



CHILD TEMPERAMENT

Author's Name: Mrs. Deepthi Karunakaran¹, Dr. Jomet George²

Affiliation:

1. Associate Professor, KIMS College of Nursing
(Research Scholar, Department of Nursing, JJT University, Rajasthan, India)
2. Guide, Department of Nursing , JJT University, Rajasthan, India

Corresponding Author E-Mail: Mrs. Deepthi Karunakaran, deepthik537@gmail.com

ABSTRACT

The collection of innate characteristics known as temperament determines a kid's distinct behavioral pattern as well as how that youngster perceives and responds to the outside world. Child's temperament refers to how they react to the outside environment. Children's temperaments have an impact on how they manage their emotions, control their conduct, and interact with others. By employing parenting techniques that complement our kids' temperaments, we can foster their growth.

Keywords: Children, Child temperament, Behaviour, Development

INTRODUCTION

Temperament is the way children respond to the world. Differences in temperament influence the way children handle emotions, regulate behaviour and feel around new people. We can nurture children's development using parenting strategies that suit their temperaments.

DEFINITION

Temperament has been defined as "the constellation of inborn traits that determine a child's unique behavioral style and the way he or she experiences and reacts to the world."

TYPES OF TEMPERAMENT

Three major types of temperament: easy, difficult, and slow-to-warm-up.

About 40% of babies and children have an easy temperament, meaning that they readily approach and easily adapt to new situations, they react mildly to things, they are regular in their sleep/wake and eating routines, and they have a positive overall mood. Easy babies make their parents feel as if they are doing a great job.

Approximately 15% of babies and children have a difficult temperament, which means that they withdraw from or are slow to adapt to new situations, they have intense reactions, they have irregular routines, and they have a negative mood. They tend to have long and frequent crying episodes. Parents of difficult babies may question their child care abilities and wonder what they are doing wrong.

Between 5% and 15% of babies and children are slow-to-warm-up, in that they withdraw from or are slow to adapt to new things, they have a low level of activity, and they show a lot of negative mood. Slow-to-warm-up babies do not like to be pushed into things. They are frequently thought of as shy or sensitive.

About 30% of children do not fit into any one category; instead, they have a combination of these qualities.

CHARACTERISTICS OF TEMPERAMENT

There are at least nine major characteristics that makeup temperament.

- Activity level: the level of physical activity, motion, restlessness or fidgety behavior that a child demonstrates in daily activities.

- Rhythmicity or regularity: the presence or absence of a regular pattern for basic physical functions such as appetite, sleep and bowel habits.
- Approach and withdrawal: the way a child initially responds to a new stimulus, whether it be people, situations, places, foods, changes in routines or other transitions.
- Adaptability: the degree of ease or difficulty with which a child adjusts to change or a new situation, and how well the youngster can modify his reaction.
- Intensity: the energy level with which a child responds to a situation, whether positive or negative.
- Mood: the mood, positive or negative, or degree of pleasantness or unfriendliness in a child's words and behaviors.
- Attention span: the ability to concentrate or stay with a task, with or without distraction.
- Distractibility: the ease with which a child can be distracted from a task by environmental (usually visual or auditory) stimuli.
- Sensory threshold: the amount of stimulation required for a child to respond. Some children respond to the slightest stimulation, and others require intense amounts.

HOW TEMPERAMENT AFFECTS CHILDREN AND THEIR PARENTS

Every child has a different pattern of the nine temperament characteristics. Many, but not all, children tend to fall into one of three broad and somewhat loosely defined categories: easy, slow to warm up or shy, or difficult or challenging. These labels are a useful shorthand, but none offers a complete picture of a child. Many parents find it more useful to think about their child in terms of the nine temperament traits.

The easy child responds to the world around him in an easy manner. His mood is positive, and he is mildly to moderately intense. He adapts easily to new schools and people. When encountering a frustrating situation, he usually does so with relatively little anxiety. His parents probably describe him as a "joy to be around." About 40 percent of children fall into this category.

Another temperamental profile may reveal a somewhat slow-to-warm-up or shy child who tends to have moods of mild intensity, usually, but not always negative. He adapts slowly to unfamiliar

surroundings and people, is hesitant and shy when making new friends, and tends to withdraw when encountering new people and circumstances. Upon confronting a new situation, he is more likely to have problems with anxiety, physical symptoms or separation. Over time, however, he will become more accepting of new people and situations once he becomes more familiar with them.

The difficult or challenging child tends to react to the world negatively and intensely. As an infant he may have been categorized as a fussy baby. As a young child he may have been prone to temper tantrums or was hard to please. He may still occasionally be explosive, stubborn, and intense, and he may adapt poorly to new situations. Some children with difficult temperaments may have trouble adjusting at school, and their teachers may complain of problems in the classroom or on the playground. When children have difficult temperaments, they usually have more behavioral problems and cause more strain on the mother and family.

THINGS PARENTS CAN DO TO REDUCE TEMPERAMENT IN CHILDREN

- Understand that intensity is part of your children’s in-born temperament.
- Avoid negatively labeling your children’s strong intensity levels.
- Instead of calling your children “aggressive,” “mean,” or “wild,” use descriptive, more positive words like “zestful,” “energetic” and “with vigor.”
- Acknowledge your children’s temperament.
- Help them to understand their own temperamentally-driven behavior.
- Teach children the words to use to express how they are feeling.
- With a broader vocabulary, they can more accurately and appropriately let people know how they are feeling.
- Teach children self-help skills.
- For example, teach them how to calm down when their intensity level starts rising or how to express themselves more vigorously if their intensity is low.
- Help children find acceptable outlets for their intense feelings.
- Work on understanding and managing your own intensity.



- Learn to work together.

CONCLUSION

Temperament consists of the individual differences in emotion, motor activation and attentional reaction to stimuli. Temperament shapes children's outcomes and influences the way they interact with their environment and how adults and children respond to them.

BIBLIOGRAPHY

1. <https://en.wikipedia.org/wiki/Temperament>
2. <https://centerforparentingeducation.org/library-of-articles/child-development>
3. Datta, P., & Roy, B. N. (2018, Dec). The prevalence of behavioural disorders among children under parental care and out of parental care:A comparative study in India. *International Journal of Pediatrics and Adolescent Medicine*, 5(4), 145-51.