



# Reducing the Negative Impact of Over-Regulating School Children's Behavior

Hennessey Marguerite\*

Department of Child Psychology, Federal University of Rio de Janeiro, Rio de Janeiro, Brazil

## DESCRIPTION

School is a place where children learn and grow, but it can also be a source of stress and pressure. Many children face high expectations from their parents, teachers, peers and themselves to perform well academically, socially and extracurricular. While some degree of guidance and support is necessary and beneficial for children's development, over controlling of school children can have negative consequences on their mental health. Over controlling of school children refers to the excessive interference or regulation of children's behavior, emotions, thoughts and choices by adults. Over controlling parents or teachers may impose strict rules, punishments, rewards, criticism, praise, monitoring or supervision on children without considering their needs, preferences or opinions. Over controlling parents or teachers may also have unrealistic or rigid standards for children's achievement or behavior, and may not allow them to make mistakes, explore their interests or express their individuality.

Over controlling of school children can impact their mental health in various ways. First, over controlling can undermine children's sense of autonomy and competence, which are essential for their psychological well-being. Children who are over controlled may feel that they have no control over their own lives, and that they are not capable of making decisions or solving problems on their own. They may also develop low self-esteem, self-confidence and self-efficacy, as they may internalize the negative feedback or expectations from their parents or teachers. It can increase children's anxiety and stress levels, which can affect their physical and emotional health. Children who are over controlled may experience chronic fear of failure, rejection or punishment from their parents or teachers. They may also suffer from perfectionism, procrastination, avoidance or self-criticism, as they may try to cope with the high demands or pressure from their parents or teachers. They may also develop symptoms of anxiety disorders, such as panic attacks, phobias, obsessive-compulsive disorder or social anxiety disorder.

It can impair children's social and emotional skills, which are crucial for their interpersonal relationships and happiness.

Children who are over controlled may have difficulty expressing their feelings, needs or opinions to others. They may also have trouble understanding or empathizing with others' emotions or perspectives. They may also lack social skills, such as communication, cooperation or conflict resolution. They may also have problems forming or maintaining friendships or romantic relationships with their peers. It can affect children's creativity and curiosity, which are vital for their intellectual and personal growth. Children who are over controlled may have limited opportunities to explore their environment, experiment with new ideas or express their imagination. They may also have reduced motivation to learn new things or pursue their passions. They may also lose interest in school subjects or activities that they once enjoyed.

Over controlling of school children is a serious issue that needs to be addressed by parents, teachers and society. Parents and teachers should respect children's autonomy and competence, and provide them with appropriate guidance and support. Parents and teachers should also have realistic and flexible expectations for children's achievement and behavior, and allow them to make mistakes, explore their interests and express their individuality. Parents and teachers should also encourage children to develop their social and emotional skills, and provide them with positive feedback and affection. Parents and teachers should also foster children's creativity and curiosity, and offer them diverse and stimulating learning experiences. By doing so, parents and teachers can help children to achieve their full potential and enhance their mental health.

Over controlling of school children is a harmful practice that can damage their mental health in various ways. It can undermine their sense of autonomy and competence, increase their anxiety and stress levels, impair their social and emotional skills, and affect their creativity and curiosity. Parents and teachers should avoid over controlling of school children and instead adopt a more supportive and flexible approach that respects their individuality and fosters their development. By doing so, parents and teachers can help children to thrive in school and in life.

**Correspondence to:** Hennessey Marguerite, Department of Child Psychology, Federal University of Rio de Janeiro, Rio de Janeiro, Brazil, E-mail: margsey@jrio.br

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