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# Daily Interaction between Parents and Children living in the hostel

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**ABSTRACT:** This study explores the patterns and impact of daily interaction between the parents and the children living in the hostels. Focusing on quality, medium of communication, familial bonds and emotional well being. In recent years, the trend of children living in hostels has grown due to educational purposes and other developmental purposes. This research employs qualitative surveys with the children, this study investigates the frequency, quality and mode of communication used between the parents and the children. Preliminary suggests that regular and meaningful interaction between the parents and the children contributes to the positive impact on the minds, maintaining emotional closeness, mitigating feelings of isolation, supporting academic motivation and emotional well being of the children. This study aims to provide insights into optimizing parent-child communication to ensure children's well-being and family cohesion, despite physical distance.

## OBJECTIVE:

- To examine the impact of daily communication between parents and children living in hostels on the child's emotional well-being, academic performance, migrating feelings of isolation and social development.
- To explore the frequency and modes of communication and their effectiveness in maintaining a healthy bond between the parents and children despite physical distance.

## I. INTRODUCTION

The relationship between parents and children is a fundamental component of family dynamics, social, influencing emotional, and psychological development. However, for children who live away from home in hostels, the dynamics of this relationship can be significantly altered. Hostel living, while providing students with independence and a structured academic environment, limits the amount of direct, face-to-face interaction children have with their parents. By examining factors such as frequency, quality, and methods of communication, this study aims to understand how parents can foster supportive and meaningful relationships with children in hostel environments.

This research paper explores how parents and children maintain their relationship through daily interactions despite geographical separation. With advancements in technology, various digital platforms facilitate communication, making it possible for parents to remain involved in their children's lives from afar. It examines the frequency, modes, and content of communication, as well as how these factors contribute to sustaining or reshaping their bond.

Through an examination of current communication patterns, this study will contribute to a better understanding of the impact of hostel living on parent-child relationships, offering insights for parents on how to support these bonds effectively.

## II. LITERATURE REVIEW

Daily interactions between parents and children living in hostels can significantly influence the children's psychosocial well-being and development. Research indicates that positive family interactions are crucial for mitigating internalizing symptoms, particularly among adolescents, as they help reduce emotional distress and foster resilience (Telzer & Fuligni, 2013). In hostel environments, socialization opportunities can lead to both positive and negative behavioral variations, impacting students' character development and readiness for future challenges (Memon et al., 2023). Furthermore, children in institutional settings, such as shelters, benefit from engaging activities and interactions that promote their social skills and emotional health (Cruz et al., 2016). The importance of structured daily routines, as seen

in children with disabilities, highlights how collaborative efforts between caregivers and children can enhance daily living experiences, suggesting that similar dynamics could be beneficial in hostel settings (Heesh, 2018). Overall, fostering positive interactions and structured routines in hostels can play a vital role in supporting children's emotional and social development.

Daily interactions between parents and children in hostels significantly influence children's emotional health, particularly in the context of separation and adjustment challenges. Research indicates that a strong parent-child bond is crucial for emotional well-being, academic success, and healthy development, serving as a protective factor against anxiety and behavioral issues (Pollack, 2004). In hostel settings, children often experience separation anxiety, with studies showing that a substantial percentage of hostel residents exhibit mild to moderate anxiety levels, which can be alleviated by supportive relationships with caregivers (Kamble & Podder, 2016). Furthermore, the quality and consistency of daily parent-child interactions are linked to reduced depressive symptoms and improved physical health among adolescents (Lippold et al., 2016). Interestingly, while peer support emerges as a critical factor for emotional well-being in boarding contexts, the role of parental support can vary, sometimes negatively impacting emotional health (Li et al., 2023). Thus, fostering positive daily interactions and support systems is essential for enhancing the emotional resilience of children in hostels.

Structured routines play a crucial role in the psychosocial development of children living in hostel environments by providing stability and predictability, which are essential for fostering self-regulation and emotional well-being. Research indicates that routines are linked to positive developmental outcomes, including enhanced cognitive, social-emotional, and self-regulation skills, particularly in high-risk settings like hostels (Selman & Dilworth-Bart, 2023). Children often struggle with disruptions to their routines, which can lead to difficulties in coping and behavioral challenges (McNamara & Humphry, 2007). Moreover, structured daily activities serve as environmental cues that promote self-regulated behavior, allowing children to internalize acceptable behaviors over time (Taylor, 2011). In hostel settings, where chaos can disrupt daily life, establishing and maintaining routines can significantly reduce stress and support healthy development (Agazzi et al., 2020). Additionally, engaging in play that reflects their structured environment helps children process their experiences and relationships within the hostel context (Filocreão et al., 2014). Thus, structured routines are vital for nurturing resilience and adaptive skills in children in these settings.

