How does a girl's relationship with her mother go on to affect any future interactions with other women?

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It is without a doubt that a positive relationship with one's parent has various benefits. It has been proven that a strong relationship with one's parent has led to greater chances for success. However, I will be analyzing the perspective of a mother and daughter relationship and the possible influences on social interpersonal skills when interacting and building relationships with others later on in the daughter's life. A parent, in particular a mother, plays a pivotal role in every human being's life. However, I have always found it perplexing how women interact with one another. Many women I know who have a complicated relationship with their mother have also had a difficult time maintaining relationships with other women. Parenthood can serve as the main guide in whom we will become and where we will go. This sparked some interest because I will one day work with women and would love to know how to better interact with them. There are various articles that speak on women who have relationships with their moms and how it affects them. In those articles I found that a positive attitude from mothers help women have positive results in their situation. Although many of the articles did not exactly pinpoint the research, it gives an overall stance on positive relationships with mothers gearing positive results.

I hypothesize that If an adolescent girl has had a negative experience in the way she interacted with her mother during childhood, that girl will project negativity onto other women in the future. However, if her experience was a positive one, she will, more likely than not, have a healthier relationship with women in the future.

A mother and daughter's relationship is imperative. This relationship serves as a direction to various stages in life. Santarossa, S., & Woodruff, S. J. (2020) states that the mother and

daughter relationship is critical when it comes to positive development. Issues such as self-esteem, body image and behavior patterns all have an influence. For example, mothers can have an influence on how their daughters maintain a healthy lifestyle, behaviors, sexual roles, psychological developments and attitudes. This article speaks on the mother and daughter relationship and how it influences social networking. This study, for example, took place in Canada. The basis of this study was to try and understand the daily behavior of Canadians online. According to Canadian statistics in 2013, this form of social networking set a new thriving environment that impacts the mother and daughter relationships. Although mother and daughter relationships have their own model offline, there is also an influence in social media. Social media is becoming more popularized with parents. Nevertheless, parents feel that they are not equipped to parent children using today's technology. Due to the new scenery that social networking has brought into existence, it brings a new dynamic to family interactions. It brings a new way for families to stay in contact, therefore influencing how parents influence online behavior among children (Santarossa & Woodruff, 2020, pp. 2850–2851).

Children who are given positive reinforcement from their mothers, feel more respected and supported when speaking of online abuse. Those children are also less likely to operate in negative behaviors as well. Social networks give the ability for children to compare themselves to others whether it be through corporate use of advertising with celebrities, social influencers, entertainers, and athletes alike. Day by day the children are looking at these influencers, wanting to be them or love them. They will even, at times, mimic their behavior by taking photographs and expecting feedback from peers in these social networks. This inevitably leads to issues with body image, leading to issues with self-esteem. Unsatisfied with their appearance, many eventually develop eating disorders. Online also gives the opportunity to post about family and

friends such as mothers. This also gives the possibility to transmit positive body images. A mother's presentation on social media has the potential to positively influence their daughters. The role of the mother is very imperative in the mother daughter relationship, the mother serves as a role model in the relationship. (Santarossa & Woodruff, 2020, pp. 2851–2852).

Daughters are taught to mirror their moms in many way, leading young girls to eventually imitate them. If mothers display positive integrations on social media, daughters will mimic that as well. Mothers are also capable of influencing unintentionally just on performing everyday task and interactions; hence, the mothers' behavior is important because their actions send a message to their daughters, both directly and indirectly. (Santarossa & Woodruff, 2020, pp. 2851–2852).

But everyday behavior and interaction by a mother, especially on social media, can also have a downside to it. The evidence from this study shows that what a mother may post on social media may influence the daughter when she gets older. The daughters' behavior may be influenced by what they have observed on their mother's social media page. Maternal modeling also influences social media and has had an influence on how the daughter conveys her body image, self-esteem and eating habits just as in the regular world. If the mother is critical about her image, the daughter will also be dissatisfied with her body images as well (Santarossa & Woodruff, 2020, para. 2862).

In the article by Sun,Y., Lam, C., & Chung, K. (2021) speaks on the effects of maternal influence on a child's socialization development. This article speaks on the vital role that parents play in the emotional socialization in their children's social development. The article states how parents react to the negative emotions of the child. The article continues to elaborate on the research that suggests when parents are invaliding their children's negative behavior, it will later

impact them leading to issues on with other children. Many studies state that the child's personality may also have an impact on the way they socialize. In addition, the article speaks on what the child may know about socialization through culture, and the child's translation of what is deemed to be the correct expression of emotion. That child may see their parent's behavior in a different light. (Sun et al., 2021, p. 671).

The researchers used peer acceptance of the children as a guide to measure the positive and negative peer relationship. In addition, they used the children's social condition in order to understand their emotions and the best action plan to contend with socialization issues. This will specify the positive and negative social interactions. The way a parent displays his or her social emotions is crucial. Most children learn how to socialize from their parents. The emotional socialization that the parent displays is very important, however the parents' reactions to their children's negative emotions is important. These reactions can be deemed to the child as acceptable, even when they are not. This can form the way a child takes heed of in dealing with their negative emotions. Parents' unsupported reaction also included lack of discipline. When parents are unsupportive of their children's reaction it becomes a downfall to their child's social construct. The parents' reactions can subdue the way the child expresses themselves (Sun et al., 2021, p. 672).

