

# **Father's Perception of The Role of Fathers on The Socio-Emotional Wellbeing of Their Children Aged 6-8 Years**

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

Brac Institute of Educational Development  
Brac University  
December, 2022

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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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**Student Full Name**

Student ID

## Approval

The thesis titled “Father's Perception of The Role of Fathers on The Socio-Emotional Wellbeing of Their Children Aged 6-8 Years” submitted by  
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of Fall, 2022 has been accepted as satisfactory in partial fulfillment of the requirement for the degree of Master of Science on 29<sup>th</sup> November, 2022.

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## **Ethics Statement**

Title of Thesis Topic: Father's Perception of The Role of Fathers on The Socio-Emotional Wellbeing of Their Children Aged 6-8 years

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1. Source of population: 12 fathers of 6-8 years children living in Dhaka city
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 (n/a)
  - d) Sensitive questions (no)
  - 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 (n/a)
  - 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**

The most significant people in a child's life are their parents. The development of a child is completed with the involvement of both fathers and mothers. Many emerging nations have realized that fathers play a significant role in the whole development of their children, not just in terms of their physical well-being. In order to succeed in every aspect of life, children's socioeconomic wellness is just as crucial as their physical health. Many studies have been conducted worldwide to demonstrate and clarify the contribution fathers make to their offspring's socioemotional wellbeing. Though it is still uncommon for fathers to be involved in their children's socioemotional wellbeing in Bangladesh due to cultural barriers and a lack of information and awareness, it is now imperative to evaluate the current norms. In the current study, fathers' perspectives on the significance of their involvement in children's socioemotional wellbeing between the ages of 6 and 8 were examined. Since it was a qualitative study, information was gathered using two different techniques: focus groups and in-depth interviews by using an unstructured questionnaire. Sixteen highly educated middle-class fathers with children ages 6 to 8 were selected from Dhaka city. Data were gathered via a digital medium, such as Zoom or WhatsApp. It is evident from the analyzed data that, practically all fathers are aware of the importance of socioemotional wellbeing in a child's life. Fathers are eager to learn more about their actions, and they also want to see how the nation is aware of the importance of children's socioemotional wellbeing and how the government is stepping in. Although there were some other approaches, certain recommendations for parents, the government, and NGOs were made based on the overall findings.

**Keywords:** [Fathers perception; Fathers role; socioemotional wellbeing; development; involvement]

## **Dedication**

This is a dedication to my husband, Mithun Baran Dey, who motivated me to apply to this program and supported me throughout the entire process.

## **Acknowledgement**

I sincerely thank Brac IED and Brac University for providing me with the opportunity to complete my thesis and for offering the required administrative assistance.

I am grateful to Mostak Ahamed Imran sir, who oversaw my thesis and provided me with constant encouragement, guidance, and support. Without his assistance, it would not have been feasible to complete the report on time.

I gratefully acknowledge and greatly value the expert input provided by Madam Ferdousi Khanom, Senior Lecturer at IED-Brac University, who helped validate the research tools. I would also like to express my gratitude to the entire faculty at Brac IED and Brac University for their support and encouragement throughout this M.Sc. programme.

I want to express my gratitude to the study's participants for their participation, cooperation, and contributions. They helped me finish my thesis paper; thus, they owe me.

Lastly, I want to thank my mother and my sons from the bottom of my heart for all of their help and support. It would permit me to complete this thesis.

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## List of Acronyms

COVID-19	Coronavirus Disease of 2019
ECCD	Early Childhood Care and Development
FGD	Focus Group Discussion
IDI	In-depth Interview
SGD	Sustainable Development Goals
UNICEF	The United Nations International Children's Emergency Fund
UK	United Kingdom
US	United Nations
WHO	World Health Organization

# **Chapter I: Introduction & Background**

## **Introduction**

With the modified perspective of the world, man is not only considered to be the breadwinner in the family but also has a vital role as a father in children's overall development (Selin, 2013). On the other hand, women's involvement in the workplace is gradually increasing all over the globe (Hossain, 2016). For a developing country like Bangladesh, both men's and women's economic participation is essential. As a result, the number of working parents' families is increasing, especially in urban areas, to secure social life, enhance their living status, and participate in countries' economic growth. The Labor Force data of Bangladesh in 2021 show that, the percentage of women who work has increased over the past decades (Trading Economics, 2022).

Across time, cultural norms and constraints led only women to view themselves as the primary caretakers of their children. As time changes, society, as well as family views changes. Among parents, work-home life is not divided as like before (Harris et al., 2006). Moreover, child-rearing and caring knowledge have entered a new arena in the 21st century (Harris et al., 2006). A famous quote by David Gottesman is, - " Like mothers, fathers are not born. Man grows into a father, and fathering is a crucial stage in their development". In order to become a good father in children's lives, the line defines fathering as a practice and knowledge-gathering stage that must be completed. If fathering is done properly, man can create a better foundation for their children's future by taking on responsibility for their health, education and learning as a caregiver (National Research Council et al., 2015). Father's attitude towards children, involvement in all growing aspects, and experiences positively impact children's early life. The process of becoming a successful human being starts by a cordial relationship with a

knowledgeable caregiver. With appropriate participation, a responsive father may ensure his children's wellbeing in all aspects of their lives.

Children's social, emotional or physical growth depends on their surroundings and home also (Mcilroy, 2022). Here the development of social and emotional aspects is as important as others, such as physical or cognitive improvement. Responsive fathering and healthy emotional relationships with fathers can help children to become socially adaptable. Children can learn social and emotional skills rapidly in the early years of life, with the growth of the brain (Early Brain Development and Health, 2022). Not only a biological fact but also environmental experience teaches the early learners their way of expression towards others, regulation of their feelings, or developing relationships with society (Palmer, 2019).

Middle childhood (6-8) years are significant in a child's life. By this time, they have undergone significant internal changes that have influenced both their social and emotional perspectives (Raising Children Network, 2022). The craving for independence and eagerness to make relationships with the outer world took place more on this stage (Well-being concepts, 2018). Erikson contends that this phase is critical to the growth of confidence. Children receive attention and praise for completing a variety of tasks during school and other social activities ("Industry vs. inferiority in psychosocial development," 2011). Moreover, in middle childhood, children seek support, praise, and accomplishment from the nearest one. The more positive involvement will be provided, the children will develop their competence (Brennan, 2021).

Father is the most influential person in a children's life and their influence can positively impact children's overall wellbeing. In connection, the father's role is very significant in middle childhood years as children are changing physically or mentally and socio-emotionally. In 6-8 years, confidence, self-esteem socialization or emotional regulation all develop in a child mind (Micilory 2022). During this period, Father's understanding is crucial whether children are achieving the developmental milestone or not.

In urban culture, the practice of fathering changes considerably due to nuclear family and higher educated parents (Bhamani, 2012). Although, the traditional thought reinforced fathers to remember that only children's basic needs are essential to cover. The need for social-emotional balance or ensuring children's future mental stability is still far behind realized.

Most urban fathers in Bangladesh still believe that their role for childrearing is outdoor activities with children, even though, the need for a child's mental state is overlooked (Fathers' involvement in global and Bangladesh context, 2022). Understanding their perception of children in those development sectors is essential, which is generally neglected (Selin, 2013). Fathers those concerns can bring a difference in children's life.

Fathers' awareness of the significance of children's socioemotional health can motivate the father to learn more. The more knowledge a father possesses, the more consciously he will interact with his children. Understanding children's mental state, playful homely environment, involvement in their grooming, or support in peer relationships all can facilitate early learners' socioemotional well-being.

### **Statement of the Problem**

In recent decades, Fathers now spend much of their time balancing commitments with people other than their children or embracing every opportunity that comes their way (Kedersha, 2021). Globalization, urbanization, dependency on technology, or best education facility for children, all took priority in the father's life. As a result, fathers are more intricate in monetary wellness. Mostly, in recent years, due to loss in learning for school closure, fathers are more concerned about children's schooling (Origin, 2022). Overall, less time spending is affecting father child relationship. A study conducted in few metro cities of India showed that parents are less involved with children due to work life imbalance (Fernandes, 2011). Moreover, today's technology keeps fathers busy with official matters even after end of office time. Research on parents' thoughts regarding technology said that, due to gadget usage, parenting is

more complicated than 20 years back (Auxier et al., 2020).

Less engagement from the fathers' portion have impacted the children globally. A study by UNICEF in the UK, Canada, and the US to measure children's well-being showed that children's social and emotional well-being is hampered due to fathers less engagement (Children's Bureau, 2018). Moreover, a limited time after their job, less relaxation time, and constant connection with gadgets directly impact the relationship between husband- wife, and children (Ryan, 2020).

