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# WAYS TO CORRECT THE EFFECT OF MENTAL AND EMOTIONAL DISORDERS ON THE CHILD'S PERSONALITY IN FAMILY RELATIONS

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**Abstract:** This article provides information on the role of the family in the upbringing of children, the impact of family relationships in the upbringing of the child. information on the causes of the situation, the negative changes in the child's behavior and ways to overcome them. There will also be information on the importance of psychotherapeutic training in various areas of correctional psychology, as well as information on the training of children.

**Key words:** child, family, upbringing, problem families, unstable attitudes, mental state, child behavior, correctional psychological training, fairy-tale therapy, art therapy, psychotherapeutic training.

## **INTRODUCTION.**

The President of the Republic of Uzbekistan Mirziyoyev Shavkat Miromonovich said: We will mobilize all the forces and capabilities of our state and society to ensure that our young people develop independently, have high intellectual and spiritual potential, and are happy to be equal to their peers in any field in the world. ”[1] We need to understand that it is important for them to grow up healthy and strong in all respects, and that raising children who are not inferior to the world's youth in all areas is a topical issue.

In this regard, we can see that the state policy pursued by our state is aimed at the development of the next generation into potential, educated, healthy and mature.

The impact of family relationships on a child's psychological well-being has been proven in the science of age psychology.

According to a study by psychologists, family problems, disproportionate family relationships, have a negative impact on the child's personality and adolescence.

The importance of the family environment in the development of a child's personality is significant. The world has emerged that the focus on child rearing has not lost its power, and the various negative behaviors encountered in child rearing are related to the interrelationships in families, the improper organization of educational role models. The world and the Commonwealth in this area are reflected in the scientific research of our scientists. An analysis of the scientific literature on psychocorrection also shows that it has been studied and researched by psychologists. As proof of our opinion, including H.G. Gmott, G. Golniiz, Schulz-Wulf G, I.I. Mamaychuk, A.Ayvi va M.Ayvi, G.M. Andreeva, G.V. Burmenskaya, O.A. , O.A.Karabanova, A.T.Lidere, N.Garnezy and Uzbek psychologists E.G.Gaziev, G.B.Shoumarov, V.M.Karimova, B.R.Kadirov, A.M.Jabborov, N.S.Safoev, SH.R.Barotov, R.Samarov, Z.T.Nishonova, A.Fayzullaev and N.G.Kamilova O'.B.Shamsiev can include the researches of a number of other psychologists.

Scientific research shows that the family environment is one of the main factors shaping the personal qualities of a child. Unfortunately, in our society there are families that do not pay attention to the development of the child's personality, and the child is not fully formed in such families.

For the development of our society, it is important to cultivate a perfect person in every way. In this regard, it is worth noting that in our country, special attention is paid to the family.

## **MATERIALS AND METHODS**

It is well known that when a child is born, parents have a great responsibility in his upbringing. Because the pattern of interactions before the child's

development has a high impact on the child's psyche. As a result, negative, disproportionate family relationships can negatively affect a child's personality.

There are different types of families in society: including single-parent families, socially backward families who have not been able to take their full place in society, and families with various conflict situations.

The family differs according to various criteria:

1. According to completeness: complete, incomplete and restructured (second marriage)

families.

2. According to the number of joints: nuclear (consisting of parents and children) and multi-link (living together in a family of two or more generations).

3. By number of children: families without children, one child, two children, 3-4 children, 5 or more children. These criteria vary from country to country. For example, in the United States, France, Germany, Greece, Russia, and other developed countries, families with 3-4 children are considered large families. In Uzbekistan, such families are among the families with an average number of children.

4. According to the social origin of the couple: a family of workers, peasants, servants, intellectuals, a mixed family.

5. According to the level of education of the couple: a family consisting of boats with higher education, secondary special, secondary, unfinished secondary, special secondary school education.

6. According to the "age" of the family: young family (up to 1 year, 3-5 years, 6-10 years of life experience), middle-aged family, adult family (elderly family).

7. Families that are compatible or incompatible with each other in terms of the degree of financial well-being of the parents' family (parents) or whether there is a significant difference between them.

8. By region: urban, rural, mixed family.

9. According to the level of marital satisfaction, at the level of divorce - a family with a low level of marital satisfaction, a family with a medium level and a high level of marital satisfaction.

10. According to the female or male leadership in the family: the family where the husband is the leader, the family where the wife is the leader, and the family where the husband and wife lead together.

11. According to the relationship between the couple in the family: authoritarian, democratic, liberal, mixed type families.

12. By the nationality of the couple: single-ethnic or inter-ethnic families. Baynalminal families can be divided into two groups:

- Marriages between members of a nation whose religion, customs or language belong to the same group, for example, Uzbek-Tajik, Uzbek-Kazakh, Uzbek-Turkmen, Russian-Ukrainian, Uzbek-Tatar, etc.

