CONTEMPORARY PARENTING TRENDS AND PUBLIC HEALTH NURSING

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Editors

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Contents

Chapter 1

HELICOPTER PARENTING

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1. Introduction

Helicopter parenting has become one of the most discussed concepts in the fields of education and child development in recent years. This concept describes the tendency of parents to constantly control, monitor, and intervene in their children's lives at every stage (Özbey, 2022). Helicopter parenting is characterized by parents' desire to manage every aspect of their children's lives and the excessive attention they exhibit in this regard. The increasing competition in modern societies, a success-oriented lifestyle, and the rapid development of technology have created a fertile ground for the prevalence of this parenting style (Bristow, 2023; Gençer, 2020).

Parenting attitudes play a significant role in the psychological and social development of children. In traditional parenting approaches, parents generally try to maintain a balance between supervision and guidance, whereas helicopter parenting involves greater control and monitoring (Marım and Kahveci, 2021). This situation can affect children's development of independence, self-sufficiency, and social skills. Helicopter parenting may limit children's individual development and problem-solving abilities, potentially resulting in both positive and negative outcomes (Sood and Singh, 2021; Alpsoy, 2021; Carr et al., 2021; Onukwufor and Anyanwu, 2021; Howard et al., 2022; Çok et al., 2022; Kafes, 2021; Yam and Kumcağız, 2021)."

This section will comprehensively examine the concept of helicopter parenting, parenting attitudes, the history of helicopter parenting, its causes, advantages and disadvantages, and the studies conducted on helicopter parenting both in Turkey and around the world. Additionally, the effects of this parenting style on child development and the impact of modern parenting approaches on the developmental processes of children will be explored.

2. The Concept of Helicopter Parenting

Parents' interest, support, and guidance for their children are generally regarded as positive attitudes. However, in recent years, an approach known as "helicopter parenting" has emerged. This attitude describes parents who excessively intervene in their children's development and learning, potentially threatening the child's autonomy and freedom (Özbey, 2022).

The concept of helicopter parenting refers to parents who show excessive interest in their children, constantly monitor them, and make decisions and plans for them at every stage of their lives. Wang et al. (2021) characterize these parents as individuals who place their children at the center of their lives and take care of everything on their behalf. Duygulu (2018) notes that helicopter parents assume their children's responsibilities, hinder their individual development, and complicate their socialization. Okant Yaşin (2018) expresses that these parents coordinate every aspect of their children's

lives, do not allow them to make mistakes, and keep them under constant supervision.

According to the definitions provided by Yılmaz (2020), helicopter parents excessively interfere in their children's lives, provide a high amount of resources, and prevent them from taking risks. Additionally, they harbor excessive concerns about their children's safety and success, closely monitoring every move they make.

The term helicopter parenting was first used in Ginott's (1969) book "Parents and Teenagers." Ginott described parents as hovering around their children like a helicopter. This term was popularized by Cline and Fay (1990) and became widespread in Western countries (Odenweller et al., 2014).

The "baby boomers," a generation characterized by high birth rates after the war, have been referred to as the helicopter parenting generation. This generation has exhibited an excessively protective approach toward their children. Similarly, the millennial generation, known as Generation Y, has also been influenced by this approach. Research indicates that the helicopter parenting style is particularly prevalent among Generation Y (Lapsekili Uysal, 2020).

The transition from traditional extended family structures to nuclear families has increased and complicated parents' responsibilities toward their children. Today, child-rearing has become a concept that falls entirely under the parents' responsibility (Marım and Kahveci, 2021).

Technological advancements have also changed the ways parents monitor their children. With smartphones, tablets, and social media, parents can instantaneously track their children's daily lives (Lemoyne and Buchanan, 2011;Yesilfidan and Adana 2017). This situation has led to an increase in helicopter parenting attitudes.

Historical events, economic concerns, and security anxieties have contributed to the prevalence of helicopter parenting attitudes. Worries about children's safety and success have caused parents to adopt more controlling behaviors (Özdemir and Yıldırım, 2023). Additionally, the increasing threats to children's physical, social, and academic lives have contributed to the widespread adoption of this attitude (Özbey, 2022).

3. Parenting Attitudes

Parenting attitudes have a significant impact on children's development. The behaviors exhibited by parents toward their children shape their emotional, social, and academic growth. In this context, the concept of helicopter parenting stands out as a factor that affects the overall development and lives of children (Avcı and Güleç, 2020). Generally, parenting attitudes can

be divided into four main categories: authoritarian, permissive, neglectful, and democratic.

3.1. Authoritarian Parenting: Authoritarian parents expect absolute obedience from their children and impose strict rules. They frequently resort to punitive measures to control behavior. This attitude can limit children's ability to think independently and make decisions. Current research indicates that authoritarian parenting is associated with low self-esteem, high anxiety levels, and poor academic achievement in children (Salavera et al., 2022).

3.2. Permissive Parenting: Permissive parents set very few rules and boundaries, typically allowing their children to do what they want and being lax in discipline. This attitude may hinder the development of self-discipline and boundary-setting skills in children. Permissive parenting can lead to low self-discipline and social adjustment issues in children (Aydoğdu and Dilekmen, 2016; Özoğul, 2022; Özbek, 2022).

3.3. Neglectful Parenting: Neglectful parents are indifferent and uninvolved with their children. They ignore their children's needs and have minimal interaction with them. This situation can lead to serious issues in children's emotional and social development. Research has shown that neglectful parenting is associated with low self-esteem, academic failure, and social isolation in children (McCoy et al., 2020; Melnyk et al., 2021).

3.4. Democratic Parenting: Democratic parents provide love and support while also establishing certain rules and boundaries. They listen to their children's opinions and guide them in the decision-making process. This attitude contributes to children growing up as confident, independent, and responsible individuals. Democratic parenting can enhance children's social skills and academic success, as well as promote better emotional adjustment (Chen et al., 2022; Darwich et al., 2021).

4. The History and Causes of Helicopter Parenting

The term "helicopter parenting" was first introduced by Dr. Haim Ginott in his 1969 book Parents and Teenagers. Ginott described parents as continually hovering around their children and tending to control every aspect of their lives (Ginott, 1969). The term gained popularity when a university student expressed her experience by saying, "My mom hovers over me like a helicopter." This expression was also included in the book Parenting with Love and Logic, published in 1990 by Dr. Charles Fay and Dr. Foster Cline (Cline and Fay, 1990).

There are various reasons for the prevalence of helicopter parenting. The increasing competition and success-oriented lifestyle in modern societies have led parents to excessively intervene in their children's education and social development (Brooks, 2021). Parents' tendencies to keep their children under

constant supervision to ensure their success contributes to the widespread nature of this attitude. Moreover, media and technology facilitate parents' ability to closely monitor their children's daily lives. In particular, social media and various tracking applications allow parents to observe their children's activities and social interactions in real-time (Yaman et al., 2019).

Another significant reason is the growing concerns among parents regarding their children's safety. Rising crime rates and societal dangers in large cities heighten parents' desire to keep their children under constant protection. This situation leads parents to closely monitor every step their children take and to restrict their living space (Segrin et al., 2020). Parents' safety concerns, coupled with their attempts to protect their children from dangers, may hinder the development of children's independence and limit their ability to make decisions on their own.

In conclusion, helicopter parenting is a style shaped by various societal and individual factors. While this approach is based on parents' intervention in their children's lives and maintaining constant supervision, it can also restrict children's development of independence.

5. Child Development and Helicopter Parenting

Child development theories argue that individuals' social, emotional, and cognitive skills should be supported through free experiences and independent interactions. Helicopter parenting can hinder children's ability to develop these skills. In particular, when children are under constant supervision, they may not adequately develop their risk-taking and problem-solving abilities (Özdemir, 2023; Schiffrin et al., 2020). This situation can negatively affect the development of children's social skills and self-esteem. Furthermore, excessively protective parenting behaviors can weaken children's coping skills and emotional resilience (Özbey, 2022; Yılmaz, 2020; Yazgan, 2022; Yılmaz & Büyükcebeci, 2019; Ekşi et al., 2020; Ankaralı & Savaş, 2021).

6. Advantages and Disadvantages of Helicopter Parenting

6.1. Advantages of Helicopter Parenting

Helicopter parenting has certain advantages. First, this parenting style can enhance children's safety. Parents closely monitoring their children's every move can protect them from potential dangers and ensure their safety (Brooks, 2021). In particular, constant supervision by parents can help prevent accidents and injuries for young children.

Another advantage is academic achievement. Helicopter parents place great importance on their children's education and closely follow their school life. These parents assist their children with their studies, check their homework, and facilitate access to educational resources. This can enhance

children's academic performance and provide them with better educational opportunities (Padilla-Walker and Nelson, 2019). Additionally, helicopter parents can contribute to the development of their children's social skills. Continuous guidance and involvement in social interactions can help children acquire better communication skills and succeed in social environments (Grolnick, 2020). This situation can increase children's confidence and enable them to be more successful in social life.

6.2. Disadvantages of Helicopter Parenting

However, helicopter parenting also has its disadvantages. First, it can hinder the development of children's independence. Children who are under constant parental control may struggle to develop their decision-making and problem-solving skills. This situation can lead to a lack of self-confidence in children and difficulties in leading an independent life in adulthood (Segrin et al., 2020).

