

## A Study On Generation Gap's Influence On Mental Well-Being Of Children

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### ABSTRACT

The generation gap can be a source of conflict between different age groups, as they may have different perspectives on important issues such as politics, religion, and social behavior. Generation gap is common phenomenon but it affects families when proper communication and tolerance goes missing between elders and children. this study's object is to find the origin of generation gap , to analyse th effects of generation gap on child development and to discuss the remedies for generation gap. A empirical study was conducted using convenient sampling method the sample size is 210 and the sample collected in seneerkuppam, chennai . The dependent variables are do you think the next generation will lack offline life like us , children's nowadays engage more in the internet , elders are completely intolerant to modern day life and misunderstandings causes abuse and anxiety to children . The findings generation gap is highly prevalent and the respondents were aware of the situation and feel children's life today is so much changed and influence by internet and technology. Proper communication and generalization of speaking out indifferences the best way to reduce generation gap between children and parents.

**KEYWORDS :** Child development, generation gap , parenting , mental stress and anxiety

### INTRODUCTION

Generation gap is a problem observed in children and their elder generations due to various factors. It is observed that it is more between children and parents, the gap however is expected to be wider in case of grandparents and grandchildren. the main problem is that young people consider their parents as technological outsiders . This conflict when gets severe, associates with serious adolescent behavior. There were some issues between different generations due to many reasons like lack of communication , different perspectives, cultural variables and effect of technology The generation gap has created a parallel gap in language and accent when passing from one generation to the next generation. . Both older and younger generations may stereotype each other based on their age, leading to further misunderstandings and discrimination. Differences in social norms: Each generation has its own set of social norms and values that may conflict with those of other generations . Problems like generation gap can play a major role in affecting the child development in the Indian society .Generation gaps, characterized by differences in opinions, values, attitudes, and behaviors between different age groups, have become a salient feature of contemporary society, significantly influencing the mental well-being of children. As these generational differences widen, they manifest in various aspects of daily life, including communication styles, technology usage, educational expectations, and socio-cultural values. These disparities can create environments where misunderstandings, conflicts, and feelings of isolation become prevalent, affecting children's emotional and psychological development. For instance, children today are growing up in a digital age, adept with technology that their parents and grandparents might struggle to understand, leading to a disconnect that can foster frustration and alienation. Additionally, the pressure from

older generations to adhere to traditional educational and career pathways can clash with the evolving aspirations and opportunities perceived by the younger generation, further exacerbating stress and anxiety among children. This study aims to explore the multifaceted impact of these generational gaps on children's mental health, seeking to identify the most significant areas of influence and proposing strategies to bridge these divides. By understanding the root causes and effects of generational differences, we can better support the mental well-being of children, fostering environments where diverse perspectives are harmoniously integrated, and generational wisdom is effectively communicated and valued.

## **OBJECTIVES**

- To analyze the difficulties caused by generation gap on children and elders
- To discuss the impact of generation gap on familial and social life of children
- To study about the remedies to overcome generation gap

## **REVIEW OF LITERATURE**

The research studies about the, "Generation Gap: An Emerging Issue of Society" focused on impact on familial relationships . Misunderstandings caused due to generation gap makes mistakes intolerable in families. ( **Mehak Aggarwal , Mahendra Singh Rawat, saumya singh and Sahil srivastava 2017**)

The research studies that , "Understanding the psychology of youths: Generation gap" focused on psychological problems of generation gap and it's difficulties" . It was found that Science College students have a greater generation gap with their parents than Humanities College students on personality characteristics and technological information. ( **Suad Lawati 2019**)

The research studies that , " The Generation Gap and Employee Relationship" . A study focused on work life generation gap . It was found that technology and proliferation is the problem that we are not blessed to have only one generation of people as the generations are overlapping and need to live with one another. ( **Kalpathy Ramaiyer Subramanian 2017**)

The research studies that , " Bridging the generation gap in the workplace" . A study focused on employer - employee relations. It was found that adoption and communication can play a major role in developing work place relations and work environment. ( **Tj Jirasevijinda 2018**)

