

# A Brief Review on Children Development Based on Home Psychological Environment

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**Abstract**--This review study presents the discussion on the children development in term of psychological home environment. In this work, previous related studies to children development in terms of psychological home environment were reviewed. The literature looked at children's experiences and relationships with their parents and presented their findings on the development of the children. The review also highlighted the other related factors that developed the behavioural pattern in the children. The results obtained in the study support the arguments that development of the children depends on many factors. In this work, most of the studies presented have deduced that children adopt the best habits if they receive early support from their parents. It also found that children learn from the environment provided to them by their parents at home. Therefore, parents must ensure that good behaviour is used for the well-being of children at home. Hence, it is collectively concluded that the home psychological environment has a significant impact on the children development.

**Keywords**--Children; parents; home environment; psychological; behaviour

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## I. INTRODUCTION

The concept of children development is very vast subject. It encompasses in a whole set of various issues that pertain to the children personal development which includes their capabilities relating to their mental and physicality as well as their state of emotional and psychological. The term children development is a very complicated because different definitions drive from it for the proper understanding by several studies [1]. During first 7-8 years of life, the basic movement patterns development depends largely on the neuromuscular maturation rate of an individual, side effect of movement experience and current movement experience included growth and maturation status [2].

The children development starts from learning that takes place from very moment children are given birth. This development does stop but continue to expand throughout their life. The first teachers or role models in the life of children are parents who have a profound influence on the development of the children. Parents and the home environment have a great impact on the development of the language and literacy education in the children. Many variables in the home environment are involved in the children development, which plays a crucial role in the achievements of the children. These factors include the level of education parents have, their income level, attitude and family size [3].

This work is a review that has explored the researches that have been done on child development in the psychological home environment. The review has been divided into six different parts. Each part focuses on a different aspect of the children development and describes the findings shown by previous researchers. The review

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presents an overview of the types of research that have been conducted in the past which is related to the development of children that takes place in the home environment [4].

The aim of the literature review is to present the framework of the child's development in the psychological home environment. The literature has analyzed the children's experiences and relationships with parents in terms of their development. The review also highlights the other factors that develop the pattern of behaviour in children.

### **Factors influences children development**

The children development starts taking place from a very early age. The focus on the development at a very early age is fundamental as impact the development in the long term, as the children grow older. Aspects of the different home psychological environment are detailed below to build a profound knowledge that impact on the development of the children [5].

There are three characteristics that are considered for overall development, which are social skill, cognitive skills and behaviour skills. Social skill is concerned with formation and maintenance of interpersonal relationships. Cognitive skills are concerned with thinking and communicating capability. Meanwhile, behaviour skills are concerned with the behaviour that pertains to the rules and society expectation [5].

### **Behaviour and activities at home**

Behaviour guidance is expected to play a significant role in the development of socially adaptative behaviour in the children. The parents provide this behavioural guidance, which assists children in developing productive relationships with others. The activities demonstrated to the children at the home can significantly influence the pattern of their development. The behaviour also contributes immensely to the children development; also, a negative behaviour can cause the negative impact on the children development. The sibling bullying can cause problems in the children's interpersonal, intrapersonal, and academic life.

The negative effects can be carried forward in their later development, as stated by Anderson et al. [6]. These children are at heightened risk for poor cognitive development [6]. Furthermore, if the parents or family member is involved in the substance abusing such as smoking, a strong risk prevails that the children might also uptake similar activity. In addition, the work done by Leonardi-Bee et al. [7] has found that the parental and sibling smoking has a strong influence on the children who might uptake the habit of smoking which will result in a health risk.

Numerous intervention programs have been launched to put an end to the smoking practice particularly targeted to shield the children from the smoking behaviour among the family members. According to the work of Niccols et al. [8], the substance abuse program effectiveness can also be determined by reviewed the integrated program usefulness for mothers who have behaviour pertaining to substance abuse. In addition, according to the review done by Parton [9], it was stated that through cohort study and various trials, that there were improvements in the parenting skills. Furthermore, according to the work of Ramkissoon et al. [29], young children are identified as the primary target of intervention programs because they have a significant impact on development. In addition, it

was stated that the attachment to family members is correlated with the development of environmentally responsible behavior in children [29].

### **Physical activities and parental interaction**

The home psychological environment is strongly dependent upon the physical activities and parental interaction. These interactions determine the development that takes place in the children which usually start influencing the children at a very early age [10]. According to the study done by Zheng and Zheng [10], the shared reading of the storybook was also recognized for building the later independent reading ability in the children. The interaction that takes place while reading books aloud to the children make a big difference. This approach adopted portray with the development that takes place in the psychological home environment. In addition, the play time interaction between the parents and the children also makes them is also associated with the children development of discipline and social skills in the preschool [10]. The findings of study go with the statement that parental interaction is a factor of the psychological home environment that impacts the children development [10].

