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**FACTORS THAT DESTABILIZE UPBRINGING INTERACTIONS BETWEEN PARENTS
AND CHILDREN**

FACTORES QUE DESESTABILIZAN LAS INTERACCIONES EDUCATIVAS PADRE E HIJO

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The main focus of this study is on theorizing of the influence of various extra and intrafamilial unfavorable factors that lead to the destabilization of upbringing interactions in the family community and impair the quality of the relationship between parents and children. The summaries and conclusions are oriented towards searching for the multidimensional interpretation of the difficulties in the functioning of the upbringing interactions in the modern family.

Keywords

Family upbringing – Upbringing interactions – Prevention of problem child behavior
Family lifestyle – Free time – Mediation

El enfoque principal de este estudio es la teorización de la influencia de diversos factores desfavorables fuera del cuerpo e inter-matrimoniales que conducen a la desestabilización de las interacciones educativas en la comunidad familiar y afectan la calidad de la relación entre padres e hijos. Los resúmenes y conclusiones están orientados a buscar la interpretación multidimensional de las dificultades en el funcionamiento de las interacciones educativas en la familia moderna.

Palabras Claves

Educación familiar – Interacciones de educación – Prevención del comportamiento infantil
problemático – Estilo de vida familiar – Tiempo libre – Mediación

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The modern social situation in Bulgaria has a strong impact on the functioning of parenthood, and on the ability of mothers and fathers to cope successfully with solving everyday life problems. The lack of an effective system of social support for the Bulgarian family complements and reinforces the negative effects of the transition, which has been going on for more than twenty years, and the victims in this situation are mostly the parents and their children. In our society, serious mistakes are made regarding the upbringing of younger people. Instead of limiting and overcoming, additional risk factors are generated to increase aggression and destructiveness in interpersonal interactions. It is necessary to emphasize that the upbringing failures and deficits have a particularly serious negative long-term effect both on the overall personal development of the individual and on the future development of future Bulgarian society.

In the present study, attention is focused on the more detailed clarification of the factors that directly and indirectly contribute to the deterioration of family upbringing. This is so because of the rather complex socio-economic situation in which the family development processes are important for the future development of the adolescent. Recognizing their key role in the efficiency of upbringing in the family community can guide educators in analyzing the extremely diverse determinant of the upbringing process.

Understanding the main factors influencing the quality of the relationship between children and their parents is an important prerequisite for an adequate understanding of the nature and specificity of the preventive aspects of family upbringing. There are many factors that can impact child-parent relationships (such as stress, low incomes, unemployment, financial difficulties, poverty, high crime, lack of a mental health system, social support, etc.). There are other factors that mediate the way people deal with life difficulties. For example, the individual characteristics of parents - temperament, self-esteem, inclination towards depressed mood, hostility or abusive behavior, etc.

The effects of family stress are reflected in parents' daily parenting practices. Researchers find that stress prevents the development of positive and supportive relationships within the family community. In turn this creates tension between family members.

The studies of Almeida, Wetherington and Chandler, Belsky, Youngblade, Rovine and Volling, Rogers and White, Simons and Johnson show that stress in marital relationships is consistently linked to negative interactions between parents and children in families of medium to high socio-economic status. Webster-Stratton confirms that couples who are dissatisfied with marital relationships are more likely to complain of an increase in stress associated with the role of parenting.¹ Ritchie and Holden found that women experiencing a combination of both marital difficulties and high levels of parental stress are more likely to engage in inappropriate parenting behavior. On the other hand, when mothers are satisfied with marital relationships, they are more likely to exhibit the characteristics of positive parenting: parental warmth, communication, counseling, effective control, authoritative upbringing.² Stress speeds up the dynamics of anger and alienation, leads to increased conflicts among family members. In such a family situation, parents are more likely to be more restrictive, more incoherent, more aggressive and irritable or more lenient in their interactions with their children.

¹ L. McKelvey; H. Fitzgerald; R. Schiffman and A. Von Eye, Family Stress and Parent-Infant Interaction, The Mediating Role of Coping. *Infant Mental Health Journal*, Vol: 23 num 1-2 (2002).

² L. McKelvey; H. Fitzgerald; R. Schiffman and A. Von Eye, Family Stress and Parent-Infant...

Whether it is in the form of daily quarrels or stressful events in life, stress affects the quality of the parent-child relationship. Tackling is defined as any strategy for dealing with stressful situations or events. Family life brings about the emergence of certain coping strategies. Their effectiveness affects the specifics of inter-family relationships.

