ISSN (Online): 2455-3662
EPRA International Journal of Multidisciplinary Research (IJMR) - Peer Reviewed Journal
Volume: 11| Issue: 9| September 2025|| Journal DOI: 10.36713/epra2013 || SJIF Impact Factor 2025: 8.691 || ISI Value: 1.188

THE INFLUENCE OF PARENTAL COMMUNICATION ON CHILDREN'S PERCEPTION OF FAMILY COHESION AND SUPPORT

Vijaya[1], Dr. Umesh Kumar[2]

[1]*Research Scholar, Bhaskar Institute of Mass Communication and Journalism, Bundelkhand University, Jhansi, Uttar Pradesh.*

[2]*Associate Professor, New Media and Mass communication Department, Jammu Central University, Jammu.*

Article DOI: https://doi.org/10.36713/epra24228
DOI No: 10.36713/epra24228

ABSTRACT

The study explores the important role of child and parental communication in shaping that how young people see family care and togetherness. Using various theories to examine the senses of belonging in the family for how parents' way of talking affect children. Mainly the theories like family systems and social learning explain how communication system influence children's mind and understanding of relationship. In many research found that positive communication of parents shown through warmth and care which helps to create a good and strong and supportive family environment. However, negative communication has marked by the conflict and distance can distract children from parent and feel children isolated. The main aspect such as listening children carefully and solving problem together are particularly important for building family unity. Hence, understanding how parental and children communicate is essential for creating healthy connections and a stable family environment that supports children wellbeing. This research also proposes idea for the improving family communication and guiding future research work on children's healthy development.

KEYWORDS: *Child, Parent, Communication, Interaction, Family, Integration.*

INTRODUCTION

Having a good and effective communication in the family plays a central role in shaping good relationship between children and family. The result of good and effective family communication can give a good environment to the children for their wellbeing. The way family respond and talk to the children is very important which help them to feel strong connected, safety, belonging and overall happiness (Blaževic, 2016). To understand family life, it is so important to research how parents' interaction or communication changes the children's view. This can also help and support in creation better ways to shape positive family relations and healthy development. This paper looks at the link between children's feelings and parental communication system. It studies the different ways of communicating, listening and problem solving in the family and how these impact children's emotional and their social growth in the society (Frosch et al.). By researching the previous research and literatures, this paper examines and shows that good communication helps to create the caring environment and improve children's quality of life in the society.

Parental Communication and Family Cohesion

Communication in the family refers to how they respond to each other is important, such as listening carefully, solving problems together, showing care and support, sharing daily experiences and respectful talk. These examples might incorporate transparent communication, where relatives feel open to offering their viewpoints, sentiments, and necessities, as well as examples portrayed by evasion, struggle, or irregularity.

Normal communication styles saw inside families incorporate confident, detached, forceful, and latent forceful communication (Allen et al., 2015). Empathic communication refers to sharing your thoughts and feelings clearly and with respect. Passive communication involves avoiding conflict and refraining from expressing your own needs, while aggressive communication involves expressing angry and forcefully and sometimes ignoring others' feelings. Passive-aggressive communication defines a mix of both, which means not speaking openly but expressing anger or dislike indirectly. The communication styles embraced by guardians impact the communication environment inside the family and altogether influence kids' impression of attachment and backing (Rueter & Koerner, 2008).

Communication content encompasses topics, messages, and exchanges within families, including discussions on daily activities, deep experiences, problem-solving, guidance, and expressions of affection and support. Positive content includes affirmations of love, encouragement, praise, and validation of children's feelings. Healthy families engage in transparent communication about both positive and negative experiences, allowing for emotional expression and conflict resolution constructively. Negative content may involve criticism, blame, sarcasm, or dismissal of children's feelings, undermining unity and support within the family. Communication content influences children's perception of their role and well-being

ISSN (Online): 2455-3662
EPRA International Journal of Multidisciplinary Research (IJMR) - Peer Reviewed Journal
Volume: 11| Issue: 9| September 2025|| Journal DOI: 10.36713/epra2013 || SJIF Impact Factor 2025: 8.691 || ISI Value: 1.188

within the family (Taylor, 2007). Promoting positive communication content fosters family cohesion and support (Masten, 2018).