The study consisted of 330 children in kindergarten along with their mothers and teachers from Hong, Kong. The researchers measured the mother's reaction to the child's negative emotions along with the child's social competence. They tested the child's knowledge of their emotion by a moderator. Researchers believe that the mothers who don't react negatively to the child's negative response, will most likely be acquainted with positive reactions with children's

peer acceptance and social interactions. The child will have less aggression especially with children who have a better concept of displaying positive emotion. (Sun et al., 2021, p. 672).

The result found that children have their own impression of their parents' behavior. Detailing certain factors that decide how their parents' reaction is received. These views eventually play a huge role on what the children find normal. Mothers are also being analyzed on how their disciplinary actions affect their children's peer acceptance, social cognition and aggression. A mother’s discipline is highly associated with child peer acceptance and social cognition. However, it decreases aggression in children. Mothers who positively interact with their child when they display negative emotion contribute to positive social development. (Sun et al., 2021, p. 675).

Weichold, K., Butting, S., & Silbereisen, R.K. (2007) is an article based on communication between mothers and daughters during puberty. This is a very crucial time during a young woman's life. The relationship between a mother and a daughter changes immensely. This is the point in time when adolescents are learning about themselves as an individual. This is also the point in their lives where autonomy begins to evolve. Behavior is another change that occurs. Negative interaction between family members and parents augment and the child becomes more aggressive and inquisitive. Although adolescents want to become more independent, they still want to have a relationship and connection with their parents. During adolescence conflict increases between family members due to the changes that are occurring. Family members become more protective and territorial of their daughters. Daughters who mature faster than their peers seem to be more supervised and controlled by their parents. This is done to avoid having boyfriends getting pregnant or many other things in an untimely

fashion. Girls who mature faster than their peers seem to have more stressors. (Weichold et al., 2007, p. 1124).

The focus of the study is to find out the relationship and effect that puberty and has on the family. This study also analyzes the relationship between young women going through puberty and the conflict they have between their mothers during that period of time. In previous studies, many girls felt strained during this period of their lives (Weichold et al., 2007, p. 1124).

The results in the study revealed that when conflict arose between mother and daughters, daughters became more independent while maintaining an emotional bond with their mothers. However, if the girls matured earlier then there appeared to be less independence. The group where the girl seemed less independent from her mother exhibited some of the following traits: 1) they had terrible communication skills; and 2) had more stress when interacting with their mothers. Dads didn't have this issue at all. On the other hand, girls who mature later who had a chance in becoming independent didn't have these issues. They maintained a positive relationship with their mothers (Weichold et al., 2007, p. 1130).

The fourth article, "Maternal Depression Impairs Child Emotion Understanding and Executive Function: The Role of Dysregulated Maternal Care Across the First Decade of Life," studies the long-term effects of maternal depression in children. Over ten percent of women experience depression between the ages of 18 to 39. Women's experience with Major depressive disorder (MDD) goes to twenty percent in an overall lifetime. Previous studies have shown that children who were exposed to mothers with MDD have an additional risk of having long term effects such as issues regarding socialization, behavior and psychopathology. (Priel et al., 2020, p. 1042)

In this study there were two groups selected to study. One group was from a large community birth cohort with no risk of MDD. The other group had mothers that were diagnosed with MDD for the first decade of the children's life. Mother and children interaction were observed at home during the stages of infancy, middle childhood and late childhood. When the child reaches the age of 10 the effects of maternal MDD are examined. Three regulations are observed, emotional recognition (ER), social collaboration (SC) and executive functions (EF). These factors were looked into to study any deficits over that period of time. During this study researchers studied the impact of maternal depression in other areas such as single mothers, teenage mothers, poverty and premature birth. Another aspect that was studied was late childhood which is rarely studied in the issue of maternal depression. Also, there have not been tests on the three regulations of maternal MDD. Lastly the mother's contribution in how she functions in different developmental stages was also studied. The children were tested for social, emotional and cognitive results (Priel et al., 2020, para. 1043).

Depression in motherhood is very common. Which causes many children to be exposed to destructive behavior and consequences. The results show that children whom had depressed mothers were not able to signify emotion. This is the result of inadequate caregiving. When there is a continuation of discordance, it causes the child to become unable to adequately develop mental capacities that impair ER. Children with depressed mothers deliberately avoid social interaction in the early stages of childhood, this behavior progresses as they continue to age. This behavior is seen as a downfall because it contributes to delays in mental capacity, this also influences cognitive and emotional abilities. Children who had mothers who didn't suffer with MDD didn't have these issues. These children were able to better socialize as a whole and were not withdrawn. Children whose mother had MDD had more withdraws when interacted with

their mothers, they mirror their mother's behavior that has been given to them since they were born. When a child withdraws socially it impairs their social development (Priel et al., 2020, p. 1051).

