

## A STUDY ON THE IMPACT OF PSYCHOLOGY BEHAVIOR OF LEFT-BEHIND CHILDREN AND EXTERNAL PARTNER ON FIRMS INNOVATION PERFORMANCE .

<sup>1</sup> Zhao Donggyan . <sup>2</sup> Abdul Rahim Bin Hamdan

### Abstract

This qualitative study explores the wellbeing, health and illness behavior of left-behind children and adolescent in China. The objectives of the research study were to explore the health and illness behavior of left-behind children and adolescents (LBC and LBA). The study was qualitative, and data were collected through a semi-structured interview guide to analyzing the participants' in-depth responses from their own emic and etic perspectives. The data was carried from those left behind adolescents living separately from internationally migrated Fathers in China. A total of (N=25) left-behind adolescent participants were interviewed from five (5) different cities of China and selected through purposive sampling technique. An interpretative paradigm with thematic analysis was used to analyze the primary data. The paper's findings reveal that left behind adolescents are more prone to unhealthy behavior and are involved in smoking addictive activities when their fathers are away from home. At the same time, in the presence of their fathers, the LBC and LBA have high nutrients consumption compared to when their fathers are not at home. The study also added that in the presence of fathers, the treatment and prevention of LBC and LBA are changed.

**Keyword:** Left-behind Adolescent, Migration, Health and Illness Behavior, Nutrition Consumption

### Introduction

Different scholars have explored the term migration for financial benefit for the homeland and the host country. At the same time, recent literature shows that apart from the positive impact, parental migration usually negatively influences left-behind children. It refers to the children below 18 years of age who are left-behind adolescents (LBA) in their communities by their parents who migrate to another place for work (Chai, Du, et al., 2019). However, for better economic opportunity, some parents migrated with their family members who are in little number. In contrast, the majority of the father migrated without their family members leaving their children in hometown (Chai, Li, et al., 2019; Wang & Liu, 2020b). Those children whose one or both parents migrated nationally or internationally, these specific groups of population label, left-behind adolescents, and those are living in exceptional circumstances which attract researchers about their wellbeing and social concern (Yu et al., 2020).

In China, many children are left in their rural hometowns by their parents (one or both), hunting for more lucrative work in urban areas (Fan & Lu, 2020; Sun et al., 2015). China had more left-behind children (LBC) than other developed countries and LBC have exploited a considerably more massive in the urban and rural areas of population. LBC construction has not been adequately researched, nor have these children's needs been adequately addressed which motivated toward victimization (Wang & Liu, 2020a).

The literature on migration and LBA revealed that migration could disturb the health of left-behind children, both lively and gloomy, which depend on the family type, guardian, and the children themselves. Additionally, overseas parents' economic condition can give a positive living standard to the left behind family and improve their health behavior, buy expensive drugs, and eat more dietary food. However, some study shows that the absences of parents can have a negative effect because adolescents do not have parental supervision and children health disturbed, invoked toward junk food, addicted of drugs use and abuse (Fan & Lu, 2020; Tan et al., 2020).

Deserted youngsters and youths had an expanded danger of gloom, self-destructive ideation, and danger of tension. Abandoned LBC and LBA additionally had littler increments in hazard for squandering, hindering, and substance use (Jin et al., 2020; Li & Sun, 2020) . It is obvious how much the parental movement influences the strength of these youngsters and how the effect may shift as per relevant components, including sex and age. For instance, in China, young men left before age six years were not as tall as young men whose guardians left them at a more seasoned age (Lu et al., 2021). It is because of different reasons in which one reason may be the LBA nutritional status and frequently eat unhealthy food (Zhang, 2020). Nowadays, the Chinese have internationally migrated due to poor financial conditions and want to fulfil their social needs. Therefore, the paper explored the in-depth experiences of the LBA, whose parents are away from them. The in-depth experiences were based on education, health, socialization and amalgamation in the society. Similarly, exploring the context of Chinese experience and understand the issue and challenges in the broad, subjective domain of needs and wellbeing. Eventually, the in-depth construction of LBC and LBA healthy behavior was explored compared to unhealthy behavior whenever parents migrate nationally or internationally.

