

General instructions to be followed to pass essay

1- Spend time on rightly comprehension of the topic, you won't pass the essay unless and until you addressed the asked part

2- Try to make your main heading in the outline from the words in the question statement

3- Try to add hook in the introduction. The length of introduction must be of 2 sides

4- your topic sentence in your argument must be aligned with the ending sentence

5- Avoid firstly, secondly, thirdly etc. in outline

6- add references in your arguments with proper source. Go for diversification of references

7- Do not add new idea or point in Conclusion

8- You won't pass the essay if make more than 4-5 grammatical mistakes

9- outlines that are not self explanatory or does not aligned to with the essay statement are liable to mark 0 and the essay would become null and void

10- always try to be relevant to the topic, if even your 1 or 2 arguments are irrelevant, the examiner would not pass your essay.

Challenges of Parenting In Modern Times

OUTLINE:

1. Introduction:

a. Thesis Statement: Parenting in modern times is challenging due to technological influence, social pressures, and changing family dynamics.

2. Impact of Technology:

(i) Overuse of smartphones, tablets and social media by children

(ii) Difficulty in controlling screen time

(iii) Effects on attention span, sleep, and family interaction

3. Influence of Social Media and Peer Pressure:

(i) Children exposed to unrealistic lifestyles & standards

(ii) Pressure to fit in, cyberbullying and comparison

(iii) Parents struggle to guide children's online behavior

4. Work-Life Balance:

(i) Parents working long hours to meet financial demands

(ii) Less quality time spent with children

(iii) Emotional distance affecting parent-child relationship

5. Changing Family Structures:

(i) Rise of nuclear families, single parenting and dual-income households

(ii) Lack of extended family support

(iii) Increased stress and responsibility on parents

6. Moral and Value Education:

(i) Conflict between family values & media influence

(ii) Decline in traditional moral guidance

(iii) Difficulty in teaching discipline, respect, & responsibility

7. Academic Pressure and Competition:

(i) High expectation for academic and career success

(ii) Stress on children due to exams & performance

(iii) Parents struggle to balance encouragement and pressure

8. Mental Health Challenges:

(i) Rising anxiety, depression, and behavioral issues in children

(ii) Parents lack awareness or resources to address these issues

(iii) Social stigma around mental health problems

9. Safety and Environmental Concerns:

(i) Concerns about crime, online predators and unsafe environments

(ii) Limited outdoor play and social interaction

(iii) Parents must constantly monitor children's safety

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10. Easy Access to Information and Parenting Resources:

- (i) Parents can easily access parenting advice through books, websites, and social media
- (ii) Online forums and expert guidance help parents make informed decisions
- (iii) Increased awareness about child psychology, health, and education

11. Improved Communication and Education Tools:

- (i) Technology helps parents stay connected with children and schools
- (ii) Educational apps and digital learning platforms support children's learning
- (iii) Parents can monitor academic progress and engage more actively in education

12. Conclusion

'The Essay'

Picturing a family sitting in the same room - each member scrolling on a separate screen, connected to the world yet strangely distant from one another. This scene perfectly captures how parenting has transformed in modern times. Parenting, once centred on direct guidance, shared family

Most of your points are not linked to the asked part because those are not the challenges.

Anecdote is not linked to the parenting

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time, and traditional values, has evolved alongside rapid changes in society. Today, raising children is no longer limited to providing food, education, and discipline; it also involves navigating digital space, emotional well-being, and constant external influences. Modern parenting is shaped by powerful forces such as advanced technology, shifting social norms, and fast-paced lifestyles. Smartphones, social media, and online learning have changed how children think, communicate, and learn, forcing parents to adapt quickly. At the same time, social expectations have evolved, with increased academic pressure, changing family structures, and greater awareness of mental health. Furthermore, busy schedules and work demands leave parents with limited time to bond meaningfully with their children, making effective parenting even more challenging. As a result of these transformations, the role of parents has become more complex and demanding than ever before. Parenting in modern time is challenging due to technological influence, social pressures, and changing family dynamics.

You should link all these points as a challenge. You are unable to present these points in that way.