Helicopter parenting can also negatively affect children's emotional development. Parents' constant interventions may prevent children from developing their emotional responses and coping mechanisms. This can weaken children's ability to cope with stress and reduce their emotional resilience (Schiffrin et al., 2020).

Finally, helicopter parenting can adversely impact children's social skills. Continuous guidance and intervention from parents can make it difficult for children to develop their own social relationships and communication skills. This situation can hinder children's ability to act independently in social settings and express themselves (Filiz and Doğan, 2023).

7. Studies on Helicopter Parenting in Turkey and Worldwide

The concept of helicopter parenting has created a broad area of examination in terms of child development and parenting approaches, both in Turkey and internationally. This section will detail the findings of research conducted in Turkey and around the world, focusing on the effects of helicopter parenting on children.

7.1. Studies Conducted in Turkey

Among the significant studies on helicopter parenting in Turkey, the research conducted by Yılmaz (2020) examined the prevalence of helicopter parenting and its distribution across regions. In this study, the Perceived Helicopter Parenting Scale was administered to 1,600 students aged 11 to 22, with data analyzed from 666 participants. The results indicated that one-third of mothers and one-seventh of fathers exhibited helicopter parenting attitudes. Yılmaz and Büyükcebeci (2019) investigated the effects of helicopter parenting on adolescents' self-efficacy, well-being, optimism, and life

satisfaction, finding a negative relationship between helicopter parenting and concepts of positive psychology through various scales administered to 549 university students. In a study by Çok et al. (2022), the "Helicopter Parenting and Autonomy-Supportive Behaviors Scale" was translated into Turkish, and its validity and reliability were examined on 488 university students. Yaşin and Demir (2020) qualitatively explored the issues of belonging, life skills, and self-confidence among Generation Y individuals with helicopter parenting attitudes, emphasizing the importance of family belonging through in-depth interviews. In the study conducted by Ekşi et al. (2020), the predictive power of emotional autonomy and social anxiety levels on inflated self-esteem among adolescents aged 14 to 17 was examined, determining the role of helicopter parenting in social anxiety. These studies provide significant insights into the effects and prevalence of helicopter parenting in Turkey.

7.2. Studies Conducted Worldwide

Research conducted at the international level examines the effects of helicopter parenting on children from various perspectives. The study by Padilla-Walker and Nelson (2019) found that while helicopter parenting can enhance children's academic achievements, this increase may lead to a decline in emotional and social skills (Padilla-Walker and Nelson, 2019). The research by Türker and Bahçeci (2024) emphasizes that helicopter parenting has negative effects on children's communication skills and social relationships (Türker and Bahçeci, 2024). Schiffrin et al. (2020) investigated the impact of helicopter parenting on the overall well-being of university students, concluding that this parenting style adversely affects children's emotional health and can lead to high levels of stress (Schiffrin et al., 2020). Segrin et al. (2020) revealed that helicopter parenting increases children's levels of social anxiety and causes difficulties in social interactions (Segrin et al., 2020). Brooks (2021) examined the effects of helicopter parenting on children's safety, demonstrating that parents attempt to enhance their children's safety by keeping them under constant supervision; however, this approach hinders children's ability to move independently and develop risk-taking skills (Brooks, 2021).

8. Responsibilities of Nurses in Helicopter Parenting

Nurses play a crucial role in enhancing the quality of child health services when dealing with helicopter parents. They should provide parents with the necessary information and guidance for the healthy development of their children. In this context, parents should be educated on the importance of fostering their children's independence and allowing them opportunities to make their own decisions (Brooks, 2021).

Nurses should also offer strategies to support parents in nurturing their children's emotional and social development. Parents need assistance in recognizing their children's emotional responses and teaching them healthy

coping mechanisms. Additionally, parents should be encouraged to guide their children in developing social skills and creating opportunities for social interactions (Grolnick, 2020).

Moreover, nurses play an important role in facilitating access to health services for children of helicopter parents. They should inform parents about the necessity of regular health check-ups for their children and the importance of instilling healthy lifestyle habits. Support should also be provided to help parents remove any barriers that prevent their children from accessing health services (Segrin et al., 2020).

Nurses must ensure that parents have access to appropriate resources and services to support their children's development. This facilitates parents' ability to respond appropriately to their children's needs and promotes healthy growth (Schiffrin et al., 2020).

9. Conclusion

Helicopter parenting is a concept that describes parents who excessively intervene in their children's lives and maintain constant supervision over them. This parenting style can have both positive and negative effects. Helicopter parenting may offer certain advantages in ensuring children's safety and enhancing their academic success. However, this approach can also lead to various disadvantages in children's independence, self-esteem, and social skills (Padilla-Walker & Nelson, 2019; Schiffrin et al., 2020). Children's problem-solving abilities, self-confidence, and social interaction skills may be adversely affected due to helicopter parenting (Segrin et al., 2020; Brooks, 2021).

Parents need to adopt a balanced approach while guiding their children. While providing support to meet children's needs, it is also necessary to encourage their independence and allow them opportunities to make their own decisions (Dalkıran, 2023). Nurses play a significant role in dealing with helicopter parenting attitudes. By offering parents information and guidance that support their children's healthy development, nurses can enhance the quality of child health services (Ekinci & Özgün, 2021; Özbey, 2022). It is crucial for parents to exhibit a conscious approach to their children's developmental processes and to benefit from professional guidance, as this is vital for their children's overall health and well-being.

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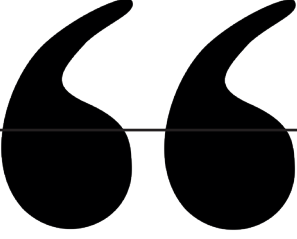
Chapter 2

MINDFUL PARENTING

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Mindfulness is a mental state that involves experiencing the present moment with complete awareness and without judgment. This practice enhances individuals' ability to accept their thoughts, emotions, and environmental stimuli while being fully present in the process (Kabat-Zinn, 1982). Mindfulness includes the process of focusing attentively and developing conscious awareness, supported by practices like meditation, breathing exercises, and similar activities (Brown & Ryan, 2003). The roots of mindfulness can be traced back approximately 2,500 years to Buddhist meditation practices, particularly in traditions such as Theravada Buddhism and Zen Buddhism (Giraldi, 2019). In the Western world, mindfulness gained popularity in the latter half of the 20th century with Jon Kabat-Zinn's development of the "Mindfulness-Based Stress Reduction" (MBSR) program. Kabat-Zinn introduced mindfulness into clinical practices, presenting it as an effective tool for coping with chronic pain and stress (Kabat-Zinn, 1982).

The fundamental conceptual features of mindfulness include attentive awareness, acceptance, living in the moment, and non-judgment. These features allow individuals to objectively observe and evaluate their thoughts and emotions (Bishop et al., 2004). The practice of mindfulness helps individuals better understand and manage their mental and emotional processes, contributing to a more balanced and conscious life (Shapiro et al., 2006). Mindfulness has significant positive effects on mental health and overall quality of life. Research shows that mindfulness is effective in managing issues such as stress, anxiety, depression, and chronic pain (Grossman et al., 2004). Additionally, mindfulness practices positively impact emotional regulation, attention control, and overall well-being (Hölzel et al., 2011).

The effects of mindfulness have been extensively studied in the literature. In clinical applications, mindfulness-based interventions have been found effective in coping with anxiety disorders, depression, and stress (Baer, 2003). Neuroscientific research has revealed that mindfulness meditation creates positive changes in brain structure and function, increasing activation and thickening in brain regions associated with attention and emotional regulation (Tang et al., 2015). In education, mindfulness practices help enhance students' academic performance, attention, and emotional resilience (Zenner et al., 2014).

In Turkey, mindfulness studies began to spread in the early 2000s, gaining more interest, especially in the 2010s. The start of mindfulness research coincided with the increase in academic studies in psychology and medicine. Mindfulness Academy, the first mindfulness-focused academy in Turkey, has been providing mindfulness training since the 2010s to support studies in this field (Web 1). Mindful Istanbul, founded in 2016, has drawn attention with its Mindfulness-Based Stress Reduction (MBSR) programs. This institution started offering mindfulness instructor training in collaboration

with the Institute for Mindfulness-Based Approaches (IMA), Europe's oldest mindfulness school (Web 1).

This approach, increasingly accepted and practiced in modern society, is used today as a powerful tool to improve mental and emotional health. The conceptual features of mindfulness, such as conscious awareness, acceptance, and living in the moment, enhance individuals' abilities to cope with stress, regulate emotions, and improve overall quality of life.

Mindfulness and mindful parenting are two closely related concepts. Mindfulness is the practice of being aware of the present moment and maintaining this awareness without judgment. Mindful parenting involves integrating this awareness into parenting practice, being more conscious, responsive, and empathetic in interactions with children.

Mindful Parenting

Mindful parenting is a parenting approach that encourages parents to manage their relationships with their children more consciously, attentively, and empathetically. It involves parents being present in the moment, and interacting with their children without judgment. This concept gained popularity in the Western world through the influence of mindfulness-based stress reduction (MBSR) programs developed by Jon Kabat-Zinn (Kabat-Zinn, 2023).

