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### HOME SWEET HOME

Wherever you go or be, you feel so happy to be back home. You feel so when you have been away from home for a long time - period.

“There is no place like home” you would feel. Most of us feel so. But there are a few who may disagree to this. Why do they feel so? Can you give Possible reasons.

Activity: list your reasons.

A child will dislike home if he is unhappy and sad due to many reasons.

- May be the parents are quarrelsome, father, a drunkard harassing the mother daily, the mother nagging the father always, an unruly elder brother making the home unpleasant, the family members at daggers drawn every now and then or neighbours a menace or a threat.
- May be the child has a step mother who ill-treats or a step father who physically assaults him.
- May be the family is poverty-stricken due to the meager income of the father or wastage.
- May be there is stress prevailing among the family members because of health reasons.

The reasons mentioned above affect severely the emotions of the family members that there is unrest irritability stress and tension in the house, which lead to verbal assault as well as physical assault sometimes.

Sometimes children detest the advice and guidance of elders. Elders are always ready to guide and advise because of the feeling of protection and affection they have towards them. But the society at large flushed with modern trends of dress, habits, style and other wants and the media, disrupt the thoughts of the young who are already subjected to a stormy period due to biological changes in the system. This is a period where a child could be easily misled and distracted. The day to day things that happen, see and hear are distorting the minds of the child that the elders and teachers have to play a difficult but major role to convince the child and direct him on the correct path.

There are other factors in and outside home that affect a child's happiness at home.

- When the child does not feel secure due to above reasons.
- When the child does not have time for leisure fun and enjoyment, which is a must in the child's life. Too much of pressure from parents forcing the child to stick to the text books without any form of recreation, depriving the child from the natural tendency of play and the child's world.
- When parents try to fulfil their dreams through children, enforce pressure on them to do things that they are not talented.
- When there are problems in the school when the friends isolate him or sometimes the teacher had been too harsh on him or the punishment for a misdeed had been too much for him or because of a humiliation caused by friends or a teacher.

When after working hard the academic report is not satisfactory and he has gone down in his position.

When you repent after you got provoked and acted unwisely to hurt your parents, elders or teachers.

The feeling like happiness, sadness, fear, sympathy, frustration solitude, anger, sorrow, disappointment, arrogance, lead to drastic deeds. If these conditions prevail for a long time, the responses of the child when grownup will be anti social and he becomes a misfit to the society. He becomes revengeful, arrogant, aggressive, a nuisance to the society. The same way sometimes emotions like cheerfulness, joy, contentment in extremes are also harmful that he may be hurting some with his extreme ways of displaying his thrill.

Stormy emotions make you unhealthy for they disturb the normal functions of the body.

Hence, a balance of emotions are very necessary to lead a calm, placid life at home and outside. You must have heard or experienced yourself that players end up tournaments with a brawl. Sometimes this leads to permanent rivalry among children, schools, houses, villages and even among family members.

The wrong way of celebrating the victory will cause envy, jealousy or spitefulness. You must always let a victory to be honoured and respected. The winners should celebrate their joy, sharing it with the defeated group. You should be humble and show extra concern about the defeated. More than your cheer you must cheer up the lost team.

A child needs not only with the basic needs like food and water but also the other needs the age demands like affection, protection, recognition, care, attention, admiration etc.

To balance your emotions the most important qualities one should possess are

- The ability to assess yourself and realize what you are and what your capabilities are and understand the other, the actual condition of the family.
- Be sensitive and feel for others and be realistic. Learn to be satisfied with what you are given. Not have too many desires. (Parents, elders and teachers should help the child to solve the problems.)
- Be patient, calm and placid at such a situation and think why it happened and find the root cause rather than get worked up with what you hear or see.
- Not take sudden decisions at situations or incidents that are tense.
- Learn to listen to a person with patience.
- Always be with a feeling of equality. Never think one is superior to another.
- Participate in co-curricular activities which involve group work like sports and hikes, exploration activities.

By balancing emotions your life at home will be a heaven.

- You can overcome your problems.
- You will be satisfied and contentment.
- There will be protection and affection in the family.
- Develop the concept of “fair play” at all times.
- Create a well balanced happy family.
- You will be very healthy and happy about your home.
- Your home will be a sweet home.

#### Assignment

List out what you can do to balance emotions in your home to prevent tension and stress among family members.