

MOTHER – CHILD RELATION AND FACTORS AFFECTING THIS RELATION

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Abstract

The social institution where a child first meet with his birth and sets his social relations is his family. The communication of parents and other members of family determines the place of child in the family. In the preschool period when the basis of future lives is formed, healthy relations made with child are of great importance. What kind of a person the child starting to perceive himself and his environment in this period will be is determined with the life in this period. Family and relations within family as a structure have an impact on the child. Relations within family and experiences will be determinants of the relations with others. In particular, the tie formed in the earlier years between mother and child will have an effect on the personality creation and social relations in the period of adolescence and adulthood. Successful relations of the child and unconditioned love and trust that will be built with his mother is known to be the basis of their future life. In order that a mother could get in a healthy relation with her child, it is necessary that she should have an attitude of self-confidence, respectful, sensible to his problems, collaborative, sharing the feelings and views her children and accepting them. Mothers having an insisting attitude not to accept their views and excluding them and not looking for a logic in their views cannot build a healthy relation. Children growing up with a healthy mother – child relation will become independent individuals with a self-esteem. The basis of a healthy mother – child relation depends on an infancy period starting with the process of pregnancy and going on with physical contact and nutrition after birth. Mother's feeding of her baby, her care and preparation for life creates love and feeling of trust at child. When the child becomes an adult, he will guide his life with these two basic feelings. Mother should be a person giving her love to him, supporting the child in order to make him attain his personality. In this circle where enough support is given to the child, the qualities of the discipline and education given by the mother are positive. The child is grown up as brave and adaptive persons to the society. He learns to build his life upon positive efforts. The purpose of the current study was to determine a healthy mother-child relation, its importance and factors affecting mother-child relation. In this line, the studies regarding the issue were discussed and some recommendations were given over the studies to be carried out.

Key Words: Mother, Child, Mother-Child Relation

ANNE ÇOCUK İLİŞKİSİ VE BU İLİŞKİYİ ETKİLEYEN FAKTÖRLER

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Özet

Çocuğun doğumuyla birlikte ilk karşılaştığı ve sosyal ilişkilerini kurduğu toplumsal kurum ailesidir. Anne babanın ve ailenin diğer üyelerinin çocukla olan iletişimi, çocuğun aile içindeki yerini belirler. Gelecek yaşantılarının temelini oluşturduğu okul öncesi dönemde çocukla kurulan sağlıklı ilişkiler büyük önem taşımaktadır. Bu dönemde kendisini ve çevresini algılamaya başlayan çocuğun, ileride nasıl bir birey olacağı, bu dönemdeki yaşantılarıyla belirlenir. Yapı olarak ailenin ve aile içi ilişkilerin çocuk üzerinde önemli etkisi bulunmaktadır. Aile içindeki ilişkiler ve deneyimler diğer kişilerle olan ilişkilerinde belirleyicisi olmaktadır. Özellikle anne çocuk arasında ilk yıllarda oluşan bağ çocuğun ergenlik, yetişkinlik dönemlerindeki benlik oluşumu ve sosyal ilişkilerini de etkilemektedir. Çocukların anneleriyle kuracakları başarılı ilişki, koşulsuz sevgi ve güven bağının onların gelecekteki hayatlarının temeli olacağı bilinmektedir. Annenin çocuğuyla sağlıklı bir ilişki kurabilmesi için kendine güvenli, saygılı, sorunlarına karşı duyarlı, işbirlikçi, çocuklarının duygu ve düşüncelerini paylaşabilen ve kabul edici bir tutum içinde olması gerekir. İnatçı bir tutum sergileyen, kendi görüşlerinin dışındakileri kabul etmeyen, çocuklarının düşüncelerinde mantık aramayan anneler, çocuklarıyla sağlıklı ilişki kuramazlar. Sağlıklı anne çocuk ilişkisi ile yetişen çocuklar, aile içinde anlaşıldığını ve kabul gördüğünü hissederek daha özerk, kendine güvenli bireyler olarak yetişirler.