### **Problem Statement**

The LBC and LBA has become an issue for the global world, and this problem is due to lake of parental socialization and supervision. LBC and LBA healthy behavior problem are too essential to explore and understand their education, socialization, and drug abuse. In the contemporary world, LBC and LBA wellbeing is not good, which disturbed their society in broad. Wang and Liu (2020b) suggested that LBC and LBA takes money from migrated fathers and further used unhealthy diets, fast-food eating snacks. The research concluded that LBC and LBA have a higher irregular activity than non-left behind adolescents (NLBA). Parental international migration is one of the major problems faced by LBC and LBA. In comparison, there is no proper remedies or policy made for LBC and LBA in the China and this paper found the in-depth solution for the growing problems and issues.

### **Research Questions**

- What is the healthy behaviour status of left-behind children and adolescents?
- How is left behind children and adolescents respond to illness and wellbeing?
- How is parents' presence influence the treatment and diagnosis of left behind children and adolescents about drug usage and abuse?
- How is often left behind children and adolescents consume nutrients in their daily routine?
- Why left behind children and adolescents are more vulnerable to addictive activities?

## Literature Review

Lei et al. (2021) introduced that parental migration has influenced the LBA wellbeing status in China' with 18.1%. The results revealed breakfast, physical illness, web habit, smoking tobacco, self-destruction ideation, and being overweight in provincial China. LBC experience more instructive issues, higher paces of nonappearance and dropout rates from the education, sometime skipped from the school to enjoy unhealthy food. Additionally, discovered to be more defenseless against mental issues, for example, forlornness, wretchedness, nervousness, and introspection. The findings of hazard practices ("skipping breakfast, eating high-fat food and improved bites, being truly dormant, investing more energy, playing e-games and utilizing the web, current smoking and drinking, and having been tanked"). Likewise, intended to have emotional and mental issues and being obese (Tang & Wang, 2021). The LBA girls were more susceptible to drinking refreshments, overabundance, TV watching, web use, tobacco use and alcohol use. In contrast with non-LBA girls and LBA boys. LBA girls were fallen into emotional and mental issues, which have thoroughly put into anguish, misery and depression (Gass, 2021).

Zhou et al. (2021) conducted an in-depth comparative analysis of LBA behavior problems and found more disguising issues. The issues of sadness came from the inductive coding, and quarrelling was the most repeated behavior in their lives. Family factors influence disguising conduct issues. The in-depth study of (Juan et al., 2021) explored left-behind children (LBC) mental wellbeing with other vibrant youngsters. The in-depth investigation suggested that LBC were emotionally in danger, and their conduct was not good. Internationally migrated parents have a mental disorder in their LBC and their low mental wellbeing. The family members narrated that LBC has a low intention of getting educated and mothers signify that LBC has less enthusiasm for homework learning (Bozdağ & Bilge, 2021; Lu et al., 2021).

Similarly, Yang et al. (2021) examined LBC as having a behavioural problem, for instance, lack of passion for schoolwork. The examination anxiety and passive enthusiasm regarding papers. The study also compared LBC and NLBC in the academic achievements and LBC 28.4% about upcoming examination. Luo et al. (2019) indicated that China LBC has more emotional issues, for example, forlornness, tension, and sorrow; less help from their family; and a higher pace of dismissal from others. Likewise, LBC and LBA with low financial status and inadequate training were poor physical, emotional and psychological adjustment because their mother at home does not and rearing and caring correctly. International migrated male parent pressure has made LBC and LBA passive in their school homework (Zhou et al., 2021).

Juvenile delinquency is one of the biggest problems in the LBC. Internationally migrated parents described that our children are more delinquent as compared to the neighborhood. Most LBC is now quarrelling with neighborhoods and has peered social issues. Sometimes emotional wellness issues emerged in the LBC (Umami & Turnip, 2019; Xing et al., 2017). In the same context, Zhang et al. (2021) found LBA youngsters' low socio-emotional adjustment in their colleges and universities. Although Liu et al. (2021) proclaimed that sexual orientation issue was found among LBC and LBA due to parental migration. Ming et al. (2021) expended the interviews and found that male parent migration influences the LBC and LBA, and their emotional adjustment creates difficulties in their daily lives. The emerging themes draw theoretical debate about social and psychological settlements. An (2020) justified that LBC and LBA has disintegration in their mind settlement. Similarly, Otake et al. (2019), recommended that LBC and LBA more eats

unhealthy hygienic food in their family dinner. Bi et al. (2020) proposed that parental migration has a significant influence on the dietary wellbeing of LBC and LBA.