The research studies that, " Generation gap in the workplace between Baby Boomers and Generation X [electronic resource] " . Focused on freshers and employer relations . It was found that generation gap causes intolerance and misunderstanding between workers which leads to bad career and work outputs. ( **Wipeout Venique. Govt Vatana 2010**)

The research studies that, "Identifying the Generation Gap in Higher Education: Where Do the Differences Really Lie?" . It was found that it involves a greater tendency to embrace online learning on the part of younger students, nor do they necessarily outweigh the equally important commonalities between older and younger students.( **Paula Garcia and Jingjing Qin 2011**)

The research studies that, "Alleviation of "Generation Gap" Through Socio-Economic Issues Involvement". Focused on modern learning . The paper recommends further studies in this line where different generations would be engaged more to share knowledge and values and mitigate risks.( **Mohamed Buheji 2019** )

The research studies that, "Commentary: The Very Real Generation Gap: Times Are A-Changing" . Focused on medical studies , it was found that the adoption of modern learning and technical learning make medical world better than before . ( **Susan D. Moffatt-Bruce and Peter Kneuert 2020**)

The research studies that, " The Digital Divide: A Technological Generation Gap" . Focused on increased digital expertise , The paper recommends older generations have to face the need to keep up with technological advancements. Digital communication changes the way we handle our emotions in an online environment.( **Judit Pasztor and Gerda Bak 2020**)

The research studies that, " Generation Gap; Is There any Solid Solution? From Human Relation Point of View" . Focused on psychological human relations, it was found that favor or helping on the thing that older or younger generation weak on it. These are the most effective way to minimize the generation gaps between older generation and younger generation.( **Choong Yong Heng and Assoc. Prof. Dr. Rashad Yazdanifard 2013**)

The research studies that, " The generation gap and cultural influence: A Taiwan empirical investigation" .

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Focused on the issue of generation gap in Taiwan, found that the educational level of respondents in the education sector were much higher than staff in the manufacturing industry. (Yu Hui-Chun and Peter Miller 2003)

The research studies that, "Identifying the Generation Gap in Higher Education: Where Do the Differences Really Lie?" Focused on generation gap in school students individuals born between 1946-1964, had the highest levels of satisfaction with engagement and interaction in classroom education then online education compared to today's children. (Paula Garcia and Jingjing Win 2011)

The research studies that, "Determinants of generation gap among parents and children in Multan City, Pakistan" focused on parent child disagreement, contradiction and divergence in certain matters regarding their attitudes, values, closeness, and communication. It was found that economic status and socialization are also a major reason for generation gap. (T. Sattar, Ghaith Yasin, M.I. Fani and Saima Afzal 2010)

The research studies that, "Social Change and its effects on Generation Gap in the Pashtun Society of Balochistan". Focused on cultural changes of generation gap. It was found that children are not cooperative and remain at distance from parents in different spheres of life, which seriously affect the relationship between the two age groups. (Muhammad Rahim and Dr. Muhammad Alam Tareen 2022)

The research studies that, "Generation Gap: Illusion or Reality?" Focus of after effects of the Iranian revolution. It was found that the results reject generation gap or separation, thus values and attitudes conflict among generation groups is not confirmed. The hypothesis of generation gap has not been verified by the majority of the conducted research. (Heydar Janalizadeh Choobbasti and Soliemani Beshli 2010)

The research studies that, "The problem with the generation gap in education: A two-way approach". Focused on resolution of generation gap. It was suggested that all the readers of the journal to see the possibilities of educational and scientific change not only in the way aligned to our way of seeing for betterment of other generations. (Danyal Farsani 2022)

The research studies that, "Technology and Young Children: Bridging the Communication-Generation Gap". Focused on technologic factors of generation gap. The research suggests use of technology are designed to help educators ease into the use of technology rather than leap off the cliff of innovation. (Sally Blake, D. Winsor and Lee Allen 2011)