Sağlıklı bir anne çocuk ilişkisinin temeli hamilelik sürecinde başlayan, doğumdan sonra fiziksel temas ve beslenme yoluyla devam eden bebeklik dönemine dayanır. Annenin çocuğunu beslemesi, ilgilenmesi ve onu hayata hazırlaması çocukta sevgi ve güven duygusunu oluşturur. Çocuk yetişkin olduğunda bu iki temel duygu aracılığıyla ilişkilerine yön verecektir. Anne, çocuğa sevgi veren, girişim yeteneğini ve özgüvenini kazanabilmesi için onu destekleyen kişi olmalıdır. Çocuğa yeterli düzeyde desteğin sağlandığı bu ortamda annenin sağladığı disiplin ve eğitimin nitelikleri olumludur. Çocuk, cesaretli ve topluma uyumlu bir insan olarak yetişir. Yaşamını yapıcı çabalar üstüne kurmayı öğrenir.

Bu çalışmanın amacı, sağlıklı anne çocuk ilişkisini, önemini ve anne çocuk ilişkisini etkileyen faktörleri açıklamaktır. Bu doğrultuda konu ile ilgili çalışmalar tartışılmış ve yapılacak olan çalışmalar için öneriler sunulmuştur.

Anahtar Kelimeler: Anne, Çocuk, Anne-Çocuk İlişkisi

1. Introduction

Family is a social institution forming the first communication process, putting mutual relations into certain rules, transforming the culture and values of a society from one generation to another having biological, psychological, economic and legal aspects. The relations made in the family, relations between spouses and siblings, between father and child and the relations between mother and child are sub-systems (Yavuzer, 2001; Öztürk, 2004).

With the birth of the child, the first social institution he encounters and makes social relations is his family. The relation of parents and other members of family with the child determines the place of the child in the family. The relations made with the child in the preschool period comprising the basis of future lives are also the indicators of the relations of the child starting to perceive himself and his environment with what kind of a person he will be in the future and with other people. The presence of a healthy communication in a family will make family members to understand themselves and will constitute a strong time between them. In addition, it teaches true connection with children (Tezel, 2004; Rose, 1994; Washington, 2001).

Children start to create their beliefs and thoughts depending on communication their parents make with them. When parents make a healthy communication with their children, they feel respect for them. As for the unhealthy communication of parents and children could lead to feel himself as a worthless person who is not listened and understood well.

The person whom the child makes his first contact and interaction after the birth as the closest person to him is the mother. The living creature needing care and protection the most in order to maintain his life is the baby of the human being. Such physiological needs of a child as hunger, thirst, sleep and cleanliness and protection are met by the mother. The fact that mother is a significant being for the child, however, cannot only be limited to his physiological needs. A child would like to feel warmth and affection from the very times onwards and likes being loved, hugged and patted (Çağdaş, 2003).

2. The Importance of Mother Child Relation

Mother and child relation is of great importance in improving social relations at a child. Healthy relation made between mother and child allows the child to develop a healthy personality and creates a basis for positive relations with others. The researches point out that the children of the mother having a positive emotional interaction with her child develop a more easy-going personality compared to others.

A healthy relation between mother and child depends on a confident dependence developing between mother and child in the early days of the birth and then to cut off in the coming periods. A successful tie made between the baby and mother is of great importance in terms of making the child adapt to life. Presence of mother next to the baby in the first days of life and meeting its needs will help to create basic feeling of confidence. Children developing confident dependence have been defined as a leader, interested in social sense, having others' attraction, willing to learn, interested with his surrounding and collaborative among their peers in the future (Gander and Gardiner, 2001; Eryavuz, 2006).