- Marriages between people of different religions, customs or languages, for example, Uzbek-Russian, Uzbek-Ukrainian, Uzbek-Estonian, Uzbek-German and others.

According to legal registration: probationary family (living together, but not yet married because they are trying to marry each other informally), pre-legal family (living together, the purpose of marriage is clear, but for some objective reasons the registration is delayed), marital family, extramarital affairs family (second, third, legally informal family of some men). While some extramarital families are secretive, most are known about the man's first family and relatives.

[2]

Conflicts in young families today have a negative impact on the upbringing of the younger generation. Depending on the social status of the parents in the family, we can list different conflicts.

Types of family conflicts. The most common classification of disputes:

1. Constructive conflicts. There are such conflicts for a variety of reasons, but their resolution gives both partners a sense of satisfaction, in other words, it has become an agreement to resolve their differences. Whether it is a conflict in a

young family or in a family with many years of experience, the result will always flourish.

2. Bad conflicts. Such conflicts are very dangerous because their results do not satisfy both parties and force them to continue for many years, reducing the feeling of satisfaction with their marriage, leaving an unpleasant deposit for a long time. Frequent recurrence of such conflicts can lead to divorce.

Divorces have their own socio-psychological and ethnopsychological characteristics. These characteristics are expressed in terms of the causes that lead to the breakdown of families, the process of their implementation, the consequences, the situation of the couple in the period before and after the divorce. One such feature is the identity of the initiator of the divorce, who applies to the authorities to express his intention to divorce. In Eastern families, especially in Uzbek (rural) families, more men are the initiators of divorce, and, conversely, in European families, young families and urban families with a high degree of urbanization, more women are the initiators of divorce. [3 ]

Disputes in the above-mentioned families also lead to divorce, and children in the middle suffer through conflicting relationships. Such conflicts lead to the formation of different types of families in society.

Growing up in such families, the opportunities for the full development of children will be limited. In particular, the situation in the family has a negative impact on the psyche, upbringing and moral formation of children. Children can have traumatic events. There are also cases of mental "burning". According to a number of authors, as a result of "burning" a person loses mental strength, in which psychosomatic fatigue, emotional fatigue ("depletion of resources") occurs, there is unreasonable anxiety. Emotional constant failure is characterized by feelings of guilt, self-blame, frequent nervousness, sadness, bitterness, anger, indifference, and weakness. [4]

Therefore, it is important to work with children growing up in such families. Because for the hard-hearted children, their most trusted representatives are their parents, but in children who do not see this trust, care, affection and protection, the

strongest feelings of hatred are strong. Therefore, it is necessary to try to turn this category of children into positive feelings and attitudes towards their loved ones, without awakening a strong feeling of hatred in their hearts. When working with children, it is important to listen to their feelings.

## **RESULT AND DISCUSSION**

"Fairy tale therapy" is one of the practical methods of overcoming mental trauma in children. Experts say that the floor expands the child's worldview and forms his conscious attitude to life. Through the floor, the child learns to distinguish between good and evil, good and evil. This notion is imprinted in his psychology for a lifetime. As a child grows up, he becomes accustomed to good deeds.

The main purpose of "Fairy Tale Therapy" is to direct the person's inner negative (negative) emotions to positive emotions. In the process of carrying out this fairy-tale therapy, the following means of enriching the visual image, using a variety of toys, soft toys, sand, are very effective. Proposing a story based on a child's trauma can take many forms. Which direction to take depends on the child's individual abilities.

The following methodology is aimed at organizing the process of fairy tale therapy to work with children deprived of parental care from early childhood. The methodology we present is also a combination of several methods and a modified version of the methodology used in practice and showing positive results.

The purpose of the method is to eliminate the feeling of "hatred" for their loved ones in children deprived of parental care through "fairy tale therapy".

**1. The name of the method is "A story about your history",** a fairy tale therapy in plasticine. The child's mood and feelings are asked. Exercise is explained. If a child has difficulty talking about his or her loved ones, it is important to identify and correct the child's attitude toward those close to him or her. If the child says that he hates his biological parents and does not look at him from a young age, it is possible to work with the child in this way, but it is necessary to change the story in terms of the child's family members and his history.

