PSYCHOLOGICAL BASIS OF NEGATIVE RELATIONSHIPS BETWEEN PARENTS AND THEIR CHILDREN IN UZBEKISTAN FAMILIES

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Аннотация:Проведено исследование негативных взаимоотношений между детьми и родителями в узбекских семьях и их психологических последствий. Предлагается несколько методов и приемов для предотвращения этих взаимоотношений или предоставления эффективных решений для них. Основная цель статьи — позитивное разрешение конфликтов и проблем в семье и предложение новых решений. Изучается устранение проблем с помощью творческого подхода к семейным разногласиям. Кроме того, глубоко анализируются психологические последствия любых проблем.

Ключевые слова: Психокоррекция, роль родителей в семье, метод наблюдения, метод интервью, психологические проблемы, подростковая психология.

Abstract:A study was conducted on negative relationships between children and their parents in Uzbek families and their psychological consequences. Several methods and techniques are proposed to prevent these relationships or provide effective solutions to them. The main goal of the article is to positively resolve conflicts and problems in the family and offer new solutions. The elimination of problems is studied with a creative approach to family disagreements. In addition, the psychological consequences of any problems are analyzed in depth

Keywords: Psychocorrection, the role of parents in the family, observation method, interview method, psychological problems, adolescent psychology.

Introduction Family is the smallest but most important unit of society. Uzbek families are mainly based on traditional values, in which respect, obedience and mutual kindness play an important role. However, as a result of the changes in modern life, the development of technology and cultural influences, certain problems are arising between parents and children. This article analyzes the psychological foundations of negative problems within the family and discusses ways to prevent them. New approaches and solutions are presented to each problem. It also explains how parents behave in problematic situations and how to approach child rearing. We can also see such problems in Uzbek families using the observation method.

Observation and analysis of the results, statistics show that the main problems and shortcomings in the family include the following:

The main part for the lack of trust in their children in young families is that parents leave all the responsibility on themselves. A child who does not feel the burden of responsibility will never be able to act confidently and confidently in adult life. The lack of open and trusting communication between parents and children causes problems. Many parents prefer to command and control their children rather than understand their inner world. As a result, children are afraid to express their thoughts openly and emotional distancing is observed. The sad thing is that the more technology and technology become popular, the less time parents spend with their children. Even the fact that the daily communication level has decreased to 15 minutes is a clear proof of this. This situation is especially noticeable in young families. In traditional families, punishment and strict control are used as a means of upbringing. Modern youth want more freedom. The more parents try to maintain their views, the more misunderstandings with their children increase. As a result, conflicts and disagreements arise. Parents who have grown up in a strict family sometimes try to introduce such a method of control and upbringing to their children. However, today's youth are growing up on the basis of concepts such as freedom and equality, which naturally leads to situations that further exacerbate conflicts in the family. Your child is not a person of your time, but a person of the future generation. Therefore, you should seek solutions to problems together, while respecting his rights and personality. Some parents can be overly demanding or critical of their children. This can cause self-doubt, depression, and rebellion in children. They are forced to hide their feelings, and as a result, the family atmosphere becomes cold. I can say for sure that this is precisely the flaw that is most noticeable in young families. Young parents demand respect from their children, while experienced parents achieve respect through practical skills and willpower.

The development of technology has increased the gap between parents and children. While young people are increasingly addicted to the Internet and social networks, parents may perceive this as indifference or laziness. This deepens misunderstandings in the family. This problem is more common in young families and is almost invisible in experienced families. The main mistake in this is also associated with children's excessive use of social networks and cyber games. In this case, the main culprit is undoubtedly the parents. Giving a child a toy or some kind of pet (poultry, cattle, sheep, cat) instead of a phone or other devices and reassuring him that you will raise it yourself will also help him to divert his focus from gadgets.

