

Challenges of Parenting in Modern

1. Introduction

Brief transition from traditional parenting to modern-day complexities.

The rise of digital culture, busy routines, and changing social norms.

Thesis: Parenting today faces several challenges due to technological influence, social pressure, weak communication, and changing values.

2. Major Challenges of Parenting in Modern times.

2.1 Social Media and Digital Environment.

- a) Children spend too much time on social media.
- b) Parents give mobile phones at an early age.
- c) Social media change children's thinking and behavior.
- d) Children become lazy, distracted, and addicted to screen.

2.2 Less Time Between Parents and Children.

- a) Parents are busy with jobs and daily responsibilities.
- b) They cannot give proper time to their children.
- c) Children feel lonely and live in total isolation.
- d) Weak communication creates misunderstanding.
- e) Children do not share their problems with parents.

2.3 Weak Parent-Children Relationship.

- a) The bond between parents and children is becoming weak.
- b) Children do not listen to parents' advice.
- c) Parents and children do not understand each other.

2.4 High Expectations and Pressure

- a) Parents expect high mark from their children.
- b) They compare their children with others.
- c) This creates stress, anxiety, and low confidence in children.

2.5 Social and Behavioral Problems.

- a) Due to lack of parental involvement, children become rude.
- b) Many do not respect elders or follow rules.
- c) Overuse of Social Media changes their personality.
- d) Some children fall into bad habits or crime because parents are not guiding them properly.

3. How to Improve Parenting in Modern Times.

3.1 Spend More time with children

- a) Parents should give quality time to their children.
- b) Talk with them, listen to them, and understand their feelings.

3.2 Build a Strong Bond.

- a) Parents should ~~know~~ show kindness and patience.
- b) Creating a friendly environment so children can share their problems easily.

3.3 Positive Guidance and Discipline

- a) Parents should control children's actions with love and guidance.
- b) Teach them good manners, respect, and discipline.

3.4 Tech Good Use of Social Media.

- ~~Parents should control children's actions &~~
- a) ~~Guide~~ Guide children how to use mobile and internet safely.
- b) Set limits on screen time.

Conclusion:

Parenting in the twenty-first century is more complicated than ever before. The rapid spread of digital technology, smartphones, and social media has transformed childhood and with it, the responsibilities and challenges for parents. In many homes, children now ~~seem~~ spend a large portion of their day glued to screens, while parents. ~~In~~ while parents themselves struggle to balance demanding work schedules and socio-economic pressures. As a result, many children grow up increasingly isolated, emotionally distant from their parents and disconnected from real-world social interactions. According to recent systematic review from a major Pakistani medical journal, excessive screen-time among children under five is linked with behavioural problems, delayed social-emotional development and sleep issues. Meanwhile, another study finds that parents themselves admit being distracted by their phones when spending time with their children - more than half of parents say they spend "too much" time on their

Smartphone and roughly 68% acknowledge being distracted by mobile devices during family time. This growing digital divide, combine with rising academic and social expectation, is reshaping the parent-child relationship. It ~~expro~~ explores the major challenges of modern parenting - from digital influence to weakened bonds and high pressure - and suggests way parents from digital influence to weakened bonds and high pressure - and suggests ways parents might respond to protect their children's well-being.

One of the biggest challenges of modern ~~para~~ parenting is children's overexposure to digital devices. Many ~~peer~~ parent now give smartphones or tablets to children at a very young age, often to keep the quiet or occupied while parents attend to work or household chores.

Cost. In a 2023 study of 200 preschoolers in Islamabad, children who had more than 60 minutes of screen time per day showed significantly higher rates of withdrawal symptoms, sleep disturbance, and autism-spectrum type behavioral problems compared to children with limited screen exposure.

Another recent global study (2025) involving over 50000 children aged 6-17 found that daily screen time of four or more hours was associated with higher risk of anxiety, depression, behavioral problems, and attention-deficit/hyperactivity (ADHD) partly mediated by physical activity and poor sleep patterns. Thus excessive screen time undermines children's emotional, social and cognitive development. It replaces vital face-to-face interaction, hampers real world social skills, and may instill unhealthy habits of procrastination, poor

attention span, and emotional detachment - which are serious concerns for parents attempting to raise balanced, socially aware children.