In middle childhood, children anticipate their parents to spend more time with them and bond with them. Though there are some complications like the building or nurturing problems, impulsive behavior, continuous stress for workloads and less relaxation time, internal conflict in families, or low self-esteem are liable for less warm relationships with children (WHO, 2020).

Ultimately, the lack of social-emotional regulation from fathers' part can hinder children's future career success. The country will get a less enthusiastic generation who will have fewer contributions to the country's economic and social growth (WHO, 2020). Additionally, the treatment youngsters received as children will motivate them to treat the following generation similarly.

In Bangladesh, increased urbanization influences the father to become more involved in earning money rather than passing time with family. Even, the father's role is still defined here only by providing basic needs for the children. In most cases, it seems that mothers are solely responsible for children's development, schooling, and study. Fathers need to understand that their role is not only to provide financial support but also to require a consistent warm relationship.

A study conducted across seven selected countries revealed that 85 % of fathers responded to their willingness to be a perfect caregiver in children's life (Men Care, 2019). However,

unfortunately, there is seldom any effort to investigate fathers' perception of whether or not their contribution to children is adequate. There is a lack of guidelines for fathers to know their to-do list according to children's age. That is why it is vital to know the urban father's view and knowledge regarding children's socioemotional well-being and other aspects in a developing country like Bangladesh.

### **Purpose of the study**

The study intended to identify fathers' perspectives on their role in children's (6-8) socio-emotional well-being. Fathers must understand that their self-oriented view and ignorance can hamper children's socioemotional growth. This study may persuade fathers to learn more about their children's social and emotional development and make a list of recommendations to help their children's thrive.

Consequently, the aim is to discover fathers' activities for transmitting to their children their own particular knowledge and experience. A father's commitment to his children's social and emotional well-being can have an effect on a young learner's life because his experiences are different from mothers. A father's understanding of the outside world and relationships with the environment might aid a child in learning social norms and making emotional adjustments.

### **Significance of the study**

Studying the father's role is imperative because it has a long-term impact on children's future outcomes (Child and Family Research Partnership, 2017). Globally, much researches have been done and policies implemented considering the value of father's attachment in children's life. A European study by the World Health Organization to understand fatherhood said that a father's involvement could promote children's social adaptability (WHO, 2022). Moreover, a father's presence can positively impact children's lives (National Fatherhood Initiative, 2022).

Children's mental wellbeing has received a lot of attention globally. Goal 3 of the 2015 Sustainable Development Goals (SDG) refers to "Good health and Wellbeing" (Wikipedia, 2022). The AGENDA 2030 promotes mental health and well-being of all ages (Inter-Agency & Expert Group on SDG, 2016). A knowledgeable father can become a pillar in ensuring children's wellbeing. The more knowledge father will hold, the more attachment with children can occur. Engaged fathers can nourish family bonding, support cognitive development, enhance children's educational success, and teach self-esteem or pro-social attitude (Child and Family Research Partnership, 2017). The policies of Bangladesh also consider the mental wellbeing of children is as important as physical. The National Children Policy 2011 (section 6.1) specified ensuring children's overall growth (National Children Policy, 2011). Additionally, according to the ECCD policy 2013 in Bangladesh, 6-8 years is a transition time for children entering in regular schooling (ECCD, 2013). The Government of Bangladesh also declares here some strategic principles in which section 7.3 on parenting describes that the knowledge and skills of parents should be increased for children's overall development.

However, policymakers emphasize both father's and mother's skills and knowledge development, here in Bangladesh, cultural norms rigid the father to become more involved with children (Selin, 2013). Though, in recent days, increased nuclear family, mother's workplace involvement, and urbanization all are forcing to change the trend of treating the father only as a financial supporter. Moreover, this is the high time to become more alert on children's social emotional growth after Covid-19 pandemic. A study on 512 children aged 4-7 years found that 21.5% are suffering from emotional and behavioral problems (Syed et al., 2022). The rise of socioemotional imbalance among children in Bangladesh need special initiative not only from mother but also from fathers. Between 6-8 years, children's start their formal schooling. That is why it is essential to do study to understand how the father sees and influences his 6- to 8-year-old child's social and emotional condition. This study is important since father



participation in children's socioemotional development between the ages of 6 and 8 is infrequent in Bangladesh. Knowing own children in different stages of their age and contributing to their social and emotional security will ultimately bring benefits to the children, society, and for the country. The proposed study on 6-8 years children can create awareness among fathers of their to-do list in children's development domain, and can change perception on believing the present concept. Moreover, it can help future researchers to study in relevant fields as well as policymakers to make roles and create father's friendly programs.

### **Research Questions**

Q1. What is the father's knowledge of children's socioemotional well-being?

Q2. What is the father's perception of their role in 6-8 years of children's socioemotional well-being?

Q3. What activities fathers are planning to do in future for their children's socioemotional well-being between the age of six to eight?

### **Operational Definition**

**Father:** In this study, the father is a male parent who is biologically linked to the child.

**Perception:** Our sensory perception of the outside environment is known as perception. We discover knowledge about our surroundings through this experience (Cherry, 2022).

**Role of fathers:** For the mental and physical health of their child or children, a father's position in the family is crucial. When a child has a positive relationship with a father figure, they are more likely to have stronger relationships as adults and greater psychological health (Applebury, 2020)

**6-8 years children's:** Become less dependent on family and start imagining the future. Learn more about where they fit in the world and social adjustment. Give priority on friendships and

teamwork (CDC, 2021).

**Children's Socioemotional wellbeing:** A child's ability to develop strong social, emotional, and behavioral skills is characterized by their capability to create intimate, secure, meaningful connections; experiencing, regulating, and expressing emotions as well as discover surroundings and pick up new abilities. The caregiver environment that surrounds children, influences their growth. We can design environments that benefit kids ("Social emotional well-being," 2022).

## **Chapter II: Literature Review**

This chapter intends to gather ideas, knowledge, understanding, and gaps from the research that has already been done (Guide, 2019). According to past research, critical analysis and Interpretations will be performed so that the study's purpose can be identified clearly. A thematic structure will be followed to gather deep knowledge on different aspects of the study problem.

The study intends to reveal fathers' perception of their role in 6-8 years of children's socioemotional well-being. The theme is divided according to the father's knowledge, perceptions and plan for ensuring children's socioemotional well-being.

### **Fathers Knowledge on children's socioemotional well-being**

Under the supervision of UNICEF, the My Values and Virtues program for primary and secondary schools emphasizes parents' understanding of socio-emotional skills (Backovic et al., 2021). It provides suggestions for teachers, students, and parents to gather knowledge about their to-do lists to create children's healthy social-emotional development. According to them, parents should know the importance of children's teamwork and collaboration, creativity, self-control, empathy, tolerance, optimism, honesty, and gratitude (Backovic et al., 2021). As 6-8 children are already involved in formal schooling, understanding these domains for their

healthy social growth is very important. Here, fathers understanding is crucial to support on school success, overall well-being, and future career of children (Backovic et al., 2021).

Many studies have been done to understand the importance of right communication of a child along with family. Research on 186 students aged 6-8 years to know their socioemotional stability according to their characteristics shows that unsociably children have more socioemotional problems than others (Coplan & Weeks, 2010). A children can learn social communication from his parent's attitude towards others. 6-8 years children can feel complications in attaching with other people. Because, shyness, depression, and anxiety mixing up with peers lead to this stage of children's life (Coplan & Weeks, 2010). Hence, the study only reveals the mother's rating and fathers' good communication with their children.

Another study was conducted on fathers' and mothers' reactions toward 5-6 years children's negative emotional attitudes. The positive side of the research is that it shows the importance of parents' involvement in children's rearing. According to the study, children's social functioning depends on parents' positive or negative response. The different reactions of parents such as both fathers and mothers' warm and secure communication generally benefited the children on their socio-emotional learning (McElwain et al., 2007). So, the study prioritizes the importance of the father's and mother's knowledge of children's emotions. However, it is missing what kind of knowledge a father can accumulate for 6-8 years of children. In each stage of development, brain functions turn into a new version; the view that children hold in 3-5 years is much different in the age of 6-8. That is why the father's close observation and knowledge are also essential to children in this middle childhood.

### **Father's perception of their role in children's socioemotional well-being**

Baumrind, a clinical psychologist, is well known for framing different types of parenting. According to her research, the father's and mother's viewpoints are present in their behavior toward children (Estlein, 2021). The parenting styles are identified as authoritative, permissive,

and authoritarian. Later Maccoby and Martin revealed another rejecting-neglecting style (Estlein, 2021). According to the parenting style, children's behavior can be influenced positively or negatively. Here, the father's perception is crucial to know what parenting style they continue with their children.

