

What It Is

Sibling rivalry is when siblings despise each other for any number of reason but commonly because of jealousy and competition. It starts with competition for parents undivided attention, and involves physical and mental aggression paired with emotion. It can get harmful if it is not controlled by a parent. Parent involvement is crucial in sibling rivalry. Sibling rivalry is either at its best or worse when siblings are adolescence due to puberty. Siblings of close age usually have the worst rivalry.

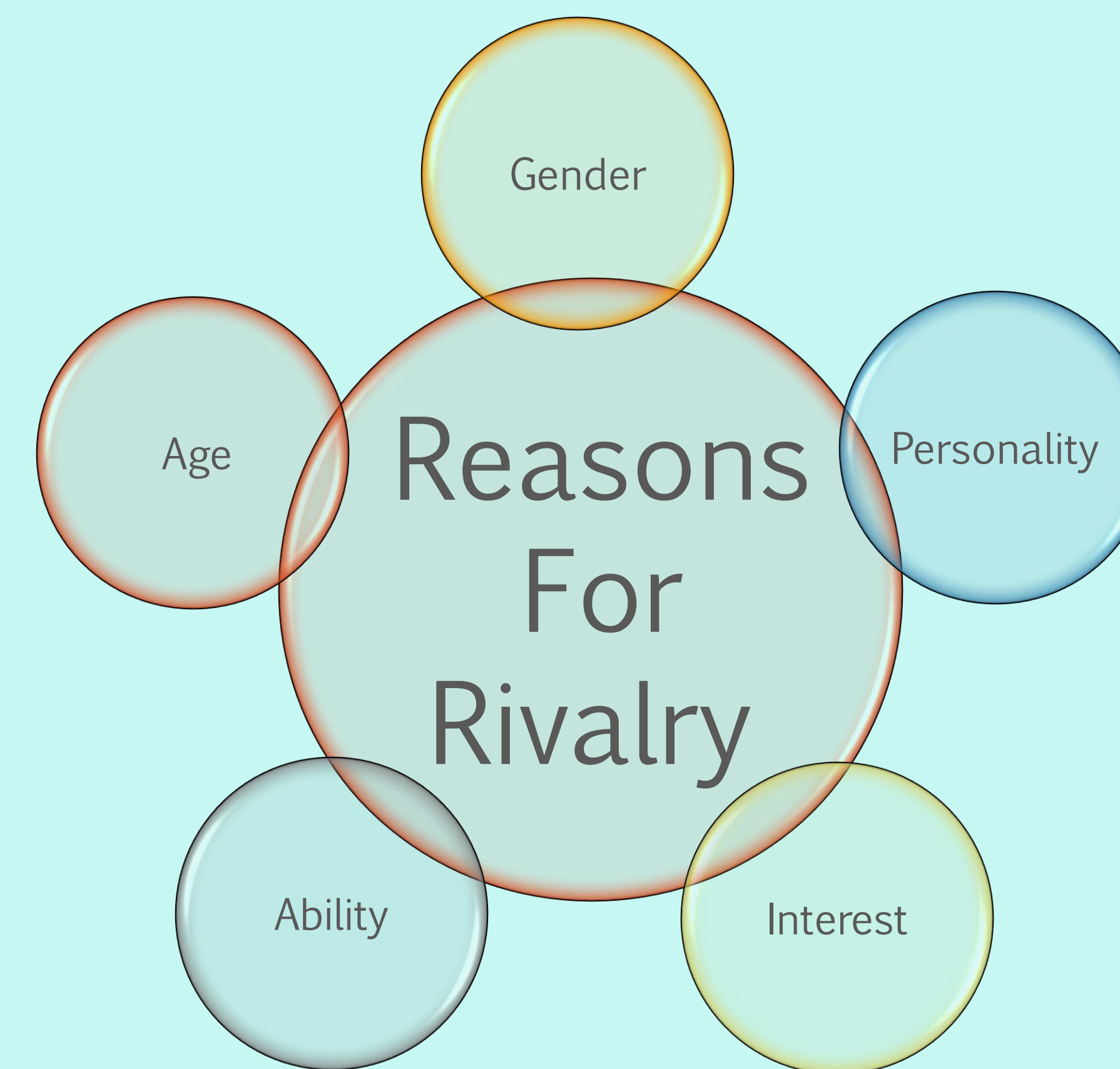


“Siblings are often characterized by an intensity of positive and negative emotions that are frequently and freely expressed” (Dunn 2007).



