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Information about the journal



"K L A D" IS A STUDENT JOURNAL FIRST PUBLISHED AT M. NARIKBAYEV KAZGUU UNIVERSITY SCHOOL OF LIBERAL ARTS. THIS JOURNAL IS AIMED AT ENHANCING STUDENTS' INVOLVEMENT INTO SCIENCE AND RESEARCH.

"K L A D" JOURNAL ADMITS FOR PUBLICATION VARIOUS TYPES OF ARTICLES: ORIGINAL RESEARCH, REVIEW ARTICLES, SHORT REPORTS OR ESSAYS, REFLECTIONS, CASE STUDIES, METHODOLOGIES AND CASES IN ENGLISH; CONTAINING THE RESULTS OF FUNDAMENTAL AND APPLIED RESEARCH IN THE FIELD OF PHILOSOPHY AND IDENTITY, HISTORY OF KAZAKHSTAN, PEDAGOGY, LINGUISTICS AND METHODS OF TEACHING LANGUAGES, TRANSLATION, AND TOURISM.

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M. NARIKBAYEV KAZGUU UNIVERSITY
SCHOOL OF LIBERAL ARTS

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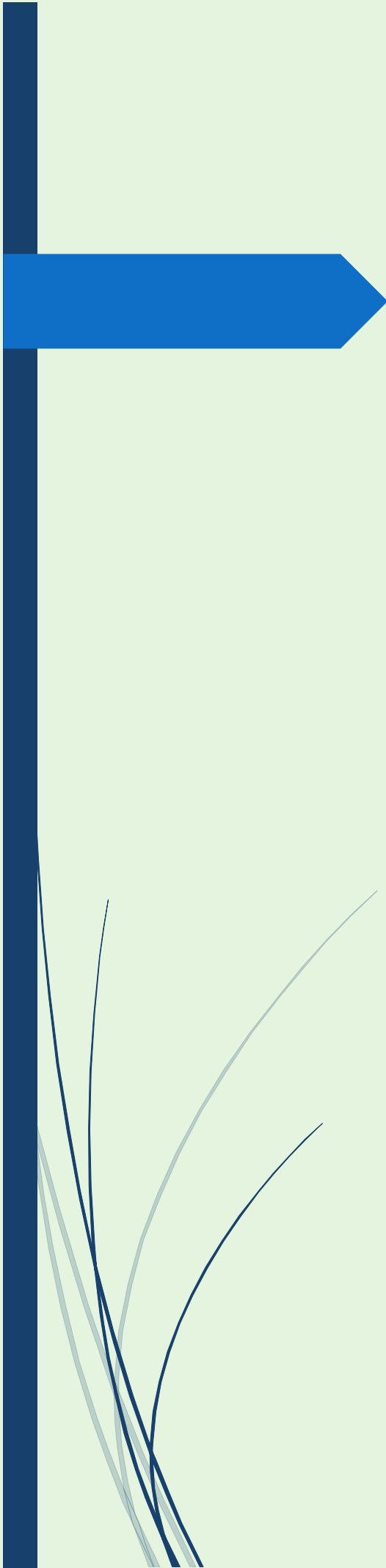
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Students' Essays

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M. NARIKBAYEV KAZGUU UNIVERSITY

“WHAT ARE THE EFFECTS OF GROWING UP IN POVERTY?”

Perizat A. Mazhitova

Some people may not realize that half of the world's population living in poverty are children. However, not everyone understands the effects which poverty brings to a human being. People may underestimate the role of poverty in a person's life. Growing up in poverty leads to several consequences which can seriously affect children in the future.

First of all, the relative lack of income influence children's physiological health problems. Poor families do not have enough income to meet basic needs for food, clothing, medical care and housing. Living in poor conditions can affect a child's health later in life and cause numerous serious health problems such as low birth weight, unintentional injuries, growth stunting, lead poisoning and so on. For instance, low birth weight is a crucial indicator of a child's health. According to Brooks-Gunn and Duncan (1997), children who were born with low birth weight are more likely to experience serious health implications, grade repetition, and learning disabilities (p. 64). In addition, these children tend to have difficulties with math and reading and lower levels of intelligence. Iron deficiency anemia can also occur because of a child's food insecurity. Skalicky et al. (2006) stated that iron deficiency anemia, which is related to impaired exercise capacity, increased susceptibility to lead absorption, and developmental and behavioural problems, was traditionally identified with child poverty. Thus, poverty entails various negative consequences for a child's health.

Another effect of poverty is closely related to mental health. People with low incomes often face a range of stressors from childhood, which can later cause serious mental problems in adulthood. Home environment, neighbourhood condition, parent-child relationship, social interactions with peers play a huge role in formulating a person's psychology. From a very young age, the poor may

have difficulties with these aspects, which soon may lead to aggression, fighting, acting out, anxiety, social withdrawal, and depression. Studies show that people who grew up in poverty are prone to chronic physical stress throughout childhood and into adulthood (Cornell University, 2017). Poverty, which is characterized by low levels of education, inadequate housing, and malnutrition, contributes from a very young age to the development of various mental disorders. For example, Bellair et al. (2019) reported that children who experience material hardship are three times more likely to have behavioural or conduct problems compared to children who are not frequently disadvantaged. As a result, children who grew in poverty confront different challenges and often become vulnerable to various mental disorders and behaviour ill-being.

Finally, children from poor families have lower school achievement and cognitive abilities than their wealthier peers. Research shows that cognitive outcomes, such as developmental delays and learning disabilities, are much higher in children from low-income households. The conditions in which children live, the diseases and inconveniences they face affect not only their cognitive abilities but can be accompanied by a drop in IQ levels from 13% to 20% (Brooks-Gunn & Duncan, 1997). Unstable parental employment, which can lead to unemployment or underemployment, often causes conflicts that can result in problems at school. Students from poor families may find it difficult to fully concentrate on their studies due to the many challenges they face because of poverty. In addition, most poor parents cannot afford to meet all of their children's needs, especially when it comes to higher education. To put an end to this, some students choose to work immediately after high school, while other students juggle between higher

education and work. Studies show that students from low-income families are less likely to get a better education (“Effects,” 2020). Consequently, children who have grown up in poverty may continue to live in poverty even into adulthood.

In conclusion, growing up in poverty has many complex and varied effects. People from

poor families can have serious consequences, both physical and psychological, and may have difficulty obtaining an education. The problems faced by poor people are closely interrelated and need to be addressed.

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