In their study, McKelvey, L., H. Fitzgerald, R. Schiffman, A. Von Eye focus on studying the relationship between stress and child-parent interactions in low income families, with a direct interest in mediating the role of family cooperation. It emphasizes the importance of clarifying the role of coping in family processes, because parenting and child-parental interactions are carried out permanently and repeatedly and are related to the healthy development of children.³

The main goals of authors focus on expanding social networks, promoting and learning to actively resolve problems. In their opinion, this can really help to limit the consequences of stress on the parent-child relationship.

Economic and financial difficulties affect the performance of parenting. Usually people are not able to cope adequately with the requirements of parenthood. Stress interferes with the ability of the family to provide a favorable environment, which in turn affects upbringing practices and family relationships as parents become more reactive and prone to punishment. The data show that the number of stress factors to which parents are exposed affects their behavior.⁴

The influence of non-family factors such as job losses, large debts, instability in the professional realization of parents, low family income, etc. is considered by researchers as a serious risk factor provoking tension in family relationships, conflicts and greatly destabilizes the ability of parents to maintain effective upbringing interactions with the child.

Efficiency in upbringing provides a very important protection against the influence of those factors in the broad social context that the individual cannot control and that provoke parents' depressive moods and problematic behaviors of adolescents. The mediator role of upbringing should not be neglected, but rather be used in preventive models, as there is plenty of scientific evidence of the long-term effects of full-fledged upbringing interactions in a family environment.

Researchers analyzing the relationship between family stress and parenting argue that lower levels of parental stress imply more positivism, higher sensitivity to infant signals as well as more responsiveness to parents and the ability to adequately promote the social and emotional development of children.⁵ Experts recommend families who experience more difficulties of a various nature (financial problems, family members' conflicts, unemployment, dissatisfaction of spouses with partner relationships, etc.) to use more diverse resources than those already mentioned options. There are other factors that mediate the interaction between family stress and child upbringing. They also have an indirect influence on the effectiveness of upbringing interactions. Such variables are, for example, depression, personal self-esteem and confidence in one's own abilities, individual characteristics of the parent, etc.

³ L. McKelvey; H. Fitzgerald; R. Schiffman and A. Von Eye, Family Stress and Parent-Infant...

⁴ L. McKelvey; H. Fitzgerald; R. Schiffman and A. Von Eye, Family Stress and Parent-Infant...

⁵ L. McKelvey; H. Fitzgerald; R. Schiffman and A. Von Eye, Family Stress and Parent-Infant...

The existence of a number of difficulties and deficits in family communication in contemporary Bulgarian society helps to deepen the unfavorable influence of the various destructive factors created by the transition to a market economy.

In this connection it is necessary to emphasize that a wide range of variables determine the development and maintenance of the problem behavior of children and adolescents. Familial stories of asocial behavior, genetic predisposition, parental and child mental health, socio-economic disadvantage, poverty, unemployment, family conflicts and divorce, incompetent or careless upbringing practices all play specific role.

Extremely serious is the situation where the influence of risk factors is strengthened and they combine with each other. Increasing and mutually reinforcing risk factors predetermines the potential for failure of preventive interventions and pedagogical intervention, especially when the duration and intensity of the problem behavior of adolescents are greatly increased. That is why it is necessary to place serious emphasis on prevention and early competent response in the presence of problematic behaviors.

It is important to note that in this conceptualization of parents' attitudes towards children's problematic behaviors and the risks of deepening child aggressiveness as a result of inadequate upbringing. The characteristics of the parent or the child that can lead the child at risk, the focus is on the interaction between them that is particularly important.

Within the scope of synchronization and mutual influence between the main inter-related, complementary variables (e.g., parenting, early childhood anxiety, social and family stress, drug use by the parent, or psychopathology) and child's ancestral behavior the mediating role of inadequate and irritable and hostile upbringing interactions in the family community is particularly important. Indeed, the effect of these factors is determined by over-controlling and forced upbringing.

The results of the research show that, despite the reasons for the destabilization of the parent-child upbringing interactions, this leads to a serious risk of developing destructive and aggressive child and adolescent behavior.⁶ Parenting is the main factor because its influence on personality development is direct. In the contemporary Bulgarian society, the necessity of full realization of the role of family upbringing for the prevention of the emotional and behavioral problems of adolescents is growing. The realization of the preventive direction of the upbringing interactions in the modern Bulgarian family is destabilized by the action of a number of unfavorable extra-marital factors. These factors reinforce the tension in the performance of the parental role, which in turn leads to the likelihood of increasing risks of its inefficiency and the development of destructive and violent child behavior. When it comes to the prevention of destructive manifestations in the family, it is very important to recognize the role of parents in fostering and stimulating the full personal development of the child through the overall organization of the family life. One should not ignore the fact that it is the lifestyle of the family that educates, and it faces many different challenges and difficulties that arise from everyday life events, which are sometimes very destructive. This complicates the family upbringing situation and creates risks for opportunities to generate, reinforce and learn aggressive patterns of behavior, and to promote a sub-culture of violence among adolescents.