Under the behavioural disorders exhibited by children who cannot make a healthy mother-child relation in the earlier years of life lie not being able to make a social relation. Since

these children cannot make an emotional tie with their mother, they cannot exhibit affection and friendship. There is a superficiality and hostile and unsocial behaviours in their relations with others; as morality, conscience, affection to others and respect do not develop in the children who are hungry to mother and child relation in the earlier years of life (Ekşi, 1990; Keser, 2006).

The period when children show dependence on their mother the most is the one they develop their ability to recognize their surroundings. In order that a child recognize his surrounding, it is necessary that he should be broken up with his mother for a certain period. Therefore, one of the most important problems of children at the age of forty weeks is that they could resolve the contradiction between dependence and breaking up. However, the dependence of children to their mothers in this period goes on, as they turn back their mothers after searching their surroundings for a while (Marshall and Tracy, 2009; Dizman, 2003).

With their attempt to start walking, a more energetic and independent period start in the life of the child. The appearance of the feeling of independence creates both a great excitement and fear at the child. Child sometimes moves away from his mother in order to find something interesting and search for the surrounding he is in. The more interesting the surrounding the child is in, the more the behaviours of moving away from the mother and breaking up with his mother will be. Therefore, the mother should be near the child and should not prevent him from independent behaviours in order to allow him for a break up and search for the environment. A comfortable environment away from dangers should be prepared for the child and an overprotective attitude should be avoided (Görünmez, 2006; Öztürk, 1992).

Mother and child togetherness is of great importance in the first two years for the personality development of the child. Children breaking up from their mothers just after their birth will be in destruction spiritually even if they are well cared and fed. In the mother and child togetherness, physical contact is important. The child breastfed in the arms of the mother feels the warmth and smell of the mother, gets what he needs and so forming the bases of mother and child communication.

From three years of age onwards, the dependence of the child to mother and his need gradually decreases. It is not necessary that the child be with the mother all the time. Three – five years of age is a period of transition from infancy to childhood. At this stage, the child needs close relations with the mother less. First ideas that he is a different person from his mother and father starts to develop. This case leads the child to the wish to be more independent day by day. In line with these developments, the milestones of basic habits occur at this stage. The relation of the child with the mother enters a new period. It is maintained that if this period is completed in a healthy way, a positive basis is formed for the opposite sex in the adulthood of the child, while the fact that the development cannot be completed in a healthy could lead to problems with the opposite sex.

In the studies carried out over primary education period children, it was found that the receptive and offensive behaviours of the mother to her child are of significant effects. The self-esteem of the children with a mother having offensive behaviours is lower, communication skills are weak and emotional skills are lacking (Önder and Gülay, 2007; Öztürk, 2009; Çakıcı, 2006).

In every age period of the child, the quality of the relation between mother and child is a quite effective factor in the development of child. A child growing in an environment where there is

no healthy mother and child relation will have some problems to adapt to his environment and in the relations with others in the period of adolescence and adulthood.

3. The Factors Affecting Mother-Child Relation

There are various factors having an effect on the relation of mother and child. Some of them are given below.

Parent Attitudes: Attitudes and behaviours of parents are of great importance in the personality developments such as being compatible-incompatible, active-passive, dependent-independent, introverted-extraverted.

Parents with an authoritative attitude take every decision regarding the child. They do not take personality features, their interests and needs into attention. The wishes of the child are prevented and pressed. It is important to maintain authority. The fact that child develops an independent personality, his individual preference and behaviours are not supported. The method applied to make the child obey the rules is pressure and punishment (Özgüven, 2001).

In the protective attitude, parents are interested in their children at an excessive level and would like to do everything themselves. They combine their love their children with an excessive supervision and they never allow them for an individual and independent life. They want their children to ask and consult almost everything to them.