### Theoretical Perspective

Theory plays an essential role in qualitative research, and the family system theory (FST) lens was applied to generate new construction of reality. Qualitative research studies social phenomena through the subjective lens and narrows down broader social issues into individual ones. The FST was grounded in the LBC and LBA sensitive issue and thoroughly checked well-being and social life (Haig-Ferguson, 2014). The construction of the FST model focuses on individual behavior and make a solution for their long live social interaction. Further, Haig-Ferguson (2014) stated that every individual has a role to play while rules to respect and integration. Moreover, family members are expected to respond to each other in a certain way according to their particular role, which determines by their relationship within the family. Therefore, regarding this particular social connectivity within the family, each member depends on another family member while sharing their emotional attachment; thus, one member behavior causes another member behavior respectively according to the patterns they are sharing (Haig-Ferguson, 2014). Similarly, the current research study exploring the health and illness behavior of the LBA, which is one individual issue in the social world and created by migrated parents. So, the lens FST is one suitable direction for the inductive approach. FST in the family bonding and moral reflexivity in the previous empirical literature (Wang & Liu, 2020a, 2020b). The paper derived some deductive conceptual framework from the previous literature and found the inductive conceptual theory for academic literature. (See Figure .1).

### Conceptual Framework

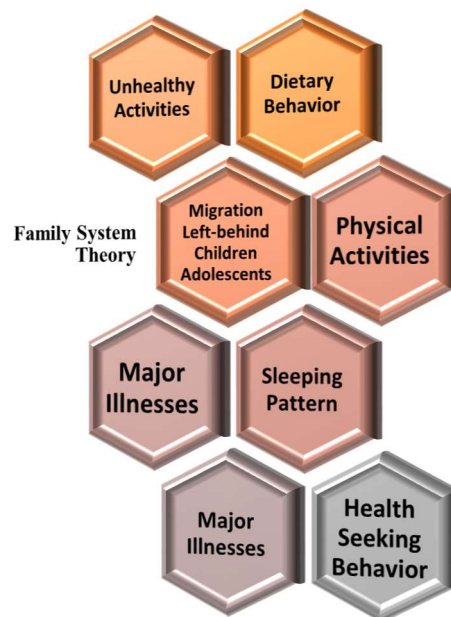


Figure .1

## Methodology

The research methodology was qualitative and interpretive paradigm based on the ontology and epistemology lens. Without research design, empirical data collection is impossible for sensitive research (Babbie & Mouton, 2010). The research specified different codes with detailed transcription, and three Chinese data writers have participated in the study. Furthermore, these codes convert into different categories such as family type, sleeping pattern, dietary behavior, meat and vegetable consumption, parental supervision, internet using addiction, diet plan, eating habits, physical activity, drug addiction, bunk classes, playing EGaming, significant diseases, health care supervision, doctor recommendation, regular checkup, prescript medicine, and cure. Similarly, the holistic process of the research is drawn in the Figure .2.

