



## EFFECT OF DOMINANT THOUGHTS IN DECISION MAKING

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**Abstract:**

Effective parenting is an aim every parenting generation wants to achieve for the betterment of society which will hopefully in turn be helpful overall development of country. When it is not implemented in effective way leads to anti social crimes, leading to unnecessary burden on society hampering its growth. The positive dominant thought helps growing generation to be exposed to unlimited creativities (functioning) of human brains thus helping to realise their potentials at individual level. This theory was brought in to play for medical students at R.C.S.G.M.C. KOLHAPUR. MAHARASHTRA to grade the efficiency of thought control.

**Keywords:-** Effective parenting, positive dominant thoughts, decision making, creativities

**Introduction:**

Parenting or child rearing is the process of promoting and supporting the physical, emotional, social, financial, and intellectual development of a child from infancy to adulthood. Parenting refers to the aspects of raising a child aside from the biological relationship. The most common caretaker in parenting is the biological parent(s) of the child in question, although others may be an older sibling, a grandparent, a legal guardian, aunt, uncle or other family member, or a family friend. Governments and society may have a role in child-rearing as well. In many cases, orphaned or abandoned children receive parental care from non-parent blood relations. Others may be adopted, raised in foster care, or placed in an orphanage. Parenting skills vary, and a parent with good parenting skills may be referred to as a *good parent*. The English pediatrician and psychoanalyst Donald Winnicott described the concept of "good-enough" parenting in which a minimum of prerequisites for healthy child development are met. Winnicott wrote, "The good-enough mother...starts off with an almost complete adaptation to her infant's needs, and as time proceeds she adapts less and less completely, gradually, according to the infant's growing ability to deal with her failure."<sup>[4]</sup> Views on the characteristics that make one a good or "good-enough" parent vary from culture to culture. Additionally, research has supported that parental history both in terms of attachments of varying quality as well as parental psychopathology, particularly in the wake of adverse experiences, can strongly influence parental sensitivity and child outcomes.

## FACTORS THAT AFFECT PARENTING DECISIONS

Social class, wealth, culture and income have a very strong impact on what methods of child rearing are used by parents. Cultural values play a major role in how a parent raises their child. However, parenting is always evolving; as times change, cultural practices and social norms and traditions change

In psychology, the parental investment theory suggests that basic differences between males and females in parental investment have great adaptive significance and lead to gender differences in mating propensities and preferences. A family's social class plays a large role in the opportunities and resources that will be made available to a child. Working-class children often grow up at a disadvantage with the schooling, communities, and parental attention made available to them compared to middle-class or upper-class upbringings. Also, lower working-class families do not get the kind of networking that the middle and upper classes do through helpful family members, friends, and community individuals and groups as well as various professionals or experts.<sup>[1]</sup>

## REVIEWS

According to a literature review by Christopher Spera (2005), Darling and Steinberg (1993) suggest that it is important to better understand the differences between parenting styles and parenting practices: "Parenting practices are defined as specific behaviours that parents use to socialize their children", while parenting style is "the emotional climate in which parents raise their children". One study association that has been made is the difference

between "child's outcome and continuous measures of parental behavior". Some of the associations that are listed include the following: support, involvement, warmth, approval, control, monitoring and harsh punishment. Parenting practices such as parental support, monitoring and firm boundaries lead children into having higher school grades, less behavior problems and better mental health. These components have no age limit and can begin early age.

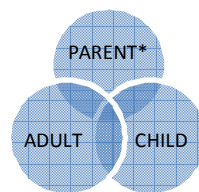
## DISCUSSION

What do our children want to become? Will they be what we wish (a doctor, an engineer, a business tycoon, an administrative officer, an army guy) or what they wish (ice-cream man, superman, the Cinderella, fairy, astronaut, pilot) who will win in the end. Parents who have an idea on how the world works or children who have huge stores of curiosity but very delicate thinking or unknown of rest of the world and to the horrors of our imagination our children get involve in anti-social activities being nothing but burden to society hampering countries developmental rate. Will our next generation handle responsibility the world or the civilization will crumble on itself? So now the question still remains the same. Let's try solving these questions by focusing at what determinants will have major impact on their future. I think we may have an answer. Not only we become what we think about, we do what we think about. Weather your thoughts are positive or negative your mind will act on it. We have e.g. from Shiv Khera's story of the eldest son. So if we are directed by our thoughts, why not implant in our minds with things that will benefit us. Or better what thought can we implant in the minds of our children to make them a better citizen of our country.

