

Navigating Parenthood in the Age of Generation Z: Understanding Roles and Responsibilities



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INDIA, a land of culture and traditions with its history well enriched with values, moral and ethics, is now in the trap of Technology. Gone those days where a family was sitting together and laughing out loud discussing the day spent activities with the member. Also we cannot overlook those golden memoirs where the whole family would gather around the television to watch Jungle Book on Sunday morning followed by Ramayan, Mahabharat, Malgudi Days or Udaan. Those shows were not just entertainment but a powerful medium of storytelling instilling morality, values and ethics keeping us rooted to our culture. It has been proven over the years that the Indian Family system bodies civilization, Sanskar and Sanskriti, preserving rich traditions and timeless wisdom across generations [1].

But do we still see it today !!

Now is the day where a Father is having no time to spend with child and a mother is busy in fitting herself to bring perfection in managing home and office both. There is no one left to listen the unwanted talks that a child does thousand times a day. Now is the time of AI and Technology. Now the child has AI as his father hearing and solving his everyday problems either in the form of completing school assignments or telling him new stories of Superheroes of Fantasy world or playing with him in the form of different computer games. So, the question is, Isn't AI replacing the parents!!

Generation Z is now completely under the control of digital era, One can forget anything but not smartphone to take along with him when visiting outside. The funny thing is that, now you can see there is a gathering of people and no one is interacting but busy with their own virtual world. Here, a matter of concern is, are they going in a right direction! Will this lead towards a better future! If yes, then the discussion overs here. But what if No. What is the role of parents then!

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Again, removing Technology from life is also not the solution as it has made our tasks easy and turned the Generation Z to be tech savvy and quick adaptive towards new technologies. So, it is crucial for the parents to think twice before selecting for the best solution. Parents must ensure that technology must not overshadow the real-life experiences and children must also give equal time to their family and friends. Parents must make their children learn India's rich history so that children can relate it while searching for solutions to their real life problems. Empathy, tolerance, and respect for diversity should be taught to Generation Z so they can be responsible citizens of the world. Parents must take out time to talk with their child everyday from their busy schedule so the child will not feel left out or ignored. In order to ensure their children's emotional well-being, parents must be on the lookout, encourage open communication, and seek professional assistance when necessary. Children in this era should be fostered with independence and authenticity and it can be encouraged by letting children make decisions, learn from mistakes, and become resilient in the face of difficulties. A well-rounded personality can also be developed by encouraging hobbies, volunteering, and exploring a variety of interests. Similarly it is the responsibility of the parents to set boundaries on screen time and monitoring their online activities and teaching them digital literacy. Parents can help their children by giving them advice, helping them looking into new career options, and encouraging them to learn throughout their lives.

While the role of parents is crucial in shaping the future of Generation Z, the solution is filled with challenges also. Children at times become adamant to follow rules and instruction given and it can affect their mental state adversely. At the same time, we cannot ignore the fact that Generation Z child is known for his independence, expressiveness and boldness which compels the parents to apply more relaxed approach and following democratic and permissive parenting style [2]

In conclusion, mutual understanding between parents and children is essential before making decisions. This collaboration not only shapes the child's future but also paves the way for a better society.

Reference :

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- [2] Nwobodo, R. E. (2025). PARENTING IN A GEN Z ERA: THE 21 CENTURY CHALLENGE OF PARENTAL AUTHORITY AND CONTROL IN AFRICA. *AMAMIHE Journal of Applied Philosophy*, 23(1).