SIBLING RIVARLY

Simone Person



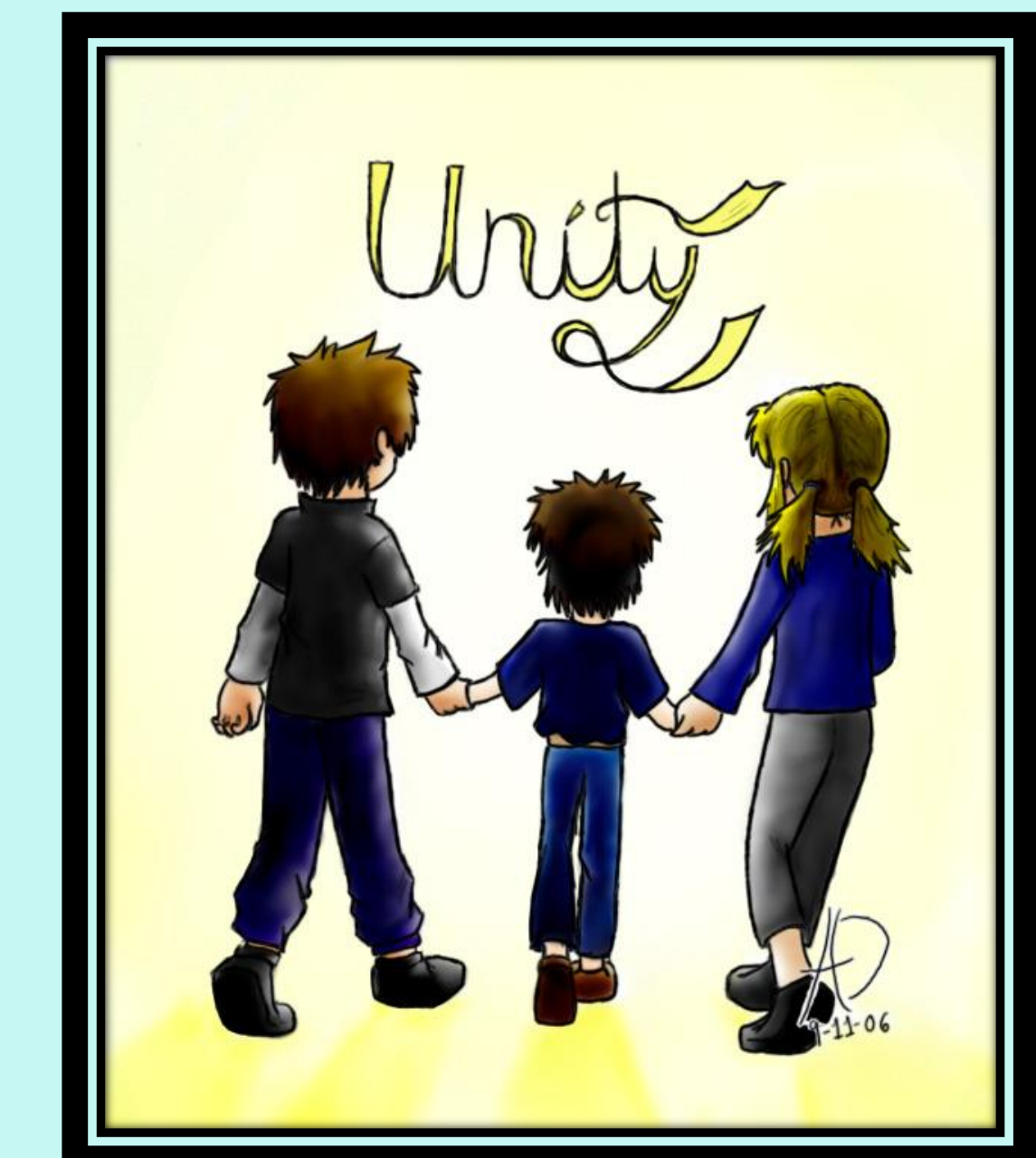
Effects of Sibling Rivalry

Sibling Rivalry is a type of bullying and can often be worse than other types of bullying. (Bank & Kahn 1941) It can cause damage to a child's early development psychologically, emotionally, or even behaviorally. They can be tormented badly enough that they start acting negatively and treating other people the way that their sibling treats them. (Bank & Kahn 1941) Sibling relationships shape most or all of relationships that a child will ever have.

Sibling rivalry has gone too far when a parent doesn't control it. That's when siblings start to physically and mentally torment each other too deeply to recover from. They start to use each others weaknesses as ways to hurt each other and that can be scaring. It can cause mental distress and that can lead to depression. Siblings are more likely to accept peer bullying or become a peer bully. Sibling rivalry can also damage a child's achievement, sexuality, and social relationships.

Treatment Options

There are many treatment options for Siblings going through rivalry. There is family psychiatry where the whole family can talk to a psychiatrists and try to solve their issues. Individual Psychiatry where the one child being tormented can share there thoughts and feelings about the rivalry and get some tips to cope with it or over come it. What will help the most is Correct Parental Interaction/Involvement in which the parent controls the rivalry so its healthy and not harmful. Also some other ones are Social Workers/Children in Youth, Teachers, Peers, and Counselors. The big one for overcoming sibling rivalry is Self Identity, once a child has figured out who they are and what they want to be then sibling rivalry minimizes greatly.



References

- Dunn, J. (2007). Siblings and socialization. In J. Grusec & P. Hastings (Eds.), Handbook of socialization: Theory and research. (309-327). New York, NY: Guilford.
- Bank. P. S. & Kahn. D. M., (1941). The Sibling Bond. New York, NY. A Division of Harper Collins Publishers.