Dependants of dominant thoughts

"Childhood here specifically refers to Period before social birth of individual, before he lives home"

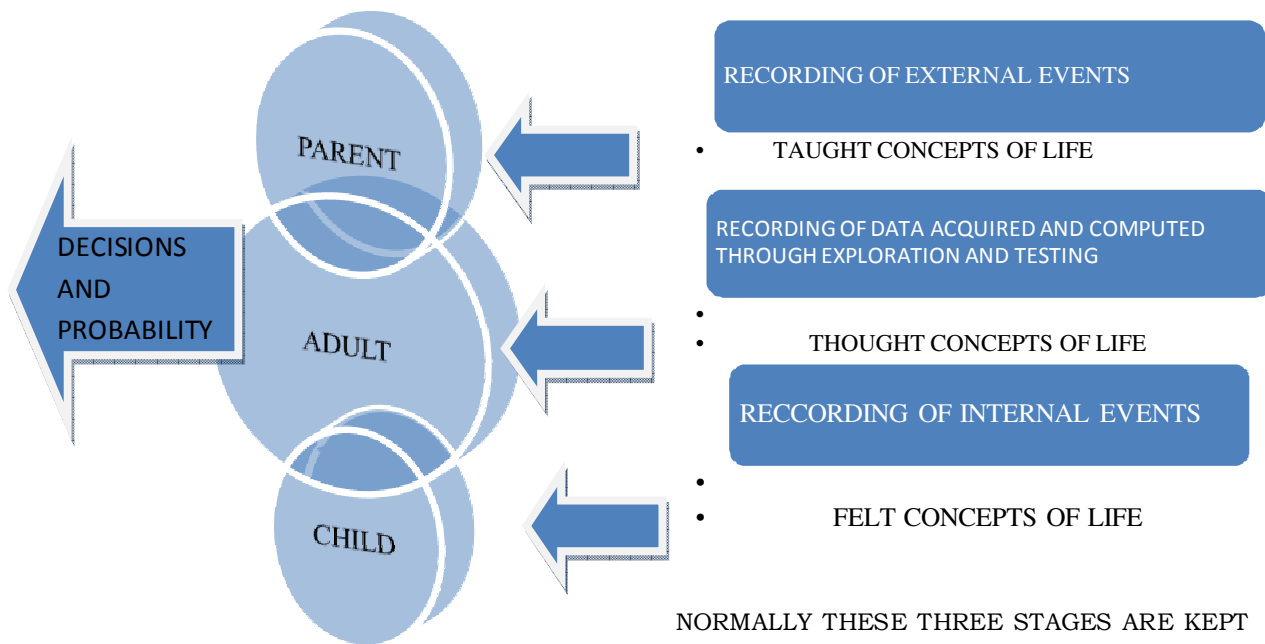
- 1) Environment they grow up in till the age of seven or eight
- 2) The experiences they receive during their schooling years for instance age 16
- 3) Childhood decisions about their own condition in respect to parents



identity as a human being at the three ego stages

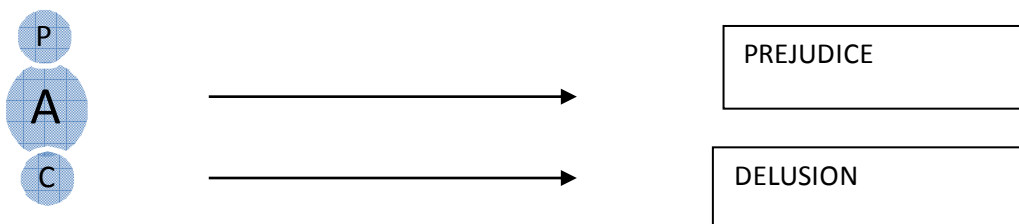
- 1.** Parent: these are recording of a child about his/her parent, interpretation by child because they cannot logically reason, parental injunctions. Recording available for replay in life time
- 2.** Child: seeing, hearing and feeling and understanding( since no vocabulary reactions are feelings).decision about the self and parents e.g. I am not ok your(parents) ok
- 3.** Adult: starts at 10 months, self actualization on the basis of information he has from his parent and child,

It's the situation of the childhood and not the intent of the raising parents which produces the problem.