The core conceptual features of mindful parenting include attentive awareness, acceptance, living in the moment, and non-judgment. Duncan and colleagues (2009) noted that mindful parenting creates positive changes in parent-child relationships and supports children's emotional and behavioral development. Similarly, Bgels and Restifo (2014) indicated that mindful parenting enhances parents' emotional regulation skills and makes them more sensitive to their children's emotional needs. Mindful parenting has positive effects on both parents' and children's emotional and mental health. Mindful parenting reduces parents' stress and anxiety levels and improves their overall quality of life. Additionally, mindful parenting helps children develop emotional intelligence and improve social skills (Parent et al., 2016; Yücel, 2021; Acet and Oliver, 2024).

Mindful parenting is seen as an effective tool for reducing children's emotional and behavioral problems. Research by Lippold et al. (2015) found that mindful parenting practices reduce externalizing behaviors in children and enhance parental responsiveness. Further studies by Moreira et al. (2016) highlighted that mindful parenting helps in managing children's temperamental difficulties and promotes positive parent-child interactions. Neuroscientific research has also underscored the benefits of mindful parenting. For example, Laurent et al. (2013) demonstrated that parents who

practice mindfulness exhibit greater neural activity in areas of the brain associated with empathy and emotional regulation. This increased neural activity translates into better emotional attunement with their children and improved parent-child bonding.

In recent years, the effectiveness of mindful parenting training programs has been demonstrated. Coatsworth and colleagues (2010) reported that mindful parenting training improves parents' stress-coping skills and strengthens their relationships with their children. These training programs teach parents mindfulness techniques and encourage the application of these techniques in daily life. Current research on mindful parenting reveals its potential benefits, but more research is needed. The long-term effects of mindful parenting practices and their effectiveness in different socioeconomic and cultural contexts should be increased (Reina, C. S., & Kudesia, 2020; Yücel, 2021; Acet and Oliver, 2024). Additionally, developing mindful parenting strategies tailored to children's age groups and special needs is essential (Parent et al., 2016).

Mindful parenting is a valuable approach that helps parents manage their relationships with their children more healthily and empathetically. Therefore, promoting mindful parenting practices and increasing research in this area is of great importance.

Recent studies have shown that mindful parenting is influenced by many factors. For example, a study examined the effects of parents' psychological distress, children's negative emotionality, and parents' social support levels on mindful parenting. The research revealed that both individual and cultural differences play significant roles in the mindful parenting process. For instance, a study conducted in the United Kingdom and Turkey found that children's negative emotionality was a direct predictor of mindful parenting in parents in the United Kingdom, but this effect was not observed in Turkey. Social support, however, positively impacted mindful parenting in both cultures (Acet & Oliver, 2023).

The effects of mindful parenting on children's internalizing and externalizing symptoms have also been widely examined. Research has shown that mindful parenting practices moderate the relationship between internalizing and externalizing symptoms in adolescents. Specifically, when parents' "being in the moment" levels were high, the relationship between adolescents' internalizing and externalizing symptoms weakened. This suggests that mindful parenting can prevent children's emotional problems from turning into externalizing symptoms (Bögels et al., 2008).

Studies examining how mindful parenting varies in cultural contexts are also important. A study investigating the effects of various cultural factors on mindful parenting found significant differences between Japanese and Korean

mothers. For example, Japanese mothers were found to be more rejecting when dealing with their children's emotional problems, while Korean mothers were more supportive. Such cultural differences highlight how mindful parenting approaches can vary in different cultural contexts (Townshend et al., 2016).

While current research reveals the positive effects of mindful parenting on children's emotional and behavioral development, further studies are needed. For instance, future research should examine the effects of children's symptoms on parents' mental health and mindful parenting. Additionally, conducting more research on different socioeconomic and cultural groups will increase the generalizability of mindful parenting (Lippold et al., 2021).

The literature contains many research findings on mindful parenting. For instance, a study on mindful parenting and child well-being indicated that parents' mindful parenting practices positively affect children's emotional regulation skills and overall psychological well-being (Brown & Ryan, 2003). Another study evaluating mindful parenting and parenting stress showed that mindful parenting interventions reduce stress in highly stressed parents and improve parenting quality (Chaplin et al., 2021). Duncan and colleagues' (2009) research on mindful parenting and adolescents' mental health indicated that mindful parenting reduces internalizing and externalizing symptoms in adolescents (Duncan et al., 2007).

A detailed examination of the literature reveals that research results cover three interconnected areas: children and adolescents, parents, and family relationships.

Most of the research focuses on the effects of mindful parenting on children and adolescents. Carona and colleagues (2021) reported that mindful parenting increases emotional expression within the family and children's emotional understanding. Van der Gaag et al. (2019) stated that mindful parenting reduces externalizing problems in children by reducing parents' psychological control. Han et al. (2021) found that mindful parenting practices decrease psychopathological symptoms in children, while Geurtzen et al. (2015) noted that mindful parenting helps children exhibit more positive behaviors. According to Duncan et al. (2007), mindful parenting increases children's attachment security to their parents, while Henrichs and colleagues (2021) indicated that mindful parenting reduces internalizing symptoms in children. A study examining the effects of mindful parenting on adolescents also found that it positively impacts adolescents' psychosocial development (Dieleman et al., 2021).

The effects of mindful parenting on parents have also been a research topic. According to Colasanto and colleagues (2020), mindful parenting contributes to parents feeling more competent. Research by Oliveira and colleagues (2024) during the COVID-19 pandemic showed that mindful parenting helps

improve mothers' mental health. Chen and colleagues (2009) demonstrated that parents' mindful approaches lead to more positive attributions about their children's behaviors. Another study noted that mindfulness-based parenting programs improve parents' stress management and relationships with their children (Febriani et al., 2021).

Mindful parenting has also positively impacted family relationships. Geier (2012) reported that mindful parenting makes parent-child interactions more positive. Gershy and colleagues (2017) found that it strengthens dynamics and relationships within the family. Parent and DiMarzio (2021) stated that it supports positive parenting practices. Alves-Nogueira and colleagues (2021) indicated that it might prevent the intergenerational transmission of dysfunctional parenting patterns.

A study conducted in Istanbul examined the role of mindful parenting in the relationship between the emotional regulation difficulties of parents of children with autism spectrum disorder (ASD) and the problem behaviors of their children. The research showed that mindful parenting plays a partial mediating role in this relationship and that parents' emotional regulation difficulties affect children's problem behaviors. The study highlighted that mindful parenting is essential in regulating parents' emotional responses and reducing children's problem behaviors (Aydin, 2023).

Another study compared the determinants of mindful parenting in the context of Turkey and the United Kingdom. The study examined the effects of parents' psychological distress, children's negative emotionality, and social support levels on mindful parenting. The results showed that social support positively influenced mindful parenting in both cultures. However, children's negative emotionality had a direct effect on mindful parenting only in the United Kingdom. These findings emphasize that mindful parenting can manifest differently in cultural contexts and that social support plays a crucial role in this context (Acet & Oliver, 2023).

Community Mental Health Nursing and Mindful Parenting

Community mental health nursing provides community-based interventions to protect and improve the mental health of individuals and families. These nurses work to prevent, diagnose early, and treat mental health disorders. They also help individuals and families develop stress-coping skills (Stanhope & Lancaster, 2015).

Both mindful parenting and community mental health nursing aim to improve individuals' stress-coping skills. While mindful parenting helps parents regulate their emotional responses and cope with stressful situations, community mental health nurses teach individuals stress management techniques (Duncan et al., 2009; Stanhope & Lancaster, 2015). Mindful

parenting encourages parents to enhance their emotional awareness and be more responsive to their children's emotional needs. Similarly, community mental health nurses emphasize the importance of emotional health by increasing individuals' emotional awareness (Siegel & Bryson, 2012; Stanhope & Lancaster, 2015). Mindful parenting aims to strengthen parent-child relationships, encouraging parents to build healthier and more empathetic relationships with their children. Community mental health nurses also intervene to improve family relationships, aiming to strengthen communication and bonds among family members (Kabat-Zinn,2023; Stanhope & Lancaster, 2015).

Community mental health nurses provide necessary social support services to families and individuals. This can enhance the effectiveness of mindful parenting, as social support plays a crucial role in the success of mindful parenting practices (Bgels & Restifo, 2014; Stanhope & Lancaster, 2015). Mindful parenting and community mental health nursing create a strong synergy to improve the emotional and mental health of individuals and families. Both approaches complement each other in areas such as stress management, emotional awareness, family relationships, and social support. Therefore, integrating mindful parenting practices into community mental health nursing services will enhance individuals' and families' overall health and well-being.

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Chapter 3

TIGER PARENTING

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1. Introduction

Tiger parenting was introduced in Amy Chua's 2011 book, Battle Hymn of the Tiger Mother. This concept has sparked discussions, particularly regarding Asian parenting, since its publication, highlighting the cultural explanations of different parenting styles. (Doan et al., 2017; Kim et al., 2013; Lui, 2020; Xie and Li, 2019; Zhang, 2020).

In her book, Chua characterizes tiger parenting as a Chinese parenting style defined by strict parental control, uncompromising rules, and excessive demands for excellence in a child's success, behavior, and academic performance (Tam et al., 2018). In her book, Chua argues that strict and highly controlling parenting is characteristic of Chinese-style parenting and attributes her daughters' success to her "tiger" mothering approach. Notably, one of her daughters was accepted into Harvard and received an invitation to perform at Carnegie Hall . In her book, Chua compares this "Chinese" parenting style to American parenting, arguing that the American approach, with its emphasis on developing children's self-esteem, is less effective as a strategy for raising successful children (Kim, 2013).

