

# **Exploring the Influence of Grandparents' Role in Bangladeshi Context to Develop the Well-being of Children (0-6 years): A Perception Study on Parents**

By

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A thesis submitted to Brac Institute of Educational Development in partial fulfillment of the requirements for the degree of  
Master of Science in Early Childhood Development

Brac Institute of Educational Development  
Brac University  
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## **Declaration**

It is hereby declared that

1. The thesis submitted is my own original work while completing degree at Brac University.
2. The thesis does not contain material previously published or written by a third party, except where this is appropriately cited through full and accurate referencing.
3. The thesis does not contain material which has been accepted, or submitted, for any other degree or diploma at a university or other institution.
4. I have acknowledged all main sources of help.

**Student's Full Name & Signature:**

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# Approval

Exploring the influence of grandparents' role in Bangladeshi context to develop the well-being of children (0-6 years): A perception study on parents.

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of Summer, 2022 has been accepted as satisfactory in partial fulfillment of the requirement for the degree of Master of Science in Early Childhood Development on May 7, 2024

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# Ethics Statement

Title of Thesis Topic: Exploring the influence of grandparents' role in Bangladeshi context in the development of children's well-being (0-6 years): A perception study on parents.

Student name: Tasnim Sultana

## 1. Source of population

Parents of 0-6 years old children (who lives with parents and grandparents together) in Dhaka city.

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## 2. Does the study involve (yes, or no)

- a) Physical risk to the subjects (no)
- b) Social risk (no)
- c) Psychological risk to subjects (no)
- d) discomfort to subjects (no)
- e) Invasion of privacy (no)

## 3. Will subjects be clearly informed about (yes or no)

- a) Nature and purpose of the study (yes)
- b) Procedures to be followed (yes)
- c) Physical risk (no)
- d) Sensitive questions (yes)
- e) Benefits to be derived (yes)
- f) Right to refuse to participate or to withdraw from the study (yes)
- g) Confidential handling of data (yes)
- h) Compensation and/or treatment where there are risks or privacy is involved (yes)

## 4. Will Signed verbal consent for be required (yes or no)

- a) from study participants (yes)
- b) from parents or guardian (yes)
- c) Will precautions be taken to protect anonymity of subjects? (yes)

## 5. Check documents being submitted herewith to Committee:

- a) Proposal (yes)
- b) Consent Form (yes)
- c) Questionnaire or interview schedule (yes)

## Ethical Review Committee:

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## **Abstract**

A child's well-being is enhanced when grandparents significantly influence their upbringing. A growing number of dual-worker households, longer life expectancies, shifting family dynamics, and rising rates of family dissolution have resulted in grandparents taking on a more significant role in their grandchildren's lives. Many, though, are not. Many grandparents are denied the opportunity to interact or spend time with their grandchildren. Numerous studies and corroborating data demonstrate the different benefits of having solid parent-child ties. The beneficial effects that a close relationship between a grandmother and grandchild may have on the contentment and wellness of the entire family, however, are sometimes overlooked. To put it plainly, everyone benefits from having grandparents around. Both parties benefit when a grandchild and his or her grandmother have a positive relationship (T.M Jorden, 2021). The study examined how grandparents' roles impact the well-being of children aged 0-6, based on parents' perceptions. This qualitative research involved twelve parents who were interviewed in-depth to gather information. The study's findings indicated that grandparents significantly contribute to children's well-being, allowing middle-class working parents in Bangladesh to be at ease while working outside, knowing that their kids are well taken care of. The study also offers recommendations based on its findings and discussions. It concludes by suggesting potential areas for further research and stressing the importance of additional in-depth and exploratory studies in this field.

**Key word:** grandparents, children (0-6), children well-being, parent's perception

## **Dedication**

To all of my ECD mates, my family members, my colleagues and my friends.

## **Acknowledgement**

First and foremost, I want to express my gratitude to Allah for showering me with blessings throughout my Masters course, allowing me to successfully complete my degree.

I would like to thank my research supervisor, Mostak Ahamed Imran, Lecturer & Child Play Therapist, MHPSS, Brac University, for his essential advice throughout this study. I genuinely appreciate the Academic Committee Members and Faculty. I'd also like to express my gratitude to all of my ECD classmates for your mental support as we continue the course. Finally, I owe a great deal of gratitude to my parents and colleagues for their reliable direction and consistent motivation during my academic years, as well as the research and writing phases of this thesis.

## Table of Contents

<b>Declaration</b> .....	<b>ii</b>
<b>Approval</b> .....	<b>iii</b>
<b>Ethics Statement</b> .....	<b>iv</b>
<b>Abstract</b> .....	<b>v</b>
<b>Dedication</b> .....	<b>vi</b>
<b>Acknowledgement</b> .....	<b>vii</b>
<b>List of Acronyms</b> .....	<b>x</b>
<b>Chapter I: Introduction &amp; Background</b> .....	<b>1</b>
Introduction.....	1
Statement of the problem .....	2
Significance of the study.....	4
Research questions.....	5
Operational Definition .....	5
<b>Chapter II: Literature Review</b> .....	<b>6</b>
<b>Chapter III: Methodology</b> .....	<b>16</b>
Study Design.....	16
Study Sites .....	16
Participants Selection Procedure.....	17
Data Management and Analysis .....	17
Validity and Reliability.....	18
Ethical Issues .....	19
Limitations .....	19



<b>Chapter IV: Finding &amp; Discussion .....</b>	<b>20</b>
Findings.....	20
Discussion.....	31
Conclusion .....	35
Recommendation .....	36
<b>References.....</b>	<b>38</b>
<b>Annex 1: In-Depth Interview (IDI) Questionnaire .....</b>	<b>42</b>
<b>Annex 2: Research questionnaires .....</b>	<b>43</b>
<b>Annex 3: Voluntary Consent Form for Parents.....</b>	<b>44</b>

## **List of Acronyms**

IDI-In Depth Interview

LMIC- low-income and middle-income countries

PPD - Postpartum depression

WHO- World Health Organization

# **Chapter I: Introduction & Background**

## **Introduction**

The bond between grandparents and grandchildren is one of the most beloved, trusting, and compassionate relationships in the world. Understanding their connection does not require us to be keen observers, but the benefits and development facts that a grandparent can bring to grandchildren in their early years (0-6) must be studied. Grandparents can care for little ones as ideal guardians and friends. Grandparents provide their grandchildren with protection and security, and by expressing their unconditional love, they assist a child's develop an overall sense of health and happiness. Most parents can understand this truth and have a positive opinion of it. Children who have stronger emotional ties to their grandparents as they grow up are less likely to experience depression as adults, according to research by Sara Moorman, PhD, and Jeffrey Stokes (Moorman & Stokes, 2016). Strong bonds with their grandchildren help grandparents live longer (Hilbrand et al., 2017), prevent depression (Moorman & Stokes, 2016), and improve brain function (Arpino & Bordone, 2014). Thereby living together or stimulating frequent contact, parents can be beneficial in the development of strong relationships between grandparents and grandchildren.