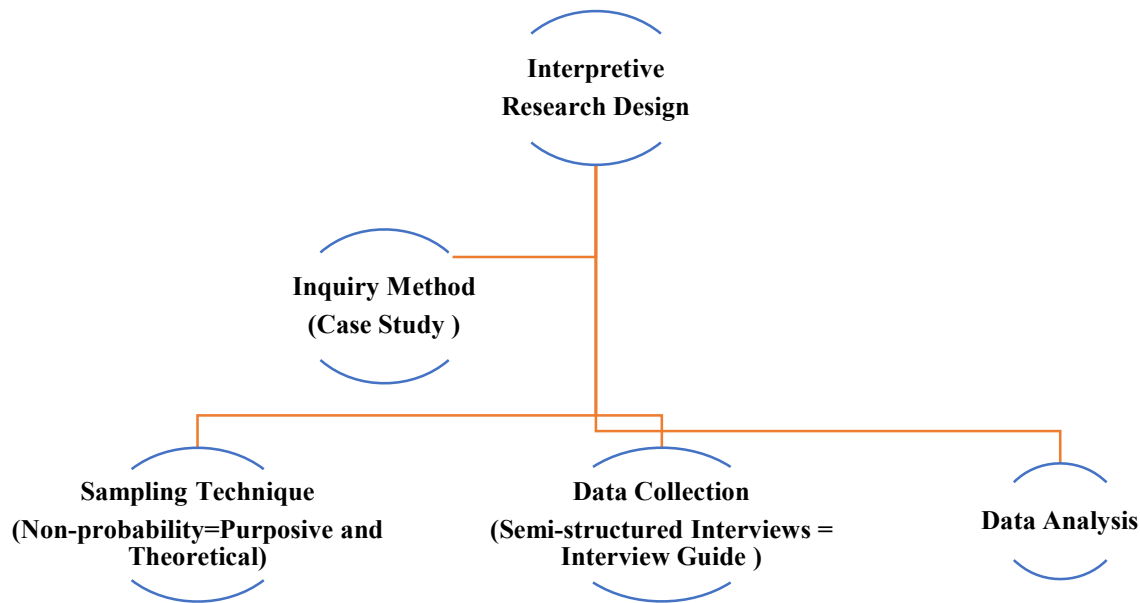


Figure .2

In a qualitative research design, the case study design was used as a method of inquiry. A *case study* is a qualitative research design used to study the in-depth individual life experiences as a case or may take an individual group and sometimes community as a case (Creswell & Creswell, 2017; Guetterman et al., 2015). The sampling technique was purposive and theoretical, which is the type of non-probability sampling (because some LBC and LBA refers researchers to other LBC and LBA by their most valuable suggestion. Twenty-five (25) LBC and LBA were interviewed based on data saturation point. Qualitative data collection was done through in-depth semi-structured interviews with LBC and LBA in China from two popular cities like Beijing and Tianjin. Used the smartphone to record each interview and discussion of the participants.

According to Bell et al. (2018), in-depth semi-structured interviews are the empirical method to generate new grounded theory from the participants' perspective. As conclusion interview guide is a good tool that will give a good direction in the in-depth investigation. Every

LBA participants were interviewed for 25-30 minutes with multiple question-answer session. The researcher used a gatekeeper and key consultant who were educated and knew their China native language. Similarly, data was analyzed through thematic analysis, and it was started from the deductive theory and then themes, categories and codes. The whole process of qualitative data analysis is given in the Philip Adu (See Figure .3).

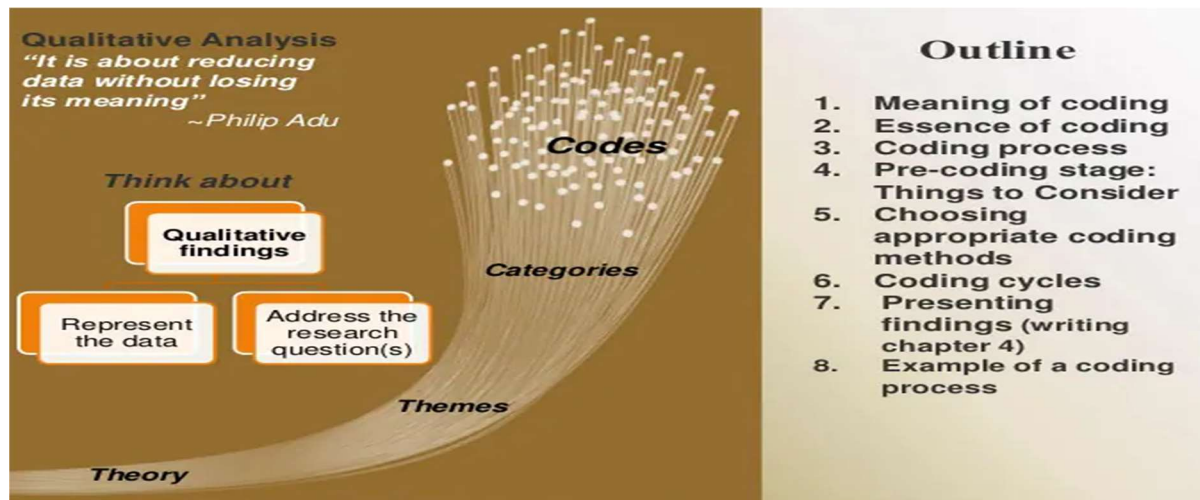


Figure .3

The researcher followed ethical considerations, and pseudonyms were used for the LBC and LBA participants. Respondents requested the research team that our names be pseudonyms and protect our identity while publishing the research. So, pseudonyms were used for both male and female gender during interviews.

