



PARENTAL ATTITUDES AND PROHIBITIONS AND THEIR IMPACT ON CHILDREN'S FUTURE

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ABSTRACT

This article analyzes scientific research and survey results on the influence of parental prohibitions and attitudes on children's development. It was found that parental overprotection and excessive restrictions shape specific personality traits and behavioral patterns in children, which may determine their future. Studies conducted at Loma Linda University confirm that parental prohibitions cause stress in early childhood, reduce emotional security, and affect health later in life. Such prohibitions often lead to the development of traits that hinder career and professional growth, such as indecision, lack of initiative, and perfectionism.

Introduction

Why are some people successful while others struggle throughout their lives? Why do some people bask in glory while others tackle endless challenges? More than half a century ago, Eric Berne, the founder of transactional analysis, provided explanations for these questions. According to his theory, a child's life script is formed under parental influence from an early age.

Prohibition can be described as a psychological condition imposed by family and society. It indirectly conveys assumptions such as "don't live," "don't be yourself," or "don't do anything." These prohibitions are communicated on an emotional or non-verbal level. Research by American psychologists Robert and Mary Goulding revealed that many unresolved emotional issues of parents are passed on to their children, often in an amplified form. Parents, consciously or unconsciously, teach their children what they know best, passing down directives at a subconscious level. The Gouldings identified 12 such directives.

The psychological portal Live-and-Learn highlights three main types of parental prohibitions and their consequences:

1. Parental Substitution for Self-Restraint

In this type of prohibition, parents assume responsibility for preventing undesirable actions. For example, when parents say "Don't touch, it's hot," the child understands that this specific object (e.g., a kettle) should not be touched but fails to generalize the concept that other objects, like cups, might also be hot. Consequently, the ability to independently assess



and avoid dangers does not develop. This phenomenon aligns with the findings of Balthazar Lamarck in the 18th century: "Unused functions atrophy or deteriorate."

2. Strict Control Over Positive Actions

This type of prohibition involves rigid control over the process of performing positive actions. For instance, a child is required to follow a strict schedule dictated by parents, such as doing homework, eating, and cleaning at specific times. As a result, the child loses the ability to independently manage their time, evaluate their actions, and understand their own capabilities.

Survey Results

Two out of ten participants reported that, despite parental prohibitions, they secretly engaged in forbidden actions. Five participants said they strictly followed parental instructions due to fear of getting into trouble if disobeyed. One participant stated they refrained from breaking rules because they understood the potential danger. Two participants admitted to fearing their parents, which influenced their compliance.

All survey participants had already graduated from university and were employed in various organizations. Among them:

- Five out of seven participants with vivid childhood memories reported difficulties such as teamwork issues, insecurity, and fear of new experiences.
- One participant developed a fear of stray dogs due to their mother repeatedly warning them during childhood that dogs could bite and cause fatal consequences. This fear persists into adulthood.
- Another participant experienced challenges in socialization due to parental restrictions on going outside, which were aimed at ensuring their safety. This participant, now employed and studying, struggles with communication.

During the research, the method of "questionnaire-response" was used. However, challenges included participants feeling embarrassed to answer certain questions; five out of ten declined to respond due to personal reasons. Additionally, eight participants requested anonymity and confidentiality.

Conclusions

The results of this study indicate that parents unintentionally instill feelings of insecurity in children through prohibitions meant to ensure their safety. Parental directives may seem protective at the time, but for children, they can create dilemmas or even prohibitions that evolve into future challenges. These prohibitions affect learning, work, and career choices, often leading individuals to question their worthiness for certain roles.

Furthermore, the study revealed that non-argued parental prohibitions encourage children to lie and engage in secretive behavior, making dishonesty a normalized coping strategy.

Final Thoughts

Parental attitudes and prohibitions significantly influence a child's personality, worldview, and future success. Excessive control, overprotection, and rigid prohibitions often suppress individuality and limit the development of essential life skills. Understanding these impacts can help parents foster independence and balanced growth in their children.



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