Much research has taken place to understand fathers' involvement and children's socioemotional outcomes. A research result showed that the involved fathers' children have visible changes in their physical and mental well-being (Yogman & Eppel, 2021). This research primarily advocates for generalizing fathers' involvement policy and paternity facilities but did not address fathers' perceptions of that. Another research on fathers' involvement in children's socioemotional well-being stated fathers' significant role can work positively on children's linguistic and socio-emotional development (McMunn et al., 2015). Despite the fact that the research focuses on fathers' involvement, no fathers' perspectives have been gathered to understand how much they meant by their role.

Unfortunately, the father's role is not stated clearly, in research or policies across countries. Although, significant changes occur in the role of the father considering the environment, socioeconomic status, education level, and urbanization. Much research ensures that fathers' perception of their role changes due to mothers' involvement in the workplace. The more fathers communicate and pass the time with children, the more they remain aware of their role. A literature review on the father's role states that due to multi-task in life, today's fathers are facing challenges to identify their role as an earning family member or active participant on children's overall well-being (Stublely et al., 2015). Another qualitative research done at Columbia to understand fathers' perception of their role in children and family stated that in nuclear families, the view of father and fathering are gradually changing (Carrillo et al., 2016). Fathers' perception was that they need to spend quality time with love and affection with their children. The belief of parents is an important matter for their children's development (Carrillo

et al., 2016). Hence, the family's authority is not changed over time for a male member, but the father's role is gradually increasing.

### **Father's activities for ensuring children's socioemotional well-being**

Research on children's development domain confirms that fathers' active presence is as significant as mothers. In the twenty-first century, the changes in social trends influences fathers to participate more with children, and children have more expectations from fathers than before (Cabrera et al., 2003). At the age of 6-8, children's play patterns remain changed; they love to make strong friendships other than family members, though, this time, they feel to have a strong bond and cooperation from parents also (Raising Children Network, 2022). A father can help a child build self-esteem, improve himself by making mistakes, and gain knowledge from his surroundings by showing himself as a model (Raising Children Network, 2022). Besides this physical play, the reading habit can also be a part of the father's activities with the children.

Fathers' engagement depends on many aspects, such as countries' cultural views, socioeconomic status, legal rights of fathers, or political activities (Poole, 2013). The UNICEF report shows, Netherland fathers are on top regarding measuring children's well-being and active participation (UNICEF, 2013). UNICEF insists that government and policymakers keep their priority on considering children's well-being first while granting any new policy (UNICEF, 2013). A longitudinal study conducted in the UK between 3-7 years old children showed that a father's involvement in physical activities proved much more beneficial in children's socioemotional development than reading activities (McMunn et al., 2015). The research was conducted across many countries to understand nationwide provisions and policies supporting a family for the child's betterment and well-being. The result shows that government intervention in South-East Asia and Sub-Saharan Africa is rare, while Europe and Latin America have the policies (UNICEF Innocenti Research Center, 2015). This result can

be communicated with the one ongoing initiative based In North Carolina. In order to comprehend and support fathers for their role in their children's lives, a conference on fatherhood was held there.

On the other hand, according to the World Bank 2021 report, Bangladesh is overpopulated with 166,303,494 people, where the male number is 84,031,706 (World Bank, 2021). Various populations of Muslims, Hindus, Cristian, Buddha, and over 40 indigenou live here (Selin, 2013). Within the 147570 square km area, they bear different cultures. Generally, fathers of Bangladesh only play a traditional role in making decisions for children's futures but are very rare in child rearing (Selin, 2013). Though the situation changes over time, the inclusion of the government and fathers' perspectives is still bemused.

## **Chapter III: Methodology**

### **Research Approach and Design**

As the proposed research largely wanted to disclose fathers' perceptions, an open-ended and conversational method was appropriated. For this, the study's design was Qualitative, as a Qualitative approach can help to understand human behaviors and their opinion about something (BC campus Open Publishing, 2022). The Qualitative research would meaningful to get inner knowledge of fathers about child rearing, their thinking on children's socioemotional well-being, and ideas to present in action.

### **Research Participants**

The research participants were twelve fathers who had at least one children of 6-8 years, living in Dhaka. All the participants were from middle class family and service holders or professionals. In most of the family, both parents were job holder or few mothers were housewives. A few of them came from extended family, but the majority were from nuclear families. The educational qualification of the participants were minimum Masters in any

discipline.

## **Research Site**

The research was conducted in different areas of Dhaka city, as several diverse service holders were available there. Most of the participants were from Malibagh, Shantinagor or Banosree area, few of them from Gulshan and Basundhara residential area. The interview was conducted using online platform via Zoom, WhatsApp so that fathers can easily communicate and provide time withing busy work schedule.

## **Participant Selection Procedure**

A total of twelve fathers were selected through the purposive sampling technique where six fathers performed in FGD (Focus Group Discussion) and Six fathers attended the IDI (In Depth Interview). The participants were from different educational and professional background so that can gather different perspective easily. On the other hand, educated fathers who were living in urban area could have the ability to explain their thoughts or view on children's development domains. The economic status should be middle class. To complete the interviews, a list of the participants, their location, and their convenience was taken to refine the sample. Because it was a form of non-probability sampling where participant selection was ultimately up to my convenience, I chose purposive sampling.

For choosing the sample, following inclusion and exclusion criteria was considered.

## **Inclusion Criteria**

- Fathers living in Dhaka city having at least one 6-8 years children.
- Fathers with minimum educational qualification of Masters or upper level.
- Fathers on service or other profession.
- Fathers from dual earner family or single earner.

## **Exclusion Criteria**

- Non service holder or non-professional fathers of Dhaka city.
- Fathers of lower income or upper class.
- Fathers of rural area.

## **Data Collection Method**

Data was collected through IDI (In Depth Interview) questionnaires and FGD (Focus Group Discussion). After getting approval from the BRAC IED specialist, the procedure was started. Permissions of the participants were taken first, either verbally or over the phone, to perform the remote interview. The interview was taken approximately 20-30 minutes. After they meet the inclusion criteria, 6 IDI and FGD with 6 fathers were conducted remotely over an online platform like Zoom, WhatsApp apps. As it was hard to reach people in Dhaka city due to distance or traffic jam, an online platform was easier procedure to perform the interview. For the focus group discussion, zoom link were shared with the participant according to their choice. The IDI was taken via Zoom and Whets App. Permission was taken from the participants to record the interviews. Notes and reflections were also taken if necessary.

## **Data Analysis**

The most important part after completing the interview was data analysis. To evaluate the data a systematic logical technic was applied. At first the collected data was organized and checked carefully if any answer to the question is missing. Then all the data of recorded IDI and FGD were transcribed manually before starting the analysis. The hand notes of interview were also written in a descriptive manner. For identifying the documents later easily, identification numbers were used. To prevent the loss of data, back up was taken in Google. After that, the processed data was read to analyze the accurate information or to avoid potential errors. Based on the research topic and question, organization and categorization of the data was performed.



The researcher's reflection was also written in a narrative form using a google spreadsheet. After analyzing the data, the information was divided thematically. Later, transcripts were rechecked if any of the data is missing or require any modification on theme selection. After that, according to data analysis steps, themes were analyzed logically. Finally, all the study findings were presented descriptively.

To improve the validity and reliability of the data, data triangulation process was followed. In qualitative research, triangulation means a cross examination by using different method (Research Articles.com, 2020). Cross checking of participants answers, cross between study findings and existing literature, expert suggestion all will get priority.

Thus, the data analysis was completed.

### **Validity and Reliability of the Research Tool**

Validity checking is essential to get the accuracy of the IDI and FGD questionnaire. As the IDI and FGD questions was unstructured, BRAC University ECD experts verified the tool. The reliability was assessed by observing the consistency of the result over time, by diverse observers, and through articulation procedure if there were repeat questions (Middleton, 2019). Questionnaires were modified according to the suggestion of ECD experts of BRAC university.

### **Ethical Issues**

Before conducting the IDI, participants were notified of the purpose of the study. Participants were known that this research is only for academic determination, and they would have the full right to withdraw at any time during the study. Participants were assured that no personal information will be spread, and confidentiality will be strictly maintained. No participant would psychologically, legally, or socially hurt during the study.

### **Limitation of the Study**

The Dhaka-based service holder fathers might limit to get the appropriate thought of fathers over the country. Another limitation was that, the remote interview could rigid to observe the

attitude and feelings of the father exactly, as face-to-face interaction could bring diverse aspects.

