

Specific Aspects of the Psychology of Relationships between Adolescent Children and Parents

Turdimuratova Nesibeli Bazarbay kizi

Karakalpak State University named after Berdakh, Faculty of Arts, and Department of Applied Psychology

Abstract: The article expresses the opinion that the relationship between the adolescent child and the parents in the family depends on the family culture, that is, the family has a high and responsible task of raising children to become perfect people, the parents are extremely responsible for the education of children, and the exemplary order and positive traditions established in the family affect the education of children.

Keywords: psychology, child, education, family, pedagogy.

INTRODUCTION

As is known, the upbringing of the younger generation is a very complex task, and the upbringing of adolescents in particular has its own characteristics. "There is no art more complex than the art of communicating with a child," wrote the famous Polish pediatrician and educator Janusz Korczak. [1] The communication and relationship between children and parents, and adults in general, especially when children reach adolescence, becomes extremely complicated, and the subtleties of communication increase. Educators and psychologists, sociologists and physiologists, psychiatrists and lawyers - all unanimously recognize that adolescence is a complex and crisis period in human life. This period is considered one of the main stages of personality formation.[2]

MATERIALS AND METHODS

The famous German psychologist and philosopher E. Spranger distinguished three types of development in the cultural and psychological concept of adolescence, which are as follows:

The first type is sharply critical, intense, and the teenager feels his second birth, as a result of which a new "I" is formed [3].

The second type is a constant feeling of calmness and tranquility in the teenager's adult life, and no deep and serious changes occur in his personality.

The third type is a stage of development in which the teenager confidently overcomes his internal experiences and crises, actively forms and educates himself. Indeed, as doctors have determined, during adolescence, major changes occur in the child's body. During this period, which lasts from 12-13 to 16-18 years, the maturation and functioning of the sex glands affects the course of all processes in the body, including the autonomic and central nervous systems. [4] As a result of the instability of the nervous and endocrine systems characteristic of this age, adolescents experience both physical and psychological stress.

RESULTS AND DISCUSSION

Parents, teachers, and other people involved in upbringing should take these same circumstances into account in the upbringing and education of adolescents. Anatomical and physiological changes, such as the rapid growth of bones and the growth of vital organs such as the lungs and heart, the development of the brain and nervous system, greatly complicate the entire mental activity of the teenager. According to psychologist P.I. Leventuev, during this period, compared to the process of inhibition, the processes

of awakening occur at a high rate. [5] This is the real reason for the lack of self-control, sudden enthusiasm for everything, instability in interests and hobbies, sometimes active and sometimes “lazy from one thing to another”, which are often observed in adolescents. There are many reasons why adolescence can be a time of crisis (sexual maturation of children, the emergence and development of a sense of adulthood in them, an increased need for independence, etc.). However, every parent who is having difficulty establishing psychological contact with their child, who cannot “find their language,” is more interested in how to behave in such situations and what can be done than in the reasons for the changes in their child. [6] Therefore, the main emphasis in this article is on what is appropriate to do to improve the psychological connection and communication between adolescent children and parents. [7] First of all, it should be noted that during adolescence, the status of parents in the eyes of the child decreases somewhat. Children who consider their parents to be the strongest, smartest, and most beautiful during preschool and elementary school years begin to realize that their parents also have many shortcomings. In general, during this period, the status of peers increases, and critical attitudes toward adults increase. [8]

The most common causes of conflicts between parents and teenagers are: the child's poor choice of friends and companions, frequent visits to various places and events and staying there for a long time, unusual changes in clothing and appearance, failure to complete various household tasks or not completing them as instructed, sibling arguments, and open disrespect for parents and older siblings. It is impossible to find a family that is completely free of conflicts between parents and teenagers. However, studies show that serious conflicts occur in only 15-20% of families. Despite the conflicts, most teenagers maintain a high level of trust and respect for their parents, and teenagers highly value praise and recognition from their parents. [9] In order to maintain, strengthen and develop such respect, dignity and warmth in relationships, it is important to follow these recommendations from a psychologist who is a specialist in improving the psychological bond between parents and children:

1. When parents want to express their attitude towards the behavior of their child, it is better to use the “I-report” method rather than the “You-report” method. This means that instead of saying things like “You didn’t do what I told you yesterday”, “Why do you always tease people”, “Where did you get this behavior”, you should use things like “I was a little offended that you didn’t do what I told you yesterday”, “I don’t understand why you always tease people”, “I didn’t know where you got this behavior”. This shows respect and trust for the child and reduces the conflict between them. [10]
2. When parents want to approve a child's idea, rather than simply saying "yes" or "okay," it is better to use the following types of statements: "If that's what you want to do.", "Okay, let it be as you say," "I don't mind you doing that," "It's up to you, not me." After all, this shows that parents trust the child as an independent person and recognize his personal independence.

CONCLUSION

In short, communication with a child requires true creativity, flexibility, and mountain-like endurance from parents. It is important to understand in time that losing contact with a child, free and sincere communication, is tantamount to losing the child himself.

REFERENCES

1. Н. Shoyzakova и D. Abduvaliyeva, «Development of Creative Intellectual Competence in Future Physics Teachers», Mod. Sci. Res., т. 3, вып. 1, сс. 508–512, 2024.
2. В. К. Shagzatova и N. A. Kudratova, «Dynamics of Anthropometric Data in Patients with Obesity After Bariatric Surgery», 2024.
3. D. Goleman, Emotional Intelligence: Why It Can Matter More Than IQ. Bantam Books, 1995.

4. H. Uzokov, E. Goziev, и A. Tojiev, Family Ethics and Psychology. Tashkent: Teacher Publishing, 2010.
5. M. MuhammadDost, O. Musurmonova, T. Riskiev, и Others, Healthy Generation - Our Future. Abu Ali ibn Sino Medical Publishing House, 2010.
6. D. Najmutdinova, D. Urunbaeva, N. Sadykova, D. Artykova, и N. Kudratova, «Modern Possibilities of Insulin Therapy for Type 2 Diabetes Mellitus», J. Dr. Bull., т. 1, вып. 4, сс. 27–29, 2014.
7. C. L. Cooper и I. T. Robertson, Psychology at Work: An Introduction to Industrial and Organizational Psychology. Routledge, 2018.
8. B. K. Shagazatova и F. S. Mirxaydarova, «Risk Factors and Clinical Features of Type 2 Diabetes Mellitus in HIV-Infected Patients», в Russian Science in the Modern World, 2019, сс. 24–25.
9. E. G. Goziev, Social Psychology. Tashkent: Publisher Publishing House, 2012.
10. B. K. Shagazatova, O. R. Teshayev, N. A. Kudratova, и U. S. Ruziev, «Surgical Methods of Obesity Treatments for Lowering Body Mass Index», Cent. Asian J. Med., вып. 1, сс. 21–27, 2022.