References review and methods. From a psychological point of view, problems between parents and children are often associated with the gap between generations. According to Erik Erikson's theory of personal development, people of different ages have different psychological needs. For example, if parents value a sense of stability and responsibility, young people strive to feel independent. Parents who do not understand this essence use violence, force and various inhuman methods of upbringing. Such situations accelerate the process of upbringing and the negative change in the psychological environment in the family. In Uzbek families, parents can interfere excessively in the personal lives of their children. This causes psychological distress and resistance in children. Violation of personal boundaries negatively affects the family environment. Parents are too intrusive in their children's personal lives and trivial matters, stifling the child's sense of independence. As a result, children become stubborn, selfish, disrespectful to their parents,

and quarrels are common. Parents should value and respect the child's individuality and integrity. Children's relationships with their parents in childhood have a great impact on the future family environment. If parents do not show enough love and attention in childhood, this can lead to negative emotional problems in the future. For example, today's parents, who grew up without a father or mother at a young age, often have misunderstandings with their children. This is because they try to raise their children under the influence of the difficulties and suffering of their own youth. This method of upbringing is strictly prohibited in both pedagogy and psychology. Everyone should live their own life. If someone had a difficult childhood, they should not raise their child to be the same. Some parents do this consciously, while others do it unconsciously. Remember that your children should not hold you responsible for your past difficulties.

As a solution, it is necessary to increase the time for communication and involve the child in discussions of family issues more often and find out his opinion. It is necessary to establish open and sincere communication. Parents should learn to communicate openly with their children. To do this, they should listen to their children's opinions, give them the opportunity to express their opinions, and listening and sharing the child's feelings can be the best psychological solution to these problems. The child will feel like an adult and a different perspective on the problem will be formed.

Discussion and results. Traditional methods of upbringing should be adapted to modern needs. Instead of punishment, it may be more effective to use methods of explanation and motivation. Some parents punish their children without discussing them. This is a gross mistake from a pedagogical point of view. Today, children need to be explained with practical examples and real situations. Parents should understand that beating is not always a positive solution. Imam Ghazali emphasized in his book "O Son" that "children take an example from the words and actions of their parents, so parents should pay attention to their actions." At the same time, give your children independence from a young age and build strong self-confidence. This is a quality that will be very helpful in their future lives.

It is important to respect the privacy and independence of children. You should pay attention to their choices and help them find their own path. Treating a young child like an adult is very positive. Giving responsibility to a child and supporting the child to solve it is a very powerful method of upbringing. In his book "100 Basic Rules in Childrearing", the famous Turkish educator Adam Gunesh emphasizes issues such as treating a child with respect, understanding and accepting his feelings, as well as giving the child the opportunity to make independent decisions. It is precisely these qualities that are considered one of the characteristics that greatly help children who grow up to find their place in society and become an important part of it.

Parents should agree with their children about the use of technology. It is important to give advice on the correct use of social networks and the Internet. The best and most effective way is for parents themselves to follow these rules and etiquette for using social networks as an example. As they say, "the bird does what it sees in the nest". Remember, simply forbidding a child to do this is like pouring fuel on a burning fire. You need to explain to him the negative consequences of this. Only then will the child be able to accept it.

In conclusion, it is worth noting that negative problems between parents and children in Uzbek families are mainly related to lack of communication, differences in upbringing methods, and violation of personal boundaries. To solve these problems, it is necessary to improve the family environment based on open communication, understanding, and respect.

In modern society, parents can form healthier and stronger family ties by listening to their children and guiding them. "In raising a child, relationships built on mutual trust and respect, rather than strictness and punishment, are of great importance. Children expect not only protection and care from their parents, but also their emotional support," says Sheikh Muhammad Sodiq Muhammad Yusuf in his book "Happy Family". There is no such thing as a problem that has no solution, in fact, parents just need to look for them and apply the necessary method at the right time. The main educational task of the family is a concept that expresses the mental, physical, moral, aesthetic upbringing of children. Since the family is the main place for a person to mature, we should consider his upbringing as the foundation of this place.

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