Benefits of grandparenting include better quality of life, life satisfaction, mental health and cognitive abilities, and physical health, among other benefits of children. (Lou, 2011; Tsai et al., 2016; Xu & Chi, 2011; Xu et al., 2012). Grandparents, thus, make major contributions to family and social life, although the care they provide varies in type, intensity, and whether they act as primary or secondary caregivers

(Dunifon et al. ,2014). A high level of grandparental involvement increases the well-being of children (University of Oxford,2016).

Little ones in their grandparents' care represent a vast amount of unrealized potential, which is both unrealized because informal caregivers might not have access to the same resources as those in more formal childcare settings and potential because the early years offer such a strong chance for cognitive and social-emotional development. The general positive effect of grandparenting in Asia is in contrast with mixed findings from non-Asian countries (cf. Di Gessa et al., 2016).

According to Center on the Developing Child (2007), research has conclusively shown that a child's early experiences during the first five years of life affect the architecture of his brain, either placing a child's development at danger or on a path of healthy learning and development. One aspect of these early experiences that is quite crucial is the caliber of the early caregiving.

### **Statement of the problem**

The emotional and physical health of children is influenced by a variety of factors, including age, gender, ethnicity, place of residence, educational background, socioeconomic status of parents, whether the grandchildren are raised by both grandparents or only one, whether the grandchild has special needs, and the type of care provided (Bradshaw, 2012). Research shows that children raised by grandparents had higher levels of well-being than children reared in other types of homes (Kelch-Oliver, 2011). When compared to children in families with only one biological parent, the youngsters do pretty well in terms of health and school adjustment.

Families in Bangladeshi society still respect the presence of grandparents and the elderly. In rural areas, families are still close, and the elderly live with their children

and grandchildren. A number of working parents from upper- and middle-class backgrounds are leaving their village houses to raise their grandchildren in cities while their parents continue to work outside. The working parents who belong to the lower income category are keeping their children in the village house with the grandparents while they work in the city, which is obviously changing Bangladesh's family structure.

In addition to being vital in their grandchildren's upbringing, grandparents also reside with their offspring. Bangladeshi parents generally bring up their children to be members of big, extended families rather than to live alone. Consequently, family members no longer need to rely on outsiders and can genuinely rely on one another. However, due to urbanization, many families who have relocated to the city or overseas no longer have their grandparents with them (Agenzia Fides,2022).

Many elderly people, on the other hand, find it difficult to adjust to city life and prefer to live in rural locations. In this state, many of them are left alone in their later years. And also few number of new generation prefer to make nuclear family in that case their children are deprive from the love and good influence of their grandparents (Prothom Alo,2016). To some extant nuclear family children sometime facing speech delay issue (Jammu, FN Agency, 2023).

The purpose of this research project is to investigate how parents view the significance of grandparents in their children's development. It is hoped that this suggestion will open up more research opportunities regarding the impact of grandparents' parenting on the growth and welfare of children offspring.

## **Significance of the study**

This study will try to determine the impact of grandparents on their grandchildren. Many studies and experiences demonstrate that children who live with their grandparents have distinct physical, emotional, and psychological development than those who do not live with their grandparents. Grandparents' unconditional love and care allow children to grow up in a healthy family bonding. Children who have stronger emotional ties to their grandparents as they grow up are less likely to experience depression as adults, (Moorman & Stokes, 2016).

Not only can grandparents assist children, but they also help parents, particularly working parents, to work without stress. Many parents believe that grandparents are the safest place for their child in the world. Grandparents have been described as “mother savers” (Arber & Timonen, 2012a).

Grandparents can play a significant role in their grandchildren's nutrition. They can serve as guardians or educators, depending on their location and circumstances. Low income families are most likely to use this type of care. Families value informal child care because it's flexible, affordable, and accessible (Thomas, Boller et al., 2015). Earlier elderly people appeared to lack any tangible function, but their importance is now being felt in urban life, (Rahman, 2016). On the other hand, many parents believe grandparents are not smart enough to take care their child properly even sometimes their extreme love make the children spoiled. Or many grandparents prefer to live rural life. And many grandparents are not alive.

The significance of the study is to observe the recent Bangladeshi socio economic context, how grandparents take place their role for their grandchild's over all well-being from parent's point of view.

## **Research questions**

1. What is the parent's perception about grandparents parenting?
2. How grandparents help to develop the children's well-being in Bangladesh?

## **Research Objective**

Objective of the study is to find out, that how the developmental well-being process happen of Bangladeshi children (ages 0–6) those who live with their grandparents along with parents.

## **Operational Definition**

### **Grandparents**

A person's grandparents are their parent's parents. A parent becomes a grandparent when their child has children. Grandparents include fathers and mothers.

There are four categories of biological grandparents based on sex and lineage: maternal grandmother, maternal grandfather, paternal grandmother, and paternal grandfather. (Mirkka Danielsbacka , Antti O Tanskanen , 2021)

### **Children's well-being**

Considering a child's entire life and acknowledging that all childhood events contribute to their total well-being. In a broad sense, well-being refers to the variables that contribute to a child's enjoyment and fulfillment, as well as the promoters of growth and development.

It should come as no surprise that defining a child's well-being consistently has been challenging given the variety of viewpoints around well-being. It is widely acknowledged, therefore, that a child's well-being is a function of his life's quality,

which includes his current state of health and progress. The various methods of evaluating a child's well-being, including those related to health, education, economic standing, family and social life, and safety and security issues, can all be easily included in this wide term (Children's Bureau of Southern California ,2020).

### **Grandparent's role towards grandchildren**

When a parent experiences difficulties and a child needs care, family members—especially grandparents—become "parents the second time around." In situations such as these, grandparents require support in discovering resources of strength for both themselves and the grandchildren under their care, as well as answers to questions about potential worries and insights into their feelings and experiences as a grandparent (Divya Saxena, FS1639, revised March 2021).

Grandparents play an integral part in parenting their grandchildren, as well as many individual's highlight. The professional lives of their children are frequently saved by grandparents, who also help their offspring by providing nutritious meals, managing their leisure time, and caring for their grandchildren. Grandparents' involvement can lead to improved academic performance, enhanced mental well-being, enhanced social skills, and a decreased risk of behavioral problems.

## **Chapter II: Literature Review**

### **Children Well-Being**

The environment that children grow up in has a profound impact on their well-being both now and in the future. This covers a variety of elements found in the natural environment, such as houses, local communities, schools, and green spaces, in addition to more general concerns like the effects of climate change. Although



environmental variables have an impact on the entire population, children are particularly susceptible to them because of the ways in which their bodies are still developing. Since chemicals can alter a child's development while it is still in the womb, environmental variables may actually be affecting children before they are even born (Unicef: The European Union's Children's Situation, 2024).

The growth of children's wellbeing from both a children's rights and a developmental perspective (Pollard and Lee, 2003). A developmentalist perspective is more likely to embrace deficiency-related metrics like physical sickness, ignorance, and poverty. These indicators tend to overlook children's potential, traits, and abilities, even though they are crucial to starting the process of addressing social exclusion and inequality, which have a detrimental effect on children's health and wellbeing. Since a concept of wellbeing revolves around children's rights, indicators and measurements of wellbeing typically place more emphasis on things that give children opportunities and enable them to fulfill their goals, as well as things that improve the quality of their lives now rather than only in the future (Morrow and Mayall, 2009).