Tiger parenting is characterized by its success-oriented approach, strict planning of educational activities, and strong control over children. It has become a central concept in exploring parenting philosophies, especially among Chinese parents in East Asia, and is often associated with Confucian heritage cultures. (Cheah et al., 2013; Choi et al., 2013; Molla, 2014).

2. What is Tiger Parenting?

Tiger parenting is described as parents exercising excessive control over their children, imposing overly strict demands, and holding high expectations regarding both behavior and academic performance. This concept was first introduced by Chua. (Zhang and Wang, 2024).

A review of the academic literature reveals that there is no clear and widely accepted definition of tiger parenting. While some studies provide definitions, others assume that the reader is already familiar with the concept. For example, Lui (2020) states that tiger parenting undermines children's self-esteem and autonomy; Doan et al. (2017) characterize it by strong monitoring, control, punitive actions, and strict discipline; Kim et al. (2013) describe the concept as both authoritarian and authoritative; while Zhang (2020) defines tiger parenting as focusing on the monitoring and control of children's academic careers.

According to Chua (2011), tiger parents exhibit an authoritarian attitude by imposing strict controls over their children and restricting their free time to push them toward high academic achievement, believing this to be a reflection of successful parenting. Consequently, parents are success-oriented and apply

discipline to emphasize the importance of family responsibility and academic success. They attribute strength rather than weakness to their children. While parents believe they are providing the best for their children, it is often observed that their children's desires and preferences are overlooked (Tam et al., 2018).

At the core of tiger parenting is the belief that perfectionism exists and that it is not solely achieved through innate talent, but rather as a result of hard work and dedication. For example, parents set strict standards for their children and expect excellence in any area of interest. Tiger parents instill a continuous work discipline in their children and believe that by pushing them to their limits, their children will succeed and have prosperous futures (Zhang, 2020). Parents do not hesitate to intervene when necessary to ensure their children achieve the highest level of success (Guarnotta and Saleh, 2023).

3. Positive and Negative Aspects of Tiger Parenting

Tiger parenting has both positive and negative effects. Looking at the negative aspects (Lau and Fung, 2013; Kim et al., 2013):

➢ **Low Self-Esteem:** Children may experience feelings of guilt and shame if they fail to meet their parents' standards, which can damage their self-esteem.

➢ **Increased Self-Harming Behaviors:** When children perceive themselves as failing in tasks deemed important by their parents, they may be at a higher risk for self-harming behaviors.

➢ **Emotional Dysregulation:** Emotional dysregulation refers to an inability to control emotions within an acceptable range. For example, this may manifest as anger outbursts, self-harm, or substance use due to receiving a low grade on a test.

➢ **Increased Risk of Substance Use:** In response to the restrictive demands of tiger parents, children may engage in rebellious behaviors, including potential substance abuse.

➢ **Depression:** Children of tiger parents tend to be more susceptible to childhood depression, as they focus on not meeting their parents' high expectations. The shaming techniques employed by these parents can further exacerbate depression.

➢ **Anxiety Disorders:** The continuous pressure exerted by tiger parents to achieve can elevate anxiety levels in children. This is often related to the fear of failure or disappointing their parents.

➢ **Poor Decision-Making Skills:** Tiger parents tend to impose intense academic and extracurricular goals, while also controlling social interactions and extracurricular activities. This leaves little room for children to practice making their own choices and decisions.

➤ **Unhealthy Commitment to Family:** Children of tiger parents believe their successes are directly reflective of their families. Socialization and relationships outside the family are often hindered, as they take time away from task-oriented work designed to produce successful outcomes.

➤ **Perfectionism:** Perfectionism is intertwined with the success and academic goals set by tiger parents. Anything below the highest standards of perfection is regarded as a failure.

➤ **Lack of Creativity:** The primary goals set by Tiger's parents are hard work and excellence in academic achievement, leaving very little time allocated for creative activities.

➤ **Decreased Intrinsic Motivation:** Motivation for children of tiger parents tends to be extrinsic. The high standards for success are determined by the parents rather than the children themselves.

When examining the positive aspects of tiger parenting (Guarnotta and Saleh, 2023; Lau and Fung, 2013; Kim et al., 2013):

➤ **Increased Academic Performance:** Academic excellence is a primary principle of tiger parenting and becomes a shared focal point for both parents and children. Parents will do whatever is necessary to support strong academic performance.

➤ **Strong Work Ethic**: Self-motivation, self-discipline, and adherence to guidelines are inherent in the performance of children who meet the demands of tiger parents. These qualities foster a strong work ethic that will follow them into adulthood.

➤ **Goal-Oriented:** Tiger parents establish clear standards and expectations regarding success goals for their children. This helps children develop their own goals and strategies to meet these expectations.

➤ **Increased Productivity:** Children of tiger parents are highly disciplined and are not permitted to spend time on activities or socialization that do not contribute to specified success goals. This lack of external distractions enhances their productivity.

➤ **Sense of Intrinsic Responsibility:** From a very young age, these children feel responsible for meeting the standards and expectations set by their parents. They are motivated to succeed in their endeavors and do not wish to disappoint their parents.

➤ **Financial Stability and Independence:** Personality traits valued and instilled by tiger parents include self-discipline, goal completion, and hard work. These attributes are crucial for individuals to forge

successful career paths, ultimately resulting in financial stability and independence.

4. History of Tiger Parenting

When examining the historical origins of the term "tiger parenting," it has been found to carry both different and similar meanings before Amy Chua's book (Kobakhidze et al., 2024). The concept is influenced by Confucianism, an ancient Chinese philosophy developed by the philosopher Confucius in the 5th century BCE, which promotes qualities such as filial love, family values, hard work, perseverance through difficulties, honesty, and a commitment to the pursuit of knowledge leading to academic excellence (Kim et al., 2013). Since Chinese and East Asian societies have been shaped by the thoughts of this ancient Chinese scholar, his teachings continue to play a role in attitudes toward education in East Asia (Lyu and Sung Ryung, 2017; Zhong, 2011).

The term "tiger mother" has been present in Western literature since the 19th century, characterized as a protective mother or a strong community leader (Kobakhidze et al., 2024). The tiger mother functions as a feminist framework that describes how motherhood and child-rearing contribute to women's leadership and activism. Tiger mothers have protested against the deaths of young people in wars, thereby gaining media attention. In the context of Chinese American cultural repertoire, Huang (2017) suggests that the tiger mother represents an archetype popularized in the literary works *The Woman Warrior* by Maxine Hong Kingston and *The Joy Luck Club* by Amy Tan. Both authors depict Chinese authoritarian mother figures, which resonate in Amy Chua's book (Huang, 2017; Kobakhidze et al., 2024).

In contemporary Chinese society, higher education is viewed as a serious pursuit and is considered one of the cornerstones of Chinese culture. As a result, many Chinese families strive to instill the value and importance of education in their children from a young age. Education, regarded as a high priority for Chinese families, not only improves an individual's socioeconomic status but also impacts cultural standing. Consequently, these values are deeply embedded in parent-child relationships and in parents' expectations of their children. For the Chinese, the significance of education has historically been seen as an important means of upward social mobility in ancient and medieval Chinese society (Doan et al., 2017).

5. Parenting Styles and the Position of Tiger Parenting Among Parenting Styles

The concept of parenting styles was first defined by Diana Baumrind in the 1970s. Parenting style refers to the methods parents use to regulate and socialize their children. In her pioneering study in 1971, Baumrind identified three distinct parenting styles through interviews and observations with

parents and children. These parenting styles were categorized as authoritarian, authoritative, and permissive (Vatsadze, 2024).

While authoritative parenting emphasizes the establishment of rules and expectations, it differs in its approach from authoritarian parenting. Authoritative parents expect adherence to rules but are more open to discussing the reasoning behind those rules and considering their children's perspectives. In contrast to authoritarian parents, who primarily rely on punitive measures, authoritative parents engage in supportive dialogues when addressing issues with their children. This style fosters a more communicative and collaborative relationship between parents and children, where discussion and explanations are as important as discipline (Vatsadze, 2024; Yang et al., 2008).

Permissive parenting is defined as a style in which parents exhibit high levels of responsiveness but have low demands on their children. Unlike authoritarian and authoritative styles, permissive parents are more tolerant and understanding, often avoiding strict discipline. They prioritize open communication and nurturing relationships with their children (Vatsadze, 2024).

Authoritarian parenting is characterized by a rigid approach that enforces rule adherence, typically through consequences. Parents who adopt this style are often strict and demanding, lacking warmth and responsiveness toward their children. While tiger parenting exemplifies this authoritarian style, it differs somewhat in that tiger parenting encompasses high levels of negative parenting (e.g., strict rules) alongside high levels of positive parenting (e.g., warmth and support). Tiger parents apply both positive and negative parenting strategies simultaneously, indicating that positive parenting strategies coexist with negative ones (Kim, 2013; Vatsadze, 2024).

In 1983, Maccoby and Martin reevaluated the three parenting styles identified by Baumrind, incorporating demandingness and responsiveness as the main criteria. Their research revealed that there were more parenting styles than initially defined. Specifically, Maccoby and Martin distinguished the permissive style into two separate approaches based on observed levels of demandingness and responsiveness. As a result, they introduced the concepts of permissive and neglectful styles to describe these variations. This expanded parenting styles into four commonly used categories: authoritative parenting, which is high in both demandingness and responsiveness; authoritarian parenting, characterized by high demandingness but low responsiveness; permissive parenting, which is low in demandingness but high in responsiveness; and neglectful parenting, which is low in both demandingness and responsiveness. This classification provides a comprehensive understanding of the varieties of parenting approaches and their effects on child development (Vatsadze, 2024).