### Findings

The paper's key findings revealed six major themes in data derived from the interviews of the Chinese LBA. These themes are broadly explained in (Table .1). In social science, socio-economic demographic factors are essential because they could theoretically describe the status of healthy and unhealthy behavior in general (See Table .1, 2).

Table .1

#### *Deductive and Inductive Themes and Emerging Inductive Codes (N=25)*

<b>Deductive Theme</b>	<b>Inductive Theme</b>	<b>Inductive Codes</b>
<b>Dietary Behavior</b>	<ul style="list-style-type: none"> <li>• Skip from Meals or Food</li> <li>• Skip fruit and Vegetables</li> <li>• Eat Junk Food</li> <li>• <i>Eat Hot Spicy Soup and Malatang skewers</i></li> </ul>	<ul style="list-style-type: none"> <li>• Dietary behavior</li> <li>• Fruit and vegetable consumption</li> <li>• Eating meat</li> <li>• Breakfast, lunch and dinner</li> </ul>

<b>Sleeping Pattern</b>	<ul style="list-style-type: none"> <li>• Late Sleeping Behavior</li> <li>• Watching T.V and Movies during Sleeping Time</li> <li>• Late night EGaming</li> <li>• Late night Social Media Usage</li> </ul>	<ul style="list-style-type: none"> <li>• Father at home</li> <li>• Late night sleep</li> <li>• Father abroad</li> <li>• Morning prayer</li> <li>• Daily timetable</li> </ul>
<b>Physical Activities</b>	<ul style="list-style-type: none"> <li>• No sports,</li> <li>• No co-curricular activities</li> <li>• No daily walk and Exercise</li> </ul>	<ul style="list-style-type: none"> <li>• Sports</li> <li>• Football</li> <li>• Jogging</li> </ul>
<b>Unhealthy Activities</b>	<ul style="list-style-type: none"> <li>• Smoking all the time</li> <li>• Drinking</li> <li>• Using ICE</li> <li>• Drug usage and abuse</li> </ul>	<ul style="list-style-type: none"> <li>• Fast food</li> <li>• Smoking</li> <li>• Internet addiction</li> <li>• E-gaming</li> <li>• Less fruits intake</li> </ul>
<b>Major Illnesses</b>	<ul style="list-style-type: none"> <li>• Health Obesity</li> <li>• Fever</li> <li>• Throat Infections</li> <li>• Joint Diseases</li> </ul>	<ul style="list-style-type: none"> <li>• Visual issues</li> <li>• Weight loss</li> <li>• Arthritis</li> </ul>
<b>Health Seeking Behavior</b>	<ul style="list-style-type: none"> <li>• Nor properly consult doctor for disease</li> <li>• No awareness related to health food</li> <li>• No awareness regarding drug usage</li> </ul>	<ul style="list-style-type: none"> <li>• Regular check up</li> <li>• Prescribed medicines on time</li> <li>• Follow doctor recommendation</li> <li>• Treatment and prevention</li> </ul>

Table .2  
*Socio-demographic profile of Left-behind Children and Adolescents (N=25)*

S. No	Respondents Pseudonyms	Sex	Age	Migrated father Income Chinese Yuan (CNY)	Education	City Name
1	Fang	Male	12	8815.27	Undergraduate	Beijing
2	Jing	Male	16	6545.97	Undergraduate	Tianjin
3	Genghis	Female	15	8727.96	Undergraduate	Tianjin
4	Li	Male	16	7855.17	Undergraduate	Beijing
5	Min	Male	19	7418.77	Undergraduate	Beijing
6	Donghai	Female	18	6982.37	Undergraduate	Beijing
7	Tao	Male	17	8727.96	Undergraduate	Beijing
8	Wei	Male	18	10473.56	Undergraduate	Beijing
9	Yan	Male	17	6982.37	Undergraduate	Beijing