Parental Communication and Family Support

Daily reassurance given by guardians inside the family setting includes articulations of compassion, understanding, and solace that approve kids' feelings and encounters. This sort of help includes effectively paying attention to youngsters' interests, offering consolation, and giving a place of refuge to them to communicate their sentiments unafraid of judgment or dismissal (Lathren, 2020). Guardians who really convey everyday reassurance exhibit aversion to their youngsters' feelings, offer consolation during testing times, and assist them with creating survival techniques to oversee stressors and misfortune (Sharp & Cowie,1998).

Parental encouragement fosters children's sense of security and resilience, aiding them in navigating personal challenges (Bartlett et al., 2016). Meanwhile, instrumental help refers to tangible support provided by parents to meet their children's practical needs within the family, such as financial assistance or aid with household tasks (Nkechi et al., 2016). Effective parental communication is crucial in facilitating this support, allowing parents to understand their children's needs and preferences (Nkechi et al., 2016). By prioritizing and providing necessary resources through open dialogue and collaboration, parents strengthen family bonds and promote mutual dependence among family members (Mulford, 2003). Informational support guides children through various life aspects like academics, careers, health, and relationships (Cardona, 2021). Effective parental communication allows parents to share experiences with their children, fostering independence and critical thinking (Varthana, 2024). This equips children with the tools to make confident decisions, promoting their overall development and well-being.

Children's Perception of Family Cohesion and Support

Youngsters' feeling of having a place inside the family alludes to their emotional sensation of being acknowledged, esteemed, and included as essential individuals from the nuclear family. According to Morris et al. (2007), it is important to consider how parents are reacting with children, i.e. amount of warmth, love and support they receive from their parents. Similarly, Đurišić and Bunijevac (2017) say that effective parental communication, for example, open discussion by the parents, mutual respect and being responsive, helps children feel valued and included in the family. Hence, when children look at themselves as respected members, they are more likely to experience a good sense of relationship and connection with their parents and siblings that contribute to the family's well-being.

The emotional security refers to how safe and stable and ultimately supports children in their family, which is very significant for their mental health. Breiner et al. (2016) said that parents' communication helps create security by providing children a steady and caring environment where they can share their feelings, feel comfortable, and receive guidance.

Long-Term Implications of Parental Communication

In the family, good parental communication is very important, which affects children in many ways, such as mental health, emotional well-being in the long term. Parent positive communication with children during childhood helps children become more learn self-control, emotionally flexible, and handle challenges better, which reduces the risk of problems such as anxiety, low self-esteem and depression later in life (López-Martínez, 2019). In other words, negative communication and a negative environment can lead to problems like neglect, criticism, and emotional abuse can harm children's mind and their mental health and finally increase the risk of emotional problems and unhealthy coping habits (Hecht, 2013). The above type of findings indicates how significant it is to promote positive communication and interaction between children and parents in the family, which can support children's mental health and overall well-being throughout their lives (Lloyd et al., 2023).

CONCLUSION

A good family communication is depended on how parent and children interaction is healthy, and how parent respond children's acceptance on their emotions for well-beings. Recognizing the significant job of communication examples, styles, and content inside familial connections, scientists and professionals are ready to devise designated intercessions pointed toward developing positive communication elements and strengthening familial bonds. Future examinations actually must dive further into the complicated transaction between parental communication and youngsters' insights, taking into account the kaleidoscope of family structures, social milieus, and formative stages. This diverse investigation vows to enhance our appreciation of this foundation part of family working, accordingly illuminating more nuanced and compelling intercession systems. Eventually, the improvement of parental relational abilities holds the possibility to cause supporting family conditions helpful for the ideal development and prospering of kids, laying the foundation for strong and agreeable familial connections that persevere across ages. Through deliberate endeavours to hoist the nature of parental communication, we can encourage conditions wherein kids feel esteemed, comprehended, and upheld, accordingly engaging them to explore life's difficulties with certainty and flexibility.

