



## PSYCHOLOGICAL ADVICE ON PREVENTING CONFLICTS BETWEEN ADOLESCENTS AND YOUNG PEOPLE IN THE FAMILY

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**Abstract:** This article examines new emotions that arise in the psychology of adolescents, conflicts in our psyche, especially at the beginning of the teenage crisis in girls, while studying the psychological characteristics characteristic of adolescence, the ways of formation, development and maturation of personality. The personality of a teenager and the direct biological and social factors influencing it, an effect has been identified.

**Key words:** emotions, crises, conflicts, psychological characteristics, formation, development, maturation of personality, biological and social factors.

### INTRODUCTION

The backbone of the family. In the minds of our children, feelings of love for the country and the Motherland are formed in the family, in the area where they live. The country's future, peace and prosperity depend primarily on our children growing up in this small community. As long as education is well developed in any family and area, that family and area will prosper. Many people think about the question of when to start raising a child. Many scientists have given different answers to this question. In particular, Ibn Sina answered that raising a child must be done even before his birth, starting from the womb. Paying attention to family, morality and education is one of our responsibilities that is in our blood. Our people have a typical proverb: "One child has seven neighboring parents." This proverb itself shows how important it is for us to raise children and families. Neighboring residents, especially older people, never passed by a child doing dirty work on the street, and immediately reprimanded him and called him to the right path. After all, our holy religion, which commands us to be beautiful, polite and well-mannered in all respects, to purify the soul, attaches great importance to the family. The atmosphere in the family is stable when parents feel responsible. In order for children to grow up polite, neighbors and parents are an excellent example. It's not for nothing that our people say: "The bird does in its nest what it sees." A parent raising a child must be able to demonstrate noble qualities in every movement, posture, behavior, and interaction with others. Because a child by nature is extremely imitative and observant. Therefore, the people around him influence them with their habits, sometimes without even realizing it. Rude relationships in the family, a lot of lies, and unpleasant behavior create an unhealthy environment, which negatively affects the upbringing of the child. Parental behavior plays an important role in raising a child. If a child grows up hearing harsh words from his parents and being hit, this will negatively affect his character. This, in turn, creates "spiritually sick" people from children raised in an unhealthy family environment. They also have a negative impact on

the morale of society.

### **MAIN CONCLUSIONS AND RESULTS**

Family is one of the incomparable national and universal values. Together with the family, the family is an institution that forms a person's value system at a high level, as well as the center of spiritual and moral education. It is in the family that most humanitarian values are brought up, cultivated and promoted. Ensuring the sanctity of the family is equal to strengthening the foundations of society. Therefore, in the Republic of Uzbekistan, strengthening the foundations of the family is of national importance is one of the important tasks. Family is the center of national values. Family culture, conscious entry into family life, preparation for fulfilling family responsibilities, the high value of family in life, a responsible view of the family, family values in the spiritual heritage of the people.

One of the urgent tasks facing society is the development of a person's standard of living that meets the requirements of the time. Concerning the family, a system of spiritual needs that has developed and been revered over the centuries in the history of mankind, understanding the family as a set of rules that preserve the spirituality of the individual and recognizing it as one of the criteria for its perfection, deeply understanding that the family is directly related to the fate and development of everything society and nation - is considered one of the factors indicating a person's spiritual maturity. Because a person who does not consider family sacred is a spiritually poor person. The awareness that the family is sacred is the conscience of every member of society, his family and This is his duty to his children. The foundation of society is the main support in increasing the spirituality of youth in the family. The strength of each family, the peaceful and prosperous life of family members living in mutual respect and dignity, is an important factor in preparing young people for future family life.

The urgency of the task of preparing the younger generation for independent life in society requires acceleration of work to prepare young people for social and family life and reconstruction in new conditions. Growing tension in human relations, modern conflicts affecting the thinking and consciousness of man, his Problems such as the emergence of negative and nervous consequences in the psychological state, a regular increase in cases of separation in young families, the emergence of aggression in children and adolescents, put the requirement to fully fulfill the task of preparing young people for family on the agenda. Based on global changes, certain changes are taking place in the Uzbek family and in the relationships of family members. This effect has its positive and negative consequences. Positive sides is that the existing global conditions and requirements increase the functional growth of the Uzbek family and its readiness for the tasks assigned to it, the relationship of the Uzbek family with the world community. ensures its various connections, its integration in relation to the world market and technological growth, from this point of view, increases the responsiveness of the Uzbek family to time and times, the social position of the family from the point of view causes certain positive transformations. The negative impact is manifested in mass culture, various ideological threats, religious and other types of extremism, the growth of color revolutions, xenophobia, labor migration and dozens of other pressures that disrupt the peace, well-being and tranquility of families. and the destruction of the national family mentality. Therefore, today it is necessary to combine national traditions with universal theoretical knowledge about family life. Psychologically, psychologically, psychological, physical and sexual preparation