As an example, we recommend the following story: This story was told to children in the course of our activities and is based on the child's history. The child is told a story about a mother sheep and its two lambs. The mother lamb was tormented by the big lamb and the little lamb, and she begged the other mother to feed her children and take care of them until she grew up, but she could not take care of them. was formed. The mother sheep is happy to give her lambs to a safe place, she knows she can't find food to feed them if she takes them with her, the mother sheep is the best way to feed her children, and every father takes care of his other sheep. When a mother explains that she loves her child and wants them to be healthy wherever they are, you can observe that the child will change his mind and realize that they should not be upset with the parents. draws conclusions with his thoughts. The child is invited to tell a summary of the story. The child's opinion is asked. This method understands that in situations where the child has feelings of inner hatred, anger, resentment, and misunderstanding towards his relatives, his relatives ask other guardians to bring him up.

For various reasons, this method is recommended for use in the educational process for children in foster care, educators, psychologists, educators of orphanages.

The following technique is a fairy tale that allows the child to find his inner resources and believe in his own strength. Through this activity, the child calms down and develops creative thinking.

Art therapy: English art, Greek *terpia*-treatment, is a branch of psychology that deals with the healing and correction of a person's mental state through creativity.

**Method 2: The “Road to Dreams”** story is about creating a hero who has overcome many obstacles and overcome them using his strength and abilities. (The method can also be done with sand making.) The child is explained the following. The protagonist can be the child himself, an ideal person, or a fairy-tale hero. It is very important that the hero has a dream. The protagonist of a fairy tale has a number of difficulties in achieving his dream, and the difficulties must be overcome by relying on one's own strength to overcome them. The child expresses

his / her thoughts in his / her imagination, in a story or a fairy tale. If the child is having difficulty, referral can be provided. Based on the conclusions of the story, the child is asked questions about which of the protagonist's strengths helped him achieve his dream. The feelings and experiences of the hero who overcame the difficulties and achieved his dream are asked. This method can be used at different ages. Psychologists can be used to study a child's psyche and develop his or her mental maturity, to give him or her the opportunity to develop his or her self-confidence, to feel that he or she can act in difficult situations, and to develop thinking skills.

This method helps children who have been brought up in different family situations and have a negative impact on their psyche, who have low self-confidence, to increase their self-confidence, to enrich their imagination, to develop independent thinking. It helps the child to travel to the inner world and to find his own inner potential, to understand the need to overcome difficulties in order to realize it. Describes situations in terms of his mental state, as well as the ability to think, speak, think

helps to increase the level of Helps the child to communicate freely and develop independent thinking.

**Creating a fairy tale or story in a group:** This method can be done in different ways: Group storytelling exercise: A psychologist or educator tells the sentences of the first story, whether there is or not ..... children create a story in a group, one sentence at a time. , this exercise continues until the end of the tale. Before starting this exercise, the age of the children, the subject of the fairy tale, the situation in which it takes place, and of course the completion, are explained, taking into account their abilities. It is said that fairy tales should end well.

**Make sentences based on picture laths:** Participants will be given picture cards. It can be a variety of situational, cartoon, fairy-tale characters and other situational images. Based on these pictures, participants are invited to tell 3-4 stories. The storytelling of these stories is explained in terms of how they relate to each other. It

is the turn of the child to tell his or her story based on the picture card given to him or her. Participants are invited to listen to each other's stories carefully.

This exercise allows children to stabilize their attention, as well as to develop their figurative imagination, to develop the ability to listen to each other in a group, to accelerate the mechanism of free expression of ideas.

**Math practice:** This game is played in a group. The psychologist or educator explains to the children the process of the game, that is, adding 2, 3, 4, etc. to any number, and having a ball in his hand. also through multiplication. This exercise helped children develop their internal resources, self-expression skills, and mental capacity, as well as creative thinking.

Children become more motivated to be active, and even motivate children to be active and express themselves. In this group game, passing the ball to each other is fun and exciting.

The above exercises are convenient for children and help to enrich their imagination, develop creative thinking, develop vocabulary, manage emotional feelings, strive to express themselves in a team, stabilize attention, strengthen memory, activate cognition. Creativity, of course, is enhanced by exercises that encourage all-round maturity. Various depressive states are eliminated.

The creation of a favorable psychological environment in the family leads to an increase in the desire of the younger generation to freely express their thoughts and worldviews, to communicate and interact with the older generation. [5]

## **CONCLUSION**

the development of the child's personality is one of the main tasks of the family because the skills that underlie the spiritual maturity that shapes children's worldviews as successors are developed in the family. The family is a joint responsibility in the upbringing of a child, the negative circumstances of the family for various reasons do not go unnoticed by the upbringing of the child, so it is necessary to increase psychological knowledge to overcome the problems encountered in the formation of the child. The methodological recommendations in

the article will help to understand the child's mental experience, to overcome various problems in the mind, and in the course of our psychological work, these methods have been used individually and in groups for more than 20-25 children. As a result, children become more active in expressing themselves, expressing their feelings, expressing their independent views on various problematic situations. Cases of aggressive behavior have decreased. There was an increase in self-interest.

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