The optimal growth and learning of children is facilitated by their physical, mental, and emotional well-being, which also helps them acquire the skills necessary to realize their full potential. Access to wholesome food, a place to sleep and eat, hygienic and secure housing, as well as areas for play and exercise, are all necessary for physical health and well-being. Additionally, pre-primary and primary school-aged children need assistance with their mental and emotional well-being. Helping children create safe identities, interact in relationships that are responsive, and experience love and respect are all part of this. Children who have experienced trauma or stress during childhood are more likely to develop emotional and mental health issues. Therefore, it is important for children to receive support in developing coping

mechanisms to deal with difficult situations in their lives (International Child Education, 2016).

Healthy beginnings can be facilitated by a variety of factors, such as social support from family and educators, economic security, education, a secure area with parks and prenatal and prenatal care. Early and long-term health outcomes for children can be influenced by fostering safe, stable, and caring interactions and surroundings that support optimal child development. According to a number of studies, early family, caregiver, and neighborhood interventions have the greatest potential to set up children for success in their emotional, intellectual, and social development (Let's Get Healthy California, 2020).

### **Grandparental Support: Maternal Postpartum Mental Health and Newborn Care**

Maternal and child health can be negatively impacted by perinatal mental health issues, which are frequently caused by pregnancy and the postpartum phase. 7–13% of pregnant women in Western nations and 10-15% of women in the early postpartum period report having depression (Bennett et al., 2004; Gavin et al., 2005). Pregnancy and the first few months following childbirth are among a woman's most vulnerable periods of life, as evidenced by the high prevalence rates of anxiety disorders and other affective disorders during the perinatal period (Howard et al., 2014; Fairbrother et al., 2016). According to research, having little social support after giving birth increases the likelihood of postpartum mental health issues, including depression (Robertson et al., 2004). This is especially true for low levels of social support (Razurel & Kaiser, 2015). Low social support has been established as a significant

risk factor for developing postpartum mental health disorders, specifically postpartum depression (Razurel & Kaiser, 2015; Robertson et al., 2004).

It is surprising that less research was done on the positive effects of grandparental support on postpartum mother mental health, given that grandparents—especially the maternal grandmother—often assist with newborn care (Aubel, 2021; Scelza & Hinde, 2019). The benefits of partner support are well-established (Yim et al., 2015). Grandmothers coordinate the care of newborns in many non-Western nations, according to data recently reviewed by Aubel (2021). During a period of seclusion and isolation, grandparents provide advice to mothers on matters such as nursing and caring for unwell infants. For a review, read (Negin et al., 2016) grandmothers have an impact on Western societies' breastfeeding practices. Engaging grandparents in child care can let moms return to work and lessen the load of child rearing, which can help the transition to motherhood be more adaptable. Additionally, a recent study (Guo et al., 2021; Riem et al., 2021) revealed a relationship between improved maternal mental health and more appropriate caregiving methods and support from grandparents.

Furthermore, in a recent study, we discovered that during China's COVID-19 lockdown, mother mental health and appropriate caregiving behaviors were positively correlated with support from grandparents (Guo et al., 2021; Riem & al., 2021).

### **Never too old to learn - Parenting interventions for grandparents**

Not only can biological parents provide child care. One important factor in child care is grandparents. They participate as primary caregivers in certain cultural contexts (Clotey, Scott, & Alfonso, Citation2015; Yancura, Citation2013). A number of circumstances have led to grandparents playing an increasingly important part in child care in many other situations. Grandparents are frequently involved in child care

arrangements when women enter the workforce (Di Gessa, Glaser, Price, Ribe, & Tinker, Citation 2016).

Some may assume that because grandparents have raised their own children, they have the necessary experience to be capable of caring for children. If parents can be taught parenting techniques, it's crucial to find out if grandparents may gain from them as well. Studies have looked into how much grand parenting can influence or improve an elderly person's physical and mental health (Di Gessa, Glaser, & Tinker, Citation 2016).

Grandparents evaluate outcomes relating to mental health and child behavior (Littlewood et al., Citation2014) investigated the effectiveness of an intervention including kin as teachers for 83 grandparents in the United States. The pre- and post-intervention comparisons revealed some improvements over time, however the follow-up rate is not recorded, and the research appears to be limited to a sample of 30 grandparents.

Overall, grandparents' various functions must be properly acknowledged in order to improve grandparenting abilities and adapt treatments. Given the success of parenting interventions, the gaps in grandparenting are concerning. Grandparents have a crucial part in children's well-being and family thriving. They perform an important role, and this can help a variety of receivers, including the child, their parents, and the grandparents themselves. More research is required, with particular control for a wide range of scenarios, contexts, and settings. If interventions for grandparents are to be implemented in the same way as parenting therapies, especially at scale, additional assessment is required.

## **Grandparent Influence on Child Health Outcomes**

One study explains that grandparents frequently play a significant role as secondary caregivers for their grandchildren, which can impact the psychological and physical well-being of the children. The review aims to collect and analyze research findings to understand how the involvement of grandparents affects the physical health outcomes of children (Fam Syst Health,2016).

Despite the high rates of grandparent involvement in childrearing, little is known about the effects of grandmother interaction on the mental and physical health of their grandchildren. Children who have grandparents who help with caring may fare better mentally, according to certain research findings. For example, a study assessing the influence of grandparents on the mental health of African-American children found that having grandparents in the family was associated with fewer depressed symptoms and less deviant behavior (Hamilton,2005).A different study (Sonuga-Barke & Mistry, 2000) claims that the effects of the research on physical health are less obvious.

Children who receive care from grandparents typically have lower health outcomes than children who do not receive such care, according to some study (Pearce et al., 2001; Watanabe et al., 2011); yet, other research (Pulgaron et al., 2013) finds the opposite to be true. Directing feeding patterns, which start with nursing infants and extend through general childhood nutrition, is one area in which grandmothers are most engaged (Aubel, 2012). Their involvement in their grandchildren's eating habits may have a significant effect on their physical health, especially in relation to obesity and associated comorbidities.

## **Grandparenthood and grand parenting in Asia**

In Asia, demographic and societal changes are significantly impacting grandparents and their experiences. However, the shared lives of grandchildren and grandparents is expanding. In several parts of Asia, becoming a grandparent is no longer a given. As society evolves, there is a greater need for grandparents to care for their grandchildren.

Grandparenthood, on the other hand, is a broader concept that encompasses the overall experience of being a grandparent. This includes the emotional bond with grandchildren, the relationship with adult children, the connection to family traditions and values, and the sense of legacy and continuity.

Grandparenting, refers to the actual act of caring for and nurturing grandchildren. This can involve providing emotional support, financial assistance, childcare, and guidance. Grandparenting is a hands-on role that requires time, energy, and effort.

In many Asian cultures, grandparenthood is highly valued and respected. Overall, the distinction between grandparenting and grandparenthood is important in understanding the complex and evolving role of grandparents in Asian societies. By recognizing the multiple dimensions of being a grandparent, we can better appreciate the significance of this role and the impact it has on families and communities (Dommaraju, P., & Wong, S. 2021).