10	Ai	Female	16	8655.21	Undergraduate	Beijing
11	Aiguo	Male	18	81344.62	Undergraduate	Tianjin
12	Ah Lam	Male	16	85709.47	Undergraduate	Tianjin
13	Bingwen	Female	20	29570.48	Started graduation	Tianjin
14	Chu Hua	Male	19	8802.35	Started graduation	Tianjin
15	Chyou	Male	21	11365.35	Started graduation	Tianjin
16	Bolin	Female	18	14875.53	Undergraduate	Tianjin
17	Fen	Male	17	10227.66	Undergraduate	Beijing
18	Ju	Male	18	12052.19	Undergraduate	Beijing
19	Lan	Male	17	9350.32	Undergraduate	Beijing
20	Chaoxiang	Female	18	7968.28	Undergraduate	Tianjin
21	Mei	Male	19	8362.94	Undergraduate	Tianjin
22	Jianyu	Female	17	9428.51	Undergraduate	Beijing
23	Shu	Male	12	13375.1	Undergraduate	Tianjin
24	Ting	Male	15	14137.18	Undergraduate	Beijing
25	Shanyuan	Female	13	12124.42	Undergraduate	Beijing

### Dietary Behavior (Theme)

The respondents narrated that LBA had a balanced diet when their parents were at home and did not skip from meals or food. The level of dietary behavior was more dependent upon the presence of their parents. The actual verbatim is narrated in detail.

*“Father presence has a significant role in the dietary behavior of their children’s because parents not only look after their food, meal, and diet, but they have politely cautioned what should be suitable for their adolescent and what should be avoided to eat”.*

Most of the participants took breakfast in the morning, eating toast with “deep-fried dough sticks”, while some skipped breakfast. Respondents real verbatim:

*“I often eat deep-fried dough sticks, which is healthier than the Soybean Milk”.*

The majority of the participants, such as (participant 5), were taking lunch at home, often eating vegetables with homemade bread. Some of them were taking lunch outside, mostly eating “Covered Rice’ Gaifan” at the local Chinese hotel in the local Chinese hotel the market, which is reported unhygienic. The actual words of the participants.

*“One of the respondents argues that when my father is at home than I took my lunch at home because he believed that outside hotel or market food is unhygienic and harmful for health, but after all, when he is at home, I used to eat outside without his will because I like the food very much. The market food*



*is spicy, and I like spice. One day I was eating outside in a hotel or market, and my father caught me; he was very disappointed and did not talk to me for two days because he is more concerned related to our unhealthy eating behavior. Actually, my father does not compromise on health-related issues”.*

All the participants were taking dinner at home, often eating a mixed meal, all of them had a different view about dinner, such as, sometimes they often eat vegetable and sometimes meat with a different vegetable like ladyfinger, pumpkin and turnip.

Different participants had different views about fruit consumption. The majority of the respondent argued that fruit consumption depends upon their father presence when parents are at home; we consume more fruit than when they are abroad. Yan argued during his interviews and real verbatim are mentioned below:

*“When their father was at home, he brought fruits and try to give food to everyone in the evening, while when he is abroad, there is no availability of fruits to eat”.*

While Chaoxiang concluded that I consume fruit regularly because of my health problem, as the doctor prescribed that I consume fruits regularly, my family, especially my parents, take care of me. They brought fruits for me regularly. Furthermore, the majority of participants stated that our fruit and meat consumptions directly link with their parent presence as:

*“Shu said that when his father was at home, he brought more fruit from the market to which our fridge is filled while the same fridge became empty when his father is abroad”.*

All the interviewers liked snacks, and some of them used to eat shawarma and burger in China. They were consuming snacks twice to thrice a day. Majority of the participant concludes that the eating of snacks and fast food completely change when their parents are at home while few of them argued that their father presence has no impact on eating snacks and fast food. The real verbatim of the Bolin during interview:

*“I like Hot Spicy Soup and Malatang skewers, snacks food very much, when my father came back from abroad, he took me to market and bought Oodles of Noodles and burger for us, and we sit together and eat it”.*

Furthermore, the researcher concluded that when the parents are abroad, they are venerable to consume unhealthy diet such as fast food, snacks, etc. which have a terrible effect on their health. The research also identifies that the majority of the participant was taking lunch outside, and they often eat unhealthy food, which is oily and spicy, which have a harmful effect on the adolescent health. A recent survey conducted in China, and revealed that the average daily intake of protein-source foods including egg, fish, and meat for the left-behind children under teenage was significantly lower than that off their non-left behind peers (Otake et al., 2019). Such as, Xie et al. (2019) concluded that China left behind children and adolescence live actually in a bed situation and they have lacking of healthy nutrition and parental care.