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Technology has become one of the most significant challenges parents face in modern times, particularly due to overuse of smartphones, tablets and social media by children. Many parents struggle to control screen time, as digital devices are now commonly used for both education and entertainment. A 2022 observational study conducted in South Asia, which found that children aged 8-11 who spent more than four hours daily on screens showed reduced attention spans and irregular sleep patterns. Parents reported that excessive device use led to late-night phone habits, difficulty concentrating on homework, and increased irritability. Moreover, family interaction was negatively affected, as shared meals and conversations were more often interrupted by screen use. Even when parents attempted to set limits, children frequently resisted due to peer influence and dependency on digital media. This case highlights how unchecked technology use not only affects children's physical and mental health but also weakens family bonds, making responsible digital parenting an ongoing struggle.

No Argumentation, you are just providing me the information.

Your own thoughts are missing

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Social media has significantly increased peer pressure among children by exposing them to unrealistic lifestyles, beauty standards, and material success. Platforms such as Instagram and Tik Tok often present carefully edited images that create false comparisons for young minds. A 2021 case study conducted in United Kingdom examined teenagers aged 13-17 and found that frequent social media users experienced higher levels of anxiety and low self-esteem due to constant comparison with online influencers & peers. The study also highlighted incidents of cyberbullying, where negative comments and online harassment affected students' emotional well-being and academic performance. Parents in ^{the} study revealed that they found it difficult to monitor their children's online activity without invading their privacy. Many lacked sufficient digital literacy to guide responsible online behaviour. This case demonstrates how social media-driven peer pressure creates emotional challenges for children while leaving parents struggling to offer effective

No Argumentation at all. You are supposed to provide your own thoughts

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guidance and emotional support.

Work-life imbalance has become a major challenge for parents in modern society, as many are forced to work long hours to meet growing financial demands. Rising living costs, and competitive job markets often require both parents to be employed, leaving limited time for daily family life. A 2020 case study conducted in urban Pakistan observed working parents in dual-income households and found that children whose parents worked more than 50 hours per week experienced feelings of neglect and emotional insecurity. Teachers reported that these children were more withdrawn in class and showed behavioral changes such as irritability and lack of concentration. Parents admitted that exhaustion from work reduced their ability to engage in meaningful conversations or participate in their children's daily activities. As a result, emotional distance slowly developed between parents and children. This case highlights how work-related stress and time constraints weaken parent-

Work on your Argumentation. You have comprehended the topic to some extent, but you don't have the Idea about Argumentation

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child relationships, making emotional connection and guidance increasingly difficult in modern parenting.

Changing family structures have greatly influenced parenting in modern times, with a noticeable rise in nuclear families, single-parent households, and dual-income families. Unlike traditional joint families, many parents today raise children without daily support of grandparents or relatives. A 2019 case study conducted in India examined single and nuclear-family households in metropolitan cities and found that parents experienced higher stress levels due to increased responsibilities. Without extended family support, parents had to manage childcare, household duties, and employment simultaneously. The study revealed their emotional development. Parents also reported feeling overwhelmed when handling discipline, health issues, and academic guidance on their own. This case illustrates how absence of extended family support places greater emotional, physical, and financial pressure on parents, making effective parenting

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more challenging in modern ^{family settings.} ~~family settings.~~

moral and value education has become increasingly challenging for parents due to strong influence of media on children's attitudes and behavior. Children are often exposed to content that contradicts family values, creating confusion between what parents teach and what is portrayed online on television. A 2018 case study conducted in ^{malaysia} ~~malaysia~~ observed middle-school students and found that excessive exposure to social media weakened traditional moral guidance, as children became more influenced by celebrities and online trends than by parental advice. Teachers reported a decline in discipline, respect for authority, and sense of responsibility among students who spent more time consuming ~~un~~filtered media content. Parents in the study expressed frustration, stating that their instructions were frequently questioned or ignored. This case highlights how modern media challenges parents' efforts to instill moral values, making it harder to nurture responsible and respectful behavior in children.