is necessary. Disagreements with parents arise because the teenager feels big and wants to take the place of his parents. Of course, parents don't like this. Disagreements arise between parents and children. sometimes it can be conflicts between father and daughter, mother and son. They say that a girl is closer to her father, and a boy is closer to his mother. But over time, that is, in adulthood, the child begins to forget about it. Because he directed his feelings towards other people outside the family. He begins to try to lose his relationship with his parents. If at home a teenager treats the child kindly and tenderly, taking into account the child's age, if the child's wishes are taken into account depending on the circumstances, if the child is treated as an individual, he will notice this and try to follow a good path. Otherwise, the teenager will find something else to do on the street and there is a high probability of going down the wrong path. Of course, raising a child is very difficult and responsible. This requires every parent to regularly work on themselves, to be aware of all the information related to their children's education. Education is just experience, simple instructions and knowledge. As a result of the acceleration of physiological changes in the body at this age, the child feels excited, wakes up in high spirits, and sometimes feels the urge to fall to the ground.

During this period, the child requires more attention. He considers himself an adult and demands an adult attitude towards his personality. But in school, college or high school, and even at home, his position remains the same. As a result, the child begins a teenage crisis. The teenage crisis gives rise to emancipation, grouping with peers and a reaction to hobbies. In the case of an emancipation reaction, the child wants to get out of the control of adults and gain independence, in which his "I" manifests itself. Even slight harassment from an adult can cause a child's behavior disorder.

Grouping with peers develops in the child the skills of mutual movement, subordination to group order, gaining respect and taking a position of his own free will. The child develops self-esteem. He values the opinions of his peers more than the criticism of adults.

Hobbies - doing something is very important. Thanks to him, the child develops interests and individual abilities.

Types of hobbies: intellectual and aesthetic, i.e. music, painting, history, technology; collect something; eccentric, that is, he can be the center of attention in the form of interest in extravagant clothing.

Knowing the interests of teenagers improves mutual understanding between them and adults. A new feeling emerging in adolescent psychology is self-awareness. Self-awareness is the main goal of adolescence. At this time, a person discovers a new self, tries to find out his strengths and weaknesses. Begins to compare himself with other people, becomes interested in himself, I'm looking for a suitable friend.

As a rule, society's assessment of a child is more important than the assessment of a teacher or parent. At this age, good conditions are created for the child to develop organizational, business and other personal qualities.

V. Sukhomlinsky describes the main personality traits this way.

1. Disobedience to ignorance, on the one hand, and emotional rejection of it, on the other, are combined with the inability to cope with difficult life situations.
2. The teenager wants to be good, strives for the ideal, but does not like to receive a proper education.
3. A teenager wants to be an individual. He wants to do something heroic, romantic, unusual.

Despite the fact that there is a demand for the process and a desire for self-confidence, the teenager does not yet know how to achieve it.

4. A teenager has a contrast between richness of desires and limited strength. This is the reason for the diversity and inconstancy of interests. The teenager is afraid of discovering that he is incapable. He loves himself very much, and behind this lies the need for help. This may be hidden behind a display of reliability and determination.

5. The teenager has a combination of romantic feelings and rude actions. Enjoys beauty and constantly relates to it. But he is ashamed of his feelings. He believes that these feelings are characteristic of young children. He is afraid that he will be considered too emotional and hides behind rudeness.

The influx of physical energy makes it work.

When working with teenagers, it is necessary to take into account their age and personality characteristics, the main thing is the psychological renewal of this age.

By this time, the teenager's body also undergoes many changes: acne appears, various unpleasant odors begin to emanate from the body. Therefore, when school hours are over, the teacher should definitely talk about personal hygiene.

At this age, the child undergoes many psychological changes, and we look at things like stubbornness, stubbornness, not recognizing one's own shortcomings, belligerence.

First of all, children of this age are shy and easily upset. He gets offended even by trifles and attaches great importance to it. He is ashamed of his appearance, his movements are constrained. Because he still can't control his body like he used to. Likewise, a teenager cannot control his emotions. He considers himself a great person and demands the same attitude from others.

Physiological changes are the beginning of puberty and, in connection with this, the perfect development and growth of all cells of the body, the reformation of cells and structures of the body. Changes in the body are directly related to changes in the adolescent's endocrine system. During this period, the function of one of the 10 endocrine glands, the pituitary gland, is activated. Its activity enhances the growth of body tissues and the functioning of important endocrine glands (thyroid gland, kidney growth and gonads). As a result, height growth accelerates and puberty occurs (development of the genital organs, appearance of secondary sex glands). Teenagers try to behave like adults. They tend to demonstrate their abilities, skills and capabilities to varying degrees to their peers and teachers. This situation is easy to see by simple observation. By studying the psychological characteristics characteristic of adolescence, one can understand the ways of formation, development and maturation of a teenager's personality and the direct influence of the biological and social factors influencing it. During this period, the teenager is in a situation where he has said goodbye to a happy childhood, but has not yet found his place in adulthood. Adolescence is characterized by such psychological manifestations as "Transition period", "Crisis period", "Difficult period". Because there are also inappropriate behavior in adolescents of this age, cases of mental explosion due to the inability to find their place in new conditions. At one time, L. S. Vygotsky called such a situation a crisis of mental development. The peculiarities of their behavior in adolescence cannot be explained mainly by the onset of sexualization. Puberty influences adolescent behavior as a major biological factor, and this effect is indirect rather than direct. Teenagers are often speechless. characteristics are typical. The appearance of an aggressive

attitude towards adults, unconscious behavioral symptoms such as negativism are not signs that arise directly as a result of puberty, but indirectly under the influence of the social conditions in which the teenager lives: at the expense of his peers, his position in different communities, 11 - these are character traits that arise due to relationships with adults, school and family relationships. By changing these social conditions, it is possible to directly influence the behavior of adolescents.