### **Increasing Need for Grandparents to Care for Grandchildren**

One way to characterize grandparents is as "mother savers" (Arber & Timonen, 2012). Time-pressed moms might rely on grandparents as vital resources to provide intensive care (Arpino et al., 2010; Buchanan & Rotkirch, 2018). Research has established a connection between the kind of welfare and policy regimes and the type and extent of care work performed by grandparents (Glaser et al., 2013). Despite the

fact that much of the scholarship in this area focuses on non-Asian nations, there are solid grounds to believe that Asia will have a greater need for elder care. The need for grandparents to care for their grandchildren is primarily driven by two issues in the Asian environment. First, changes in women's educational attainment and economic pressures have led to rising rates of female labor force participation. Mother's work is a major predictor of grandparents' involvement in caring for their grandkids in several Asian nations (Goh, 2006; Ko & Hank, 2014; Lee, 2009). The participation of grandparents has increased in lockstep with the growth in women's work. Grandparents providing care increased in Taiwan from 7.7% in 1991 to 19.4% in 2007, according to Tsai et al. (2011).

The type of policies and care plans is the second aspect. Asian care systems are based on a familistic model that prioritizes the mother and the family in caring for children, with little social daycare available (Lee, 2009). Families and women in particular are under a great deal of pressure to balance caregiving duties with labor market obligations. In many parts of Asia, the extremely competitive educational and economic systems place a great deal of strain on parents who need to provide extensive care for their children. Grandparents' caregiving duties become especially important in this situation and usually include a lot of regularity and intensity.

### **Changing Grandparenting Expectations, Roles and Functions**

In Asia, grandparents are often highly regarded and expected to provide intergenerational support and solidarity, based on cultural values of involvement (Hossain et al., 2018; Knodel & Nguyen, 2015). Asian grandparents play an important caring role. According to Thang et al. (2011) and Mehta & Thang (2012), instrumental support can include child minding, homework assistance, play, and social contact. Asian grandparents play important roles as "moral guardians" and

transmitters of cultural and religious values, as well as language (Mehta & Thang, 2012). principles are taught differently in Asian societies, with some emphasizing religious principles and others emphasizing culture, tradition, and rituals (Lou & Chi 2012).

The gendered component of being a grandmother is another significant factor. Based on research conducted throughout Europe, Hank et al. (2018) hypothesize that grandfathers and grandmothers may have distinct types, roles, expectations, and levels of involvement in parenting. In addition to potentially carrying a larger share of the caregiving load than men, grandmothers may also have stronger emotional bonds with their grandchildren (Monserud, 2008). However, there aren't many gender variations in some elements of grandparenting, at least not in the few research conducted in Asia. After analyzing data from multiple Southeast Asian nations, Knodel and Nguyen (2015) discovered very slight variations in the level of care that grandparents provide based on gender. According to Thang (2016), Asian grandfathers are integral to the shared relationships that span generations in Asia and have a vital influence in those interactions.

In terms of cognitive development, studies showed that co-residence interacting with grandparents improved the language development abilities (Reynolds et al., 2018), communication skills (Cruise and O'Reilly, 2014), and general educational achievement (Deindl and Tieben, 2017; Perry, 2017). For instance, children who lived in households with long-term grandparental co-residence scored higher on tests than children who moved out of co-resident households, according to a cross-sectional study done among 11,914 seventh-grade students in Taiwan (Pong and Chen, 2010). Numerous research examined cognitive ability, linguistic development, and/or problem solving abilities in terms of particular metrics. In contrast, research



conducted in sub-Saharan Africa solely evaluated school enrollment (Parker and Short, 2009; Schrijner and Smits, 2018). While not providing any statistics, these studies found that children who lived with their moms and grandmothers had a higher enrollment rate but no information on the performance of education.

### **Bangladeshi grandparents**

The family structure in Bangladesh is evolving. The family structure in the nation is changing. For the benefit of their young ones, working spouses keep their elderly parents nearby. As their parents work outside, many grandparents are moving from their village home to care for their grandkids in cities. The Bangladeshi family structure is clearly changing as a result of working parents who are low-income and maintain their children living in the countryside with their grandparents while both of them work in cities. When a working spouse can't stay with their parents, they attempt to dwell in the same neighborhood or building to ensure their children's safety (Shahariar Islam, 2021). In today's hectic world, grandparents thus play a crucial role by providing care for their grandchildren (Alam.SS,2016). Asian grandparents see raising their grandkids as a privilege rather than a hardship. They see it as a necessary component of being a parent and a family member. In Asian patriarchal families, providing care is seen as a woman's responsibility. Grandparents watching their grandchildren is therefore seen as a family-adaptive tactic to improve family well-being by lessening the load on child moms and raising prospects for school and work (Miyawaki CE, 2015).

A study was conducted at Dhaka City's Uttara Model Town. Grandparents gave their grandchildren many forms of care, such as bathing, feeding, and assistance with changing clothes. Not only did forty-four of them accompany students to school, but several of them also offered academic support. In addition to putting their grandkids

to sleep, grandparents also spent leisure time with them. Each participant averaged nine to twelve hours per day.

## **Chapter III: Methodology**

This chapter aims to explain the research approach used in the study. A series of questionnaires were employed to collect data and answer the research questions. The section will cover various aspects of the study, including the limitations of the research, research methodology, the study sites, participant selection, data collection tools, data management, and data analysis.

### **Study Design**

Deeper understanding and exploration of real-world issues are provided by qualitative research. Qualitative research aids in the generation of hypotheses as well as the further investigation and understanding of quantitative data, as opposed to gathering numerical data points or intervening or introducing treatments as in quantitative research. Qualitative research collects the views, behaviors, and experiences of people. Rather than addressing how many or how much, it addresses how's and whys (Steven Tenny., Janelle M., Brannan., Grace D. 2022) In this study a qualitative research approach was used to investigate how Bangladeshi parents perceived the role of grandparents in their children's well-being.

### **Study Sites**

The purpose of the research is to investigate the role that grandparents performed in early child care. The study was conducted in Dhaka city. In Mirpur and Basundhara area had the majority of the participants, with the remaining Uttarkhan being selected.

## **Participants Selection Procedure**

The research study focuses on fathers and mothers who reside in Dhaka, have at least one child aged between 1 to 6 years, and belong to middle-class families. The majority of the participants come from extended families and hold master's degrees. For in-depth interviews, a total of twelve parents (nine mothers and three fathers) were selected using purposive sampling. The interview questions were designed to understand the participants' perspectives on the role of grandparents in promoting the well-being of children (aged 0-6 years) in the Bangladeshi setting. It was important to carefully select the target population, and parents with at least one child were chosen for this study. When selecting the sample, the above inclusion and exclusion criteria are taken into account.

## **Data Collection Tools**

Research questions provide the basis for creating guidelines for conducting in-depth interviews (IDIs). To ensure clear comprehension by the participants, these guidelines are presented in simple language. All questions on the questionnaires were open-ended, by using the questionnaire and guidelines can help the investigator obtain valuable insights and speed up the data triangulation process in a perceptive, illuminating, and productive way.