⁶ J. Reid & G. Patterson, "The development of antisocial behavior patterns in childhood and adolescence", *European Journal of Personality*, Vol: 3 (1989).

For most parents, aggression, hostility, cruelty, and revanchism are key strategies to tackle the problems in the stressful and filled with variety of difficulties daily routine. This largely models the mastery of aggressive behavioral patterns related to the adaptation of children to the challenges of the new life situation. In this way, violence in society multiplies, a specific subculture of violence is being built. In order to protect their children from traumatic experiences when encountering violent offenders, many parents today are consciously supporting their aggressive behaviors.

Besides the negative impact of the deteriorated social and economic conditions on the realization of the modern family's upbringing function, there is also an increase in its positive role in the implementation of social support among its members. Practice shows that in the recent years of deep socio-economic and spiritual crisis, people in our country are increasingly seeking support, understanding and protection in their family and among their relatives. The adaptive capabilities of the individual family depend on a number of factors, among which the role of the self-awareness and self-determination of its members, the cohesion of the community, etc.

Interpersonal interactions in the family have a strong influence on the process of self-determination and self-identification of children, the building of their overall self-assessment and the maintenance of inner harmony and emotional comfort which is a serious prerequisite for constructing self-preservation from aggression. The diversity of family life creates favorable prerequisites for building emotional experiences and social skills of the child to cope with various problematic life situations and constructively overcome conflicts.

The lifestyle of the family community has an extraordinary influence on building value-oriented adolescents towards a successful and healthy lifestyle. Children observe and imitate parenting strategies to deal with personal problems and life difficulties, their way of relaxation, fun, emotional unloading, and this largely shapes their behavior.

Sometimes these strategies are too chaotic and inadequate, which adversely affects the parent's ability to assist their child in seeking an optimal option for successful integration into the social environment. By their own example family educators should stimulate the building of an active lifestyle from the earliest age of the children, through focusing on sports, cultural and creative activities, developing hobbies, etc., to fulfill with content and make sense of their free time. Sport is one of the most popular and preferred children activities for their spare time. It is well known that the life experience accumulated during physically active leisure activities is the basis on which individual children's concepts are built for interpretation and assessment of their attitude towards themselves, to others and to the world. Therefore, the question of pedagogical understanding of this aspect of adolescent life is of particular importance.⁷ Children's participation in organized sports activities encourages the development of personal qualities such as organization, self-reliance, self-control, patience, determination, persistence, initiative, etc. These qualities help children successfully cope with their life tasks and overcome constructively the difficulties and personal problems in everyday life.⁸

⁷ Bi. Kalpachki, Rolyata na sporta i aktivniya nachin na zhivot za preventsiya na agresivnoto detsko povedenie. Mezhdunarodno nauchno spisanie za inovatsii: Rekreativna & Wellness industriya i Nishov turizam, Sofiya, br. 3, kn. 2, s. 75. 2017.

⁸ Bi. Kalpachki, Rolyata na sporta i aktivniya nachin na zhivot za preventsiya na...

On one hand, upbringing interactions in the family environment help building knowledge and skills for constructive conflict resolution and management, addressing personal problems in the everyday life, forming socially acceptable values and attitudes. On the other hand, they are aimed at neutralizing and overcoming the destructive factors in the child-friendly environment outside the family.⁹ In general, the functioning of the family system is determined by a number of extrafamilial factors - socio-economic conditions; neighboring, friendly environment; the professional environment of parents and all adults; media environment, influence of religious communities, etc. Some of these influences may have negative consequences for the well-being and personal development of adolescents (high crime rates in the neighborhood, religious sects, unemployment, poverty, growing violence in the school environment, criminal-related friends, etc.). The functioning of upbringing interactions, in the context of the overall lifestyle of the family community, is seriously provoked by the difficulties and negative effects generated by the massive socio-economic changes in our post-totalitarian reality that have been accompanying the slow transition to democratization of social relations for thirty years. That is why it is necessary to reveal the links and the dependencies between the various factors, which directly and indirectly contribute to the deterioration of the family upbringing due to the rather complex socio-economic situation in our country, which is continuously generating additional risk factors for increasing the aggressiveness and destructiveness in interpersonal interactions. The presented reflections are based on the basic idea of the need to build an effective system of pedagogical support and counseling families in problematic child and adolescent behavior.

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⁹ Sn. Popova, *Prevantivnite aspekti na vazpitaniето* (Sofiya: Propeler, 2011).