GE COURSE
PARENTING IN CONTEMPORARY INDIA

CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE GENERIC ELECTIVE COURSE

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre- requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
Parenting in Contemporary India	4	3	1	0		Nil

Learning Objectives
- To explore contemporary parenting practices in India.
- To recognize understand age-appropriate parenting strategies for different developmental stages.
- To analyze parenting approaches in different families.

Learning Outcomes
By the end of this course, the students will be able to:
- Recognize parenting styles in India from traditional to contemporary practices.
- Analyze the influence of cultural, technological, and societal shifts on parenting.

THEORY
(Credits 3; Hours 45)

UNIT I: Introduction to Parenting   **10 Hours**
This unit introduces parenting and its traditional and contemporary connotations.
- Definition and importance of parenting in India
- Transition from traditional to contemporary parenting
- Contemporary parenting and its challenges
- Determinants of Parenting Behaviour

UNIT II: Parenting in different stages of childhood   **10 Hours**
This unit describes parenting in different stages of childhood.
- Developmental changes in parent-child relationships, attachment and autonomy, parent-adolescent conflict
- Parenting styles and their impact (authoritative, authoritarian, permissive, uninvolved and helicopter parenting).

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Unit III Parenting in Indian Families   **15 Hours**
This unit discusses childcare and parenting in the Indian familial and cultural context.
- Childcare in an Indian family: Role of parents, siblings and other family members.
- Cultural Perspectives on Parenting in Indian Context
- Advantages of parenting in joint families in India

UNIT IV: Parenting in Diverse Contexts   **10 hours**
This unit highlights the challenges of parenting in diverse contexts.
- Parenting in diverse socioeconomic backgrounds
- Parenting children with special needs
- Challenges and emerging trends : Impact of technology and media

Tutorial
(Credit 1; 15 Hours)
- Group Discussions
- Book Review
- Class Presentations
- Group Projects
- Media Analysis (Movies, documentaries, serials, songs, advertisements, social media posts)
- Any creative production (group activity)

The above list is a suggested one and not an exhaustive list of Tutorial Activities.

Essential readings
- Berk, L.E. (2017). *Development through the lifespan*. Delhi: Pearson Education.
- Chandra, V. and Blair, S.L. (Ed.) (2024). *Indian Families: Contemporary Family Structures and Dynamics* (Contemporary Perspectives in Family Research, Vol. 26), Emerald Publishing Limited, Leeds, pp. i-xxii. https://doi.org/10.1108/S1530-353520240000026012
- Papalia, D.E. and Martorell, G. (2015). *Experience Human Development*. McGraw Hill Education.
- Santrock, J.W. (2017). A Topical Approach to Lifespan Development. New Delhi: Tata McGraw-Hill.

Suggested readings
- Patel-Amin, N. & Power, Thomas G. (2002). Modernity and childrearing in families of Gujarati Indian adolescents. *International Journal of Psychology*. 37(4): 239-245.
- Ranganathan, N. (Ed.). (2020). *Understanding Childhood and Adolescence*. New Delhi: Sage.
- Sachdeva, N. & Misra, G. (2008). The Changing Images of Parenting in the Three Subcultures of India. *Journal of the Indian Academy of Applied Psychology*, Vol. 34, Special Issue, 16-23. https://jiaap.in/wp-content/uploads/2008/05/2-1.pdf
- Sahithya, B. R., Manohari, S. M., & Vijaya, R. (2019). Parenting styles and its impact on children – a cross cultural review with a focus on India. *Mental Health, Religion & Culture*, *22*(4), 357–383. https://doi.org/10.1080/13674676.2019.1594178
- Sondhi, R. (2017). *Parenting Adolescents in India: A Cultural Perspective*. 91-108. https://www.intechopen.com/chapters/53127.