

Psychological Factors for the Prevention of Conflict Situations in Family Relationships

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Abstract: the article reveals psychological factors for the Prevention of conflict situations in family relationships, in which it is stated that cases of Social Psychological disadaptation during adolescence in the family can lead to consequences that can seriously negatively affect the maturation of a teenage person if they are not resolved in a timely manner.

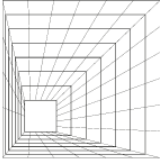
Keywords: teenager, family, family relationships, educational sphere, dezadaptation, reading activities, psyche.

A family is a general system that belongs to each of us. A system is a group of people who will be in a holistic whole, in a mutual relationship. Since all parts of this system will be closely connected, the improvement (deterioration) of the state of one of the family members will inevitably also reflect on the condition of the others. In some cases, parents may ask "Why should we solve reading problems?", "What does the family have to do with this situation?", "Can't the teacher get into the right relationship with the child?" with questions in the content. However, a parent can know certain aspects of their children's psyche better than a teacher, and a teacher can better understand aspects of adolescent behavior that the parent has not noticed. It is because close pedagogical cooperation of the fathers with the educational institution in relation to adolescent education that it becomes possible to prevent and eliminate the origin of the process of dezadaptation.

One of the reasons that cause disadaptation in education in a situation where the importance of family and family relationships is high for a teenager is also the fact that the family has a formed relationship of a teenager with respect to his reading activities. The family can, above all, manifest itself as an important source of psychic damage with direct participation in it.

Often, psychological volatility in adolescents, resentment, apathy, and in psychoreactive disorders, overexposure (intense personal laughter, bullying, torture) is traumatic. In addition, there are also various methods of indirect family involvement in the process of injury, in which it determines the vulnerable places of its members in relation to injury, the duration of the consequences of injury, its stability to therapeutic effects. E.G.Eydemiller and V.V.Yustiskis defined the family as a social institution, fulfilling a series of functions that ensure its life activities, linked to the specific needs of its members.

Dysfunctional (dysfunctional, problematic) families will not be able to satisfy the needs for personal, spiritual growth. Analysis of dysfunctional families and their effects on child psychosocial development shows that in a large group of children, the conditions of their early socialization are violated. A number of them will have entered into criminal activities related



to the formation of stable manifestations of criminal behavior in the context of stressful situations associated with the risk of physical and mental abuse, which leads to deviations of various forms.

The following signs of a dysfunctional family are distinguished and displayed:

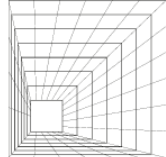
- negating problems and powering illusions (raw fantasies) ;
- vacuum of intimacy (insufficient warmth and confidence in a relationship);
- "loyalist" rules and roles;
- disputed interactions;
- the undifferentiation of each member " I;
- violation of the border of the individual or blocking with an invisible wall;
- that everyone keeps secrets from each other and demonstrates false solidarity;
- confrontation of feelings and thoughts;
- system concealment;
- will, absolutism of control.

Particular attention is paid to the following when planning and conducting psychoprophylaxis activities of cases of social disadaptation:

- study of socio-demographic data of the family;
- study of individual-typological features of the personality of a teenager;
- correction of conflict situations in family relationships;
- parents, other members of the family focus on solving problems in the life of a teenager and shaping positive changes;
- respect for the personality of a teenager in the family;
- approach the conflict situation that arose when mutual disagreements arose from the point of view of the child of otaona;
- to try to introduce innovations into the life of a teenager that have not happened before.

How a parent spent today with a teenager, plans for tomorrow, a conversation based on emotional closeness, planning future goals together, telling when the difficulties in his life will definitely pass soon, when the need arises, that his family is ready to give him the help he will definitely need, in which a positive state of mind will strengthen his sense of confidence in the future. Of course, in this, parents should understand that the teenager needs to take into account his desires and interests; for example, attending a sports circle, performing the necessary fists for the family, joining science circles in order to enter a higher educational institution in the future, studying a profession, etc. Psychologists believe that looking after pets, caring for them can contribute to a decrease in states of mental tension, emotional tension.

It is in adolescence in the family that cases of Social Psychological disadaptation cannot be eliminated in a timely manner, which can lead to consequences that can seriously negatively affect the maturation of the adolescent personality. This condition leads to the following: - the formation of manifestations of irresponsibility, immaturity, aggressive behavior as a result of a further decrease in the self-esteem of a teenager; - the occurrence of a state of neurosis and can even cause mental disorders. Helping to find opportunities for self-expression in adolescents in the family, directing them to socially useful activities by parents, taking into account their interests and needs, supporting their pursuit of promising goals activation of life



values increased confidence in the future, the rise in the level of relevance for those around them increases the teenager's capabilities in the process of social relations. It is advisable to study the methods of family upbringing in the elimination of cases of social disadaptation of a teenager, that parents make changes to family relationships, bring some kind of news, conduct family events together.

Family strength healthy interpersonal relationships in it, Feelings of mutual emotional closeness form a person's tolerance for various traumatic situations that occur throughout life. Negative attitudes towards these situations by a person directly cause the origin of socio-psychological states of disadaptation. In the psychological literature, the concept of dezadaptation is described by the subject as a state of inability to adapt to social norms and criteria.

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