

BEHAVIORAL CHANGES AMONG CHILDREN AND THEIR IMPLICATIONS

by:

Maricar A. Soriano

Teacher III, Pita Elementary School

Children's behavior evolves as they grow and adapt to their environment. Behavioral changes can be influenced by factors such as developmental milestones, family dynamics, social interactions, and external stimuli like media and technology. Understanding these changes is crucial for parents, educators, and caregivers, as they have significant implications for a child's emotional well-being, academic performance, and social development.

Behavioral changes in children are influenced by various factors, including the family environment, which encompasses parenting styles, sibling relationships, and home stability. The school environment, such as academic pressures, teacher-student relationships, and bullying, also plays a critical role. Media and technology, particularly excessive screen time or exposure to inappropriate content, can shape attitudes and actions. Biological factors like genetics, hormonal changes, and health issues, as well as cultural and socioeconomic contexts, further contribute to how children behave and cope.

These behavioral changes have significant implications. Emotional shifts can signal underlying challenges such as anxiety, depression, or stress, emphasizing the importance of early intervention to promote mental health. Changes in focus, motivation, or social interactions can impact academic performance, requiring teachers to address these issues to support learning outcomes. Positive behaviors foster friendships and collaboration, while negative behaviors like aggression or withdrawal can lead to social isolation. Unaddressed behavioral issues in childhood may persist into adulthood, affecting career opportunities, relationships, and overall quality of life.

Managing behavioral changes involves fostering open communication, encouraging children to express their feelings, and listening without judgment. Consistent discipline helps establish clear rules and consequences, providing a sense of security and fairness. Positive reinforcement rewards good behavior to encourage its repetition while monitoring media consumption ensures access to age-appropriate content. Collaborative problem-solving involves children in finding solutions to challenges and building resilience and critical thinking. In cases of persistent or severe behavioral issues, seeking professional help from psychologists, counselors, or pediatricians is essential.

Behavioral changes among children are a natural part of growth and development. While these changes can present challenges, they also offer opportunities for learning and adaptation. By understanding the factors influencing behavior and implementing supportive strategies, caregivers and educators can nurture children's holistic development and prepare them for a successful future.

The Official Website of DepED Division of Bataan

References:

<https://pmc.ncbi.nlm.nih.gov/articles/PMC10670436/>

<https://www.nature.com/articles/s41599-024-02867-z?>

<https://prc.springeropen.com/articles/10.1186/s41155-018-0089-9?>