Research indicates that structured programs, such as parent coaching, enhance positive interactions, improving parental efficacy and communication skills, which are crucial in a hostel environment where stability may be lacking (Do & Kim, 2024). Additionally, the dynamics of parent-child interactions during challenging times, such as the COVID-19 pandemic, highlight the importance of daily support in fostering trust and satisfaction in relationships (Jiang et al., 2023). In the context of hostels, where families may face unique challenges, community-based initiatives like parent-toddler groups can provide essential support, facilitating meaningful interactions that promote emotional resilience (Crasnow et al., 2020). Furthermore, the complex communication patterns within hostel settings underscore the need for adaptive strategies to nurture these relationships (Thomazi & Baptista, 2019). Overall, fostering daily interactions through structured support can enhance the quality of parent-child relationships in hostile environments.

To enhance communication with children in a hostel context, parents can adopt several adaptive strategies. First, establishing open lines of communication is essential; this involves actively listening to children and understanding their unique personalities, which fosters a sense of friendship and trust (Suryani, 2022). Additionally, utilizing technology for regular communication can bridge the gap created by physical distance, ensuring that children feel connected and supported (Vasilescu, 2020). Parents should also engage in effective communication practices that clarify expectations, as this can positively influence children's behavior and emotional well-being ("Penyuluhan Kepada Orang Tua Dalam Menjalani Komunikasi Yang Efektif Antara Orangtua dan Anak", 2023). Furthermore, recognizing the complex social dynamics within hostel environments, parents can encourage their children to share experiences and feelings, thereby promoting a supportive communicative atmosphere (Thomazi & Baptista, 2019). Lastly, employing invitational rhetoric can facilitate more meaningful dialogues, helping to navigate the challenges of adolescent communication (Pariera & Turner, 2020).

### III. RESEARCH METHODOLOGY

**Population:** The population for this study consists of children residing in hostels. The children are in different age groups, such as children pursuing graduation, postgraduate and doctorate to gather diverse perspectives. This group comprises children who interact with their parents remotely, mainly through phone calls and video calls. This survey includes children and parents coming through various socio-economic backgrounds, academic backgrounds and different age groups.

The purpose of focusing on this population is to understand the dynamics, frequency, quality, and nature of interactions between parents and their children living in hostels, as well as the emotional, psychological, and social impact of these interactions on both parties.

**Observations:** Direct observation of parent-child interactions, especially during visit days or phone calls, has been used to provide additional insights into communication patterns and emotional dynamics. Noting the topics discussed during the conversation whether it is related to academic, guidance, emotional support or health.

Paying attention to the emotional tone whether it is supportive, instructive or affectionate and responsiveness during the communication to assess the quality of relationship between the children and the parents.

This method of observation seeks to provide insights into how the daily interaction between the children and parents affects overall mental health and sense of connection of the children.

**Surveys/Questionnaires:** A set of closed questions were distributed to the children to quantify and qualitatively assess the frequency, type, and quality of their interactions. The goal is to gain insights into the nature, frequency, and quality of communication and engagement between parents and their children in hostel settings. In order to obtain relevant data the following questions were asked:

- How frequently do you communicate with your parents?
- What mode of communication do you usually use?
- How long do your conversations typically last?
- Do you discuss your feelings or personal challenges with your parents?
- Do you feel supported by your parents during your conversations?
- Do you feel that these interactions positively impact your mental well-being?
- Do you feel more motivated or focused on studies after talking to your parents?
- Are your parents able to provide emotional support even from a distance?
- Do you think daily interaction strengthens your relationship with your parents?
- Do you ever feel that your parents do not fully understand your hostel experiences?