The research studies that, "Actual problems of youth socialization in the family. Features of the social adaptive influence of the older generation on youth socialization". Focused on familial relationship and the problem of inducting children and youth into the prevailing the main problem is that young people consider their parents as technological outsiders. (Oleh Boichuk and Mikola Stadnik 2023)

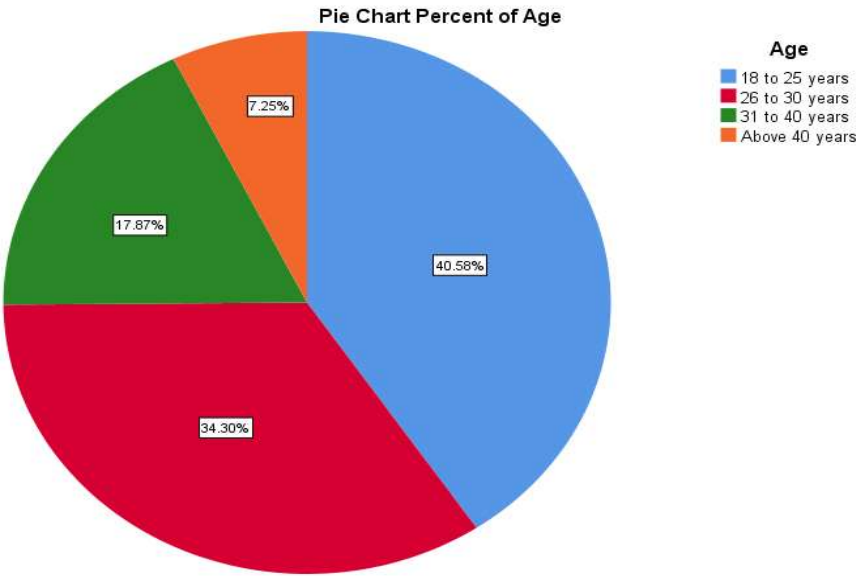
The research studies that, "Online Games and Children: An Analytical Study". Focused on the negative and positive effects of online games, particularly on children and suggests means and ways to ensure a healthy and prosperous future for the coming generation with the help of doctrinal research methodology. (Divyam Verma and Dr Geeta 2022)

The research studies that, "A Study on Technology Causes a Gap Between Human Generation". Each generation have different values and opinions. Due to innovation develop its leads to the generation gap. A difference in the attitude of people from different generations leads to lack of understanding. (Kaaviya Sudan V S, Saran Nitish T S, Kishore Kumar S and N. Yamuna Devi 2022)

## **METHODOLOGY**

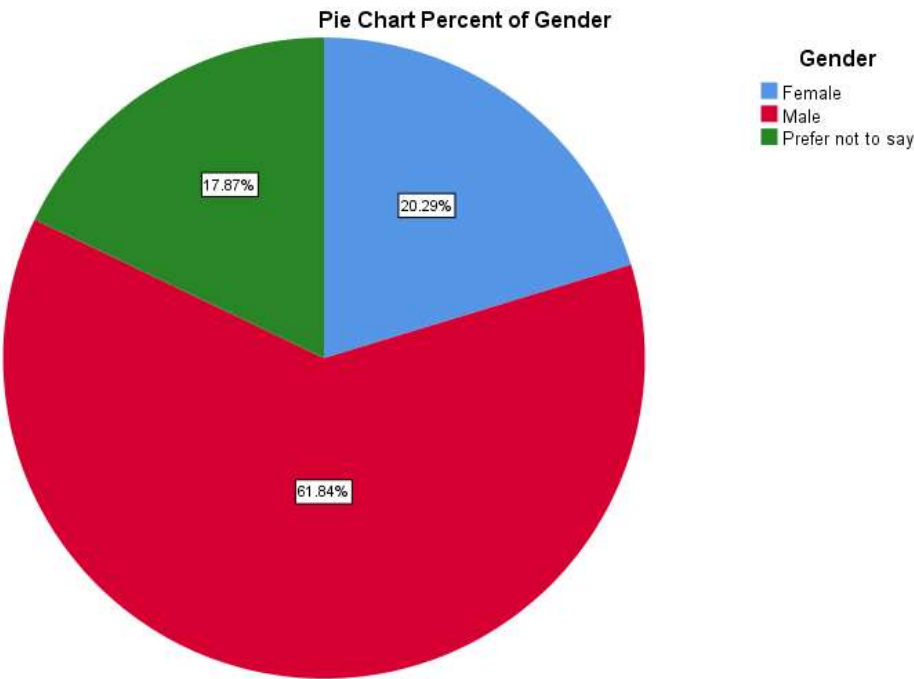
For this purpose of study empirical research is used to portray accurately the female sexual harassment at factories. convenient sampling method is used to collect samples. The sample size is 200 the research was done by using primary and secondary data. Independent variables like age, marital status. Dependent variables like literacy, position and authority. Statistical tool is used to analyse.