NORMALLY THESE THREE STAGES ARE KEPT INDIPENDENT OF EACH OTHER, BUT REAL PROBLEM STARTS WHEN THERE IS CONTAMINATION OF ADULT

I} contamination of adult



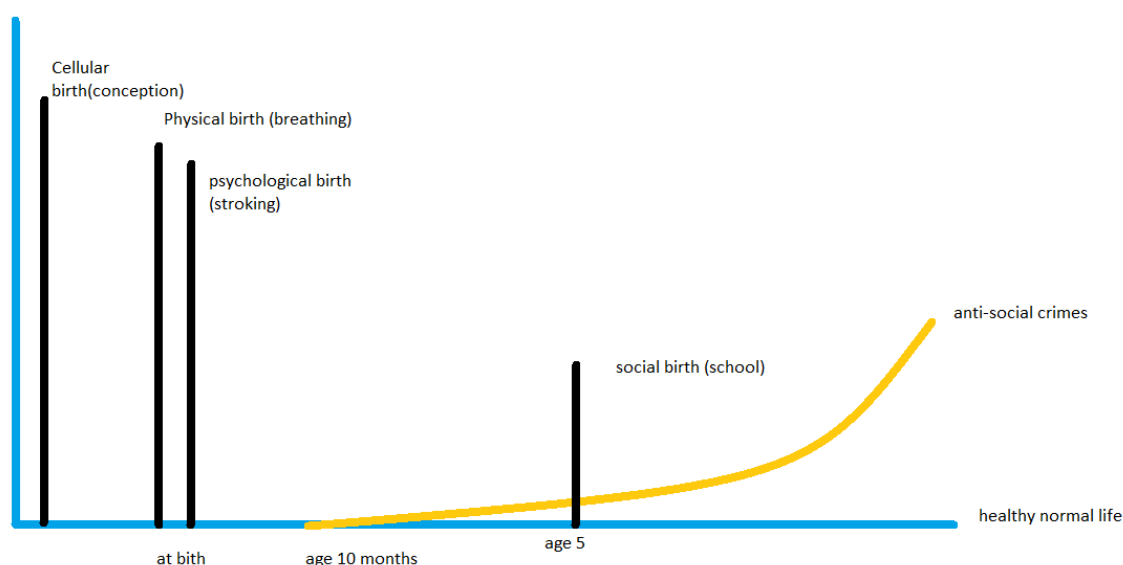
- A. **PREJUDICE:** contamination of adult by out-dated and unexamined parent data which is externalised as true before reality data(adult) is applied to them (parent dominating adult)
  - a. Cops are bad b. White skin is better than black
- B. **DELUSIONS:** contamination of adult by the child in the form of feeling or experiences inappropriately externalize in the present

TWO TYPES: a) delusions (based on fear) and

b) hallucinations (recorded experiences comes on for real

II}Exclusion: stereotyped , predictable attitude wich is maintained as long as possible in face of treating situation





There are three kinds of parents:

1. Those who mean well and who parent well
2. Those who mean well but parent poorly (lack of information, inadequate time, planning, or their own pre-empting needs)
3. Those who don't mean well and parent poorly

These were the problems there is no one universal solution to the problem

- family planning
- tradition
- awareness
- acceptance
- honesty
- talking straight
- consistency
- hope
- repetition
- rules that can be broken
- action expressing values
- cheerfulness
- being there

If we tend to follow experts opinion (there are many factors influencing some direct some direct) it's going to be laborious job to monitor, detect, diagnose, and treat.