## **Chapter IV: Findings & Discussion**

The findings from the data and discussion will be the main topic of this chapter. The results of two separate data gathering methods, in depth Interview and Focus Group Discussion, were examined. Because it was more convenient to assemble working fathers, all the data were combined through online platform by using Zoom or What's App. The primary goal of the study was to comprehend how fathers themselves view the significance of their contribution to children's socioemotional wellbeing between the ages of 6 and 8. The questions were designed in order to better understand fathers' knowledge, perceptions, and planned actions to promote children's socioemotional wellbeing. The themes were developed through using the data. The important findings of the current study were examined in the Discussion, in the context of prior literature and the researcher's perspective. Finally, the conclusion of this chapter includes some recommendations based on the findings of the analysis. 6 participants, all of whom are working fathers in Dhaka, attended the IDI. A total of 6 more participants with children ages 6 to 8 residing in Dhaka attended the FGD. All of the fathers were between the ages of 32 and 40. The majority of participants are of the nuclear family. Most of the fathers worked in the government or in the technology sector. One of them was banker and another was income tax lawyer. The range of their incomes was BDT 50,000–100,000. Participants came from a variety of neighborhoods in Dhaka, including Shantinagor, Mouchak, Khilgaon, Azimpour Banosree, and Badda. All of them were highly educated bearing Master's Degree. A summary of all the demographic data is attached in annex 5. For the better understand, Interviewees are categorized numerically as for IDI-IDI-Int#1, IDI-Int#2, IDI-Int#3, IDI-Int#4, IDI-Int#5 IDI-Int#6 and for FGD-FGD-P#1, FGD-P#2, FGD-p#3, FGD-P#4, FGD-P#5 and FGD-P#6.

## **Theme 1: Fathers Knowledge**

### **Understanding of Children's Socioemotional Wellbeing**

Many fathers have known what social and emotional wellbeing means when questioned about their children's socioemotional wellbeing. Some of them, however, were confused. So, after giving them a brief overview of the subject, they were better able to apply it to the attitudes of their own young children. On group discussion two participants answered willingly. One of the participants said that-

Basically, “Emotional wellbeing means weathers our babies are able to differentiate the emotions, are they ready to understand the emotions, are the able to build up and maintain a proper relationship and have the capability to grow positive emotions” (FGD-P#1, 27 September,2022). They mentioned that parents have a great influence on children’s social or emotional wellbeing. Mostly, children learn from parents’ attitude and everyday activities. Children also learn from their surroundings. On this, another participant said that- “I think a child’s day to day activities are very important. I mean with whom they are bonding, approaching or making discussion, learning, even playing. Each of these activities are important as somehow, they are related with emotional matters. I feel child love to make emotional attachment with all matters” (FGD-P#2, 27 September,2022).

From the individual interview also got same kind of response. Fathers were able to understand children’s social and emotional wellbeing. Almost all fathers agree in their individual interviews that the socioemotional wellness of their children depends on their ability to communicate effectively with people other than their immediate family and to express their emotions. One of the participants replied along with the importance of socialism. He said- “Soon after birth parents are the only society of a child. than later the surroundings involved in his or her notice. Other than parents if a child do not adjust with further family members or

caregivers, than it hampers the children's social or emotional development. We have notice that this mental development can treat a child holistically" (IDI-Int#4, 25 September, 2022).

All of the participants agreed that socioemotional wellbeing is crucial for children when asked about its value in their lives. The majority of them believe that a child's total welfare cannot be improved solely by physical health. Social skills and mental well-being are very important for their future. Some of the participants relate this question with their personal life and showed concern. One of the fathers told that- "Definitely. I feel the reality. I have two kids. My baby girl is near 5 and she is more social than his 8 years old brother. She knows manners very well. I am really confused. If someone come in my home, I see my boy have no response but my girls asked me who he or she is, want to mix up or make hug with new comer. Even if I come from outside, my girl come and hug me but my boy do not do it for me or for his mother also. I feel there must have some gap with my son. It is a matter of concern if someone come and children is not responding at all. It is really significant as it is related with mental development" (IDI-Int#3, 24 September,2022).

### **Importance of Fathers' involvement**

As many of them were dual earner, they realized the importance of father's involvement in children's overall wellbeing. One of the fathers replied on the question for the importance of father's involvement in children's wellbeing – "We both are job holder, so my involvement is very important to provide time to them. If we think only mother will take care or support all development domain, then it will impact on children's holistic growth. Fathers' involvement can create leadership capability of a children. In my observation, children love to play along with their father or going outdoor as father introduce many new things to them. Children get a confidence along with father" (IDI-Int#2, 23 September,2022).

### **Theme 2: Fathers perception**

## **Fathers' observation**

The majority of the participants gave favorable responses when asked about fathers' observations of their children's socioemotional changes in group conversation or an individual interview. They believe that between the ages of 6 and 8 is a transitional period for children when they can interact more with their environment. Children interact with their peers while in school and play with them. This fosters their socioemotional development. From the focus group discussion one of the participants replied- “- Yes, I have seen some changes in my child. At first, he was kind of aggressive and did conflict with friends. And was very naughty also. We tried to make him understand and now he has improved a lot” (FGD-P#5, 27 September 2022). Two more questions were asked in order to advance the conversation and learn more about the specific social and emotional changes in the group. Many of the participants replied willingly. One of them mentioned how his daughter's social attitude has changed as a result of their close relationship. She is getting friendlier and is speaking to people more readily. For emotional shifts, another person sounds the same. He thinks his son's reduced aggression and ability to form emotional bonds with his schoolmates are because of changes in feeling. Nearly all of the individual participants discussed current developments in children's socioemotional issues. They believed that a father's active involvement may significantly improve his children's lives. They also believe that children can pick things up quickly between the ages of 6 and 8. One of the participants felt that it is crucial to instill in the children the value of relationships and emotional attachment. He continues to do this in front of his children, and thus enhancing their socioemotional health. He replied – “I have seen recently the emotional attachment of my daughters along with my mother when she stayed my home for few days. Even after her returning, they feel happy to talk with her over phone. After introducing them with my mother, they are now able to hold the relationship and know how to continue it. I feel these things are very positive” (IDI-Int#5, 26 September,2022). The majority

of fathers said that formal schooling and outdoor activities had a significant impact on children's social and emotional development. They believed that interaction with peers or the environment helps children develop in both of these areas. One of the fathers explained – “My kid recently turned Six. I found him more interested to travel outside rather than watching cartoons on mobile screen. He is more manageable than he was one or two years before. He started to enjoy his school and company of his friends. He is trying to learn from the environment” (IDI-Int#6, 28 September, 2022).

### **Inducing children’s Socioemotional wellbeing**

All of the group discussion participants agreed that fathers can have a significant impact on their children's socioemotional wellbeing, when their opinions on the matter were asked openly. They believe that fathers can become excellent role models for their youngsters. Two of the participants shared their personal experiences with the group. After spending time with their children intimately and paying close attention to each of their events, they revealed a socioemotional transformation in their children. One of the participants told that- “. I have seen for last 6 months, if she skips the school, then her friends miss her. She has such level of friendship in this age that her friends also deny to go school if she doesn’t. so, I think father has the same responsibility and opportunity to play a role in children’s life. The way how we behave in front of them or mix emotionally with them also make sure how a child could grow. As well as their social wellbeing” (FGD-P#4, 27 September, 2022).

When questioned about the impact of father engagement on children's socioemotional wellbeing, each participant provided their own perspective. Many of them concur that a child cannot develop holistically under the influence of simply mothers. They think that fathers can perform some tasks that are difficult for mothers to perform after finishing their everyday duties. One of the father’s realizations is that- “Mother generally do many jobs inside home but father go outside with children or introduce children with others, or sometimes go relative’s

home. Generally, mother often cannot do this. When father introduce them with others, then it helps on children social development. My children back me the mobile when there is an incoming call while they are playing any games as because they understand I have to talk with the outer person. Even sometimes they come to my office, look so many people communicating. I think here father has a big role for their social development” (IDI-Int#5, 26 September,2022).

Another participant places emphasis on the importance of developing close personal bonds with kids as a good approach to teach them about emotion and ensure their emotional well-being. He replied – “Father can teach the child as well can make a close interaction with them. Then children will realize that my father is not scolding me, he is just telling me nicely. Later he or she will rethink doing any negative action. This will help in children’s emotional wellbeing for future” (IDI-Int#3, 24 September, 2022). He also mentioned that father can teach the children any matter in a positive way so that it helps children grown up positively. He said – “Sometime fathers pressurized children for study or making mistake in learning. It should be technically, positively and in a friendly way” (IDI-Int#3, 24 September, 2022).