In conclusion, regarding the position of tiger parenting within parenting styles, both tiger parents and authoritarian parents are similar in their use of negative parenting strategies. However, unlike authoritarian parents, tiger parents also employ positive parenting strategies (Vatsadze, 2024).

6. The Impact of Tiger Parenting on Children and Related Studies

6.1. The Effect of Tiger Parenting on Academic Achievement in Children

One of Chua's assertions about tiger parenting is that it leads to superior academic achievement in children. In Kim's (2013) study, when comparing children of supportive parents to those of tiger parents, it was found that the academic performance of children with tiger parents was lower in middle school and high school. Regardless of the developmental stage, children of supportive parents were determined to have better developmental outcomes compared to those of tiger parents (Kim, 2013).

Another study revealed that children of tiger parents experience higher levels of academic pressure, hostility, shame, depressive symptoms, and alienation from their parents compared to children with other types of parenting (Tam et al., 2018).

6.2. The Effect of Tiger Parenting on Self-Esteem in Children

Abraham Maslow defined self-esteem as a fundamental human motivation and positioned it high within his hierarchy of needs. According to Maslow's framework, individuals can strive to realize their full potential with the goal of self-actualization after fulfilling their physical, safety, social, and esteem needs (Maslow, 1987). This hierarchy underscores the importance of self-esteem, serving as a criterion for parenting effectiveness and overall success. Self-esteem can be approached from various perspectives and in different contexts (Maslow, 1987).

A study conducted by Hosogi et al. in 2012 demonstrated that the environment in which children are raised has a profound impact on their self-esteem development. This suggests that everything from school and family dynamics to socioeconomic status and parenting styles significantly influences children. Additionally, another study proposed that supportive parenting styles could enhance children's self-esteem (Yang and Liang, 2008).

Another study found that children of permissive (panda) parents exhibited the highest levels of self-esteem, while children of tiger parents displayed the lowest levels (Martinez and Garcia, 2008).

6.3. The Effect of Tiger Parenting on Children's Mental Health

Research on tiger parenting has indicated that it may be detrimental to children's mental health and psychological well-being. Many of the techniques

used in tiger parenting can be harmful to children, placing them at a higher risk for stress, anxiety, and depression (Kim et al., 2013).

Children raised in families with tiger parenting rules may face negative mental health outcomes due to the constant pressure they experience. A study examining the Asian-American parenting model found that parents' harsh responses to their children's misbehavior were linked to issues such as anxiety and depression in the children. These mental health problems can lead children to feel a sense of failure (Huang et al., 2016).

Tam et al. (2018) found in their research that high levels of tiger parenting are positively associated with greater symptoms of anxiety in Chinese elementary school students. Similarly, Doan et al. (2017) discovered that higher levels of tiger parenting predicted increased cortisol levels in both Chinese and American cultural contexts; this is generally considered a physiological indicator of heightened anxiety and depressive symptoms.

Another study indicated that both helicopter parenting and tiger parenting have adverse effects on the developmental trajectories and outcomes of anxiety and depression in children (Zhang and Whang, 2024).

7. Discussions on Tiger Parenting

Tiger parenting has sparked numerous discussions, with both critics and supporters. Critics often highlight the characteristics of tiger parenting, such as excessive control, strictness, and demands for unquestioning obedience, which are associated with a significant lack of attention to children's needs or emotional well-being (Juang et al., 2013). Rather than providing warmth or emotional support, parents may offer instrumental support, which can lead to the development of poorly adjusted children and is associated with negative psychological outcomes (Tam et al., 2018). Tiger parenting may neglect children's emotional needs, potentially leading to increased emotional distress and hindering the fulfillment of children's autonomy, self-efficacy, and intrinsic motivation, often resulting in higher levels of anxiety and depressive symptoms (Zhang and Whang, 2024).

Proponents of this parenting style argue that families instill high standards and discipline, which enables children to develop their own self-discipline and a strong work ethic (Guarnotta and Saleh, 2023). They also suggest that children who are intensely focused on education and activities are more likely to develop skills that can lead to future success and opportunities.

Another misunderstanding regarding tiger parenting is the belief that this style is common in Asian-American households. A study conducted over eight years with Chinese-American families, which examined the effects of parenting profiles on adolescent adjustment, identified four different parenting styles: supportive parenting, indulgent parenting, tiger parenting,

and authoritarian parenting. Contrary to popular belief, the study found that tiger parenting was not the most prevalent profile among Chinese-American families; supportive parenting emerged as the most common style. In contrast, the tiger parenting profile was associated with lower educational attainment, excessive academic pressure, poor academic performance, increased depressive symptoms, and a greater sense of alienation among adolescents (Kim et al., 2013; Zhang, 2024).

Finally, there are mixed views regarding tiger parenting. The impact of this parenting style on adolescents' performance and development encompasses conflicting opinions; some argue that tiger parenting creates unnecessary pressure on developing adolescents, while others claim that its long-term benefits outweigh those of permissive parenting styles found in Western families (Zhang, 2024).

8. The Cultural and Contextual Shaping of Tiger Parenting Style

Cultural differences play a significant role in shaping parenting styles. In countries like China and South Korea, which are influenced by Eastern cultures, authority and academic achievement are highly valued. This is because children are viewed as the future of the family and can reflect the family's teachings, which in turn can affect their social and economic status. Tiger parenting aligns with these values by preparing children for competitive environments and reinforcing the importance of discipline and hard work. However, in cultures outside of Asia, there is a greater emphasis on individuality, creativity, and personal exploration. The rigid structure and intense pressure of tiger parenting may conflict with the values of self-expression, autonomy, and holistic development that many non-Asian families prioritize (Zhang and Whang, 2024).

The contextual environment in which parenting occurs is also very important. In addition to cultural differences, the contextual environment includes physical surroundings such as schools and neighborhoods. The environment in which parenting actions take place is referred to as the contextual environment (Smollar and Youniss, 1989). In different countries and regions, educational systems, social expectations, and opportunities for success vary. Tiger parenting may be suitable for societies where academic achievements are prioritized, especially those with competitive educational systems. However, in societies that value a broader range of success metrics, such as creativity and innovation, the focus of tiger parenting on academic success may be perceived as limiting and inadequate for preparing children for wider opportunities (Zhang and Whang, 2024).

9. Tiger Parenting and Public Health Nursing

The literature indicates that tiger parenting leads to academic pressure among school-aged children, resulting in lower grade averages. Additionally,

it has been noted that this parenting style is detrimental to children's mental health and psychological well-being, negatively affecting their psychological state and increasing their susceptibility to stress, anxiety, depression, and low self-esteem (Kim et al., 2013; Tam et al., 2018; Yang and Liang, 2008; Hassoy et al. 2023). It has also been expressed that harsh or inconsistent responses from parents to their children's misbehavior can lead these children to feel "unsuccessful" (Huang et al., 2016).

In this regard, children grow up in the family institution, which is the core of society, becoming aware and integrating into the community. The role of the family is crucial in shaping children's behaviors and in their development as physically, emotionally, and psychologically healthy individuals (Aykanat and Gözen, 2014; Shields et al., 2006). Healthy children lead to a healthy society. Public health nurses play a pivotal role in improving and maintaining community health. Nurses who interact with children in both schools and hospitals observe parental attitudes and children's behaviors. In this context, nurses can provide counseling and educational services to parents in schools and family health centers (Özsoy and Koca, 2015; Hassoy et al. 2023). Particularly, school health nurses and family health nurses, who fall under the scope of public health nursing, have significant responsibilities.

10. Conclusion

While Amy Chua's tiger parenting style is influenced by cultural and contextual factors, it presents both positive and negative aspects regarding the success of her children. Tiger parenting is essentially an Asian variation that differentiates itself from classical authoritarian parenting styles by imposing higher demands. Generally, tiger parenting yields poorer outcomes compared to supportive parenting, which, despite being adopted in most Asian households, does not adversely affect adolescents' mental health and fosters a healthy and encouraging environment for them to realize their potential (Zhang, 2020).

Research has shown that tiger parenting can lead to increased levels of anxiety and depression in children, and that children may not always achieve higher grades. Some children of tiger parents may resist their parents' high achievement demands, which can undermine their self-esteem. However, it has also been found that the discipline instilled by this approach can help children become resilient, self-disciplined individuals, fostering a strong work ethic and the ability to overcome challenging situations (Guarnotta and Saleh, 2023; Kim et al., 2013; Zhang and Whang, 2024).

In conclusion, there are both positive and negative perspectives regarding this parenting approach, highlighting the need for further research.

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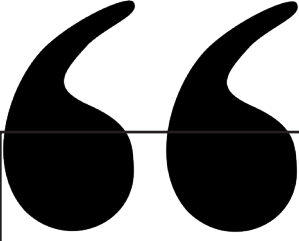
Chapter 4

NEGLECTFUL PARENTING

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Introduction

Unlike other living beings, humans require long-term and close care from birth to survive. Beyond mere survival, this care is crucial for shaping an individual's emotions and behaviors. Parenting is of utmost importance for both parents raising children and for the children themselves. The relationship established between the child and the parent guides the child's exhibited behaviors and helps instill certain habits, which are merely some of the responsibilities of parenting (Kömürcü, 2014; Durmaz, 2022).