Parents in the inattentive attitude are not interested in the life of their children. The family do not control the behaviours of the child and they leave their children free and children take their decisions on their own. They neglect the child and remain inattentive to their basic needs. The most important indicator of this attitude is the lack of communication between parents and child. Excessive tolerant and loose attitude is a kind of attitude having lower supervision but high tolerance. Any kind of behaviour of the children is met with tolerance and ignored. Personal preference of the child is not intervened. When the children do not obey the rules, there is no sanction for that behaviour in general sense (Yılmaz, 2004; Öğretir and Demiriz, 2009; Mızrakçı 1994).

In the democratic family attitude, parents pay attention to meet the interest and needs of their children. Parents are in a supportive and trustworthy attitude. Democratic parents feel sincere love and respect for the child and exhibits it without any condition. They encourage their children to make some decisions in line with the age, values the ideas of the child, enable them for a mutual verbal communication, try to be a supportive guide to the child (Özyürek and Tezel Şahin, 2005; Özyürek and Tezel Şahin, 2010).

Developing positive attitudes by parents over growing children has a significant effect on the behaviour of child, self-esteem and ability to decide for the future. **They Style of Parents' Own Growing:** In the basis of the attitudes and behaviours of parents towards their children lie their own relations with their parents in their childhood. Children having an education where there are relations depending on affection, love and respect in their childhood will reflect these qualities to their own children when they become parents. Individuals having incriminating, judgemental, shameful, critical, threatening, ordering etc. messages will most likely use the same communicative preventions in their own communications with their children (Yılmaz, 2004; Özyürek and Tezel Şahin, 2010).

Family Structure: The size and cultural features of the family where a child grows, first social experience of the child will affect his social and emotional development. In a large family, other elderly people in the family will have an impact on the child other than his parents. In a nuclear family, a regular and effective training could be given to the child. Interference by other people in the family could affect the relations negatively (Öztürk, 2009).

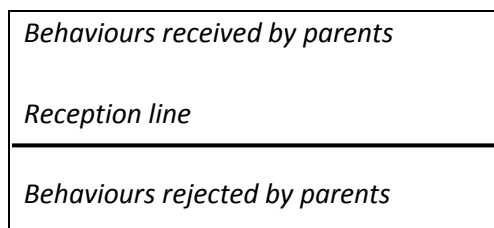
Social-Economical Status: Low or high income of the family has also an impact on the development of the child. In the families with a low socio-economic level, basic needs cannot meet in general and the actions of children are limited. Due to limited opportunities of mothers in a family with a low socio-economic level, they will get more exhausted and behave harsher to their children as a result of the stress they experience (Yılmaz, 2004; Genez Muluk, 2004).

Broken Family: In the case of a broken family, children mostly stay with their mothers. Because of the necessity to work, mother could have troubles because of the responsibility to care her child. If she is deprived of the support by her spouse, mother cannot put healthy relations with her children since she has to carry the responsibility of the house on her own. Children who cannot find necessary attention and love from their father could develop the feelings of insecurity, losing self-esteem and being abandoned (Yılmaz, 2004; Özyürek and Tezel Şahin, 2010).

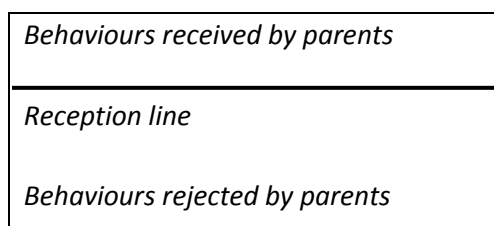
Receptive and Rejection of Parents: Parents could always experience trouble in their attitudes and behaviours regarding being consistent, loving children and meeting their needs. Reception of parents themselves as they are, being aware of their own feelings and ideas are of importance in terms of healthy communication they will make with their children. Reception and rejection of every parent for the behaviours of their children is different.

According to Gordon (1996), the line of reception will vary depending on parents, child and environmental conditions. Some parents are tolerant for child's behaviours. Their line is larger. This case is directly related to personal relations of parents. On the other hand, the reception line of the parents with less tolerance towards the behaviours of their children is in a narrow window.