Figure 1:



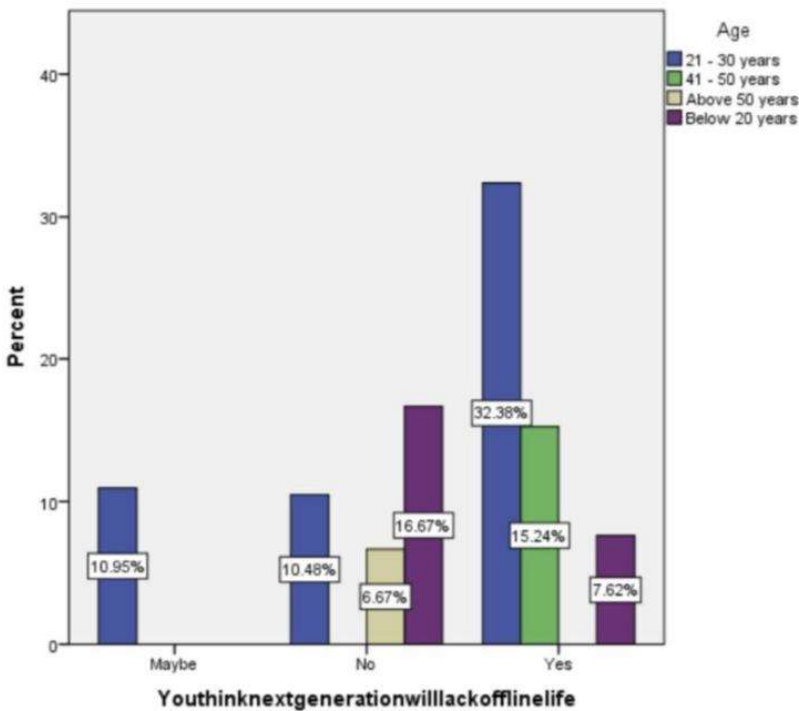
**Legend:** graphical representation of age of the respondents.

Figure 2:



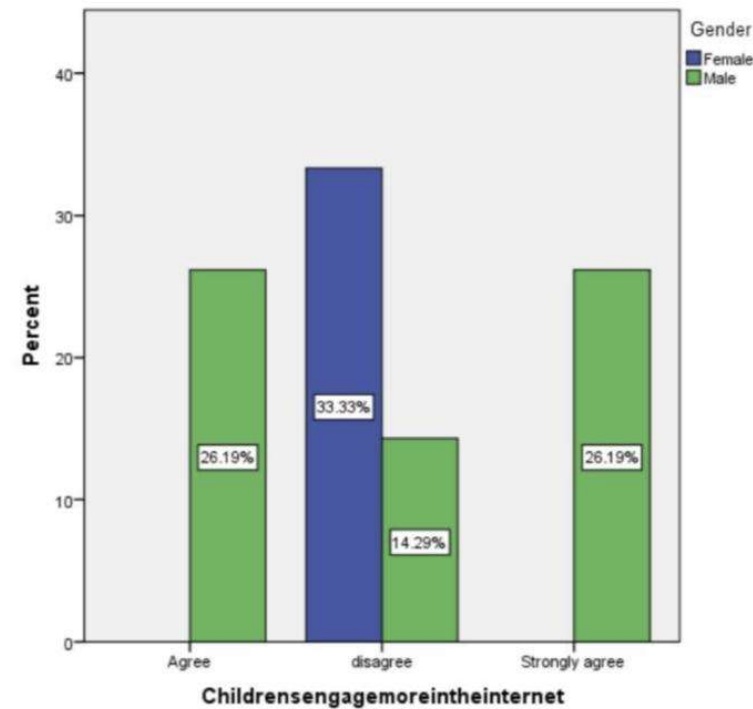
**Legend :** graphical representation of gender of the respondents