### IV. RESEARCH ANALYSIS

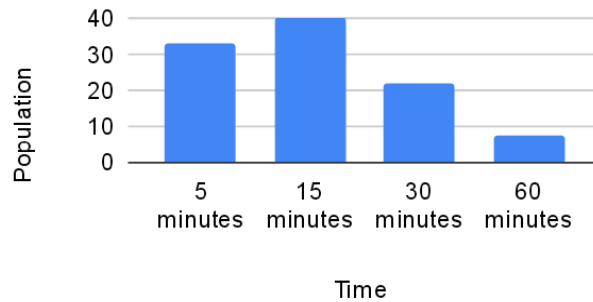
A thorough analysis of the data yielded-

Duration of conversation-

The following graph shows the duration of conversation between the parents and children living in the hostel. The vertical axis of the graph represents the population whereas the horizontal axis of the graph represents the time duration of the conversation.

We can see through the graph, the majority of the conversations last for less than 15 minutes and there is a very small population whose conversations last for more than 30 minutes. This shows that the duration of the conversation between the parents and children does not last for long.

Duration of conversation

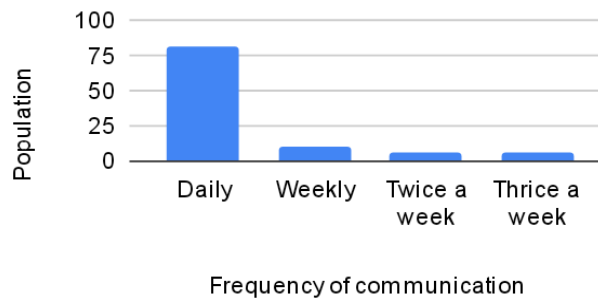


Frequency of communication-

The following graph shows the frequency of communication, the horizontal axis of the graph represents the frequency of the communication whereas the vertical axis of the graph represents the population.

Through the graph we can see the majority of children interact with their parents on a daily basis, there is a small population who doesn't interact with their parents on a daily basis.

Frequency of communication with parents

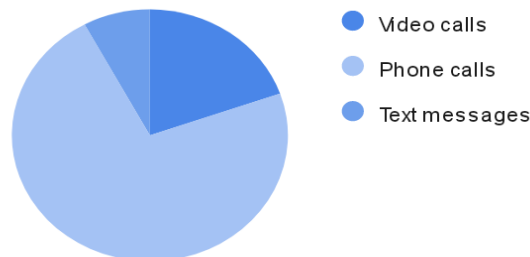


Mode of Communication-

The following pie chart shows the mode of communication used between the parents and their children.

The majority of children and parents interact via phone calls, a small population of parents and children interact via video calls and a very small number of people prefer text messages.

Mode of Communication

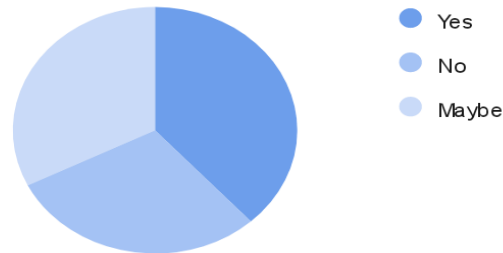


Frequency of discussing feelings and personal challenges with parents-

The following pie chart shows the frequency of discussing feelings and personal challenges with parents. A large number of the population discusses their personal challenges and feelings with their parents which helps in building a

strong connection between them. On the other hand a small population doesn't share their feelings and personal challenges with their parents, this shows that the emotional bonding between the parents and children is lacking somewhere.

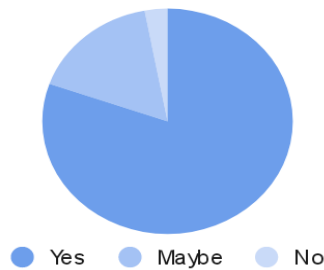
Frequency of Discussing Feelings and P...



**Perceived parental support during conversations-**

The following pie chart shows the perceived parental support during the conversation between the parents and the children. The majority of the population feels supported during the conversation with their parents, this shows the connectivity and understanding between the parents and the children. Whereas a small number of the population doesn't feel supported during the conversation.

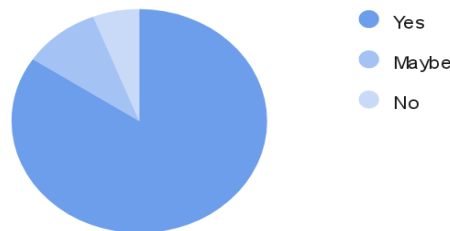
Perceived Parental Support During Conv...



