

Discipline



**ASSIGN
BUSTER**

Lecturer Definition: Discipline According to the Cambridge dictionary, Discipline may be defined as “ Training that makes people more willing to obey or more able to control themselves, often in the form of rules, and punishments if these are broken, or the behavior produced by this training” (Cambridge Dictionary, 2014). Contrary to the popular belief, discipline is not about punishing those who have erred. Punishment is defined as the application of unpleasant means or pain to control unwanted behavior. Punishment may ‘ work’ if all you are interested in is stopping misbehavior for “ the moment” (Nelsen, Erwin and Duffy, 16). The long range results of punishment may be negative. Discipline is more than just administering punishment whenever rules are broken, its more about the upbringing and general guidance that’s given to an individual that can enable him choose right from wrong.

In order to have effective discipline, love and not anger should be the guiding factor. Most parents are expected to punish their children whenever they misbehave. They end up using physical punishment as a form of discipline when irritated by their children. Physical punishment is just a temporary measure of correction that does not teach the children right values. Physical punishment can cause physical, mental or emotional injury. It can even lead to death. Children learn from adults and can take this as the only way of solving conflicts. Once punished, a child may feel he has paid for the misbehavior and may want to do it again. It’s also hard to use physical punishment once a child grows up. It is common knowledge that eliminating undesirable behavior without having a desirable strategy to stimulate more desirable behavior is generally ineffective (American Academy of Pediatrics, 724). Mistakes committed are good avenues to learn if children are guided

properly without using physical punishment.

Consequences can be used as one of the positive ways to instill discipline in children. Consequences are different from punishment since they involve learning through experience. It teaches children to make their own decisions and take responsibility for their behaviors. Consequences can only be positive discipline if parents can learn to be calm, attentive and to be good listeners. The parents should be ready to accept the solutions of their children as it's a learning experience. Parents need to communicate clearly the consequences of breaking certain rules to their children. Children can learn from natural consequences or logical consequences arranged by parents. Punishment does not give choices.

Discipline is not all about making one to obey; it's preparing an individual to live their lives in full but within the set limits. One should be concerned more with finding solutions and not consequences of going out of the boundaries. Discipline involves raising children into dependable adults. Parents should encourage dialogue and be friendlier to their children. It should be understood that effective discipline is more efficient in cultivating good culture in children as compared to punishment. (Talbot and Talbot, 138) states that ' responsibility is not taught it's a developmental process'.

Works cited

American Academy of Pediatrics, Committee on Psychosocial Aspects of Child and Family Health. Guidance for effective discipline. *Pediatrics*. 1998; 101(4 pt 1): 723-728.

" Discipline." Def. 1. Cambridge Dictionary Online, Cambridge dictionary. 2014. Web. 28 October, 2014.

Nelsen, Jane, Cheryl Erwin, and Roslyn Duffy. Positive Discipline For Pre
<https://assignbuster.com/discipline-essay-samples-2/>

schoolers. New York. Three Rivers Press, 2007.

Talbot, James C and Brian Talbot. The Road To Positive Discipline. Los Angeles, CA: TNT Pub., 2009.