Figure 3:



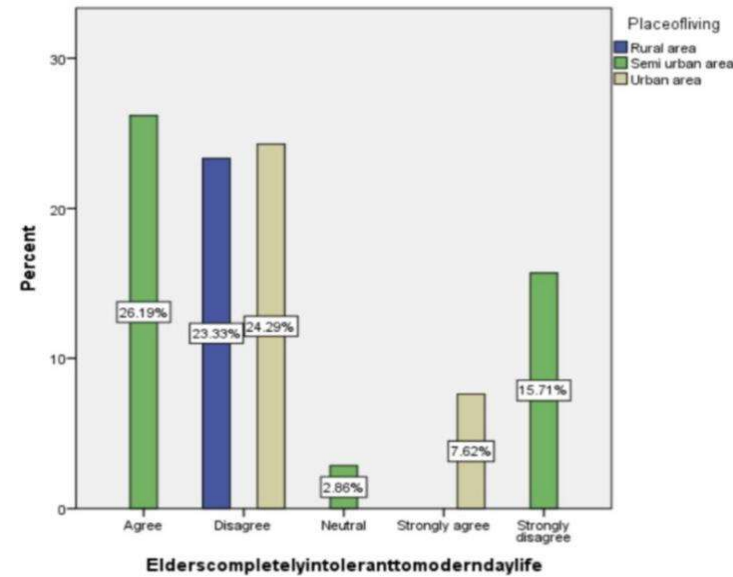
**Legend :** Figure graphical representation of respondents opinion on the question do you think next generation wil lack offline life

Figure 4:



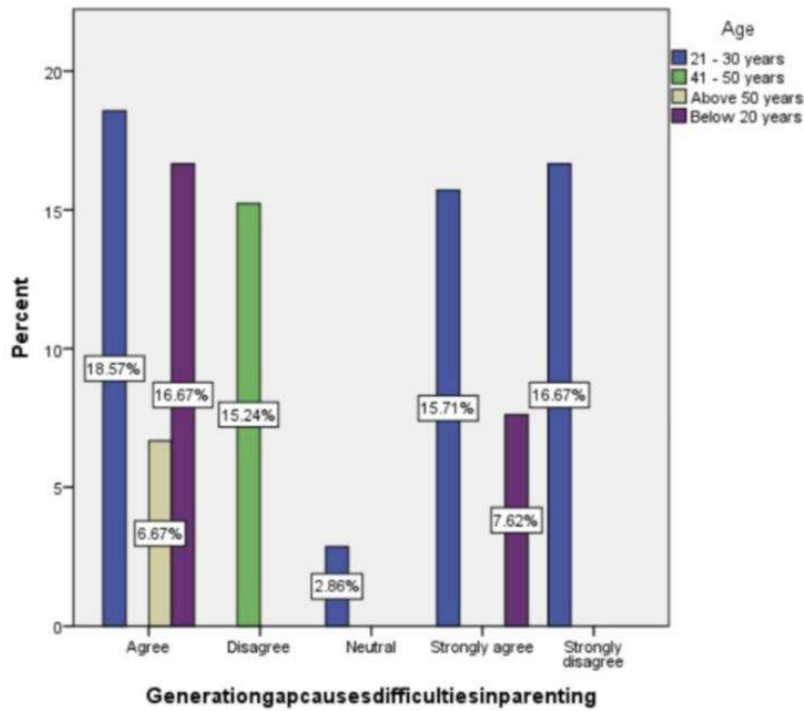
**Legend:** graphical representation of respondents opinion on the question children engage more in the internet compared with thier gender.