Child's behaviours



Child's behaviours



(Gordon,1996)

Personal features of the child, his being adaptive or uneasy have a notable role in the receptive and rejection line of parents. Age and developmental factors of the child are the ones that have a role on this line. While parents sometimes follow an intolerant attitude towards some behaviours of the child at home, they could be more tolerant towards their children in an outdoor place. There might be parents following just opposite. Some behaviours of child received with tolerance at home could not be regarded at the same tolerance by parents in a group (Gordon, 1996; Çağdaş and Seçer, 2006).

Educational Status of Mother: Educational level of parents is of great importance in terms of the ways and methods followed in child care, in particular mother's education is more important in terms of child development. Some researchers found that as the educational level of mothers increases, they exhibit more democratic behaviours towards their children and mothers with a high level education are more conscious in recognizing the development of their child compared to those with a low educational level (Ömeroğlu, 1996; Özyürek and Tezel Şahin, 2010).

Mother Age: One of the greatest factors determining the relations of mother with her child is the status of whether she is ready or not to become a mother emotionally. Mother ready to have a child could follow a positive attitude and relation with her child. Being a mother at a very early age could affect the mother in terms of maturity level. Young mothers, in particular those at the age of adolescence, could behave less willingly over child growing and could develop an excessive expectation toward their child.

Working Status of Mother: In general, mother's working position is not regarded as a negative factor by researcher. It is regarded as a psychological and social variable. In this case, a great many variables as the age of the child, basic relation of affection between the child and mother, personality of the child, working reasons of the mother, interest and attitude of mother towards childcare, socio-cultural effects, relations in the family, the caretaker taking mother's place, her characteristics, consistency between the mother and caretaker play a role (Ayyıldız, 2005; Bıçakçı, 2004).

Number of Children: As the number of children increases, the time and interest given to the child could decrease. It was found in a research that mothers with 4 or more children could exhibit more oppressive behaviour compared to the ones having 1 or 2 children. It was also found that families with more children do not spend time on their children and children coming from large families have lower school success.

The Birth Rank of Child: Due to the fact that children have higher expectations form the first child, they grow that child more matured, they behave this child as if he/she were an adult, and as the family enlarges the control decreases and children are given less responsibility. In line with this, while mothers show a tolerant and receptive attitude towards their younger children, they behave their elder children in a more controlling way (Mızrakçı, 1994; Öztürk, 2009).

Gender of the Child: Parents could have an expectation in terms of gender before birth. Parents having their expectation after birth could have positive attitudes and behaviours towards their children. It was found that mothers have more physical contact with their son and speak more to their daughter.

Mothers make a different communication with their son and daughter in preschool period. Mothers mostly define their feelings while talking to their daughters, so they learn how to act

according to others' feelings. On the other hand, they cannot express their feelings to their son so comfortably and this leads to not being able to control their feelings (Öğretir, 1999).

The Temperament of the Child: Researches in the literature show that the temperament of the child could have impact on the attitudes and behaviours of parents towards their child. It was pointed out that behavioural characteristics coming from birth determines the response of their parents towards them due to both their response towards their surroundings and to their parents.

Temperaments of children were called as "easy" "difficult" and "slow-to-warm up" child. A clear correlation was observed between the temperament of the child and response of the mother, the effort to train the child, emotional sacrifice and the relationship of mother-child (Miller, 1995; Savran and Kuşin, 1995).

In addition, such characteristics as the fact that mothers have a child in their young age, having a child through medication, having an adopted child, being a single parent could be effective on mother-child relation.

4. Conclusion

A child learns first knowledge and skills from parents. In particular, mother's attitudes and behaviours towards her child have positive or negative effects on the child that will have a lifelong impact. The relation between mother and child play a notable role on the relations the child will make with other individuals and on shaping the attitudes with regard to life. Therefore, a warm and affectionate relation that will be established between mother and child will provide the child with improving a healthy personality.

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