

**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).

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>.