**Figure 5:**



**Legend:** Figure 5 shows the graphical representation of respondents opinion on the question elders completely intolerant to modern day life .

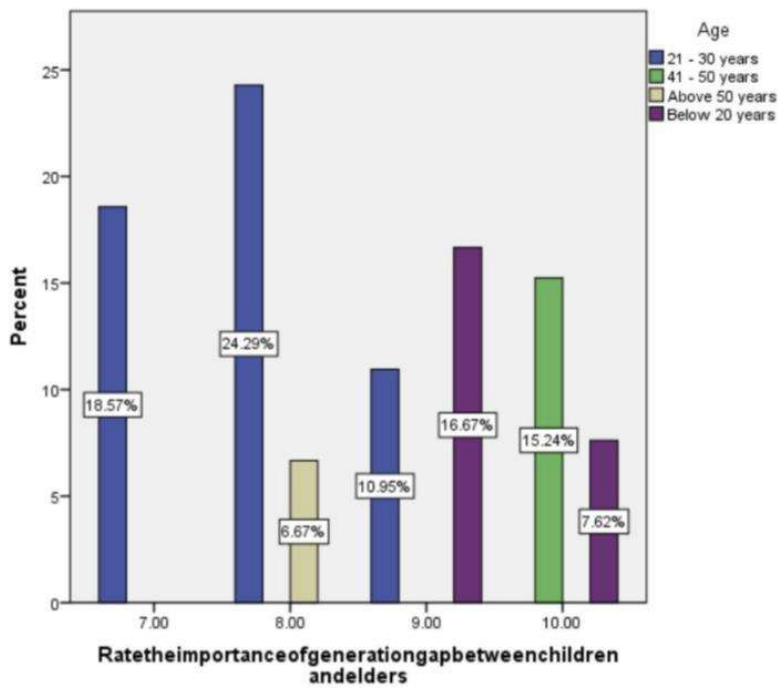
**Figure 6:**



**Legend :**graphical representation of respondents opinion on the question generation gap causes difficulties in

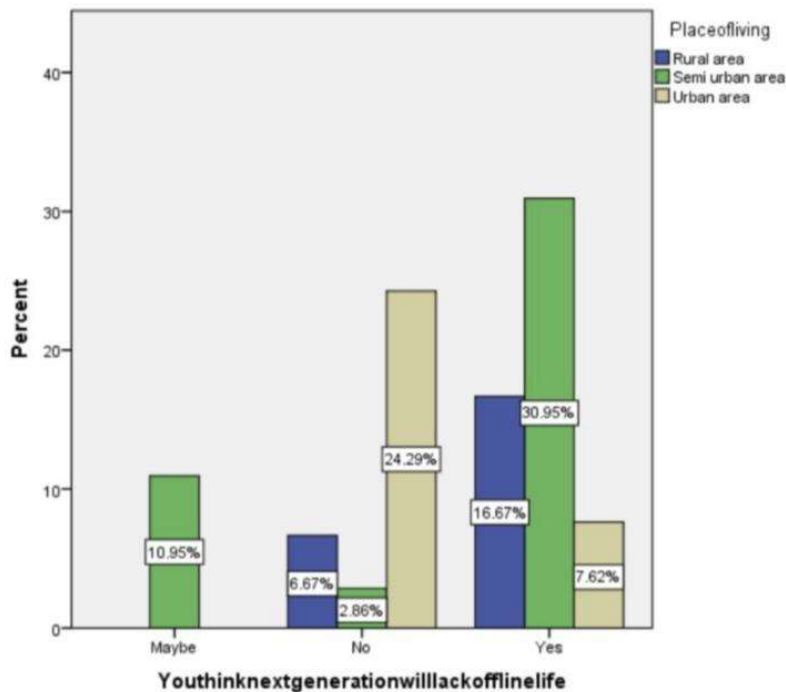
parenting compared with age of the respondents