REFERENCES

1. *Allen, L., Kelly, B. B., & National Research Council. (2015). Child development and early learning. In Transforming the workforce for children birth through age 8: A unifying foundation. National Academies Press (US).*
2. *Bartlett, S., Hart, R., Satterthwaite, D., de la Barra, X., & Missair, A. (2016). Cities for children: children's rights, poverty and urban management. Routledge.*
3. *Blaževic, I. (2016). Family, Peer and School Influence on Children's Social Development. World Journal of Education, 6(2), 42-49.*
4. *Breiner, H., Ford, M., Gadsden, V. L., & National Academies of Sciences, Engineering, and Medicine. (2016). Parenting knowledge, attitudes, and practices. In Parenting matters: Supporting parents of children ages 0-8. National Academies Press (US).*

ISSN (Online): 2455-3662
EPRA International Journal of Multidisciplinary Research (IJMR) - Peer Reviewed Journal
Volume: 11| Issue: 9| September 2025|| Journal DOI: 10.36713/epra2013 || SJIF Impact Factor 2025: 8.691 || ISI Value: 1.188

5. *Cardona, M. A., & Neas, K. (2021). Supporting child and student social, emotional, behavioral, and mental health needs. US Department of Education, 1-99.*
6. *Đurišić, M., & Bunijevac, M. (2017). Parental involvement as a important factor for successful education. Center for Educational Policy Studies Journal, 7(3), 137-153.*
7. *Frosch, C. A., Schoppe-Sullivan, S. J., & O'Banion, D. D. (2019). Parenting and Child Development:A Relational Health*
8. *Perspective. American journal of lifestyle medicine, 15(1), 45–59. https://doi.org/10.1177/1559827619849028*
9. *Hecht D. (2013). The neural basis of optimism and pessimism. Experimental neurobiology, 22(3),173–199. https://doi.org/10.5607/en.2013.22.3.173*
10. *Lathren, C., Bluth, K., & Zvara, B. (2020). Parent Self-Compassion and Supportive Responses to Child Difficult Emotion: An Intergenerational Theoretical Model Rooted in Attachment. Journal of family theory & review, 12(3), 368–381. https://doi.org/10.1111/jftr.12388*
11. *Lloyd, A., Broadbent, A., Brooks, E., Bulsara, K., Donoghue, K., Saijaf, R., Sampson, K. N., Thomson, A., Fearon, P., & Lawrence, P. J. (2023). The impact of family interventions on communication in the context of anxiety and depression in those aged 14-24 years: systematic review of randomised control trials. BJPsych open, 9(5), e161. https://doi.org/10.1192/bjo.2023.545*
12. *López-Martínez, P., Montero-Montero, D., Moreno-Ruiz, D., & Martínez-Ferrer, B. (2019). The Role of Parental Communication and Emotional Intelligence in Child-to-Parent Violence. Behavioral sciences (Basel, Switzerland), 9(12), 148. https://doi.org/10.3390/bs9120148*
13. *Masten, A. S. (2018). Resilience theory and research on children and families: Past, present, and promise. Journal of Family Theory & Review, 10(1), 12-31.*
14. *Morris, A. S., Silk, J. S., Steinberg, L., Myers, S. S., & Robinson, L. R. (2007). The Role of the Family Context in the Development of Emotion Regulation. Social development (Oxford, England), 16(2), 361–388. https://doi.org/10.1111/j.1467-9507.2007.00389.x*
15. *Mulford, B. (2003). School leaders: Challenging roles and impact on teacher and school effectiveness. a paper prepared for the OECD Improving School Leadership activity, available at www. oecd. org/edu/schoolleadership.*
16. *Nkechi, E. E., Ewomaoghene, E. E., & Egenti, N. (2016). The role of guidance and counselling in effective teaching and learning in schools. RAY: International Journal of Multidisciplinary Studies, 1(2), 36-48.*
17. *Rueter, M. A., & Koerner, A. F. (2008). The Effect of Family Communication Patterns on Adopted Adolescent Adjustment. Journal of marriage and the family, 70(3), 715–727. https://doi.org/10.1111/j.1741-3737.2008.00516.x*
18. *Sharp, S., & Cowie, H. (1998). Counselling and supporting children in distress. Sage.*
19. *Taylor, H. (2007). The effects of interpersonal communication style on task performance and well being (Doctoral dissertation, University of Buckingham).*
20. *Varthana, T. (2024, January 9).* How to make an effective parent teacher communication? *Varthana. Retrieved February 29, 2024, from https://varthana.com/school/tips-for-effective-parent-teacher-communication/*