As the modern world evolves and changes, it offers differences in many aspects, leading to changes and transformations in individual, family, and societal structures. Throughout history, transitions such as the shift from nomadic to settled life, the acceptance of Islam, the declaration of the Republic, and the enforcement of the Civil Code have resulted in changes in the family structure of Turkish society. As in any area, this process of change has positively and negatively impacted family structures. It is an undeniable fact that families form the basis of children's mental, psychological, and biological development. Variations in family structures create diverse changes in children's lives (Gökler & Atamtürk, 2021; Yüzügüldü, 2021).

Conceptually, the family is the most fundamental unit of society and is as ancient as human history. The term "family" has Latin roots. The term "famulus" means domestic slave, while "family" refers to a community of slaves or individuals of the same blood bound to a single master (Hançerlioğlu, 1976; Doğan, 2007; Gökler & Atamtürk, 2021).

As the family is a universal institution, it is quite challenging to define it universally. For instance, among the ancient Turks, the term "family" was used to denote large human communities, similar to the concepts of lineage and tribe. A review of the literature reveals that many definitions have been proposed regarding the concept of family (Aslan, 2002; Tekin Epik et al., 2017; Gadding, 2018). The commonalities among these definitions include: "a group of at least two individuals who live in the same space, share emotional bonds, engage in task sharing, have common responsibilities, and experience feelings of love and belonging." Additionally, in Turkish culture, there are gender-specific roles such as mothers taking care of children, cleaning, and cooking, while fathers provide for the household (the head of the family) (Doğan, 2007; Hallaç, 2014; Gökler & Atamtürk, 2021).

The family is the most significant factor influencing children's personalities. Family experiences play an important role in various events such as the formation of a child's character, the development of self-esteem, the ability to adapt to society, socialization, and the struggle against challenges. Since the relationship between the child and the family is intertwined, the behaviors exhibited by parents, whether consciously or unconsciously, can positively or

negatively affect children's development. Over time, the literature indicates that there are variations in parents' behaviors and attitudes (Üstündağ et al., 2015; Özada & Duyan, 2018; Yüzügüldü, 2021).

A family is defined as the fundamental unit of society formed by two individuals who share a bond of love and respect. The ideal family model is referred to as the "nuclear family," consisting of a mother, father, and at least one child (Doğan, 2007; Gökler & Atamtürk, 2021). The parenting process begins when family members decide to have children and when the baby is in the mother's womb. Conceptually, parenting involves individuals who facilitate the biological, physical, emotional, social, and moral development of the child by providing an appropriate environment. The parenting process, which is a new experience for individuals, can present various positive and negative situations (Yaman et al., 2013; Gökler & Atamtürk, 2021).

The family, which serves as the first educational environment for children, is where they are born. One of the fundamental functions of the family is to transmit the cultural structure and values in which the children are situated. Children learn from their families about where and how they should behave by integrating cultural values through various methods (Gökler & Atamtürk, 2021).

Given that the contributions of individuals' relationships with their immediate environment to their personal development cannot be denied, parental attitudes and behaviors are the most effective factors in a child's socialization and self-actualization (Yavuzer, 2014; Yüzügüldü, 2021).

Parental attitudes and behaviors toward their children influence self-development positively or negatively because children learn by modeling and subsequently applying their parents' behaviors. The attitudes of parents vary according to the culture, beliefs, values, and socioeconomic status in which individuals live (Adana & Kutlu, 2010; Mutlu Onuk & Tekin, 2018; Yüzügüldü, 2021). When examining parenting behaviors, various types of parenting styles emerge, such as authoritarian, neglectful, permissive, democratic, free-range, indecisive, and perfectionistic (Gökler & Atamtürk, 2021). This section will provide conceptual explanations regarding neglectful parenting.

Neglectful Parenting

Neglect, in general, refers to the failure to meet a person's physical, social, emotional, and various other needs (Jean-Gilles & Crittenden, 1990; Açöldüm, 2024). Neglect is not limited to the failure to meet a child's observable physical needs; it also encompasses the lack of fulfillment of social and emotional needs. For example, parents who neglect their children provide less support in situations where emotional comfort, a sense of presence, or assistance is needed. These behaviors can lead children to perceive that their parents do

not want them and even foster the belief that "my parents do not love me" (Rohner & Khaleque, 2005; Açöldüm, 2024).

Neglectful parenting differs from physical and sexual abuse, which involves overt actions against the child, as neglect primarily consists of the failure to provide the caregiving behaviors necessary for the child's healthy development (Katz et al., 2014; Açöldüm, 2024).

Neglectful parents are those who neglect their children by failing to show sufficient interest. They have very low expectations of their children and do not support their physical or emotional needs. As a result, communication between parents and children is often weak. Children with neglectful parents may experience significant issues in their emotional and social development (Gökler & Atamtürk, 2021).

When examined fundamentally, parenting has two primary functions: behavior shaping and information transmission. Parents shape behavior by reinforcing behaviors that align with their beliefs and punishing undesired behaviors, thereby facilitating the child's value development. They provide information by answering the child's questions, acting appropriately in the situations they encounter, and spending time with their children (Keskin, 2016; Demirutku, 2019; Gökler & Atamtürk, 2021).

In neglectful parenting, both the expectations of the child and sensitivity toward the child are low. Children often exhibit low self-esteem. Individuals exposed to neglectful parenting report higher levels of anxiety and depression. Research indicates that neglectful parenting is associated with low self-esteem, academic failure, and social isolation in children (Cohen et al., 2008; Gracia et al., 2008; Ercan, 2015; Gökler & Atamtürk, 2021; Melnyk et al., 2021).

When examining the types of child neglect, we can identify physical, medical, emotional, and educational neglect.

Physical neglect refers to the failure of parents to meet a child's basic health needs, such as shelter, clothing, and nutrition. Children who experience physical neglect by their parents often also suffer from emotional neglect, which can damage their developmental, social, and behavioral well-being, as well as their self-concept (Yüzügüldü, 2021).

Medical neglect involves the failure of caregivers to provide necessary medical assistance or to ensure the continuity of treatment. Examples of medical neglect include the failure to vaccinate a child, incomplete treatment, or the absence of necessary routine treatments. Additionally, medical neglect can occur alongside other forms of neglect (Duman et al., 2012; Yüzügüldü, 2021).

Emotional neglect occurs when parents deprive a child of love and attention. This can manifest in behaviors such as belittling, humiliating,

blaming the child, or dismissing their feelings (Güler et al., 2002; Yüzügüldü, 2021). Emotional neglect is a type of neglect that is not immediately visible, often remaining hidden or only rarely manifesting physically. Notably, a child suffering from emotional neglect may often be raised in good physical conditions. Many parents who emotionally neglect their children have themselves experienced neglect during childhood. Children subjected to emotional neglect tend to believe that the problem lies with them. When these children reach adulthood, they may feel empty and develop a dependency on others, leading to unrealistic self-assessments. They may become individuals who lack self-compassion while being filled with compassion for others. Such individuals often struggle to understand their emotions, blame themselves, and possess weak self-discipline (Yüzügüldü, 2021).

Educational neglect refers to the disregard for a child's right to education by parents, particularly evident in the failure to send daughters to school when they should attend. It also includes the lack of support for a child's special educational needs, ignoring school absences, preventing the child from participating in social environments, and the parent's absence from parent-teacher meetings (Yolcu, 2011; Yüzügüldü, 2021).

Within the framework of parenting, parents are primarily responsible for providing an environment that supports their children's physical, psychological, and social development. As children learn new things every day, their parents serve as role models. A child growing up in a family with healthy interactions feels psychologically secure and reflects this in their behavior. Additionally, the child develops a self-perception and identity based on the interests and behaviors exhibited by their parents (Sezer & Oğuz, 2010; Durmaz, 2022). The literature emphasizes that the quality of the relationship between children and their parents is crucial for meeting the child's needs and healthily completing developmental tasks. The significance of the intense interaction that occurs between parents and children is evident in the attitudes and behaviors that the child displays towards others, objects, and life as a whole, as these attitudes and behaviors fundamentally stem from the interactions with their parents (Yalnız, 2014; Durmaz, 2022).

Just as individual character traits, attitudes, and behaviors vary, the characteristics of parents also differ based on cultural structure, personality traits, economic status, environment, and geographical context. Regardless of their characteristics and attitudes, every child is equally influenced by the family they are born into. The development of parenting skills is significantly impacted by individuals' personalities, social environments, and genetic backgrounds, while the belief systems and values of parents also shape the child's value system. The parenting styles adopted by parents affect the child's physical and mental health (Çakmak & Kaplan, 2015; Gökler & Atamtürk, 2021).

The role of a quality family relationship is vital in positively influencing the child's development. Interactive communication within the family is essential for spending quality time together. Families engaged in effective communication share their problems, have the opportunity to express themselves comfortably and value one another. Positive and qualitative family relationships contribute to the healthy progression of a child's development (Saygı, 2011; Yüzügüldü, 2021).

Parental behaviors and characteristics observed during childhood significantly influence individuals' social lives, perceptions, and personalities. Since parents' behaviors directly contribute to whether children become happy, sad, indifferent, sensitive, or angry individuals, the roles and responsibilities of parents are crucial for the well-being of future generations (Yaprak, 2007; Gökler & Atamtürk, 2021).