### **Family structure**

The family structure at home at the time of the birth of the children serves as an alternative for the various socialization contexts into which a child is brought up. The family structure considers if the child is born into a married, single or cohabiting family. According to the study of Troshikhina et al. [11], the parents are most influential people in children lives which parental type yields healthiest and most emotionally and mentally stable children [11]. This instability in the family is different for each family structure which further determines the child responses to the instability in terms of socialization and selection processes. Furthermore, a study by Cavanagh & Huston [30] found that interactions in children born to single mothers are generally negatively affected by family instability compared to those born to married couples. Furthermore, Cavanagh & Huston [30] stated that children of cohabiting families are observed to be negative with teachers as compared to children belonging to the different family structure. Besides, the children are more disruptive with peers than children born into married families. The children who have experienced many family transitions probably experience a compromised development than the children who undergo no such transitions or just one. These transitions impact their development not only academically but behaviourally and emotionally as well [30]. The family structure is an important part of the home environment [11, 30].

### **Economic conditions**

The economic condition is another factor in the psychological home environment which influence the development of the children from a very early age. The children's development is dependent on the quality of home learning environment which is set by parental occupation, or income. The children belonging to poor class commonly face environmental challenges which have a strong effect on them. A research by NICHD (National Institute of Children Health and Development) [31] supports the statement by writing that children development in terms of his intellectual and academic skills in impact with the quality of the home environment. The findings showed that the poor environment provided at home in the early stage of life affects the cognitive and social

development in the children due to the fact that their growth in the brain is significantly affected by the deprivation of food and stimuli [31].

According to Wiens [12], at the early age, the children development is related to the surrounding environment at home which can be strengthened by the practices in the home. The economic condition had proved that does impact the children development that illustrates that lower socioeconomic status has deleterious effects on the children development [12]. The family poverty affects the children development of intellectual capabilities, achievements in academics and behaviour. The study showed that instability in housing in the early stages of children life among the poor children is higher and is linked with the problems in attention, internalizing and externalizing behaviour.

They develop poor expectation from the life which hinders their cognitive development and thwarts them from fully meeting their potential abilities. The study by Augustine and Crosnoe [32] discussed the link between maternal depression resulting from poor economic conditions and childhood academic achievement. The results of the research showed that those children's achievements were poor and less educated to those who were more. This shows that inversely related, i.e. higher maternal depression, resulted in poorer academic achievement [32]. These findings provide some indication that the economic condition has an impact on child achievement in the psychological home environment. In addition, the development of these cognitive abilities leads the children to the academic success and increase self-esteem which is all related to the adult adaptation.

### **Home psychological environment**

The home environment arrangement is set to determine the way the children explore and play which is associated with the children development [4]. The home environment plays a crucial role and is a healthy driver of the development of the children from a very early age. The environment study is important to elucidate and explain the connection it has and what adverse effects it could cause on the development of the children if adequate attention is not provided. Gill [4] analysed the impact of the physical environment of the house on the development of the children. The result of the study showed that the stimulation and sensitive care at the home do impact the children cognitive memory outcome of memory only and not in the planning.

Ittus[13] presented the usage of a HOME scale for the assessment of the environment outcome on the children. The study has gone through various studies conducted in the United States and has examined the relation between the development in the children in terms of their language skills, reading skill, and writing skills to their home environment. The findings showed that home environment is significant for the development of the child.

Weisleder and Fernald [14], assessed 700 children in first grade to find out total of the children cognitive outcome. The result showed that retention level and planning is affected by the stimulation and the sensitive care in the home environment [14].

Porter et. al. [15] supported the argument that children always adopt a certain set of habits, which show their capabilities and interest in the field. The term children development in the current scenario depends on many

factors and efforts because some of the authors supported the argument that that children behaviour develops just when he is born [15]. Furthermore, according to Zebdi et al. [16] who analysed psychological disorders among children found that parents need to take certain measures for the development of their children [16].

Children development depends on physical and mental development both, because mental development takes place for increasing issues, whereas, physical health depends on participation in sports and other extra-curricular activities. Since children development starts from the birth, some authors have presented various strategies, which can help to solve the issues in the development of children. According to the study done by Singla et al. [17], the children development depends on the enhancement of social skills, cognitive skills, and behaviour skills. Furthermore, Singla et al. [17], found that social skills heavily rely on the interpersonal relationships and on the physical balance between the activities and on the issues which take place in the later stages of life.

A physiological home environment contributes significantly to the development of the children which can further thrive through the promotion of social connectedness in the children along with diverse opportunities for the further exposure [18]. According to the study done by Van der Kolk et al. [18], the environment in the home is yet another issue in the development of the children. It was found that home environment plays a crucial role in the healthy driving environment in the home, and also promotes the development of the children in the early stages of life [18]. Furthermore, the home environment should be designed in such a way, that children enjoy the development in terms of enjoyable products, and strictness in the actions of extreme cases [18].

A study by Ronfani et al. [19] was carried out using of the HOME scale for the assessment of environmental outcomes on children healthcare. The findings of the study reported that HOME environment has major impacts on the children learning outcomes because children learn from their parent activities [19]. Therefore, the healthy environment should be present in the home, which should be based on making use of the competitive environment in the homes. The healthy environment in the homes can be built in many ways, explained in the upcoming paragraphs [19].