## **Data Management and Analysis**

The process of data analysis is a continuous effort that forms the foundation of any research project. In this investigation, the following data analysis method was employed. First, the collected questionnaires' organized according to its content. Next, the participants' responses the consent form and wrote demographic information were

asked. Handwritten and brief notes taken during the interviews and IDIs were then recorded using the audio feature of a mobile phone. Identification codes were used for easy reference and identification of the documents in the future. Subsequently, the data was frequently analyzed in order to arrange and classify it according to research objectives and themes. As a result, various themes and sub-themes were identified material. Subsequently, the themes were rearranged and methodically put together in accordance with the data analysis procedures. The interpretation made sense and accurately depicted the actual events. In fact, a non-bias approach was taken to data interpretation. As a result, many methods of data analysis were employed for data triangulation, including tying the tale narratives to the findings, examining individual transcripts, cross-checking among participants, and finally, comparing the study's conclusions to previous research.

## **Validity and Reliability**

The validity of research refers to how well the study accurately measures what it aims to measure. It is an assessment of the study's accuracy and how closely it aligns with its intended goals. In research, reliability refers to how consistent or dependable a study's results are when it is repeated or replicated. If a study can be conducted again and produces the same findings, it is deemed reliable. Reliability can be demonstrated over time, indicating that the results remain consistent when the study is repeated at different points in time, and across samples, showing that similar results are obtained when the study is conducted with different groups of people (Kelly Carroll,2023).Ensuring the validity and reliability of study tools is crucial for maintaining the accuracy of research. In this study, we conducted pilot testing and incorporated expert suggestions to validate the tools used. The face validity of the

tools was evaluated by two specialists from the BRAC Institute of Educational Development (BRAC IED) at BRAC University. This study ensured the applicability of the questions for in-depth interviews by piloting them with a father and mother who met the same sampling criteria. The tools were reviewed and piloted before finalizing them for data collection. Additionally, this study used IDI questions to gather demographic information and other question-answer session from all fathers and mothers.

### **Ethical Issues**

First things first, clearance from the BRAC Institute of Educational Development at BRAC University was needed to ensure a seamless and ethical study process. Then, written permission to conduct in-depth interviews was obtained from the individual participants. Ethical guidelines were closely adhered to at every stage of this project. Ensuring privacy and identification during the IDI process is, in fact, of extreme importance.

### **Limitations**

The study had some limitations since it only focused on urban areas. It would have been more helpful to have the participation of fathers and mothers from rural regions to get a broader perspective. Another limitation was that the study only included middle-income parents. It would have been better to include both lower and higher-income groups to get a better understanding of how grandparents contribute to their grandchildren's well-being. Another important matter was the very limited similar literature review on Bangladeshi context for the thesis topic.

## **Chapter IV: Finding & Discussion**

This chapter presents the study's findings and discusses them. The results and discussions are presented in two sections. The findings section presents data from 12 in-depth interviews, arranged by themes. The discussion section addresses data collecting using relevant literature and research reflections. At long last, this chapter provides a conclusion and recommendations.

### **Findings**

The conclusions of this study are based on interviews conducted with fathers and mothers of children aged 0 to 6. It is important to note that the outcomes presented in this study are focused on answering the two research questions that were posed. The section starts with participant demographics and then progresses to three primary themes, along with a few sub-themes within each, were used to arrange the findings. Each sub-theme discusses the findings in order of the in-depth interviews. The findings are described comprehensively, addressing all of the study objectives.

Three primary themes, along with a few sub-themes within each, were used to arrange the findings. Each sub-theme discusses the findings in order of the in-depth interviews.

### **Demographic information of participants**

The study involved twelve participants, nine of whom were mothers and three were fathers. The demographic information of the participants was analyzed, taking into account their socio-emotional state, the age range of both parents and children, and

their educational background. The age of the participants ranges from thirty to forty-two. The children's age ranges from one to six years old, with eight girls and eleven boys. Half of the participants have one child, and the other half have two. They are all accomplished masters in different fields. Among the parents, two are marketing analysts, one is an entrepreneur, one is a geologist, and seven are educators. One mother is also a student. Each participant selected was from Dhaka city, from middle-class to upper-middle-class backgrounds, and belonged to an extended family.

### **Theme#1: Parents perceptions on children's wellbeing:**

Fathers and mothers discussed their ideas and opinions about the early childhood wellness of their children during the in-depth interviews conducted for this study. Early childhood wellbeing, as defined by the majority of parents in the IDI, is a child's whole development, encompassing all aspects of their physical, mental, and social growth from the time of their birth. A respondent from IDIs mentioned that childhood development and welfare are ongoing processes that involve adaptability to external influences after birth. One mother gave a detailed explanation of it,

*“Children will live in a good life that promotes their growth, development. And also give them pleasure and life satisfaction. That is called children's wellbeing”. (In-Depth Interview # 10, Date: 29.03.2024)*

One mother among the participants gave a different response: *“Wellbeing goes with good food, good health, proper place to live and safety which should be provided from the family”. (In-Depth Interview # 3, Date: 12.03.2024).*

Recapitulating the results above, a child's development depends critically on their overall well-being, which includes access to wholesome food, good health care, a

secure home, and adequate housing, happiness which promotes proper growth and development.

Another participant stated: *“What I understand by children wellbeing is: children will get proper nursing in his/her childhood which would help them to grow up properly. (In-Depth Interview # 4, Date: 12.03.2024).*

Another mother said: *“She thinks that early children wellbeing means their foundation level will be going smoothly and they will have age appropriate physical and mental development”.* (In-Depth Interview # 5, Date: 15.03.2024)

Another mother said *“According to my point of view, a proper wellbeing helps a child to move with a society and his/her surrounding. A child learns basic manner, attitude, way of talking, respect and love to others from family. Family is the ultimate institute to give children proper wellbeing”.* (In-Depth Interview # 6, Date: 16.03.2024)

According to the mother, wellbeing must be ensured from family where a child learn fundamental behavior, customs which helps them to conduct with others.

### **Sub theme 1.1: How parents ensure their child’s wellbeing**

These IDI’s were taken mostly to the working parents (both father and mother), they said that they preferred to keep their children to grandparents care rather than day care or totally depend on maid. According to my participants, In Bangladesh day care practice still not popular. Even sometime they hard unsatisfactory things about daycare centers. Another participant mentioned that the *“Children’s early well-being phase encompasses the physical, mental, and social growth of children aged zero to six years, and it is of utmost significance”.*(In-Depth Interview # 8, Date: 27.03.2024)

So my participants think that as both father and mother go out for working, so their children must be keep in a safe place with proper care and love. That’s why they live



in a joint family or keep their children to the grandparents in a homely ambience. And they also ensure after coming back from office or work place, they can give their most of the quality time to their children. They think with the help of grandparents and parent's quality time children will get a proper environment to grow up in a healthy and happy way.

## **Theme#2: How grandparents ensure children's physical and mental wellbeing**

### **Sub theme 2.1: Good health**

Most of grandparents are proving care and love from the first day of their grandchildren's life. Grandparents are not only care the new born but also care the new mothers. Generation to generation the upbringing style of babies has changed, modern science also added some point regarding children care. So when a baby born, at the same time a new parent to some extend grandparents also born to ensure them proper care.

