

Am I a Bad Parent

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Mental health is important to overall health. Mental disorders are chronic health conditions conditions that last a long time and often don't go away completely that can continue through the lifespan. Without early diagnosis and treatment, children with mental disorders can have problems at home, and school.



There are things that parents may do or say that can, even unintentionally, lead to adverse outcomes for a child. Maintaining mental health begins at an early age, and here we must know the role of the father and mother to build a happy, psychologically normal person who is able to face the gathering without any psychological problems.

We are born with very simple psychological needs Acceptance, love, safety, attention, respect, discovered things, feel it, appreciation, need to say **NO**.

The first job of parent during take caring of the child is to meet there needs appropriately and to a sufficient extent so that sound psychological growth occurs and normal mental health is complete.

But in fact, this does not happen most of the time. The child reveals during the upbringing that in order for his basic needs to be met, it must be in intensive for an

example ie. "Listen to the words because I love you", "Drink milk to be smart", negative labels such as name-calling, strict or rigid discipline.



Hence the transformation begins and the child becomes more susceptible to mental illnesses such as depression or anxiety, relationship troubles, obsessive-compulsive disorder, issues with control of others, low confidence, low self-esteem, and relationships that are abusive, borderline personality disorder, and bipolar disorder.



Being a parent is emotionally challenging. It's also a huge responsibility that requires patience, consistency, love, compassion, and understanding. Parenting is the hardest job in the world.