Public Health Nursing and Neglectful Parenting

There are numerous studies in the literature regarding the effects of parental attitudes on children. Children model their behavior based on what they observe within the family environment, making the events and experiences they encounter leave a lasting impact on their personalities. Thus, these behaviors form the characteristic traits they exhibit in their lives. Each parent's influence on the formation and shaping of their children's character is significant and determinative (Pomerantz, 2001; Kaya et al., 2012; Arslan & Öğretir Özçelik, 2020; Yüzügüldü, 2021; Hassoy et al. 2023).

The fundamental duty of families and parents is to contribute healthy individuals and generations to society. Especially mothers should avoid consuming foods and beverages high in caffeine, tobacco, and alcohol during pregnancy and breastfeeding to prevent adverse effects on their children's biological and mental development (Gökler & Atamtürk, 2021).

In conclusion, parenting styles and practices significantly shape every stage of children's development, highlighting their importance in becoming healthy and happy individuals in the future. The effects of parenting styles and practices on children's social, emotional, and cognitive development should be evaluated from a broad perspective that includes various family structures and the social and cultural contexts in which they exist. This is crucial from a public health standpoint (Aksoy & Kahraman, 2009).

Parents' attitudes and behaviors influence children's social lives, character traits, academic achievements, and even their future parenting behaviors. Therefore, individuals should act carefully while raising and educating their children, ensuring that the bond of interest and love remains intact. When necessary, they should seek support from institutions or organizations that work in the field of child care and education (Satır, 1996; Gökler & Atamtürk, 2021).

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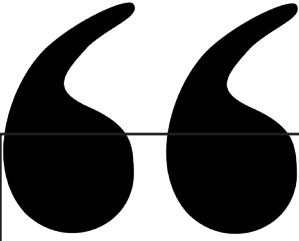
Chapter 5

VULNERABLE GROUPS AND NURSING

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Introduction

The World Health Organization (WHO) defines health as more than just the absence of disease or infirmity; it's a state of complete physical, mental, and social well-being (WHO, 2022). This comprehensive definition emphasizes an individual's ability to function at their full potential, engage with their community, and maintain psychological balance. The concept of health also encompasses an individual's vulnerability to both internal and external factors. Vulnerability can be understood as a state of being susceptible to socioeconomic, environmental, biological, and psychological factors that can impact one's health (Thompson, 2021). The monitoring of individuals' health status is imperative for the preservation and enhancement of health (Taş, 2021). Vulnerability is considered a condition whereby individuals or groups are more vulnerable and susceptible to the surrounding environment from various biological, psychological, and socioeconomic factors. In health care, this vulnerability encompasses those with higher risks of having difficulties likely to affect their health negatively. This eventually makes these groups have higher needs for care (Smith, 2019). There are many elements that can confer vulnerability. According to identification by Johnson (2020), those vulnerable are the elderly, children, people with disabilities, those from lower socioeconomic classes, and those with chronic diseases: among the elderly, physiological alterations, weakening immunity, and lack of social support increase vulnerability. Children, due to partial development of the physical and mental body, place them in a state of vulnerability (Williams & Clark, 2018).

From a nurse's point of view, the needs that relate to vulnerable populations must be met. Their health needs are often complicated and individually unique, thus requiring a collaborative coordination and a multidisciplinary approach. Nurses have generally been instrumental in facilitating access to care, planning, and delivering individualized care services. The nursing intervention should, therefore, be aimed at helping vulnerable individuals maintain their activities of daily living, promoting independence, and consequently improving the quality of their life. For this reason, nursing care for such patients has to be personalized, holistic, and continuous (Garcia, 2022). The inequalities in access to healthcare and health outcomes for vulnerable populations create demands for nursing practices that advance social justice. Care given to vulnerable populations should not be limited to physical recuperation but also include psychosocial care as well as coordination with community resources (Davis, 2019).

The accelerated pace of development in information technologies is facilitating the faster, more agile, and more efficient execution of all tasks in the present day. (Taş & Bülbül, 2021). Technological advancements are significantly transforming access to healthcare and the management of vulnerability.

Mobile health applications, in particular, offer innovative solutions for vulnerable populations to manage their health. These apps enable individuals to monitor their health conditions, record symptoms, and easily communicate with healthcare professionals (Garcia, 2021). Initially, mobile apps focused on fulfilling fundamental needs. However, they have progressively developed into tools that streamline and make everyday life easier (Çelik & Taş, 2023). Given the rapid pace of technological progress, artificial intelligence is poised to become a more common feature in the healthcare sector (Taş, 2022).

Current Statistics on Frailty

Frailty has become an increasing concern, particularly among the elderly and individuals with chronic diseases. Current data suggests that 10-15% of individuals aged 65 and over worldwide are considered frail (Collard et al., 2022). This proportion rises to 25-50% among those aged 80 and over. A European study found that 17% of the elderly population exhibited signs of frailty (Gobbens & Luijkx, 2023). Frailty rates are even higher among individuals with chronic diseases. A US study reported that over 40% of individuals aged 65 and over have at least two chronic diseases, and approximately 30% of this group is considered frail (Fried et al., 2023). Moreover, frailty rates are higher among older adults with lower socioeconomic status, ranging from 20% to 40% in this group (Boyd, 2021). A Turkish study found that 22% of individuals aged 65 and over were frail. This rate is higher among individuals living in rural areas and with limited access to healthcare (Kaya et al., 2022). This situation contributes to increased frailty among older adults with low socioeconomic status. Frailty is associated not only with biological factors but also with psychosocial factors. Older adults experiencing social isolation have 30% higher frailty rates and generally have poorer health outcomes (Smith & Jones, 2021).

Frail Elderly

The frail elderly form a major proportion of health care, their weakness and susceptibility growing progressively worse physically, mentally, and socially. According to Morley (2022), frailty among elderly people is due to the summation of chronic diseases, functional decline, social isolation, and malnutrition. This condition reduces their independent lifestyle, and it negatively affects their health and increases the needs for care. Other problems burden the frail elderly, which includes risks of falls, malnutrition, polypharmacy, and cognitive decline. It can lead to a severe loss in physical strength and muscle mass that ultimately results in reduced mobility and increased dependence in daily functions. On the other hand, symptoms of social isolation and loneliness can create psychological complications such as depression and anxiety (Chen & Kuh, 2020).

Frailty cannot be managed effectively by a single professional but requires a multidisciplinary approach. Nurses can contribute to monitoring the overall health of a frail elderly individual and enhancing his or her functional capability. Improvement in quality of life should be developed through personalized care plans, considering the health status, social support, and living conditions of the patient. The mode of interventions for frail elderly includes exercises, adequate nutrition, management of medications, and provision of social support services (Cesari et al., 2021). Fall risk reduction is an important intervention to ensure safety among the frail elderly. It remains important that nurses provide environmental adjustments both in the home and care environments to promote a fall-free and physically active lifestyle among older adults. Psychosocial support is also necessary to facilitate connectedness and thereby reduce any injurious feeling of loneliness (Puts et al., 2020).

In a nutshell, managing frail elderly people requires a holistic program that addresses the physical, psychological, and social needs of the elderly individual. Improvement in their quality of life and maintenance of independence is greatly facilitated by the concerned nurses (Bergman et al., 2022).

Vulnerable Disabled Groups

People with disabilities form one of the more significant communities constituting vulnerable groups within healthcare settings. According to the World Health Organization (2022), the term disability concerns permanent limitation in physical, mental, sensory, or psychosocial abilities; this makes people with disabilities more vulnerable to environmental and social barriers. Some of these barriers include poor health care access, and disabled people suffer from social disengagement. Their need for access to health calls for specific and inclusive ways of offering healthcare services.

Disabled persons often face difficulties in independent living, chronic conditions of health and drug use, and social exclusions of stigma and shame. Psychological issues such as mood-related problems, depression, and anxiety related to mobility may be faced by them (Shakespeare et al., 2021). Physical barriers, a lack of proper medical equipment, and inadequate communication support make for other structural barriers in healthcare access, further complicating the situation for such patients. According to Jones & Thomas (2023), the management of vulnerable disabled individuals needs to be holistic in approach; the health services should address their special needs, with emphasis on health as a whole—physical, emotional, and social. In this, the nurses' role becomes indispensable with hefty responsibilities regarding monitoring health status, improvement of functional abilities, and ensuring social integration (Fitzgerald & Swan, 2022).

In the improvement of the quality of life in persons with disabilities, physical rehabilitation to improve participation in daily activities and

psychosocial support for emotional well-being become important, along with adaptations in the environment. Physical rehabilitation improves participation in daily activities, while psychosocial support maintains emotional well-being (Krahn et al., 2021). Improvement in access to the services of healthcare is needed to facilitate a disabled individual. Practices and technological solutions with disability-friendly modifications must be instituted within healthcare (Mitra et al., 2020). The management of vulnerable disabled persons shall include a holistic approach in maintaining physical health, social participation, as well as independence. Nurses play a pivotal role in ensuring quality of life for persons with disabilities by providing necessary care to help them integrate into society (Jones & Thomas, 2023).