I got many answers how grandparents help parents to ensure their children's good health. One of the respondent from IDIs express that: *"My baby got grandparents care and support from day one, even that time my mother and mother in law also helped me, took a very good care of mine. They ensure my proper rest and nutritious food so that my baby could get good amount of milk from milk. I think my good health and mental stability had a good impact on my child. Than when I joined my workplace till now my mother-in-law is taking care of my child. She always provides home made food for my child. Sometimes my child plays with grandparents and when my baby plays she use to stay around of him". (In-Depth Interview # 1, Date: 12.03.2024)*

Bangladeshi grandparents not only ensure the intense care of baby also care the new mother. Because new mother's care actually boots their physical and mental health which impact on newborn.

Another mother said: *“As my child has drawn syndrome so he needs special care. He even cannot chew all solid food. I use to give diet chart to my mother and she follows it. If sometime my child reluctant to have to than my mother contact with me for my suggestion. Other than everyday my mother talked with me several time to ensure my child's feeding”*. (In-Depth Interview # 8, Date: 12.03.2024)

One father said: *“Our parents have old custom and sometimes they believe on superstitions. Like when my child born my parents and my wife parents gave honey on my child's mouth. I was unable to make them understand. But later on they did not do such thing. Even my child's grandparents wanted to feed him solid before his six months. Eventually we make them understand that it is not healthy for my baby. Sometime actually we need to council them. As my wife is a student and I am working father so we prefer to keep our child to his grandparents”*. (In-Depth Interview # 4, Date: 12.03.2024)

Same happened to another mother, she said: *“after six months when my girl started having solid food she became stomach ache. Then I and my mother take her to doctor. Things came out that my mother use to cook three or four vegetables with hopscotch, that tough to digest my girl. After that she understood and follows doctor's direction”*. (In-Depth Interview # 3, Date: 12.03.2024)

In summing up the above findings, some grandparents have old believes and thoughts. Which they applied on us than on their grandchildren. But modern science shows us

new way of taking care child. Initially grandparents made mistake but gradually they come to know the new child care system and practice it.

Another mother said: *“As I am a working mother and I have to move to office early morning. I started working when my girl was just 3 months old. I used to keep my milk. My mother-in-law used to feed her. After six months according to dietitian she made food for my girl till now. She also ensures my girl’s bathing and sleeping. She always keeps my baby neat and clean which is very important for good health. My girl used to play with her grandmother”*. (In-Depth Interview # 2, Date: 12.03.2024)

We know that through playing children can learn many activities as well as physical growth also are developed.

Most of the parents acknowledged that, grandparents maintain a schedule to maintain child’s feeding, sleeping, playing. And adequate sleep and food and physical activity are very important for a child’s growth and good health. One mother mentioned: *“My mother can maintain timing for my child more accurately than me. Even in my off days I cannot feed or bath my child on time which my mother does very well”*. (In-Depth Interview # 7, Date: 27.03.2024)

Another mother stated one important thing *“My father-in-law is very concern about my children’s vaccination. As I and my husband both are working outside and vaccination time remain our office time. He keeps the entire vaccination card with him. And even sometimes take them to dentist as regular checkup”*. (In-Depth Interview # 9, Date: 20.03.2024)

### **Sub theme 2.2 : Mental development**

Among them, one father shared his experience, *“As me and my wife both need to go official tour so we are fully depending on my parents. We have two sons. They are too*

*much attached with their grandparents. When together go for tour their grandparents manage them so well so that they do not feel upset for us. They teach them how to talk, behave with other. They take my children out, park, shopping when it needed. My children have very good bonding so they share their thoughts, ideas with their grandparents. My parents make a balance between us and our children. Love them unconditionally. Which helps my children to feel that along with parents' grandparents are the safest place for them". (In-Depth Interview # 10, Date: 1.04.2024)*

*One mother said: "As I am a student mother, I need to give a lot of time to my study. My parents help me in all way. Especially my mother gives her maximum time to my baby so that she does not feel along when I go for my university. She talks with her, read story books, sing song together, teach her good habits. Specially encourage and congratulate her in her every small learning, which feels my baby very confident." (In-Depth Interview # 11, Date: 02.04.2024)*

*Another mother described: "My mother does not understand what really mental development is. But she listens him very intensely, even sometimes she keeps her work aside and focuses on my child what he wants to say. I sometime cannot listen him properly for my work pressure. This is why my son most of the time relay on his grandmother. My parents always give me priority. Even my mother says me always whatever time I would give to my son that should be quality time. So this is how my parents boost his mental development". (In-Depth Interview # 07, Date: 27.03.2024)*

The findings come to the IDIs that, as grandparents mostly around to the grandchildren when parents are out for work, then talk with them. They try to cheer them up. Listen to the children properly and value their words. They enjoy their time

by storytelling, singing. Grandparents also teach them good manners and appreciate them with all little success. These are important for mental health.

One father said: *“As we both are working parents; we keep our children under the care of their grandparents. Mostly morning to evening they use to stay with grandparents. My father takes my son school every day. My children use to roam around with their grandparents. By this way they learn how to meet and talk with other. My children learn about religious practices by following my parents. As my parents talk with my children enough so my children are become extrovert. I think when a child knows religious manners and can express himself properly that actually helps a lot to develop his mental growth”.* (In-Depth Interview # 12, Date: 03.04.2024)

One mother said: *“There has some generation gap issues. Sometimes some ideas may conflict between these two generation. Its normal because they have age. Apart from that my children love to listen their father’s childhood stories from their grandmother. She uses to teach them religious and moral ethics which is very important to their mental development”.* (In-Depth Interview # 2, Date: 12.03.2024)

Generation to generation taste, choice and habit will be changed and differ from older to younger. According to my participants, there must be some conflict of the way of thinking but at the same time children learn mostly religious practice from older person like grandparents. Parents believe that when a child has a strong believe on religion it helps to make his mental health growth smoothly. Because religion gives us mental peace.

Another remarkable statement given by one other was *“During covid19 pandemic I was pregnant and my elder son’s was 2.8 months. That time we were unable to go out.*

*My health condition was not good enough. My father & mother in-laws came to help me out. They played different indoor games; like- puzzle, crafting, hide and seek, flew kite in our rooftop. Sometime they cook different items together. They were concerned that my child doesn't be mobile phone addicted. This is how that time they helped my child's mental development. And they also take care of me and later on my new baby as well. I could get time for resting also which boost up my physical and mental health". (In-Depth Interview # 6, Date: 15.03.2024)*

So the finding says even during covid19 grandparents support new mother and grandchildren unconditionally.

### **Theme#3 Bangladeshi working parents preferred grandparents parenting rather than other childcare support**

All my participant's parents happily choose to stay in a joint family where children's grandparents are there. When I asked them why do you choose to live in a joint family and what is their perception about grandparent's role in Bangladeshi context, I got few answers.