The language, reading, and writing skills of the children also develop at the early stages of the life, because they learn them from the schools. However, children not going to school are at high risk of poor development. According to the study done by Obradović et al. [20], it was found that children who were not enrolled in the schools by their parents, don't receive enough support in terms of developments, thereby impacting on the performance of the children in later stages of life [20]. Therefore, the study showed that the maternal connection between the child and the parent is significantly effected in later stages of life and most of them belong to the poor developments of the children's physiological environment.

According to Hannigan et al. [5], the sensitive and stimulation care given by the parents at home is a delicate task and procedure, because parents in the early stages of the children care development remain confused about what to provide and what not to provide for their children[5].

Khanlou and Wray [21] stated that another problem faced by the parents is the development of good culture in the home. This is because children development should start from the beginning of the life because it has positive

impacts on the overall performance of the children and on the future outcomes. However, selection of best development plan for the children is a highly difficult task depend on many factors and efforts are also needed with high push [21]. The three factors identified by them, which includes the response of the parents, stimulating play material, and support provided to them by parents [21].

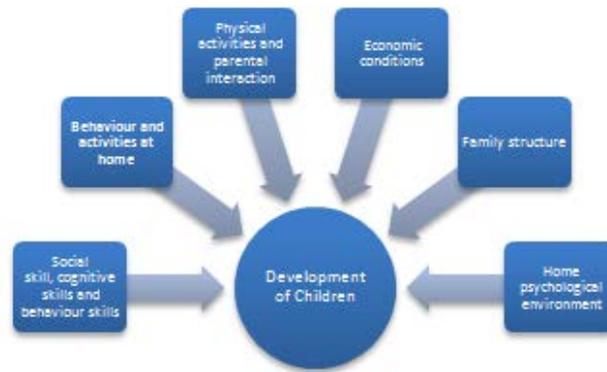
In addition, May et al. [22] found that home environment is a significantly important factor in the development of the children [22]. The authors also argued on the statement that children development solely relies on the home environment provided to them by the parents, and it should be competitive in terms of education growth [22]. Likewise, Farver et al. [23] found that the home environment provided to for the children by the parents should be competitive and based on high development approaches that would enhance the opportunities for the children to develop literacy and educational skills [23]. Moreover, according to the study done by Plomin [24] the home environment and the behaviour guidance provided by the parents is very important. This is because it influences the social adaptive behaviour of the children. Thus, the behaviour guidance is the responsibility of the parents, and not of the schools, but many parents don't understand this responsibility [24].

Furthermore, according to the study done by Moore [25] and Sampson [26], the guidance by the parents should be provided by focussing on the issues present in the home and in the society simultaneously because focussing only on one factor will not be beneficial in any way. However Moore [25] found that children could easily adopt negative behaviour because of charm in it. Therefore, Sampson [26] stated that children development should be focussed on providing excellent support in terms of support in daily routines because children remain sensitive to emotions at the early stages.

According to Côté et al. [27], the issue of sibling harassment is considered to be the most controversial issue in the development of child care habits. This is because early child-care harassment can create problems for children in terms of interpersonal, intrapersonal and academic aspects [27]. Furthermore, according to Gershoff [28], the negative effects of poor children's development could create problems for children in later stages of life. This is because the children are not trained by the parents in the early stages of their lives, as some parents do not discipline their children by spanking when necessary. Therefore, it can be deduced that poor development of children can create issues for them in later stages of the lives because they will not be able to take decisions on their own.

## **II. DISCUSSION**

Thus based on the review done, the findings obtained in this study support the arguments that development of the children depends on many factors as shown in Figure 1.



**Figure 1:**Factors of development of children

Based on Figure 1 and also on the findings of various scholars, it can be concluded that the development of children depends on the parents' approach in the early and later stages of life. In most of the studies presented, it was found that children adopt the best habits if they receive early support from their parents. The development of children is taking place gradually, and unless the parents make continuous efforts, the result in the future will also not be good. The early development of children depends on the moral and physical support of both parents. Thus, in the event that the parents do not provide support to the children, it is very difficult for them to develop the skills needed for decision-making in the future. Thus, based on the literature review presented, many findings reported by scholars have been found to support the argument that children's development depends on children's learning outcomes, and if desired outcomes are not achieved, it becomes difficult for children to work on their weaknesses. In addition, if parents have not made continuous productive efforts at home to develop children, targeted outcomes cannot be achieved. Parents are therefore advised that appropriate strategies need to be implemented for their children in early childhood in order to ensure optimum development.

### III. CONCLUSION

In conclusion, the literature review analysis found that children learn and develop based on the environment provided by their parents at home. Parents must therefore ensure that good behavior and enhancing strategies are used in the home for the development of the children. Furthermore, this review paper has identified various aspects of the psychological home environment that have an impact on the development of children. In addition, this review paper provided a strong discussion between the factors that influence development of the children and the extent to which it extends. The authors suggest that the home environment should be competitive and that children should be encouraged to grow in a good environment that has a positive impact on the good characteristics of children. In the long run, this will lead to a well-functioning generation of children with an implicit value on how their achievement affects them throughout their lives. For future studies, the authors recommend to perform a qualitative and quantitative analysis to further examine the factors involved in children development based on home psychological environment.

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