The article entitled Mother-Daughter Communication on intimate relationships: Voices from a Township in Bloemfontein, South Africa is an article based on sex education and intimate relationships in South Africa. Many unhealthy views of sex are often deemed as acceptable in South Africa. Coercion and control is accepted as the norm that society and women are considered the target of that abusive behavior. Due to this horrible mindset many women are left to deal with sex that is not often consensual or protected. This result in high teenage pregnancy, high contraction rates of HIV and other Sexually transmitted diseases (STD). Many studies have confirmed that family influences have had an effect on adolescent's comprehension and application of sex. Parent can have a negative or positive impact on the way their children view sex. Therefore, comprehension on this topic is very crucial. When there is a positive understanding of sex it will trigger healthy intimate relations. The communication between a mother and daughter is imperative. This will help the daughter to develop healthy sexual relationship in the future. Parents play a very important role as it pertains to encouraging great decision-making skills. Not only for sex but for intimate relationships as well (Gumede et al., 2017, pp. 228–229).

This study aims to show how the understanding mothers have of intimate relationships are pivotal and must be an ongoing subject of communication between them and their daughters. The mothers and daughter were interviewed separately to ensure that their answers were honest. Daughters were between the ages of 18 to 22. Although mothers and daughter might speak on various subjects, it is a bit difficult for them to engage in a conversation concerning sexual

intimacy. Due to the social construct of sex being viewed as secret, shameful, guilty and awkward, it would take a specific subject to get the topic started. Many may spark the conversation about sex when their daughters begin their menstrual cycle, get pregnancy or diagnosis of an STD. The daughters in the study, as a whole, have stated that the conversation between them and their mother was one-sided with little to no input. Many mothers have gone through some form of sexual abuse themselves and, as such, are fearful of the cycle repeating itself with their daughters. That history often shapes the way the mother interacts with the child about sex and intimacy. The conversation is often put into a perspective of the dangers of sex, there was no conversation about relationship with love and commitment. (Gumede et al., 2017, pp. 232–233)

Many mothers in the study also were not well taught about sex, therefore they were not able to give their daughters what was needed. Sex during their adolescence was not freely spoken about. This is the root of the issue. Many moms repeat the cycle because their mothers didn't freely speak to them about the pros and cons of sex. Speaking to young adults about sex is beneficial. Although it is beneficial it doesn’t solve all the problems. When sex is the topic it must have substance and clarity. All those who participated in the study reveal a level of discomfort and embarrassment when speaking to their mothers and/or daughters about sex and intimacy. Daughters would react with nervousness and hostility when mothers would initiate the conversation about sex. Despite all the negative feelings the daughter had they preferred to be taught by their mother than someone else (Gumede et al., 2017, p. 241).

The final article I reviewed was “Experiences of “openness” between mothers and daughters during breast cancer: implications for coping and healthy outcomes” is an article that proposes mother and daughter relationships have a dominant correlation on women habituate

during breast cancer treatment. Having positive interaction between both women will assist them in confronting the situation. When dealing with a situation as detrimental as this one, it is good to have a family that communicates with you and supports you in any shape, way or form. This type of support is not always easily established but as the family continuously works on it, they can find a solution. The mother and daughter relationship plays a vital role in a woman's journey of having breast cancer. However, their communication style may not be a prime example. During this critical moment mothers are not able to fully confess to their daughters, which will cause the daughter to be unequipped in supporting her (Fisher et al., 2016, pp. 1872–1873).

The normal way of communicating during cancer treatment is very pivotal. This study uses family communication to investigate effects on how open communications affect women's health. This study also investigates the effects of lack of communication and the end results of women’s health. By placing communication as a priority the relationship between the mother and daughter will undoubtedly improve (Fisher et al., 2016, p. 1873).

The study identifies a link between a mother and daughter relationship and open communication during cancer treatments. The study concluded that open relationships lead to healthier outcomes. Open communication promotes better health. The study also concludes that mothers and daughters who did not have a positive open relationship had a negative effect on the recovering cancer patient's health (Fisher et al., 2016, p. 1878).

Overall, I did not have a specific article that spoke on my topic, but concluded that my hypothesis was correct. That positive role modeling from a mother sets a precedent for the daughter's future relationships with other women. All the articles concluded that when the mother displays a positive attitude the daughter will eventually mimic it. The article, “Adolescent girls’ relationships with mothers as best friends,” also supports this theory-it was an

older article written in 1996. This article studies the relationship of the mothers and daughters while comparing it to the relationship of their daughters and their best friends. The article states that if the mothers had a harmonious relationship with their daughters, the daughters would mirror the same relationship with their best friends. Which also supports my hypothesis (Gavin & Furman, 1996, pp. 377–385). It is imperative for mothers to set a great example for their daughters. Their relationship sets the standard for future relationships. In order for women to gain the respect in society that they are fighting for, the relationships we have with each other must become more positive.

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