#### **Sub theme 3.1: Fully trust on grandparents parenting**

When I asked one mother why she chooses to live in a joint family she replied me: *"As I am a working mother, my parents and my father and mother-in laws by rotation they visit my home to take care of my baby girl. And before joining my job I ensure their presence to support my baby. Because I can only trust on them as a primary caregiver after me. So there is no question about daycare service for my baby". (In-Depth Interview # 1, Date: 12.03.2024)*

Another mother stated that: *"My mother-in-law stays with us. Because she is her responsibility at this age and she also support me to look after my children specially*

*when I remain out of my home for my job. As my mother-in-law is taking care of my child properly and they have a very good bonding so I do not need to think of daycare for my child. Also don't know much about this care in our country". (In-Depth Interview # 3, Date: 12.03.2024)*

From the above findings, parents believe that the way grandparents can take care their children no one else can do. The bonding between them are so understanding. Furthermore, they do not have much ideas about the Bangladeshi daycare support.

*Another mother said: "Being a working parent, I prefer to stay in a joint family. My parents are living with me. They take care of my children and joint family is a blessing for children and working mother. In my house I have helping hand to help my parents. So that my parents can give the primary care to my children. I actually cannot trust daycare for my childcare; I am not habituate with this term yet". (In-Depth Interview # 3, Date: 12.03.2024)*

*One father mentioned that: "I live in a joint family. In our family joint family is custom. All my relatives live in an extended family. We never can think to stay in a nuclear family. For taking care my children along my parent's other family members are also there, so I do not need to think of daycare system". (In-Depth Interview # 12, Date: 03.04.2024)*

These findings concluded that rising in a joint family around grandparents is blessing according to parents. Additionally, it is also an old custom in Bangladeshi culture to live in an extended family.

*Another father said: "My wife and I both work outside. Sometimes we need to stay out of home for long day for official tour. So we prefer to stay in a joint family because my parents can take a very good care of our children. My parents manage my whole*

*family including my children's study. So I have no other choice to stay without my parents". (In-Depth Interview # 10, Date: 1.04.2024)*

The finding here is, for long time care while parents are away from home for job purpose there has no alternative of grandparent's full time support and care.

### **Sub theme 3.2: Grandparents role in Bangladeshi context**

One mother said: *"I am a teacher, even after school hour I have a lot of work to do. My husband's parents are no more so I have to depend on my parents for taking care of my children. If my parents do not look after my children, I cannot run my job. I can work without any tension for my parents. Actually my parents ensure me during my work time. Furthermore, after coming back home I can give quality time to my children. However, exiting daycare service is costly for me". (In-Depth Interview # 5, Date: 14.03.2024)*

Among them one of the mothers stated differently: *"Even I have many colleagues those who are getting support from their parents or in laws which help them to continue their job. Because they their children are in a safe care. If I say about Bangladeshi context grandparents are one of the main reason of women workforce because of their countless support to mothers. We can work with proper concentration as a result out productivity is increased". (In-Depth Interview # 7, Date: 27.03.2024)*

Based on above findings and other parents say they do not have enough knowledge about Bangladeshi daycare support. Whatever exiting supports are there, those are bit costly for parents. Moreover, parents acknowledged that without children's grandparents support to some extent women cannot work smoothly in their



workplace. So grandparents are playing a great role even economically in Bangladeshi context.

## **Discussion**

The aim of the study was to examine the opinions of parents regarding the involvement of grandparents in the well-being of children aged 0 to 6. The data was collected through comprehensive interviews, and based on the research questions and purpose, the data was analyzed and organized using the results of IDIs.

All the parents who participated in the survey were from a middle-class and well-educated demographic profile. The study found that although most parents acknowledge the importance of a healthy childhood, their work and other obligations may prevent them from spending enough time with their children. Parents may believe that their children will be benefited from the close emotional bonding that can develop between grandparents and grandchildren through daily caregiving. They may also value the cultural and familial traditions that grandparents can pass down to their children.

From the findings of the in-depth interviews regarding the parents understanding of well-being goes with good food, good health, proper place to live and safety, security, happiness and behavioral issues which should be provided from the family. This finding make similar sense from another research of (Jennifer Paris,2021). Here it was mentioned that A child's well-being depends on consuming a healthy diet and exercising. The risk of long-term health issues is higher in children who are malnourished. Developing lifelong healthy behaviors from early development is crucial. The physical changes that occur in children's bodies have an impact on their behavior, diet, and way of thinking. Along with development, immunity, mental

capacity, and emotional health are all impacted by a nutritious diet. For children to have a solid foundation for the rest of their lives, families and educators need to make sure they get the necessary amount of nutrients.

According to the findings of this study, all participants live in a joint family, some live in joint family because they believe in an old age parents are their responsibility and also a great source of their children's primary caregiver. In joint family children have a good bonding with their grandparents and they share and care both of their ideas. Working parents think it's a blessing for them. Which is match with another study that joint families are inherently better at raising children and connecting the gap between them and their parents by spending more time with them, even though they have fewer opportunities to express their affections and sentiments to them (Griffiths et al., 2002).

Findings obtained through analyzing the collected data from the IDS's disclosed that grandparents are very conscious about their grandchildren's food habit. Grandmothers make different kinds of food according to their diet chart. Even for the special child grandmother cook special soft food. Similar findings have been found in a study that revealed that Bangladeshi and other south Asian countries grandparents can play a vital role in helping their grandchildren maintain good health. Grandparents can ensure that their grandchildren are getting a balanced diet by preparing healthy meals at home. They can include traditional Bengali dishes, rich in vegetables, lentils, whole grains, and lean proteins. Studies concerning the impact of grandparents on the dietary habits of their grandchildren indicate that grandparents participate in a multitude of the good and bad feeding practices employed by parents. These practices include setting an example of healthy eating, letting kids help prepare meals, giving them more autonomy and control over mealtimes, pushing kids to eat more, and giving

them food as a gift or reward (Eli, Howell, Fisher, & Nowicka, 2016; Farrow, 2014; Goh, 2013; Li, Adab, & Cheng, 2015; Roberts & Pettigrew, 2010).

The question of whether grandmothers should be responsible for taking care of children to support women in the workforce while they raise families may have different answers depending on the cultural context. In an article in the Washington Post, Kelly Yang, a Chinese American woman living in Hong Kong, encourages young mothers to rely on their own mothers for support. Yang argues that the percentage of women in high-level management positions in China is significantly higher than in the United States, partly because Chinese women have access to reliable childcare from their own mothers. (Grace,2013). From this study finding, all the Bangladeshi working mothers they also depend and truly satisfied to keep their children with their grandmother's care and do not think about daycare for their children.

An extended family is the common type of household in Asia-Pacific that nearly half of Asians live with multiple relatives (Pew Research Center, 2020). Despite a gradual decline over the decades, extended or intergenerational families are still more prevalent in Asia than any other region globally. Among the various types of intergenerational households, one with three or more generation living together (three-generation) and one where grandparents live with grandchildren without the parents to those children (skip-generation) include co-resident grandparents who are highly likely to provide informal care and help (Knodel & Nguyen, 2015). Traditionally, the widespread intergenerational support has been explained by Asian culture that values commitment to protecting one's family (Xu & Chi, 2015). These statements are matched with this study finding. In this study, it's found that all the participant parents valued to stay in an extended family and they also think that old

generation are their responsibility. Actually it is one of the family custom in Bangladesh to live in a joint family and children raise with them.

