

*DECEMBER 2023*

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# JOURNAL OF SOCIAL WORK & SOCIAL DEVELOPMENT

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Volume 14, Number 02, 2023



DEPARTMENT OF SOCIAL WORK  
Palli Samgathana Vibhaga  
Visva-Bharati  
Sriniketan-731236, W.B

## Contents

Editorial Note.....	ii
Knowledge, Attitude and Practices of Young Adults towards Over-Parenting....	1
<i>Rakesh Dwivedi, Mohini Gautam, Anjali Mishra &amp; Hareem Fatima Nomani</i>	
Covid-19 Pandemic and Urban Space: Issues and Concerns.....	12
<i>Mallarika Sarkar (Das)</i>	
Education, Perception and Awareness: Reflections on Tribal Students in Madhya Pradesh.....	27
<i>Jayanta Kumar Behera</i>	
Community Engagement in Social Work Education at Higher Education Institutions in West Bengal.....	43
<i>Ushnish Guha, Ritika Chhetri, Prasanta Kumar Ghosh Paramita Roy &amp; Debendra Nath Dash</i>	
Livelihood Enhancement of Women through Self Help Groups: A Case of Shimla District, Himachal Pradesh.....	54
<i>Twinkle Vaid, Naina Sambher, Bhavna Devi, D.D. Sharma &amp; Sanjay Singh Pathania</i>	
Do Homemakers' Financial Literacy and Investment Behaviour differs based on Urban and Rural Agglomeration? An Empirical Study.....	68
<i>Deepjyoti Choudhury, Tanmoy Acharjee, Jimpi Sonowal &amp; Ananya Dutta</i>	
Co-dependency and Self-esteem among Families of Persons with Alcohol Dependence: A Theoretical Exploration.....	86
<i>Ilori Barik Sil &amp; Paramita Roy</i>	
Empowering Students for a Resilient Future: Examining the Social Impact of COVID-19 on Education and Well-being.....	96
<i>Dikshant Sharma &amp; Aditya Sharma</i>	
Promoting Health Equity through Social Work Education in India: Preparing Students to Address Disparities.....	113
<i>Ngaopunii Trichao Thomas &amp; Sanjoy Roy</i>	
Indic Values and Ethics of Social Work Profession of India.....	127
<i>Arul Actovin C &amp; Sunil Prasad</i>	

Effect of Marriage Migration on Marginalized Women's Higher Education in Rural West Bengal, India.....	138
<i>Ajanta Sarkar</i>	

The Validity of Desirable Qualification for Social Work Profession: A Critical Analysis.....	155
<i>Rabi Raj &amp; Kumar Satyam</i>	



# Knowledge, Attitude and Practices of Young Adults towards Over-Parenting

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## Abstract

*Parenting is a tough task which every parent tries to do in their best possible manner. Parenting does not involve only parents but it also consists children. An effective positive parenting can only determine by the satisfaction level of both parent and child. In current scenario a different type of parenting style is trending, which is being called helicopter parenting or over parenting. An over-possessive and over-protective parent can be defined as helicopter parent, whose extra care and concerns leads to high level of dependence on children. This type of parenting can adversely effects on the personality of children. Present study was focused to understand the knowledge and perception of emerging adults towards helicopter parenting. In the study, major attention was given to the children' perspective towards their parents. The study comprised 134 college students (both boys and girls). Findings revealed that despite sharing great bond with parents, children want their parents to be more emotionally available for them as mostly in the time of any stressful situation children find themselves alone.*

**Keywords:** Parenting, Parent-child relationship, Emerging adults, Helicopter parenting, Anxiety, Well-being.

## Introduction

Parenting is an act of rearing children and providing adequate care for them to guarantee that they grow appropriately into maturity. A parent is someone who has children or who plays the role of mother or father. The term 'parenting' derives from the Latin word *parere*, which meaning 'to bring forth, develop, or teach'. Parenting can be described as the intentional acts undertaken to ensure the well-being of the child. It is associated with the activity of child development and education (Stewart et.al. 2005).

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