Vulnerable Groups with Chronic Illness

Chronically ill patients are another crucial vulnerable group that interacts with healthcare. Complications associated with their conditions include biological, psychological, and social complications. Most of the time, chronic diseases are long-lasting and require long-term management rather than cure; this severely impacts quality of life, thereby increasing healthcare needs (Gerst-Emerson & Jayawardhana, 2022). People with chronic illnesses often face multiple health issues, difficulty sticking to treatment plans, financial burdens, and a lack of social support. Conditions such as diabetes, hypertension, heart disease, and chronic obstructive pulmonary disease (COPD) can limit functionality and demand lifestyle changes, including regular medication, dietary adjustments, and exercise (Valderas et al., 2021). Additionally, accessing healthcare can be particularly challenging for those in socioeconomically disadvantaged positions (Roberts et al., 2020).

Caring for those with chronic illnesses requires a comprehensive and tailored strategy. Nurses lead the charge by improving patient outcomes and assisting patients with management strategies. People with chronic illness or disability require early diagnosis and constant monitoring of their health. This requires nurses to monitor patients carefully and provide support in medication, nutrition, and exercise management (Kang et al., 2023). But it is not just the body that needs care; addressing mental and emotional needs is equally important. Depression and anxiety frequently accompany chronic illness, so providing support for these aspects is vital for holistic care. Patient education is essential in promoting self-management and helping patients take control of their conditions (Ryan & Smith, 2022). Nurses can empower patients to take responsibility for their health and comply with treatment regimens by encouraging self-care practices (Sav et al., 2020). Health technologies like mobile apps allow patients to monitor their symptoms and stay in close contact with healthcare providers (Martínez-Alonso et al., 2021).

In conclusion, managing patients with chronic diseases involves more than symptom control. Nurses must address physical, emotional, and social needs while supporting self-care, treatment adherence, and access to healthcare. This approach is key to improving the well-being of those with chronic conditions (Valderas et al., 2021).

Elderly People with Chronic Illness and Frailty

Frailty in older adults with chronic illnesses has a profound effect on both their physical and emotional well-being. The natural aging process intensifies the impact of chronic diseases, leaving seniors more vulnerable than ever (Fried et al., 2001). As frailty sets in, it often leads to a decline in physical abilities, a higher likelihood of requiring institutional care, and a diminished quality of life, particularly for those managing multiple chronic conditions (Boyd, 2019). Illnesses such as diabetes, heart disease, and COPD can affect several organ systems, making it increasingly difficult for seniors to maintain their health. These diseases can greatly reduce mobility and interfere with their ability to carry out daily activities (Rockwood & Mitnitski, 2011). Despite needing more healthcare services, many older adults face barriers to accessing essential care, further increasing their vulnerability (Clegg et al., 2013). On the mental health side, seniors with chronic conditions are at greater risk for experiencing depression and anxiety. The physical limitations they endure, coupled with the loss of independence, can cause emotional distress (Collard et al., 2012). Moreover, social isolation and a lack of proper support systems can exacerbate the situation, leaving many older adults struggling to manage both their mental health and chronic illnesses (Gobbens et al., 2010).

In conclusion, older adults with chronic illnesses are at significant risk of both physical and mental frailty. This vulnerability is only heightened by the natural effects of aging (Fried et al., 2001).

The Impact of Low Socioeconomic Status (SES) on Health

Materials and Methods: The lower socioeconomic status (SES) exerts a great deal of effects on heath outcomes in the same time it increases vulnerability. This same financial barrier also works to isolate those in lower SES groups who are otherwise unable to receive necessary healthcare, resulting in an apparent threat on their general well-being (Marmot, 2020). Having a limited wage will confine you from health insurance, nourishing foods and safe living habitats which incr3ase the intensity of health issues (Wilkinson & Pickett, 2018). Social and environmental determinants are important since low SES typically involves limited access to social, educational and healthcare resources. Studies have also shown that low-income individuals are more likely to be affected by the onset of a chronic disease and, as such, may face challenges in obtaining care (Braveman et al., 2021). In addition, the majority of healthcare workers now work in very demanding conditions and under difficult physical as well

as mental stresses (Adler & Stewart 2019). Health is a sweeping term, but the psychological ramifications of living with low SES have an impact no lower than that on any physical comorbidity. Chronic financial stress can have severe consequences for a person, such as symptoms of anxiety and depression (Evans & Kim; 2020), long-run economic hardship is associated with long-standing mental health conditions like depressive disorders. Those in low SES groups are even further disadvantaged by social exclusion and weak support networks that otherwise provide the assistance needed to remain healthy, isolated from society (Lund et al., 2021).

In sum, having a low SES exacerbates vulnerability, which will result in physical and mental health problems. These issues are exacerbated by financial constraints and the wider societal inequalities (Marmot, 2020).

Nursing Care for Vulnerable Groups

Certain groups, like the elderly, people with disabilities, and those from socioeconomically disadvantaged backgrounds or with chronic diseases, need special care in the healthcare system. Unfortunately, it is observed that most of these groups experience significant barriers in accessing health care, thus impacting their general health status (Hurst et al., 2022). Nurses are very instrumental in the mitigation of such issues through the adoption of various strategies that improve quality including medication management (Palaz, 2023). The care for the vulnerable populations requires nurses to be patient-centered, which means it is not just about treating the disease of the patient as this goes beyond to emotional and social factors that affect the health status of a patient. This, in turn, enables nurses not only to improve physical health but also mental and social wellbeing of their clients (McCoy et al., 2023). It requires empathy and understanding of daily struggles those people encounter, which is of great importance for effective care. Quite often, the nurse needs to work in a team with occupational therapists and social workers for inventing an appropriate complex caring plan (Zalewski et al., 2022). For example, a nurse can help bridge gaps in the patient's social network in collaboration with a social worker. The educational approach is another important aspect of nursing care. Through nurses, certain individuals are more fully educated about their conditions and advised on self-care management. Rogers et al. (2021) continue to add that nurses have also become highly involved in ensuring proper access to healthcare for the most vulnerable populations. They help these patients find resources available within the community or inform them about various services that they might not be aware of. For instance, the nurse can support a person with disabilities in finding specialized care, or ensure that a socially isolated patient receives all necessary support (Goldberg et al., 2022).

In summary, nursing care for vulnerable populations requires a compassionate and comprehensive approach that goes beyond addressing

physical symptoms. Through collaboration with other professionals and providing patient education and support, nurses can significantly improve the health and quality of life of those in need.

Conclusion

Individuals living with chronic illnesses require a healthcare approach that is both personalized and collaborative to effectively address the long-term physical, psychological, and social challenges they face. Many of these individuals experience functional limitations that reduce their quality of life, interfere with their ability to follow treatment plans, and lead to a lack of social support. In this context, nurses play a crucial role. They monitor patients' health, ensure treatment adherence, and offer emotional support. By promoting self-care and educating patients, nurses empower them to manage their health more effectively. Additionally, technological tools like mobile health apps can support health management and improve access to care. A personalized and holistic nursing approach can greatly enhance the quality of life for those with chronic illnesses.

Vulnerable populations, such as the elderly, individuals with disabilities, those with chronic conditions, and people from lower socioeconomic backgrounds, face unique challenges in accessing quality healthcare. These groups are at greater risk for poor health outcomes due to a combination of social, economic, environmental, and biological factors. Their increased vulnerability places extra strain on healthcare systems, making it essential to provide specialized, compassionate, and coordinated care.

Nurses are central to supporting vulnerable populations, offering care that extends beyond physical treatment to address the whole person. Holistic nursing ensures that care plans are customized to meet each patient's specific needs, focusing on their social, mental, and physical well-being. This approach not only improves quality of life but also fosters independence and promotes overall health. Furthermore, nurses help patients navigate complex healthcare systems, connect them with local resources, and advocate for necessary adjustments to their care plans. Interdisciplinary collaboration is vital in caring for these populations. Nurses work closely with social workers, physical therapists, dietitians, and other professionals to provide comprehensive care. For example, frail elderly patients can benefit from individualized care plans that incorporate physical rehabilitation, nutritional guidance, and social services to reduce the risk of falls and combat isolation.

Education and empowerment are key to improving the health of vulnerable groups. Nurses play an essential role in educating patients about their conditions and treatment options, which empowers them to take control of their own care. This empowerment leads to better adherence to medical advice, improved self-management of chronic conditions, and more informed

decision-making. Health technology, such as mobile apps, also helps vulnerable individuals by providing tools to monitor symptoms, schedule appointments, and communicate with healthcare providers. For those with chronic illnesses, nurses are especially important. In addition to educating patients, they promote self-care and help address the emotional challenges often associated with chronic diseases, such as anxiety, depression, and social isolation. Socioeconomic factors also significantly affect health outcomes. Individuals with lower socioeconomic status frequently face barriers such as limited access to health insurance, poor living conditions, inadequate nutrition, and elevated stress. Nurses advocate for these individuals by connecting them to financial aid programs, community health services, and social support networks. This advocacy is vital in bridging the gap between vulnerable populations and the healthcare they need, ensuring everyone receives the care they deserve.

In conclusion, addressing the health needs of vulnerable populations demands a comprehensive and coordinated approach. Nurses are at the heart of this effort, providing not only medical care but also emotional support, education, and advocacy. By working collaboratively, promoting patient empowerment, and utilizing technological tools, nurses help vulnerable individuals navigate the complexities of healthcare and improve their overall well-being. This approach ensures that vulnerable populations receive the attention and resources needed to live healthier, more independent lives, contributing to a more equitable healthcare system for all.

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