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~~Academic~~ Academic pressure and intense competition present serious challenges for parents in modern times, as high expectations for academic and career success are placed on children from an early age. Parents often feel compelled to push their children to excel due to societal competition and limited opportunities. A 2021 case study conducted in South Korea examined high school students preparing for national entrance exams and found increased levels of stress, anxiety, and burnout among students facing constant performance pressure. The study revealed that children who were repeatedly compared to top achievers experienced fear of failure and emotional exhaustion. Parents admitted that while they wanted to motivate their ^{children} ~~children~~, they often struggled to draw the line between encouragement and excessive pressure. This case demonstrates how academic stress affects children's mental health and highlights difficulty parents face in supporting success without harming emotional well-being.

In modern times, children are increasingly facing mental health challenges such as

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anxiety, depression, and behavioral disorders, placing significant pressure on parents. For instance, a 2022 case study conducted in New York examined a middle school student, Emma, who exhibited severe anxiety & withdrawal due to academic pressure and social media exposure. Her parents, unaware of how to address mental health issues, initially misinterpreted her behavior as laziness or defiance. The case highlighted a common struggle among modern parents: limited knowledge and resources to support children's emotional well-being. Moreover, social stigma often discourages families from seeking professional help, exacerbating the problem. Mental health challenges not only affect children's development but also strain parent-child relationships, as parents may feel frustrated, helpless or guilty. This scenario underscores urgent need for awareness, open communication, and access to psychological support to help both children and parents navigate emotional difficulties effectively.

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modern parents face growing concerns about their children's safety, both online and offline, which significantly impacts parenting practices. A 2021 case study in London highlighted a family whose ten-year-old son, Alex, was targeted by a stranger on a social media platform. This incident prompted his parents to strictly monitor his online interactions, limit screen time, and restrict outdoor activities in the neighborhood. Such cases illustrate how fears of crime, online predators, and unsafe environments compel parents to be constantly vigilant. Consequently, children often experience reduced opportunities for outdoor play, social interaction, and independence, which are crucial for holistic development. Parents, balancing protection with fostering autonomy, face the challenge of ensuring safety without stifling growth. The need for constant supervision, coupled with environmental and digital risks, has made modern parenting increasingly stressful, demanding proactive strategies and awareness to safeguard children while.

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supporting their emotional and social development.

Modern parenting has been positively influenced by the easy access to information and resources, enabling parents to make informed decisions about their children's well-being. A 2022 case study in California examined a couple, the Johnsons, who struggled with managing their seven-year-old daughter's behavioral issues. By utilizing online parenting forums, expert webinars, and articles on child psychology, they learned effective strategies for setting boundaries, encouraging positive behaviour, and improving communication. This access to diverse resources helped them feel more confident and supported, reducing stress and enhancing their parenting approach. Furthermore, readily available information about nutrition, health, and education allows parents to make evidence-based decisions, monitor developmental milestones, and address challenges proactively. The digital age has thus empowered parents, providing guidance, community support, and expert insights, which not only improve parenting practices but also contribute to

healthier child development and stronger parent-child relationships in an increasingly complex world.

Advancements in technology have significantly enhanced communication between parents, children, and educational institutions, improving both learning and parental involvement. A 2023 case study from Singapore highlighted a family using a school's digital platform to monitor their ten-year-old son, Daniel's, academic progress and classroom activities. Through regular updates, online grade tracking, and direct messaging with teachers, Daniel's parents could promptly address areas of difficulty and celebrate achievements, fostering a supportive learning environment at home. Additionally, educational apps and digital learning tools allowed them to supplement his lessons with interactive exercises, enhancing comprehension and engagement. This constant connectivity not only improves academic performance but also strengthens parent-child collaboration in learning. Modern technology thus empowers

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parents to be more proactive, informed, and involved, bridging gaps between ~~school~~ ^{school} & home. By leveraging these tools, parents can cultivate educational growth, instill discipline, and ~~culture~~ ^{nurture} curiosity, all while maintaining a closer connection with their children.

Parenting in modern times is far more complex than in the past, shaped by rapid technological advances, social pressures, and evolving family dynamics. Challenges such as managing screen time, guiding children through social media, addressing mental issues and health issues, and balancing work-life demands place significant strain on parents. Despite these difficulties, the availability of information, communication tools, and supportive resources offer hope.

By staying aware, fostering open communication, and seeking guidance when needed, parents can navigate these challenges effectively. With patience, adaptability, and support, they can raise responsible, resilient, and well-rounded children, capable of thriving

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in today's fast-paced and ever-changing
world.