### **Promoting children's socioemotional wellbeing through active participation**

Most fathers believe that in order to help their children develop socio-emotionally, they should be involved daily and should make as many regular activities as they can. The more interactions they will have with the children, the better result will be shown in terms of socioemotional growth. According to one of the participants, fathers' interactions and activities should be designed to maximize the benefits to children. He replied on the question regarding fatherly activities was- “We should provide them time in a structural way. After returning home and becoming fresh, I try to reveal what is going in their mind first, how is their mood. If I see, he

is gloomy, I play inside home, feed him. Gradually I feel he is becoming happy. And he is way of gadgets after my activities” (IDI-Int#1, 22 September,2022).

Various viewpoints were seen on this issue. Two of the participants agreed almost unanimously that fathers and children participating in outdoor activities can support children’s socioemotional wellbeing. First off, through communicating with fathers and bonding with them, youngsters may better control their emotions. One father said- “First, the father needs to establish trust with the child. Together, a father and child can play catch outside, come inside, and then read a book. They can occasionally sing or act out parts. We need to teach them to regulate their passionate behavior and establish moral principles in them through a variety of techniques” (IDI-Int# 6, 28 September,2022).

Another two participants place a greater emphasis on their own positive outlook than on actually performing the act. They hold the opinion that children imitate their parents and pick up on certain mannerisms or attitudes from them. From one of the participants reply- “Many times, father shout over phone. Children also learn this. One day I do a immoral behave with my wife in front of my daughter. She cried and tell it to her grandmother. As 6-8 years is very crucial for children’s mental development, father mother should vary concern at this stage” (IDI-Int#3, 24 September, 2022).

### **Effects of fathers' lack of participation**

Fathers expressed different opinions when questioned about the effects of fathers being less involved in their children's socioemotional wellbeing. The majority of them stated that it would negatively affect children's overall wellbeing, however one of the father’s cited examples of several children who were healthy and growing apart from their fathers. One of them stated that- “My younger sister has two kids and their father lives in abroad. Kids actually miss their father. It also can cause distance among father and children. As their mother is also job holder, so their outing is restricted. Though I try to provide some time to them sometimes. It is



impacting their social emotional skill as well. I personally request their grandfather to provide some more time to them. But fathers' gap is not covering actually" (IDI-Int#2, 23 September, 2022). He is basically trying to say that a substitute caregiver cannot take the place of a father in a child's life. One of the fathers believe that due to his less involvement his son is becoming more stubborn, monotonous and less attached with him. Another replied, fathers less involvement will create a lifelong impact on their children and will create an imbalanced growth.

On the other hand, the viewpoint of one father is – "I don't think it will affect the children at all. Because many children's have no father, live separately or in abroad but it true that fathers support can create a sense of rely and comfort in children's life. For example, my children always prefer to shop with me rather than mother. I want to say that if children are detached from father in primary years, it probably not affects them very much. But after passing 4-5 years of life with father, if they lost him, then it can impact deeply in a children's mind" (IDI-Int#3, 24 September, 2022).

### **Theme 3: Fathers activities**

#### **Father's intentional instructions**

One of the participants mentioned that he makes an effort to keep a variety of toys or playthings so that kids can develop in a balanced way. Others, think that spending quality time with children will help them develop their social and emotional skills. They emphasize outdoor activities and involve kids in gatherings with friends and family. One of the fathers mentioned that- "I always read story along with my kid to teach them moral lessons. So that they can learn moral values. Apart from that, I make sure my kids spend time in open space and play with peers so that they can learn team work" (IDI-Int#6, 28 September, 2022). Few of the

participants disagreed with this intentional education. In their view, positively influencing children or teaching in general can have a significant impact on their futures. As they will likely encounter varied persons who have diverse mentalities in the coming days. One father's view was – “I think anything dramatic activities in front of child can instill them for many negativities. We have to quit the word in term of teaching social and emotional matter. You cannot teach anything to your child through drama, then he or she will do the acting lifelong. He or she will lie to you. It should come in natural way. Suppose we are playing ludo, and children want his turn every time. But we have to teach them exact way when and how his or her turn will come. Not play full, but we have to teach the reality that there should have win or loss in everywhere” (IDI-Int#4, 25 September, 2022).

Discussion in focus groups revealed contradictory ideas as well. While some people think it's possible to purposefully educate children social and emotional abilities, others think it happens naturally. For instance, one of the participants replied that – “My child once see banking along with me. So, I do play with him in home as a banker. So that I can teach him how to maintain rules of any organization” (FGD-P#6, 27 September, 2022).

### **Fathers' prospective plans**

Participants in the focus groups agreed that parents should give their growing children more attention and quality time. Their long-term goal will be to consistently ensure time for children. One of the participants mentioned- “They are deprived of development through playing with other children. I am really concern now how I should provide him quality time rather school. I try to go to the play ground with him” (FGD-P#6, 27 September, 2022).

From a personal standpoint, growth should occur continuously. Others make sure to lessen children' addiction to electronic devices. One of them mentioned – “I think we should let them less interact with device. This will help them grown up properly. They have to attend public

function and talk more. The development will not happen in a day. It is a continuous process. Each family have to spend time for kids to ensure their socioemotional wellbeing” (IDI-Int#1, 22 September, 2022). Another participant replied that – “I maintain to communicate with my relatives at least weekly or monthly so that children can realize and know this are our own relatives or close one. I hope I will continue this” (IDI-Int#5, 26 September, 2022). Here, he wants to point us that children can pick up both skills through social interaction.

### **Steps to increase fathers' participation alongside a mother**

In their individual interviews, each participant expressed the belief that, in addition to the mother, the father should play a significant role. Parents should work on creating the activity for their children. They believed that when it is a matter of child care, father and mother jobs shouldn't be separated. One father said that- “In a family we should not define any work separately for husband or wife, weather it could households or children’s caregiving. It has an impact on children. I think a father should not find any difference in family jobs along with mothers one. There should have a mutual understanding among parents so that children’s wellbeing should be ensured. After returning home if I see children did not eat or any nursing required, I do this. It also saves time. If I do this, mother can look another part of child. It will ultimately benefit the kids. Apart from this, in any necessity of children, beside mother, father should be present. Father should support a mother as much as he can” (IDI-Int#1, 22 September, 2022). Almost all the participants were agreed in providing quality time along with children beside a mother.

During the group discussion, it became evident that extensive intervention is needed to raise public understanding of the significance of father involvement in children's social and emotional wellbeing. From one participant reply- “I think it is important, because we do not know many things though we want to manage. I think government intervention or awareness program for father is important” (FGD-P#1, 27 September, 2022).

Everyone shared their unique opinions on what should be done from a country's viewpoint during individual discussions. Some of the participants mention the importance of training, from Govt. or NGOs while others believe in community involvement or media coverage to raise the awareness. Few of them think it is necessary to have a motivational center, counseling facility, or research facility to understand the current situation or changes in fathers' perception. One of them replied- “On Father’s Day or Children’s Day Government can encourage or highlight father-child relation more. There should have appropriate paternity so that father can avail properly. Father child relation should be in limelight. It should be nationally recognized” (IDI-Int#5, 26 September, 2022). Another participant said that- “More and more awareness campaigns should run to aware father about their responsibilities and impact on child’s mind. On Newspapers, Social Media experts, celebrities should enlighten this topic so that common people find this topic interesting. Companies can encourage work from home culture which can attribute additional time for the working father to send quality time with their kids” (IDI-Int#6, 28 September, 2022).

## **Discussion**

The goal of the study was to explore fathers' perceptions of the significance of their contribution to children's socioemotional wellbeing between the ages of 6 and 8 years. All of the participating fathers in group discussions or one-on-one interviews were from diverse service industries, and family structures were also different. The majority of the participants were able to comprehend each question and provide useful feedback. Even though some participants in the group discussion were unable to grasp the definition of socioemotional well-being, following a little discussion, they were able to do so and provide an excellent response. Each in-depth interviewer gave personal experience relevant to the specific issues. The majority of participants think that in addition to physical development, social and emotional growth are crucial for a child's success in life. Urban fathers were concerned about their children’s healthy

development. They believe that, providing children with the right environment and playing an active role can have an impact on their socioemotional wellbeing. Fathers hold the view that their social and emotional connections can help children learn social and emotional abilities. Additionally, fathers' daily activities can be role models for children, and positive interactions between parents can ensure children's socioemotional wellbeing. Based on the results, it can be stated that urban fathers possess sufficient understanding of children's development, and many of them think that they have a substantial role in the socioemotional health of their children. However, some participants had prior knowledge of early childhood development and responded in a sophisticated manner, while others replied by linking the topic to their own personal experiences. The My Values and Virtues program for primary and secondary schools, which is overseen by UNICEF, places an emphasis on parents' understanding of children's socioemotional abilities. According to the research, understanding these domains is crucial for the proper social development of children between the ages of 6 and 8, who are already enrolled in formal education. Here, fathers' support is essential for children's academic achievement, general wellbeing, and future profession (Backovic et al., 2021). The study indicates that it is essential for a father to understand children's age-appropriate developmental domains.

Few participants place a strong focus on getting involved in children's daily activities, even if they were less aware of how doing so will benefit children's socioemotional wellbeing. Though some of the participants believed other caregivers and relatives as important as parents in children's life to teach socioemotional skills. Few fathers had adequate knowledge on early childhood development. So, they understood the term social and emotional wellbeing properly. Although most fathers have little knowledge of how a 6- to 8-year-old child can behave or how they learn, they provide the answer through observation of their own children's behavior.

Few people think that fathers should be involved alongside mothers in raising their kids so that mothers have more time for other pursuits. Some of the participants acknowledged that they

cannot devote the same amount of time to their children as a woman, while others insisted that they must do so because both parents are working. As fathers have such a varied range of mentalities, this is likely due to cultural barriers, family customs, or a lack of understanding of the value of father engagement.

Based on the questions used to investigate fathers' perspectives on children's socioemotional wellbeing, some fathers believed that their own behavior, attitude, and interaction with the mother is highly important for children's development. They also contend that the relationship between a husband and wife affects the parenting approach that fosters both positive and negative child development. This view can be related with another previous research. Where the result showed that, the parenting styles of both the mother and father reflect their respective views of the world (Estlein, 2021).

Understanding father engagement and children's socioemotional outcomes has been the subject of extensive research. According to research results, the children of the participating fathers exhibit noticeable changes in both their physical and mental health (Yogman & Eppel, 2021). When fathers were asked how their involvement in their children's social and emotional wellbeing can benefit themselves, nearly all of the participants gave a positive response. They example how gradually the attitude of their children changes compare to previous years. Although in terms of the fathers' own perspective, the prior research did not align with the current study. In nuclear families, the perception of fathers and fathering is steadily changing, according to another qualitative study conducted at Columbia to better understand fathers' perceptions of their roles in children and families (Carrillo et al., 2016). Participants in group discussions or one-on-one interviews who are members of nuclear families appear to take parenting and care for their children more utterly.

Knowing father's activities to assure children's socioemotional wellbeing was another goal of this study. Research on children's perception showed that children's play patterns are different

when they are 6 to 8 years old. They like developing close relationships with people outside of their immediate families even though they still perceive their parents as being supportive of them at this age (Raising Children Network, 2022). Fathers who took part in the group discussion or individual interviews, however, displayed a limited understanding of the activities that would be appropriate for their 6 to 8-year-old children. Another research findings were that, the involvement of fathers is influenced by a variety of factors, including political actions, social status, cultural perspectives, and fathers' legal rights (Poole, 2013). The results of this study make it clear that fathers do not receive enough encouragement either from superior of the family or policies across countries. Some parents believe that having a friendly attitude toward their children is sufficient to establish emotional bonds, although it is unclear how this can assist children manage their emotions with their surroundings.

Since the participants came from diverse cultural backgrounds, the influence of fathers' absence on the socioemotional well-being of the children generated a variety of responses. Although others believed, it would not be a difficulty if fathers are not in touch, the majority of participants felt that fathers' lack of involvement or absence will cause a barrier in children's holistic development. The variances had been noticed in their perspectives based on their own experiences. In Bangladesh, fathers are often quite unusual in childrearing and only have a traditional role in making decisions about their children's future (Selin, 2013). Most likely for this reason, people commonly believe that fathers' absence or neglect in the area of children's development would not harm them.

In order to get their opinions on how as a society we should conform to these standards and ensure that each parent in the nation continues to be concerned about children's socioemotional wellbeing, some suggestions were lastly provided by participants. According to the World Bank's 2021 study Bangladesh, where there are 166,303,494 people, is overpopulated, with 84,031,706 men, (World Bank, 2021). In this study's interviews, a relatively tiny percentage of

total nation. indicated that, there was no other option than encourage people nationwide to prioritize the importance of overall welfare of children. They offered a wide range of possibilities, including community-based, Governmental, NGO, and media coverage. To understand the national provisions and policies supporting a family for the benefit and wellbeing of the child, study in numerous nations was conducted. The findings indicate that while government involvement is more common in Europe and Latin America, that almost rare in South-East Asia policies (UNICEF Innocenti Research Center, 2015). Participants believed that because of a lack of support and programs, they are not as active as they should be in promoting the socioemotional well-being of children.

## **Conclusion**

This study is an understanding of those, who are educated, economically successful, and residing in Bangladesh's capital city. Being intimately connected to the internet or the media, practically all of them learn that a child's socioemotional wellbeing is crucial. Even yet, their outlook on serving as a positive role model for children looks more positive. It seems, fathers nowadays are eager to take a strategic role in ensuring the best possible outcome for their children. But if we want to see the changed perspective of each father including city or village, in each socioeconomic status, there should have lot of awareness session, media coverage or father friendly programs and policies across country.

## **Recommendation**

The study reveals that fathers have inadequate time, privilege or practices to spend more quality time along with children. Most of the participants claimed that they do not have adequate knowledge of children's age-appropriate development and there to do list. Some of the participants are concern that their children have limited opportunity to play outside instead school campus. Based on the findings some recommendations are given below-



- Fathers should foster a positive environment in the house and practice positive parenting. Fathers' warm approach and cheerful outlook will encourage children in developing healthy emotion.
- In front of their children, fathers should be kind to everyone. They should also take their children out to social gatherings frequently.
- Fathers should inspire their children to make more friends at school or on the playground.
- NGOs can organize awareness sessions, training, or programs to ensure that fathers have the necessary knowledge.
- There may be media coverage, posters, short plays, or advertisements highlighting the value of fathers in their children's socioemotional wellbeing.
- Paternal facilities and father-friendly policies need to be implemented in Bangladesh.
- A research center might be developed to comprehend the current situation and gradually raise conc.

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**Annex 1**  
**Demographic Information Table**

<b>DETAILS</b>	<b>IDI</b>	<b>FGD</b>
Participant number	6 fathers	6 fathers
Age range	30-45	35-45
Income range	50000-100000	50000-150000
Living area	Shantinggor, Malibag, Bonosree	Badda, Bonosree, Mouchak
Occupation	Banker, Service holder, Lawyer	Engineer, service holder
Educational degree	Post graduate	Post graduate
Children gender	6 boys, 3 girls	5 boys, 3 girls
Total children	11 boys, 6 girls	

## Annex 2

### In Depth Interview Questionnaire (IDI)

**Research title: Father's Perception of The Role of Fathers on The Socio-Emotional Wellbeing of Their Children Aged 6-8 Years.**

#### Section A: Demographic Information

<b>Date:</b>		<b>Start Time:</b>		<b>End Time:</b>		
<b>Fathers Name</b>	<b>Fathers Age</b>	<b>Educational Qualification</b>	<b>Occupation</b>	<b>Number of Children</b>	<b>Gender of Children</b>	<b>Age of Children</b>

#### **Section B:**

1. What comes to your mind by hearing the word “wellbeing”?
2. What is your understanding of children’s socio-emotional wellbeing?
3. Do you think socio-emotional wellbeing is significant in a children’s life? If yes, please explain.
4. According to you, what does it mean by “fathers’ involvement in a child’s wellbeing”?

#### **Section C:**

5. How may a father’s involvement influence the socioemotional wellbeing of his children?
6. What fatherly activities might promote the socioemotional wellbeing of a child?
7. What will happen if fathers are less involved in their children’s socioemotional wellbeing? Please share your opinion.

#### Section D:

8. What sort of socio-emotional changes have you noticed recently in your children?
9. What kind of play do you often use to purposefully educate children on social and emotional skills?
10. What future plans do you have for your child to ensure their socio-emotional wellbeing?
11. In present days, what should be the father's role beside a mother in family for children's overall wellbeing?
12. What steps can be taken to improve the father's role in children's socioemotional wellbeing in Bangladesh?

#### সাক্ষাৎকারের প্রশ্নাবলী

#### বিভাগ ক

#### ডেমোগ্রাফিক তথ্য

তারিখ:		শুরুর সময়:		শেষ সময়:		
বাবার নাম	বাবার বয়স	শিক্ষাগত যোগত্যা	পেশা	সন্তান সংখ্যা	সন্তানের লিঙ্গ	সন্তানের বয়স

#### বিভাগ খ

১. wellbeing বা সুস্থতা শব্দটার দ্বারা আপনি কি বুঝেন?
২. শিশুদের socioemotional wellbeing বা সামাজিক আবেগীয় সুস্থতা বলতে আপনি কি বুঝেন?
৩. আপনার কি মনে হয় socioemotional wellbeing বা সামাজিক আবেগীয় সুস্থতা একটি শিশুর জীবনে তাৎপর্যপূর্ণ? যদি হ্যাঁ হয়, দয়া করে ব্যাখ্যা করেন।
৪. আপনার মতে শিশুর wellbeing বা সুস্থতায় বাবার সম্পৃক্ততা বলতে কী বুঝায়?

