Argumentative Essay

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**Horizontal Relationships for Healthy Relationships**

Development research has offered a concept that adolescents-parents and adolescent-peers relationship is very crucial in the developmental process. The literature has suggested that connections between adolescent-peers and adolescent-parent are unidirectional. The development of a child is strongly dependent on society. A society is a place where a person is born and lived. An environment of society is strongly associated with the development of children and adolescents. Various cultural studies have been conducted in this regard to identify the exact relationship between adolescent and peers and adolescents and parents. Parents re the first person with whom a child interacts. According to the concepts of Piaget's theory of development, a child learns from the people around him. Children and adolescents are strongly influenced by the environment of society and schools. Developmental stages of a child are affected when a person lives in a bad society. The environment of schools and the interaction of a person with his peers is also significant in undemanding his behaviors. This paper will evaluate how the horizontal relationship is healthier and important in the development of adolescents through evidence-based studies and research.

It is undoubtedly true that support from family is an important part of the life of a person. As children grow and become adolescents, parents remain important support for them. Parents provide the essential strength for adolescents but siblings and relationship of peers is also important for the development. The relationship between adolescents and parents is similar to a relationship between a martial partner for a parent. Family interactions are identified as a vertical-horizontal relationship. Almost all relationships have horizontal and vertical constituents. Some are truly horizontal and some relationships are truly vertical.

Child to parent and parent to child are more vertically related and asymmetrical in the relationship. This is because parents have additional knowledge as compared to their children and have more understanding regarding social life. Therefore, an adolescent expected more warmth, support, and security from his parents. Child to parent relationship become more horizontal when a child grows to adolescent age. It is also decided by the parents such as marital relationships are horizontal based on symmetry and equality. A strong horizontal relationship means a parent would be able to understand the needs of adolescents and in turn, they would be able to discuss their issues based on symmetry.

Concerned parents argue with the researchers regarding the bidirectional relationship between adolescents and peers. They have suggested that the relationship of a person is directly affected by his interactions with his peers. Support from the parents is perceived in all forms such as financial support, caring atmosphere and provision of a supportive environment to encourage the child. However, psychologists have also proposed the concepts to these parents that the relationship of a person with his family is just not observed in the form of financial support. A person learns from his parents and peers. He observes every behavior of his parents and interprets it in his way. For example, single parenting often results in frustration for the parent to manage home and therefore, a child living with these conditions would develop his thoughts both positively or negatively.

A person living in low socio-economic conditions would most probably develop the habit of lying and stealing. Psychologists have recommended that parents should be very careful while managing their homes or interacting with each other (Prinstein & Giletta, 2016). Parents fighting for financing and their clashes would ultimately result in adverse effects for their children. Children and adolescents learn from every single behavior of their parents therefore, the argument is true that parents are directly linked with their children in the developmental process.

The theory of attachment by Bowlby has described that attachment of a person with another person is a reciprocal relationship. One person attached to someone may learn behaviors from them such as counseling, sharing, and interaction with people. This relationship because of attachment is related to his cognitive development by which he learns sharing and caring behaviors from others. These attachments can be identified based on a relationship of a person with his siblings, parents, and peers. Loss of a person from the life of adolescent result in negative consequences such as his positive energy would be lost. He may develop negative feelings and thoughts as the consoling partner is lost from his life. The developmental theory of Piaget has provided significant information that the social environment and interaction of parents are strongly associated with the cognitive thoughts of a person. A person living in a negative social or living with single parents would ultimately have to suffer from financial crises. These children may develop negative behaviors in life (Branje, 2019). The behaviors acquired in the early stages of life would be retained with a person throughout his life.

According to Piaget's theory of development, three elements are important in a person's life including awareness and knowledge, adaptation behaviors from a transitional stage and cognitive developmental stages. According to the concepts of Maslow's hierarchy, when a person's needs are met, his motivational level increases. This theory is based on five tiers of human needs. It includes psychological needs such as food, air and things for survival, second is safety needs such as stability and freedom to live. The third is belongingness and love which is related to interactions and relationships and it includes relations with peers, parents and partners and attachments are based on trust, love, and intimacy. Esteem needs that are achievement, dignity, and desire for respect from others is also a human need. Lastly, self-actualization needs which involve the desire to become capable and seeking personal growth. Relationships of peers and parents are important in the fulfillment of motivation and attainment of desires of different needs and adolescents.

A relationship of an adolescent can be described as peer adolescent relationship as aggressive, victimization or attachment. Similarly, a parent-adolescent relationship may be authoritative and permissive (Boele et al., 2019). Parenting styles considering the level of sensitivity such as control, warmth and affection con result in the development of a child with aggressive or responsive behaviors. Parenting style also interacts with the development of adolescents for example parents promoting the autonomy of their children will be able to develop good interactions with their peers. These relationships also affect a child's performance in academics and social interactions.

**Conclusion**

A complementary relationship of a person with his peers and parents is essential for its optimal growth. Therefore, studies have argued that horizontal relationships of peer=adolescent and parent-adolescent are important for the development of a person. A vertical relationship is usually observed affecting the cognitive development of adolescents and hence, evidence-based researches have shown the importance of the horizontal relationship of adolescent-peers and adolescent-parents. It has been evaluated that the psychological, emotional and mental growth of a person is strongly associated with his relationships with peers, parents, and societies. A person directly learns and adapts behaviors form his interactions considering them as his mentors. The contribution of friendship in the developmental processes of a person cannot be denied as it helps them to resolve their conflicts (Hartup & Stevens, 1999). The studies have identified that the relationship between adolescent-parents and adolescent-peers is bidirectional, developmental and integrative. Therefore, a relationship of an adolescent with his peers and parents should be horizontal instead of vertical for its optimal growth and development.

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