## Sleeping Pattern (Theme)

The sleeping pattern plays a vital role in one's healthy life; similarly in this study, the investigator found that during interviews, most of the participants concluded that their sleeping pattern completely changes when their father is at home because of the strict supervision from their parents:

*In the same way, Chyou conclude that "my sleeping pattern completely change when my father at home I go to bed early while got up early in the morning similarly every aspect of my daily routine link with my father presence, I come home before evening when he is at home whereas I do not care of coming home before evening when he is abroad or migrated"*

Participants responded that when migrated parents are at home, we sleep early with our siblings and wake up early in the morning. When migrated parents are not at home or are abroad, they watch a movie and T.V. Sleeping patterns are not adjustable because we play games on the mobile phone. The real verbatim of the Shanyuan are written below:

*"The presence of parents has a great influence on the sleeping pattern and behavior of their children when they are abroad; those left behind adolescence are more prone to unhealthy behavior because of the lack of parental supervision"*.

While some respondents stated that no such changes occurred in their sleeping schedule, it depends on the daily schedule. Similarly, participants stated that there is no such restriction from the parents' side. The respondents replied that their sleeping routine does not change due to migrated parents. Whenever our father came from abroad, he does not know about the household affairs and sleeping patterns. The actual words of the Bingwen:

*"My sleeping pattern does not have any link, either my father at home or abroad. My daily routine is the same during my father presence. So, I concluded that my life is easy, and my well-being is good"*.

Hu et al. (2018) narrated that China LBC healthy behavior was not suitable due to parental migration and their lives are at risk. LBC wellbeing was at risk because their sleeping pattern was changed. These unhealthy behaviors change adolescent school going patterns, and mostly LBC is dropout from schooling. In the current study, many participants stated that sleeping patterns were changed when migrated parents were not at home or house. The sleeping patterns are dependent upon their migrated parent presence. Recently Zhao et al. (2017) concluded that most of the left-behind children spent time on different social media sites. The empirical study found that China is working on the children, but the government should work on the left-behind children and make awareness plan to stop from EGaming and social media usage which are reached up to 6 and 8 hours daily.

### **Physical activities (Theme)**

Most of the participants narrated that we involve in different physical activities such as cricket, football, volleyball, badminton, while some respondents delineated that we play EGaming on mobile and that is why we are too much obese. Sports are most beneficial activity for fitness but due to EGaming we have no time to play. Participants concluded that there is no change occurred in our physical activities due to our father migration to other country.

*“I used to play badminton not daily, and when my parents (father) came back to my homeland country then I started badminton on a daily basis with my shuttlecock”.*

*“Such as, “Ai” was the participant in the study, and he abruptly told us that I 16-year-old, having studied in 8 grade and resident of rural area of China and come to Beijing with my uncle for the last ten years”.*

Likewise, mostly twenty-three participants argue that we did physical activities due to our parents' pressure; when our father left the homeland country, we also did not take an interest in the physical activities. Physical activities are not just like an EGaming it is one proper prolonged fatigue.

*“I do not involve in any physical activity because of my health issue. I mentioned in detail that I have joints disease, so when I engage in any activity, my full body is shrinking and paining. That is why I avoid physical activities, and it was due to EGaming. Nowadays, my father has come back home from Thailand, and he pressurizes me to do physical activities on the ground. I got to engage in physical activities a little bit and sometimes walk in a day”.*

### **Unhealthy Activities (Theme)**

The respondents replied that we addicted of different tobacco, smoking, drinking and sometime escaped from the school when our migrated father was not present in the home country. The real word of the respondent:

*“I was addicted to tobacco, drinking, and sometimes escaped from the school and nowadays from collage while wondering with my peers. My peers smoked always, and I am becoming habitual of smoking, and my attitude is changed toward drinking. At first, I refused smoking and drinking, but nowadays, I took illicit drugs, ICE sometimes, and now I have experienced that it is good for me. I cannot live without ICE; it is my life, and sometimes my mental and physical wellbeing is not good”.*

Most of the participants discussed that we used alcohol out of home because our parents are out of the homeland. The migrated parents left-behind children and adolescents are always at addictive risk. They can start any time smoking, drinking, and could be addicted to drug abuse. The true voice of the participant is noted:

*“I was addicted because of my peer group whenever we were coming from school. The first time I drink alcohol for the sake of enjoyment, and we took tobacco. Over time, I became addicted to drinking and smoking daily”.*