Grandparents' presence and emotional support are crucial for children's well-being. By providing unconditional love and understanding, they contribute to their grandchildren's mental health. Remarkably, a study on the mental health index reveals that joint families have better values. This is to be expected, as children get to spend more time with other family members when their parents are not around (Heinrich, 2014). Evidence suggests that grandparents play a significant role in providing companionship to their grandchildren in various countries, including Bangladesh (Orb and Davey, 2005; Blundon, 2013; Kirby and Sanders, 2015; Samad, 2015). This could be one of the causes for the children's improved mental health condition. The physical health index is significantly correlated with other factors, such as religion, number of family members, years of education, setting aside time for kids, and amount of time spent watching TV. These studies are related to the findings from the IDIs were taken. In the findings it's come out that grandparents are playing a significant role to enhance children's mental health through their unconditional love and care, spending quality time and by teaching religious and moral lesson.

Considering that grandparents, particularly the maternal grandmother, frequently help with newborn care, it is surprising that little study has been done on the beneficial effects of grandparental support on postpartum mother mental health (Aubel, 2021; Scelza & Hinde, 2019). The findings show the grandparents care the new born baby at the same time the new mother also. Not only mother at the same time mother-in-laws also help new mother for improving mental and physical health.

Research shows that co-residence with grandparents improved cognitive development in terms of language development abilities (Reynolds et al., 2018), communication

skills (Cruise and O'Reilly, 2014), and overall educational performance (Deindl and Tieben, 2017; Perry, 2017). In this study, parents expressed agreement that their children's grandparents provided support in the development of their language and communication skills. Because grandparents spend time with them, talk to them, and take them out, children can learn social skills and appropriate behavior. It is also evident from the results that none of the children have any developmental problems or speech delays.

### **Conclusion**

Grandparents are a valuable asset to their grandchildren. They impart knowledge, act as a bridge to the past, provide additional support and direction, and offer unconditional love that no one else can. These are just a few of the benefits that grandparents provide. Additionally, grandparents provide their grandchildren with a plethora of mental, emotional, and even spiritual advantages. Grandparents and grandchildren often share a close and meaningful bond that is valued and appreciated by both generations, though this is not always the case.

Grandparents and grandchildren engage in various activities together, such as attending religious events, traveling, shopping, playing games, passing down family history, watching TV or movies, babysitting, providing emergency assistance, offering guidance on personal matters, and participating in family gatherings (Smith and Drew, 2002).

More systematic study on grandparents parenting has been conducted since the 1970s as developmental psychology turned to a lifespan view; most of this research depicts grandparents in a positive light (Smith & Drew, 2002). The grandparents of today will likely be considerably better educated, far fewer will live with their grandchildren

directly, and their function will typically be that of an advisor rather than the family's enforcer.

Even though family values and cultural norms differ from culture to culture, grandparents play a crucial role in raising their grandchildren. In the United States, for example, grandparents are accustomed to helping out more when it comes to caring for their grandchildren and often value their independence and social connections.

In Bangladesh and other South Asian countries, grandparents play a significant role in supporting their grandchildren and parents. It is customary for families to live together in a joint family structure. This tradition is prevalent in villages where almost everyone lives as a joint family, and even in towns, many families choose to live as an extended family. Middle-class working parents who adopt children prefer to continue living in a united family. Having grandparents around brings two specific benefits: children grow up in good health, and parents save money by not sending their children to full-time daycare. Most importantly, women's empowerment has expanded dramatically as they can rely solely on their parents for their children's care.

This research indicates that grandparents not only offer their time and care but can also improve the financial stability of parents, particularly in situations where three generations live together in the same household. It is essential to note that every family is unique, and each grandparent-grandchild relationship differs depending on various factors such as location, cultural background, personal beliefs, etc., so these suggestions may vary based on individual circumstances.

## **Recommendation**

The goal of this study is to investigate the current state of grandparents' engagement in the general wellbeing of their grandchildren. In order to encourage grandparents to

be more involved in child care, recommendations are made in the conclusion based on the overall findings. The suggestions are as follows:

Grandparents must be included in parenting programs alongside parents, and nationwide programs on grandparents' involvement in child care and raising practices need to be set up.

It is important to raise public knowledge regarding the value of grandparents' involvement in child care and raising practices through a variety of media, including print, electronic, and social media.

Extensive research ought to be conducted in densely populated regions, encompassing both urban and rural areas, using higher sample sizes. It is necessary to conduct more research on the impact of grandparents' involvement on the wellbeing of children in our nation. Funding for studies on grandparents' involvement should be provided by the government and non-governmental organizations.

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## Annex 1: In-Depth Interview (IDI) Questionnaire

**Research Title:** Exploring the influence of grandparents' role in Bangladeshi context to develop the well-being of children (0-6 years): A perception study on parents.

### Section A: Demographic Information

Father/Mother name:	Age:
Sex( Male/Female):	
Number of children:	Age of children:
Children's sex (Male/Female):	
Occupation:	Educational level:
Monthly income:	Location:
Contact number:	

## **Annex 2: Research questionnaires**

1. Are you a working/housewife/student as a parents?
2. Do you live in a joint family (with child's grandparents) or nuclear family?  
Why?
3. What do you understand by early childhood development?
4. Who are the primary caregivers of your child/children?
5. Whom you get help most for your child's care apart from your spouse?
6. How did your child's grandparents take care your child as a new-born?
7. How is the bonding and understanding between your child and his/her grandparents?
8. How much role do you think your child's grandparents can play for ensure your child's good health?
9. What is the contribution of your child's grandparents to the mental development of your child?
10. What are the daily activities your child uses to do with child's grandparents? Can they manage your child?
11. Does your child have any developmental issues?
12. Do you think your child's grandparents extra love and affection hinder or help to enhance your child's normal development?
13. What is your notion in terms of the socio economic context of Bangladesh, what kind of role grandparents can play for their grandchildren?

### **Annex 3: Voluntary Consent Form for Parents**

**Topic:** Exploring the influence of grandparents' role in Bangladeshi context to develop the well-being of children (0-6 years): A perception study on parents.

I am the student of BRAC University, is conducting research how grandparents' role in the Bangladeshi context affects the well-being of children aged 0-6. The result of this survey research is hoped to be beneficial for children's development.

**The Risks and Benefits of Participating in Research:** You have little risk of losing anything by doing this investigation, except from a little time investment. The results of the study will provide fresh insights into how children will develop in the future. It is anticipated that your involvement in this study will have a unique impact on how children in our nation develop mentally.

**Compensation:** For taking part in this survey, you won't get any actual benefits or payment.

**Privacy:** I guarantee the utmost confidentiality for any information you offer us.

**Utilizing Information in the Future:** Your identity will be kept private, however the research data may be shared with other researchers if needed. If your child needs any more retention testing in the future, you can get in touch with me.

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Signature of Investigator

Date:

.....

Signature of Subject Participant

Date: