast feed 3 to 4 hours. Aq₄.

- Majority breast feed at mid night Aq₅.
* The parameter Burping for tribal working and Non tribal non working which states that expect Aq7, & Aq6, the statement is significant for both the groups where the ‘t’ value is 2.178 for process of cleaning nipples where (NT-NW) women are more conscious than tribal working women and for Aq6. Where the ‘t’ value is ‘2.399’ babies get insufficient intake of milk than non-tribal, non working women as tribal women gets less time to in feeding their babies.

* The weaning practices of (T-NW) and (NT-W) women for child rearing practices and children’s physical development. Here C for Cq2 and Cq3 there is no significant difference for helping the child in weaning and makes the child feel comfortable in this process.

* For Breast feeding among Tribal-N.W. and Non Tribal working there is no significant difference between child rearing practices and child’s physical development in all the statements i.e. Aq1, Aq2, Aq4 and Aq5 where both the groups breast feed upto 4 years, feels comfortable while breast feed, maintain interval of breast feeding 3 to 4 hours, babies get sufficient intake of milk.

* For Burping practices, it shows that there is no significant relationship between child rearing practices and children’s emotional development between (TRI WRK) and (N-TRI WRK) in Bq2 and Bq3, where they burp the child for its comfort and learns the burping process either from the elderly person on doctor.
* The weaning practices of (T-NW) and (NT-W) women for child rearing practices and children’s physical development. Here C for Cq₂ and Cq₃, there is no significant difference for helping the child in weaning and makes the child feel comfortable in this process.

* There is no significant among the two groups i.e. (T-NW) and (N-Tribal N-WRK) against the statement A₁, A₂, A₃, A₄, A₅ and A₇ which shows that the women follows the rules of Breast feeding, like maintenance of breast feeding durations, following the process of cleaning nipples which helps in maintaining the child’s health, alert to breast feed at midnight, welcomes breast feeding.

* There is no significant relationship between CRP and children’s physical development in B₂ and B₃ for burping practices and are aware of the fact that burping protects the child from indigestion and stomach ache.

* In Q2 for sleeping pattern tribal scored less 32.3% than tribal 43.0%, as the former engaged in children various types of small activities like looking after the pet animals and so.

* In Qc, elimination as higher among the non-tribal i.e. 22.0% than tribal as the former maintain the time-table of eating, sleeping and so on than the later 5.0% as their diet mostly consists like park, sweet potato, ducks, beeps and less amount of water consume.

* The emotional impact CRP among the (Non-TRI-NW) women on the parameters anger, love, fear, jealousy and joy among the two groups
of children 0-3 years and 4 to 6 years respectively varies among Tribal working-non working and Non-tribal working non-working.

* There is a difference in toileting practice where 80.7% prefers have made nappies than medicated ones, majority uses detergent to wash the nappies. For clothing liquid detergent is hardly used to wash the babies cloth and only 9.7% uses handloom cloths for the children.

6.17 Conclusion:

Child rearing practices play a significant role in shaping a child’s personality and behaviour and also helps in developing his/her personality. Therefore the time from conception to the birth of a child is marked by developments that can have a profound impact on the rest of the individual life. It is also generally agreed that the satisfaction of the basic needs of infant and child calls for an affectionate and nurturing mother who is the first educator of the child and is also expected to be the main source of physical, emotional and mental support. So, “Home” is probably the most influential factor of all he environmental impacts in determining the process of child rearing. Further, it is a mother who plays a central role in the family as regards the nurturing of children. But, it has been observed that child rearing patterns differ from country to country from nation to nation. It also depends basically on the mother, as to what impact grows when she rears her child like breast feeding, toilet practice, giving of solid food, medicine and vaccination, cleanliness and the like. If the mother is an educated and working women and lives in urban areas, her rearing patterns will vary with the uneducated non-working women. Besides that role of fathers and grand parents besides other
family members can have emotional, physical and mental impact on the child.

However, the present study is concerned with only a small portion of the total sample and it is hoped that the child rearing practices can be effective with the help of an effective parent who not only passively 'support', the children but one who guides them in the right direction. So long as child is still young and his life is centred in the home, he will accept his parents attitudes and the way they treat him.