Moreover, those participants who are addict to illegal drugs and luxurious life are due to internationally migrated parents. These are considered unhealthy activities by the participants, but no one to guide us and dictate us to leave these smoking, drinking, and to take ICE outside of the house. Respondents accepted that strict supervision is needed, and our neighborhood children or adolescent do not meet with us, and maybe they will be addicted to all the drug abuse and use. The main finding identifies that the father's presence at home had a significant influence on LBA and LBC because they are always in the father's control, and their socialization is done on time. Similarly, those migrated parents who are out of the country and their LBA have more time spent with a peer, and they become addicted to the different drug usage compared to non-migrated parents. The previous literature was in link with our proposed study. According to Rustin (2020) that LBA is highly addicted to alcohol drinking, smoking, ICE and other drug abuse at the early adolescent age due to low restriction at home. Likewise, addiction is considered an unhealthy behavior. The LBA and LBC majority were addicted to unhealthy activities, such as the internet, EGaming, tobacco, smoking cigarettes, and drinking (Yayman & Bilgin, 2020). The study of Wang et al. (2021) concluded that those children who have no supervision of their parents fall into different harmful activities compared to parents' proper supervision. In-depth interviews were taken from the LBA and LBC regarding drug abuse, tobacco, smoking, using alcohol, and other harmful things to individual health. The majority of the LBA is involved in illegal drug usage and abuse.

### **Major Illnesses (Theme)**

In this study majority of the participants responded that they rarely get sick. While some of the participants had significant health issues, health obesity, fever and throat infections that need proper surgery and due to father out of the home country, the LBA and LBC are fallen in this major illness.

*“I was sick for the last two months, and my father has to do a job in America, and he cannot come due to Covid-19. Similarly, I felt pain and sourness in my throat, and my mother got an appointment with an ENT specialist, but again I feel pain and why my father is not coming. Please help me!”*

In the light of participants response majority of the participant were more likely to have unhealthy behaviors, such as physically inactive, internet addiction, taking tobacco, Majority of the participant have the problem of eyesight due to internet use of day and night.

*“Whenever my father was present in the home country, I was thoroughly going to the doctor with him for proper checkup. When he migrated to Japan for a job, I did not consult a doctor regarding my disease and major illness, and my health is not good. I remained inactive about my physical health”.*

### **Health Seeking Behavior (Theme)**

The research study found that the substantial income of migrated parents positively affects their health behavior. The majority of the participants concluded in the current research study that whenever we become sick or having another chronic disease thus, we can directly approach the specialized doctor regarding the nature of illness accordingly. Furthermore, some participants stated that the strong socio-economic LBC could quickly consult a doctor for their health-seeking behavior compared to low socio-economic background LBC.

The study found that migrated parental supervision cannot play a vital role in child health-seeking behavior. A recent study concludes that those migrated parents could not make their children health-conscious because they are far away from home. The respondents concluded that strong socio-economic background LBC has an approach to regular doctor checkups whenever they are ill compared to low socio-economic background LBC.

### **Conclusion**

The current interpretive research explored different issues related to left-behind children and left-behind adolescents in their emic perspective. The LBC, LBA has a health issue and their wellbeing issue at home. However, the migration of fathers has a significant influence on the entire family, such as living standards, food, clothes, education, health, and survival for the other basic needs. The study concluded that the absence of parents having a significant influence on the left-behind children and adolescents and their healthy behavior. Similarly, LBC and LBA living, sleeping patterns were disturbed and especially involved in different types of drug usage and abuse with drinking and ICE addiction. Low socio-economic LBC and LBA have no proper socialization as compared to high socio-economic backgrounds. The educational level of LBC and LBA was not proactive, and they are more worried about exams and papers that create mental and psychological illness in the future.

### **Recommendation**

- ❖ Migrated guardians should be more cautious while sending money to their LBC and LBA and do not send money directly because they bought different illegal drugs and injurious substances that are dangerous for health.
- ❖ Parents short-term migration should be encouraged because it could sustain their left-behind family's socialization at the time.
- ❖ The guardian should check and balance on their mobile phone and co-curricular activity.
- ❖ The guardian should manage a strong relationship with the left behind adolescent that helps to engage with them and knows about their peers' group circle because most of the drug addiction is being done by peer groups.
- ❖ The school administration should arrange awareness seminars and conferences at the school level in China, especially for the LBC and LBA, which guides them to know about health-seeking behavior.

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