



PSYCHOLOGICAL IMPACT OF SHARENTING: A COMPREHENSIVE REVIEW

Santhosh Kumar. J¹, Ramachandran.P², Arun James³

¹Assistant Professor, Psychiatric Nursing, Amrita College of Nursing, Amrita Vishwa Vidyapeetham

²Professor, Psychiatric Nursing, Crescent college of nursing, Alathur, Palakkad, Kerala

³Assistant Professor, Psychiatric Nursing, College of Nursing Nirmala Medical Centre, Muvattupuzha.

ABSTRACT

In the digital age, the practice of sharenting, where parents share their children's photos and personal information on social media, has become ubiquitous. This article presents a comprehensive review of the psychological impact of sharenting, delving into the motivations behind it, the types of content shared, and its consequences on children's privacy, self-esteem, and parent-child relationships. It explores the ethical considerations and offers guidelines for responsible sharenting practices, emphasizing the importance of protecting children's digital privacy.

KEYWORDS: Sharenting, Parenting, Social Media, Children's Privacy, Psychological Impact, Cybersecurity, Online Identity, Digital Footprint, Digital Literacy

INTRODUCTION

In the modern era, digital technology and social media have redefined the way we share, connect, and construct our personal narratives. At the heart of contemporary parenting lies "sharenting," a portmanteau of "sharing" and "parenting," which refers to the practice of parents sharing their children's photos, videos, and personal information on social media. Sharenting, though popular, has raised critical questions about the privacy, self-esteem, and overall well-being of the children who find themselves at the center of their parents' digital narratives.

The rise of sharenting is undeniable, with parents utilizing various social media channels to document and share their children's lives, from monumental milestones to everyday moments. Motivated by the desire to connect, share joy, and seek social validation, parents find gratification in sharing these moments on social media. Furthermore, this article elucidates the psychological motivations underpinning sharenting, unraveling the complex interplay of parenting, digital culture, and the satisfaction derived from constructing an online identity closely intertwined with one's children.

Beyond motivations, sharenting practices encompass a diverse array of posts, ranging from photographs and videos to personal anecdotes and achievements, contributing to the children's digital footprint. The types of content shared, the extent to which they become part of a child's digital identity, and the implications thereof form the second crucial dimension of this examination. As the prevalence of sharenting continues to grow, a comprehensive understanding of its implications is imperative. The psychological and emotional effects on children, the ethical considerations surrounding sharenting, and the responsible practices parents should adopt constitute the core themes of this review. Consequently, the subsequent

sections delve into these areas, shedding light on the intricate dynamics of sharenting and its multifaceted consequences for the youngest participants in this digital narrative.

SECTION 1: SHARENTING PRACTICES

Motivations for Sharenting

The motivations behind sharenting are multifaceted. Parents are driven by a desire to connect with others, seek affirmation, and construct a digital record of their children's lives. In the digital age, sharing on social media provides a sense of belonging and satisfaction, and this section delves into the psychological fulfillment that parents derive from sharenting. While sharenting can be a means of connecting with friends and family, it can also serve as a way for parents to receive validation and praise for their parenting efforts. Understanding these motivations is vital in comprehending the practice and its effects on both parents and children.

Types of Sharenting Posts

Sharenting encompasses a wide range of content, from photographs and videos capturing memorable moments to personal anecdotes and updates on a child's achievements. These posts not only offer a window into the child's life but also contribute to their digital footprint. This section delves into the types of content shared on social media platforms, highlighting the extent to which they shape the child's online identity. It also addresses the implications of creating a digital presence for children, which may have long-term consequences.

SECTION 2: PSYCHOLOGICAL IMPACT ON CHILDREN

Children's Privacy

Sharenting has far-reaching implications for a child's privacy. It creates a digital footprint for children, often without their



consent, which includes personal information and images. This section explores the concept of a digital footprint, its potential risks and vulnerabilities, and the legal and ethical considerations surrounding the protection of children's digital privacy. The article emphasizes the need for legal safeguards and ethical guidelines to protect children's digital privacy.

Self-esteem and Identity

Sharenting can influence a child's self-esteem and self-identity. The public sharing of a child's life can lead to exposure to comparisons with others and judgments, which can affect their self-worth. This section delves into the psychological implications of sharenting on a child's self-concept and its potential influence on peer relationships. Children may experience teasing or bullying based on what is shared online, and their online presence can significantly impact their social interactions.

Parent-Child Relationships

The dynamics of parent-child relationships are a critical aspect of sharenting. Trust, consent, and autonomy are essential elements in maintaining a healthy parent-child bond. This section explores the importance of parental consent and child autonomy in determining what is shared. Effective communication and open dialogue between parents and children about sharenting are crucial for mutual understanding, setting boundaries, and addressing any concerns the child may have. Parent-child relationships must be built on trust, respect, and open communication, ensuring that sharenting practices do not compromise these vital aspects.

SECTION 3: RESPONSIBLE SHARENTING PRACTICES

Ethical Considerations

Responsible sharenting involves finding a balance between sharing cherished moments and protecting a child's privacy. Ethical dilemmas arise when parents decide what to share and what to keep private. This section delves into the ethical considerations surrounding sharenting, emphasizing the need to navigate the fine line between parental sharing and safeguarding children's digital privacy. The right to digital privacy for children should be respected, and parents play a pivotal role in ensuring this.

Guidelines for Responsible Sharenting

Practical guidelines for responsible sharenting are imperative. Setting clear boundaries and guidelines for sharenting is essential for parents to navigate the complexities of sharing their child's life on social media. This section offers advice on establishing these boundaries, understanding the potential consequences of sharenting on children, and safeguarding children's digital identities. It emphasizes the importance of educating parents about the potential effects of sharenting on their children's privacy, self-esteem, and overall well-being.

SECTION 4: FUTURE DIRECTIONS AND RECOMMENDATIONS

Education and Awareness

Promoting digital literacy is crucial in the context of sharenting. This section highlights the need to integrate education on digital literacy into school curricula and parenting programs. Children and parents should be informed about the potential consequences of sharing personal information on social media. Schools and parenting programs can play a vital role in educating individuals about responsible sharenting and the importance of respecting children's digital privacy.

Technology and Security Measures

Protecting children's data in the digital age requires robust technology and security measures. This section explores the role of technology in safeguarding children's data and the responsibility of social media platforms in ensuring the privacy of shared content. Social media platforms should actively contribute to protecting children's privacy, providing tools and resources for parents to control the visibility of shared content.

CONCLUSION

Summarizing Key Findings

In summary, sharenting is a complex and multifaceted practice with both positive and negative consequences. Responsible sharenting involves navigating the benefits of sharing cherished moments while protecting children's privacy and well-being. It is imperative to balance the advantages and risks associated with sharenting, taking into account the rights and digital privacy of children.

The Road Ahead

Looking toward the future, it is essential to nurture a responsible digital culture where the rights and privacy of children are respected. While acknowledging the concerns surrounding sharenting, we should also recognize the positive aspects, such as staying connected with distant family and friends and preserving memories.

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