## **বিভাগ গ**

৫. একজন বাবার সম্পৃক্ততা কিভাবে শিশুর socioemotional wellbeing বা সামাজিক আবেগীয় সুস্থতা প্রভাবিত করতে পারে?

৬. বাবার কি ধরনের ক্রিয়াকলাপ একটি শিশুর সামাজিক আবেগীয় সুস্থতা উন্নীত করতে পারে?

৭. শিশুর সামাজিক আবেগীয় সুস্থতায় বাবার কম সম্পৃক্ততা থাকলে কি ঘটবে? দয়া করে আপনার মতামত দিন।

## **বিভাগ ঘ**

৮. আপনি সম্প্রতি আপনার শিশুর মধ্যে কি ধরনের সামাজিক আবেগীয় পরিবর্তন লক্ষ্য করেছেন?

৯. শিশুদের উদ্দেশ্যমূলকভাবে সামাজিক আবেগীয় দক্ষতা শিখানোর জন্য আপনি সাধারণ কি প্রকার খেলা করে থাকেন?

১০. আগামীতে শিশুর socioemotional wellbeing বা সামাজিক আবেগীয় সুস্থতা নিশ্চিত করার জন্য আপনার পরিকল্পনা কি?

১১. বর্তমান সময়ে শিশুর সার্বিক কল্যাণে একটি পরিবারে মায়ের পাশাপাশি বাবার ভূমিকা কি হওয়া উচিত বলে আপনি মনে করেন?

১২. বাংলাদেশে শিশুর socioemotional wellbeing বা সামাজিক আবেগীয় সুস্থতায় বাবার ভূমিকা বৃদ্ধির জন্য কি পদক্ষেপ নেয়া যেতে পারে?

**Annex 3**

**Focus Group Discussion Questionnaire (FGD)**

**Research Title: Father's Perception of The Role of Fathers on The Socio-Emotional Wellbeing of Their Children Aged 6-8 Years.**

**Section E: Demographic Information**

<b>Date:</b>		<b>Start Time:</b>		<b>End Time:</b>		
<b>Fathers Name</b>	<b>Fathers Age</b>	<b>Educational Qualification</b>	<b>Occupation</b>	<b>Number of Children</b>	<b>Gender of Children</b>	<b>Age of Children</b>
<b>1</b>						
<b>2</b>						
<b>3</b>						
<b>4</b>						
<b>5</b>						
<b>6</b>						

**Section F:**

1. What is your understanding of children's socioemotional wellbeing?
2. How may a fathers' involvement influence the socioemotional wellbeing of his children?
3. What sort of socio-emotional changes have you noticed recently in your children?

4. What kind of differences have you found in their social communication?
5. How have your children been expressing their emotions recently compared to earlier times?
6. What kind of play do you often use to purposefully educate children on social and emotional skills?
7. What future plans do you have for your child to ensure their socio-emotional wellbeing?
8. What steps can be taken to improve the father's role in children's socioemotional wellbeing in Bangladesh?

**Annex 4**

**গ্রুপ আলোচনার প্রশ্নাবলী**  
**বিভাগ গু**

**ডেমোগ্রাফিক তথ্য**

তারিখ:		শুরুর সময়:		শেষ সময়:		
বাবার নাম	বাবার বয়স	শিক্ষাগত যোগত্যা	পেশা	সন্তান সংখ্যা	সন্তানের লিঙ্গ	সন্তানের বয়স
১						
২						
৩						
৪						
৫						
৬						

**বিভাগ চ**

১. শিশুদের socioemotional wellbeing বা সামাজিক আবেগীয় সুস্থতা বলতে আপনি কি বুঝেন?

২. একজন বাবার সম্পৃক্ততা কিভাবে শিশুর socioemotional wellbeing বা সামাজিক আবেগীয় সুস্থতা প্রভাবিত করতে পারে?
৩. আপনি সম্প্রতি আপনার শিশুর মধ্যে কি ধরনের সামাজিক আবেগীয় পরিবর্তন লক্ষ্য করেছেন?
৪. শিশুর সামাজিক যোগাযোগ এর ক্ষেত্রে কি ধরনের পার্থক্য খুঁজে পেয়েছেন?
৫. আপনার শিশুর আগের তুলনায় বর্তমানে কিভাবে তাদের আবেগ প্রকাশ করছে?
৬. শিশুদের উদ্দেশ্যমূলকভাবে সামাজিক আবেগীয় দক্ষতা শিখানোর জন্য আপনি সাধারণ কি প্রকার খেলা করে থাকেন?
৭. আগামীতে শিশুর socioemotional wellbeing বা সামাজিক আবেগীয় সুস্থতা নিশ্চিত করার জন্য আপনার পরিকল্পনা কী?
৮. বাংলাদেশে শিশুর socioemotional wellbeing বা সামাজিক আবেগীয় সুস্থতায় বাবার ভূমিকা বৃদ্ধির জন্য কি পদক্ষেপ নেয়া যেতে পার

**Annex 5**

**BRAC University**

**Bangladesh  
Institute of Educational Department**



**Sample Participant Consent Form**

**Purpose:**

The current study is a part of thesis research, required for Master's Degree in Early Childhood Development from Institute of Educational Department of Brac University, under the supervision of Mostak Ahamed Imran sir.

The purpose of this study is to understand fathers' perception and practice regarding socioemotional wellbeing of children aged 6 to 8 years.

**Procedure:**

If you agree to participate in this study, you will be asked to some questions about your knowledge, beliefs, views, attitude and practices regarding socioemotional wellbeing of children. This interview may take 40 to 60 minutes depending on your answers. With your permission, I will record the entire interview.

**Benefits/Risks to Participant:**

There is no risk to you for participating in this study.

**Voluntary Nature of the Study, Confidentiality, and Right to Withdraw:**

Your participation in this study is completely voluntary and you may withdraw from the study at any point during the interview. You may also stop at any time and ask the researcher to repeat any questions you do not understand. Your name will never be revealed publicly, and to your responses on the questionnaires; instead, a number will be used for identification purposes. The data will be accessible only to the researcher and the supervisor working on the research.

**Contacts and Questions:**

If you have any questions, you may contact the researcher at 01711484437 or prianka.chakrabarty@g.bracu.ac.bd.

**Statement of Consent:**

If you agree to participate in the study, please indicate that by putting your signature, and date in the specified space below.

Name of Participant: \_\_\_\_\_ Date: \_\_\_\_\_

Signature of Participant \_\_\_\_\_

Name of Researcher: Prianka Chakrabarty Date: \_\_\_\_\_

**Annex 6**

**Transcript of IDI**

**Participant 5**

**Me:** Hello dada, how are you?

**Participant:** I am fine. How are you?

**Me:** I am fine also. Are all your family members well?

**Participant:** Yes sister

**Me:** So, brother, as I am nearing the completion of my master's degree, I will be interviewing you today for my thesis. I'm going to ask you a number of questions about the subject because my research examines how fathers view their children's socioemotional wellness. I promise to keep the information I learn from this interview confidential and to only use it for study. This interview needs to be recorded. Please allow me to conduct and record the interview.?

**Participant:** Yes.

**Me:** Great.



**Me:** What was your last educational degree?

**Participant:** I'm still a student of chartered accounts.

**Me:** What is your current occupation?

**Participant:** I am an income tax lawyer.

**Me:** How many children do you have?

**Participant:** I have 2 girls ,6 years old.

**Me:** Nice. So, what comes to your mind by hearing the word “wellbeing”?

**Participant:** By wellbeing I feel weather my babies are eating properly, sleeping well or playing. Their height and weight are rising properly or not. According to age the attitude should hold by them, speaking, understanding everything, her response towards my calling or bringing something even telling their own demands to me, if all these things are good than I think wellbeing is in a positive way.

**Me:** What is your understanding of children’s socio-emotional wellbeing?

**Participant:** As we live in a family, there have other people in home except us. So, it a matter to see is my child is only responding to me or behaving perfect with other people as well. Even with neighbor or if we go any were how the children is reacting this is very important. If my child behaves as like us with others than I think her social development is well. And for emotional I think if I say something rudely, she is understanding the fact or crying for any negative, I mean to say if she can express her emotional outburst. If she can express by smiling when there is a matter of laugh or cry for others than it’s a good emotional state.

**Me:** Do you think socio-emotional wellbeing is significant in a children’s life? If yes, please explain

**Participant:** There must be mental development along with physical development. If you are physically grown up but do not understand what is good or bad than it is not perfect development. Both are complementary for each other. The growth occurs with time being.