The leading activities in adolescence are study, communication and work. The main task of teenagers' communication is to define and assimilate the basic norms of friendship and camaraderie. The main feature of Teen 12 communication is that it follows a complete friendship code. Teenagers' communication with parents and adults is mainly based on their sense of adulthood. They are very concerned about the restriction of their rights, opposition and ethos from adults. But despite this, they feel the need for adult support in communication. Joint activities help teenagers understand adults better. The teenager feels a great need to share with adults about the changes taking place in him, about the problems that concern him, but he will never be the first to do this. The teenager complains strongly about being treated like a small child. Teenage communication is ultimately characterized by variability. Imitating someone else's behavior is typical of adolescence. They often imitate the behavior of adults they know and love. This orientation is certainly present in the communication and attitude of adults, but they differ from adults in their emotionality. In a group of peers and classmates, the teenager is flexible. Being dependent and dependent on his group, the teenager is ready to agree with the general opinion of this group and always follow its decision. The group often helps in forming a sense of "We" in the teenager and his strengthens the internal state. The choice of friends for a teenager is very important. A friend is very valuable during adolescence. Friends constantly feel the need to be close in spirit and heart.

This desire can be seen in the way teenage friends ask and see each other (handshakes and hugs), try to sit together and take walks together. Many of these very close relationships, traces of joint actions of adolescents in the formation of personality, remain in the heart and memory of a person for life. Teenagers have a great need for the trust of adults.

The most favorable conditions for the influence of adults on adolescents and their upbringing are shared labor. If younger children are satisfied with their role as helpers, adolescents, especially older ones, will be satisfied that they act as equals to adults and can act as a substitute when needed. If adults lead teenagers in an equal, friendly, understanding and reasonable way, teenagers will look at it positively, but if this leadership is based on the superiority of the adult's desires, then they will completely resist.

This resistance often leads to negative consequences and sometimes to depression. This situation often arises in families where parents have an authoritarian position. It is somewhat more difficult for teenagers who grew up in many such families to move through life independently, realize their plans, and take on complex responsibilities. They often have difficulty overcoming intellectual problems. During adolescence, children's position in personal and work relationships with people around them changes. Now teenagers begin to engage in more serious work, devoting less time to games and leisure, and their cognitive processes begin to develop rapidly. Reading occupies a large place in the lives of teenagers. The main motive of teenagers to read is to prepare them for the types of reading that make them feel and express their greatness. They like forms of learning that primarily involve

independence. Compared to children of other ages, the successful learning of subjects by adolescents depends on the teacher's ability to explain educational material. Social problems in children's education today; aggression on mobile phones and social networks the network of networks is thriving. Although these modern means of communication are important means of communication, they have a negative impact on some spiritually immature young people. Parents, together with educational institutions, should explain the true nature of communication media to young people who are influenced by social networks.

The greatest danger is the negative influence from education. Because when a child is not given this freedom in the family, he begins to look outside for reasons that satisfy his interests and motivations. Therefore, parents need to pay great attention to the external life of their child. That is, they must control where their child goes and what he does after school or college. It is also the responsibility of parents to create conditions for the child's education. When the Prophet (peace and blessings of Allaah be upon him) said: "Acquiring knowledge is the duty of every Muslim man and woman," he meant that our boys and girls should be given equal conditions for learning.

In order for the younger generation to grow into mature and complete individuals, another important factor should be lifestyle. This is also "reading". In our country, all conditions have been created for this. Public, scientific libraries, bookstores and cafes in the "iBook" style, etc. are shining examples of our word. Another method that parents can use as a tool to teach their child how to spend time effectively is the wise use of modern information technology. It is important for parents to take their children to picturesque places in nature, to museums, and at the same time instill in their hearts the grace of beauty in order to form a sense of aesthetic education and enjoyment of beautiful landscapes.

## CONCLUSION

In conclusion, we can say that parents and family environment are very important for raising a generation with a strong moral immunity, capable of freely expressing their thoughts and achieving high goals. It is no secret that today, when various dangers aimed at capturing the hearts and minds of people are increasing, especially at poisoning the spiritual world of youth, those who deeply understand who they are, what kind of heirs they are, living with love and loyalty to their Motherland, their faith and convictions, only a strong young generation will be able to protect our holy land from foreign and foreign influences, disasters, and develop our Motherland in every possible way. Let's raise our children so that they grow up loyal to their ancestors, their history, their Motherland, their native language, nationality, religion and traditions.

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