Another major challenge in modern times is the weakening. Because many parents are juggling demanding work ~~schedules~~ schedules and multiple responsibilities, they often have less time or energy to spend with their children - leading to emotional distance, poor communication, and a sense of isolation among children. Even when both parties are physically present at home, digital distractions often interfere. Parents admit that their own smart phone use sometimes disrupts quality family time. As a result, children may feel their parent are emotionally unavailable or may hesitate to share problems, fears, doubts. This lack of open communication can foster resentment, misunderstanding and behavioral issues. In some cases, children may neglect.

Parents advice or values, instead following peer pressure or digital trends. Over time, a weak parent - child relationship can erode trust weakening children's moral grounding and emotional security. In such an environment children may develop rebellious attitudes, lack of respect for elder, or poor social manners - outcomes often lamented by parents, but rarely traced back to root cause: absence of meaningful family interaction.

Beyond digital exposure and weak emotional bonding, parents today often place high academic and social expectations on their children - a challenge that compounds the stress on young minds. In a context where success is commonly measured through grades, social status, or material achievement, many parents compare their children with peer or siblings.

This not only breeds pressure but also damage a child's self-esteem, mental health and intrinsic motivation. The time children devote to social media digital devices often interferes with their studies. A 2025 research published in the Asian Journal Social Health and Behavior reported that 32.5% of adolescents admitted that their academic performance had suffered because of time spent on social networking sites. More than half said their self-study ability declined and many missed assignment due to distraction. Consequently, children who already face social isolation or weak family support may feel inadequate, stressed or anxious which can further widen the communication gap with parents. This pressure to perform academically, can therefore become a significant parenting challenge in modern times.

When the challenges above — excessive screen time, weak parental bonding, unrealistic expectations — combine, they can lead to serious consequences in children's behavior and social development. Research from Karachi shows that heavy smartphone use among adolescents is linked to increased loneliness, stress, depression, and poor self-esteem. Screen time induced behavioral problems may also include irritability, sleep disturbances and difficulty in social interaction. Over time, these issues can affect a child's moral and social values: ~~dis~~ disrespect towards elders, lack of discipline, reluctance to follow societal norms or isolation from real-world social activities. Without proper parental guidance, children may drift toward peer pressure or harmful social circles, which can further increase risk of delinquency or mental health problems. Studies also indicate that excessive screen-time negatively impacts.

Children's emotional regulation and social-emotional development. In short in absence of responsible parenting and meaningful engagement, children may grow up with weak social skills, emotional instability, and unhealthy coping mechanisms—making parenting in modern times a far more daunting task than many parents anticipate.

Parenting in the modern era presents challenges unmatched by previous generations. The ubiquity of smartphones and social media, combined with busy parental schedules and soaring academic expectations, has transformed the dynamics of childhood and family life. Research from Islamabad and other Pakistani cities shows that excessive screen time severely affects children's behavior, social-emotional development, sleep quality, and long-term mental health. Simultaneously, digital

distractions and social pressure erode the parent-child bond, leaving many children emotionally unsupported and socially isolated. In many homes, children are growing up separated from their parents → not by physical distance, but emotional neglect and lack of meaningful communication. High expectations regarding academic and social achievements further burden young minds already struggling with digital addictions and emotional voids. However, these challenges are not unavoidable fates. With awareness, commitment, and conscious effort, parents can reclaim their roles as guides, mentors, emotionally supportive figures. By limiting screen time, spending quality time with children, listening to them ~~patient~~ patiently, and encouraging healthy habits — parents can build trust, foster open communication, and help children grow into balanced, socially aware, and emotionally secure adults. Effective parenting in modern times requires ~~st~~ striking a balance between embracing technology and preserving human connection — a task demanding patience