SO WHAT IS THAT ONE THING THAT IF WE FOLLOW MANY OF THE ABOVE REQUIREMENTS WILL BE FULFILLED?

Placing positive dominant thoughts at the centre of exercises is supposed to be better option than the above For instance: let suppose the messi has been awarded a free kick just outside the D-area,

CROWD: waiting in anticipation (thinking and predicting) what will be his move...will he make it? How? What strategy? Will he others take the kick according to need of the situation? Were will he hit ..far-post or near-post? Will it be outstanding or simple goal? What if he fails? What if team losses?,

COMMENTATORS AND STATISTICIANS will dig up previous incidence? How many successful\ fail free-kick? Whats the probability? How will this affect the team? How will it affect the teams ranking in the season? Will history be made today? Which records can be broken if he is successful? Will he equal ronaldo?

MESSI WITH NEGATIVE DOMINANT THOUGHTS(JUST FOR IMAGINATION)\_can I do it? Will ball reach the desired target? Will it be a goal? ronaldo is playing better this year will he overtake me? What of fans who have expectations from me? What of team mates who look up to me? what of the my carrier? If I fail will we make it make it to finals?

MESSI WITH DOMINANT POSITIVE (THE REALITY)\_free-kick is from centre ...so I have choice of hitting either side...wall is small but players are good jumpers. Will they jump or not is gamble ...so avoid hitting over the wall..ok goal keeper is left handed according to my experience and is his strong side...they might be expecting me to hit in my right side according to formation of wall...what can I change is direction I will hit my left side with ball in-swing and Deeping(is it possible...yes). For that I need to hit the ball at this place with this angle. With this much power...if this work good or I will have some backup plan.

## HOW DO POSITIVE DOMINANT THOUGHTS AFFECT THE THINKING:-

-Its works by empowering the individual by giving a central work force or habit of seeing a situation through a new perspective which in coherence with other life values increases creativity, efficiency, and productivity...minimising the need of constant monitoring, detection, and demodulating of individual by their parents.

-teaches individual (children) about benefits of patience and self control (from marshmallows experiment)

-teaches thought control

-creating new realms of possibility and enhancing creativity

-use of lateral thinking in disputed situations

-self awareness

-Based on the ancient science of thought control (avoiding negativism) and enhancing understanding of self and seek out hidden talents in one self.



- 1.** Solitude: life is a gift. What do you do with a gift? Say “thank you” and put it to constructive use.
- 2.** Gratitude: sure cure of envy, an emotion guaranteed to keep us from soaring, seeing, loving, and living.
- 3.** Imagination: we can create what we can imagine, keeps fear from stopping us.
- 4.** Conserving past grains: most of our knowledge is from past and touch of imagination and positivity will do wonders
- 5.** Faith: means “knows what we mean”. Kicking out “exclusive”
- 6.** Preparation: five point check out mnemonic- **CIGAR**

❖ **C- CONTROLS:** who is controlling your life, your parent, adult and child?

Who is in-charge, you or somebody else? Is there any control at all?

❖ **I- PHYSICAL INSTRUMENTS:** how is your health: vision, hearing, heart, blood pressure?

Do you know how to read health gauges which warn of malfunction?

❖ **G- GASOLINE:** emotional fuel. Positive dominant thoughts.

❖ **A- ATTITUDE:** are you going up or down? Is something dragging you down?

Have you made necessary adjustments? Are you heading towards your goal?

❖ **R- RUNUP:** have you tested your maximum capabilities, rehearsed, practised?

Are you ready to lift off?

**SCOARING:** reaching the maximum-self and rejoicing.

## Conclusion

The effect of positive dominant thoughts is an effective method individual development and self-realization with minimum observation and modulation required by the parents and also preventing significant amount psychological problems occurring as a result of childhood experiences. Such that one day when our children say mom/dad,” I want to be a player like Cristiana Rolando.” that day instead of turning them down (by saying u can’t son it’s very difficult) we will say, “that’s actually quite easy just give it a try. Here try this cigar”

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