**Impact of Parental interactions on mental well-being-**

The following pie chart shows the impact of parental interaction on mental well-being of the children. Daily interaction between the parents and the children plays a vital role in the mental well-being of the children. Children feel more supportive and motivated when they interact with their parents as they share their feelings with them. We can see below that this has a huge impact on the mental well-being of the children.

Impact of Parental Interactions on Mental ...

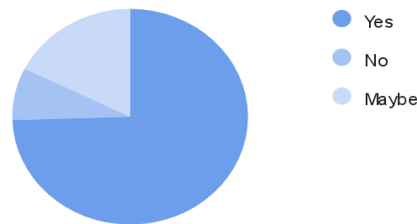


**Effect of parental conversations on motivation and focus-**

The following pie chart shows the effect of parental conversations on motivation and focus, as we can see below that the majority of children feel motivated and more focused when they interact with their parents. This shows that the

parents fill energy in their children and motivate them to achieve their goals and focus on their studies as well as co-curricular activities.

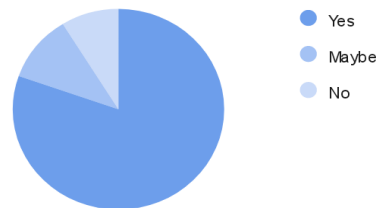
Effect of Parental Conversations on Motiv...



Impact of Daily Interaction on parent-child emotional bonding-

The following pie chart shows the impact of parent-child emotional bonding. Daily interaction helps in building a strong connection and emotional bonding between the parents and children. As we can see below, the majority of the population agrees that the daily interaction between parents and children helps in building and nurturing a strong emotional bonding between them.

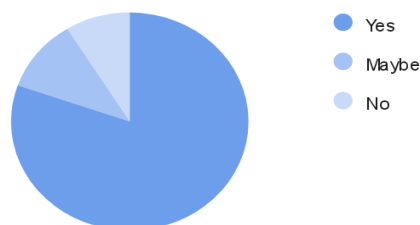
Impact of Daily Interaction on Parent-Chil...



Effect on parent-child relationship:

The following pie chart shows the effect of daily interaction between parent-child relationships. Daily interaction helps in building a strong bond between the parents and children. Majority of the population agrees on it. Daily interaction helps to develop a positive relationship, children tend to share all their feelings with their parents, which reduces the hiding of problems from the parents.

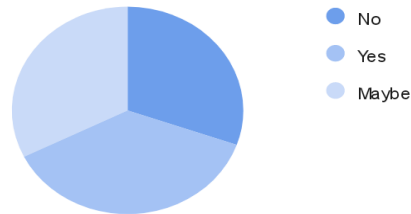
Effect on Parent-Child Relationships



Do children feel that their parents don't understand their hostel experiences?-

The following pie chart shows the count of responses of the population whether their parents understand their hostel experiences or not. We can see below that many children agree that their parents understand their hostel experiences but many children disagree with the same, also many children are neutral regarding this.

Count of Responses to 'Do You Ever Feel...'



## V. CONCLUSION

The study on daily interactions between parents and children living in hostels has highlighted the significance of maintaining strong family bonds even when physical distance is a barrier. This research highlights that even though physical distance poses a challenge to traditional parenting dynamics, technology enables frequent communication that helps bridge this gap. Phone calls, video calls, or messages, plays a crucial role in fostering emotional stability and a sense of connectedness for children in hostels.

Effective communication not only provides children with a sense of security and support but also allows parents to stay actively involved in their children's lives, fostering a sense of accountability and guiding personal growth. It has been observed that children who receive regular parental interaction exhibit higher levels of confidence, better academic performance, and reduced levels of homesickness. Children who engage in regular and meaningful communication with their parents tend to exhibit greater emotional stability, better adaptability to hostel life, and enhanced academic motivation.

Overall, this research underscores the importance of a balanced approach- leveraging digital tools for daily connection while recognizing the irreplaceable value of occasional in-person interactions. Future studies could explore specific strategies to optimize these interactions and the role of hostels in supporting family communication, ensuring that hostel living contributes positively to children's development and well-being.

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