**Me:** According to you, what does it mean by “fathers’ involvement in a child’s wellbeing”?

**Participant:** As a father I think fathers’ role is very important. Mothers take care of his or her children all da long. When children are mixing with someone every time than there is nothing to expect differently. But when a father come in home after all day long, children tend to share everything with him. All day experience children share with her fathers. Actually, children feel happy when they pass time and share their all-day experience with him. From my practical experience, my children’s feel very happy and talk many things with them after I return to home. I feel very happy that they are developing. If I see her gloomy or not taking me positively, then there must have some problem. Father has a big role beside mother. When there is an off-day children feel that they will go outside along with father. I think as a father it is also important for me to pass time with them or understand them.

**Me:** How may a father’s involvement influence the socioemotional wellbeing of his children?

**Participant:** Mother generally do many jobs inside home but father go outside with children or introduce children with others, or sometimes go relative’s home. Generally, mother often cannot do this. When father introduce them with others, then it helps children social development. My children back me the mobile when there is an incoming call while they are playing any games as because they understand I have to talk with the person. Even sometimes they come to my office, look so many people talking. I think here father has a big role for their social development.

**Me: What fatherly activities might promote the socioemotional wellbeing of a child?**

**Participant:** I think day outing could be a kind of activities. Playing, spending time or attending any family occasion all help them socially. I think this kind of activities can also helpful for their emotion. We go any program children watch how we talk or behave with others. I think it help their emotional growth.

**Me: What will happen if fathers are less involved in their children's socioemotional wellbeing? Please share your opinion.**

There is no alternative of fathers. if father is not beside a child the actually missed many things. They cannot express there feeling towards fathers. Today's virtual meeting along with parents that is not a perfect substitute. There will be a gap lifelong if father is not attached with children.

**Me: What sort of socio-emotional changes have you noticed recently in your children?**

**Participant:** I have seen recently the emotional attachment of my daughters along with my mother when she stayed my home for few days. even after her returning they feel happy to talk with her over phone. When we introduce them with my mother, they are now able to hold the relationship and know how to continue it. I feel these things are very positive.

Yes, I do it sometimes. I tried to mix up with few of my relatives who are living here so that they can learn social bonding. I try to teach the way of taking or communicating with others.

**Me: What future plans do you have for your child to ensure their socio-emotional wellbeing?**

**Participant:** I try to maintain the communication with my relatives at least weekly or monthly once so that they can realize and know this are our own relatives or close one. I hope I will continue this.

**Me:** In present days, what should be the father's role beside a mother in family for children's overall wellbeing?

**Participant:** Father has many roles. Though mother take care of them but if father is not beside the children, they feel lonely. I feel if am not here than I my daughter will share their feelings. Apart from this there is a matter of support, security is not possible only by mother. if father mother both do this responsibility, then children's wellbeing will be assured and future will be better.

**Me:** What steps can be taken to improve the father's role in children's socioemotional wellbeing in Bangladesh?

**Participant:** It should be. Father has to become more aware on that. There should have many programmes or seminar regarding father role on children's development. On Father's Day or children's day govt can encourage or highlight father child relation more. There should have appropriate paternity so that father can avail properly. Father child relation should be in limelight.it should be nationally recognized.

**Me:** Thank you brother for you time. I am ending the call.

### **Transcript of FGD**

**Moderator:** Hello everyone, how are you?

**Participant 1:** I am fine. How are you?

**Participant 2:** I am also doing well. How are you?

**Moderator:** I am fine, I think all of us have joined in time, so, I would like to start by saying few words about why we have gathered here today.

**Participants:** Sure.

**Moderator:** I am now working on my thesis since I am nearing the finish of my masters. I am going to ask you all a series of questions about the subject because my research examines how

fathers see their contribution to children's socioemotional wellbeing. I promise to keep the information I learn from this interview confidential and to only use it for study. Please try not to interrupt people throughout the debate when they are speaking, I would like to ask you. I must take notes during this group discussion. Can I get your full consent to do so?

**Participants:** Yes.

**Moderator:** Great.

9. **Moderator:** What is your understanding of children's socioemotional wellbeing?

**Participant 1:** I have 7 years old baby. Basically, emotional wellbeing means weathers our babies are able to differentiate the emotions are they ready to understand the emotions, are the able to build up and maintain a proper relationship and have the capability to grow positive emotions. Actually, children's always follow parents or others family members, so do they have the tendency to help other than family members, do they feel others pain. So my understanding is this on their social and emotional wellbeing. Children adopt many things from surroundings gradually.

**Moderator:** I would like to hear from others also.

**Participant 2:** I am totally agreeing with Lalon vi. Rather family members in school with friends or teachers or other how he or she mixing I mean how their day-to-day life is continuing, this is the elementary of socioemotional wellbeing of a child. That is why I think a child day to day activities are very important I mean with whom they are bonding, approaching or making discussion, learning, even playing. each of these activities are important as somehow, they are related with emotional matters. I feel child love to make emotional attachment with all matters.

**Moderator:** How may a fathers' involvement influence the socioemotional wellbeing of his children?

**Participant 3:** My daughter study in grade 1. I have seen among the parents, whose mothers are home maker and father do job, generally mother do spend more time with children and

father cannot provide the time. For this reason, there remains a distance among father and children's. From my own realization, when I have gradually started spending more time with her, I mean quality time, I felt an attachment of her with me that was never happened before. When I used to interact with her or she with me, I put off all kind of device. I talked with her and ask daily activities, what she did whole day or what happened with friends. I usually asked as if it is a story. So, I have seen she can share those stories nicely. I feel our bonding is now closer with such activities. I want to say that father have to maintain a strong role on children's life.

**Moderator:** I think someone want to share more, please go-ahead brother

**Participant 4:** Definitely fathers' involvement is essential in children's socioemotional wellbeing. Father has to contribute as much as mother do for a child holistic development in different aspects. Family means there should be father and mother and child basically learn from them. I have a daughter, it is not necessary that I am teaching my children something or emotional matter directly, but how I am behaving with her mother or communicating, caring with my wife, when she is watching my actions, she can learn all this from a father. For instance, some occurrence or responsiveness of mine can be an example for her learning. Every day when she goes to school with her mother, I hug her and told to be good with everyone in the school and to participate in class as much, make good relationship with teachers. I try to provide the moral lesson every day to her. I try to talk with her in such emotional way that she should rethink while communicating with others or thought that I am being told this by father to make an emotional bonding with friends or others. I have seen for last 6 months, if she skips the school, then her friends miss her. She has such level of friendship in this age that her friends also deny to go school if she doesn't. so, I think father has the same responsibility and opportunity to play a role in children's life. The way how we behave in front of them or mix emotionally with them also make sure how a child could grow. As well as socio and wellbeing.

**Moderator:** What sort of socio-emotional changes have you noticed recently in your children?

**Participant 5:** Yes, I have seen some changes in my child. At first, he was kind of aggressive and did conflict with friends. And was very naughty also. We tried to make him understand and now he has improved a lot.

**Moderator:** What kind of differences have you found in their social communication?

**Participant 4:** I have seen her attitude towards helping others is growing. Her teachers told us that she does help her other friends even.

**Moderator:** How have your children been expressing their emotions recently compared to earlier times?

**Participant 5:** My son has many friends. Now he is more friendly than before. This is due to his emotional changes.

**Moderator:** What kind of play do you often use to purposefully educate children on social and emotional skills?

**Participant 2:** I did not do any activities intentionally with children. My children is kind of soft mentality. And we can convince him very easily. I feel during pandemic we attached more than before. I never do pressurize him. I think except immediate result we should move with continuous process with a child.

**Participant 6:** -my child once see banking. So, I do play with him in home as a banker.

৭. আগামীতে শিশুর socioemotional wellbeing বা সামাজিক আবেগীয় সুস্থতা নিশ্চিত করার জন্য আপনার পরিকল্পনা কী?

**Participant 6:** Yes, I try to provide time to my children. But I feel today's children's limitation. I feel except they don't have opportunity to mix with children except school time. Because we don't let our child alone at outside home. I am telling about the major part of our

child. They are deprived of development through playing with other children. I am really concern now how I should provide him quality time rather school time. I try to go to the pay ground with him.

**Moderator:** What future plans do you have for your child to ensure their socio-emotional wellbeing?

**Participant 4:** I think it is important, because we do not know many things though we want to manage. I think government intervention or awareness program for father is important.

**Moderator:** anyone want to add anything?

**Participant 1:** I also think social awareness is very crucial. Government or NGO should take some initiative on it.

**Moderator:** so, thank you all for your cordial participation.



