



New Trends  
in Psychology

## Between Wanting Children and Being a Parent

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**Abstract:** In a society where we shout about rights and avoid obligations, where we find loopholes to evade the written norms, but otherwise the unwritten ones, the question is something normal. Logic says that when you say that you want children, you should be prepared to accept the parental responsibilities, both the written ones and, especially, the unwritten ones, because they are much more. We have many desires and most of the time after we materialize them we forget about them, we have momentary satisfaction, after which we abandon them, we forget to grow them always looking for excuses and justifications that we don't have time, that we are tired, we "care" in the care and responsibility of someone or only one of the two parents or in certain situations the whole life of the adults is strictly centered on the children, they becoming the center of their universe, so that family and couple life end up being unbalanced, etc.

**Keywords:** parent; child; responsibilities; family

### Introduction

This article started from a question asked by a parent in a certain context: who established the parent's duties? At the time, the question confused me because I didn't know what I should answer. If I were to answer him from the legal perspective, I would have told him that the parent's rights and duties are to be found in civil law as well as in unwritten customs.

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If I were to answer from the strictly biological perspective of the human being, one of the basic functions is reproduction, the aim being to ensure the survival of the species. But combining these two aspects with the psychological one, all I could answer was another question: do we just want children or do we want to become parents?

The general pattern of couples is that they want children, based on other patterns and beliefs that come and have been perpetuated over time. My reflection was on whether it is enough just to want children and what does it mean after you have children to be a parent?

In a society where we shout rights and skirt obligations, where we find loopholes to circumvent written but otherwise unwritten rules, the question is a natural one.

And after all, are a parent's duties only those written down somewhere in the law or in customs? Or do they adapt themselves on the fly according to the demands of the moment? And then who established the parent's duties? What about the child's?

Logic says that when you say you want children you should be prepared to accept the responsibilities of a parent, both written and, above all, unwritten, because there are many more.

In this context, it is not surprising that children and adolescents are becoming increasingly depressed, anxious and some of them end up committing suicide. What do these teenagers who choose to commit suicide really want to suppress: life itself or the suffering that comes from not being seen and heard by their parents as they are as human beings?

We have many desires and most of the time, once we have achieved them, we forget about them, we have the satisfaction of the moment, then we abandon them, we forget to raise them, always looking for excuses and excuses that we do not have time, that we are tired, we 'pass them on' to the care and responsibility of one or only one of the two parents, or in certain situations the whole adult life is centred strictly on the children, who become the centre of their universe, so that family and couple life becomes unbalanced etc.

In all these situations it is the child who suffers, because he does not know what his role is in the family and then in life, he does not know his real direction in life, he does not know how to make choices, he feels either rejected or overwhelmed, etc.

Is the desire to have children the desire of that wounded inner child of the adult-turned-parent to create a playmate for them? And when he comes face to face with the materialized desire does he find that the being in front of him is another personality and individuality with needs other than his own and then does he become frightened and go into denial about his own desire?

And from this contraction, seeing himself face to face with hitherto unknown, foreign responsibilities does he begin to apply the well-known patterns learned from his relationship with his own parents?

How many adults who become parents really reflect on what it means to become a parent.

Perhaps reversing the wishful thinking of first wanting to become parents and then having children, which means responsibility through education and especially self-education, will lead to a decrease in depression, anxiety and suicide among children and adolescents.

Dear man, stop for a moment. Look inside yourself and then look at your child with your heart and not with your mind. Ask yourself: is it my past or my future?

If you look at them from the perspective of your own past, you are only giving them your own burden of your own frustrations, anger, unfulfillment, shattered dreams, etc., i.e. your own anxiety. If you look at it from the perspective of your own future, then be the one of today and not of yesterday, be present with them today, show them how to create today so that they can create tomorrow.

Learn to know your own child as they are. Accompany them in their development and evolution to progress. And in doing so, the child will build their future.

Dear man, children are the most beautiful act of creation you could create in this life! What are you doing with your own creation? Do you destroy it or do you create it?

This article is a reflection between the desire to have children and the desire to be a parent. What percent was the desire to see children? What about the desire to be a parent?

This article is not meant, dear man, for you to whip yourself for I don't know what mistakes, but only to reflect and observe yourself from your parenting quality and why you cannot correct what is to be corrected, because you have this choice in relation to your parenting quality towards children.

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