Figure 7 :



**Legend :** graphical representation of respondents opinion on the question rate importance of generation gap between children and elders compared with age of the respondents

Figure 8:



**Legend:** graphical representation of respondents opinion on the question do you think next generation lack

## **RESULTS**

The age of the respondents was below 20 years 53.2% followed by 20 - 30 years 20%. (Fig 1 )

The gender of the respondents was male 56.6% followed by female 43.4% (Fig 2)

Majority of respondents of age 21-30 responded yes 32.38% to the question do you think next generation will lack offline life followed by below 20 years 16.67% .(Fig 3)

Majority of respondents of male disagreed 33.33% to the question children engage more in the internet followed by strongly Agree 26.19%.(Fig 4)

Majority of respondents of semi urban area 26.19% agreed to question elders completely intolerant towards modern day life followed by urban area .(Fig 5)

Majority of respondents of age 21 - 30 years 18.57% agreed to the question generation gap causes difficulties in parenting followed by disagree by 41 - 50 years 15.24%.(Fig 6)

Majority of respondents of age 21 - 30 years 24.29% agreed to the question rate the importance of generation gap between children and elders followed by below 20 years 16.67% years.(Fig 7) Majority of respondents of semi urban area 30.95% responded yes to the question do you think next generation will lack offline life followed by urban area 24.29% no .(Fig 8)

## **DISCUSSION**

Most of the respondents were of age of 20-30 years and below 20 years as the sample frame was taken in working area filled with adults. (Fig1)

Most of the respondents were male followed by female as the place was filled with males who were workers and shop keepers.(Fig2)

Most of the respondents of age 21 - 30 agreed yes to the do you think next generation will lack offline life as they are well aware of society due to their experience.(Fig 3)

Most of the males disagreed to the question children engage more in the internet followed by as they felt they can solve it proper communication and guidance to children .(Fig 4)

Most of the respondents from semi urban area agreed to the question elders are completely intolerant towards modern day life as they felt same indifferences with their elders .(Fig 5)

Most of the respondents of age 21 - 30 years agreed to the question question generation gap causes difficulties in parenting as they have witnessed children disobeying their parents.(Fig 6)

Most of the respondents agreed to the question rate the importance of generation gap between children and elders as felt generation gap will badly affect familial relationships .(Fig 7)

Most of the respondents from rural area responded yes to the question do you think next generation will lack offline life as the felt children there are not full of life due to high technology exposure.(Fig 8)

## **LIMITATION**

One of the major limitations of the study is the limitations of the study is the sample frame . The sample frame amounting to a very small area is a major constraint. The sample size is the reflection of the major limitations, 200 being a very small sample size and the sample frame was taken in a particular place which cannot determine the mindset of the whole population and the study was conducted in a urban area which misses the rural perspective.

## **CONCLUSION**

Generation gap is not always negative, as it can also bring about positive change and progress. Understanding the generation gap and finding ways to bridge the differences between generations is crucial for building healthy relationships and creating a harmonious society .The younger generation may have different lifestyle choices and preferences that may not be understood or accepted by the older generation, such as the use of technology or fashion choices. It is important to find ways to bridge the generation gap and create mutual understanding and respect between different generations to avoid the negative consequences of the generation gap. These generational disparities often result in misunderstandings and conflicts that can hinder healthy emotional development and mental health. However, by acknowledging and addressing these gaps, families and



communities can take steps to foster better understanding and communication across generations. This involves encouraging open dialogue, adapting to technological advancements, respecting diverse educational and career aspirations, and integrating socio-cultural values that are inclusive and supportive. By implementing these strategies, we can mitigate the negative effects of generational gaps, ultimately promoting a more cohesive and supportive environment for children's mental well-being.

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