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What is Parental Alienation, and why does it Matter?

"Parental Alienation" is when one parent spoils the relation of the child with the other parent. It is yet another prevailing social issue in society other than domestic violence and harassment.

People love their kids, look forward to their bright future and well settlement, but at the same time, some of their actions can lead to fatal consequences by which not only the couple is traumatized but also other kinsmen, including their child. Now the question arises why is it done, how it is done, and why does it matter?

How is it done?

When one of the parents brainwashes the child by bad-mouthing the other parent, that child develops disliking and hatred towards the other parent. Misrepresenting the past events in an unruly manner, so the child believes in the parents' horrible behavior and starts to disobey them without the feeling of guilt.

For example, in many cases, when a child is unable to score good grades in the exam, then the father may represent his partner cynically before the grandparents and other relatives by blaming the mother that because of the busy schedule and the job, the mother didn't pay attention towards the child examination. This way, a negative impression is created in front of the family.

One of the parents continues to paint a false picture of the other one by negative comments and false accusations, leading the child to feel less connected to the other parent.

Why is it done?

The question arises, why do they harm their family? At this tender age, when the child needs to be nurtured by the love and care of both the parents, then why does one of them create pessimistic thinking in the child?

This is done when one has mental or physiological problems, or their marriage is on the verge of coming to an end, and they want the child's custody furiously. In maximum cases, the situation arises when they decide to part their ways. But in many cases, both of them stay together but do not share cordial relations and good bonding with each other.

Why does it matter?

In most cases, the child is used as the weapon to satisfy their ego and destroy the other parent; they forget the child's needs, which leads to a dismissive effect on the child.

It not only impacts the academic records, but they also face depression and anxiety, bullying by classmates and friends. They have an inferiority complex, which creates a hindrance to their mental and physical growth. At so young, they indulge themselves in substance abuse, and many develop suicidal tendencies as well.

Many countries are taking up the steps to cope with this issue. They give the counseling to the parents, but still, if one of the parents continues to do so, the court may take away the child's custody for some time and, in the worst case, maybe forever.

This is a matter of social justice, which can spoil the child's future. Actions must require protecting the child and society as a whole.