

**THE IMPACT OF PARENTING STYLES ON A CHILD'S PSYCHE: AN ANALYSIS
FROM THE PERSPECTIVE OF STRESS AND PSYCHOLOGICAL TRAUMA.**

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Abstract: The article examines the role of family education in the formation of children's personalities and studies the family education methods of local and foreign authors. The article analyzes the impact of upbringing styles on the child's psyche from the point of view of stress and psychological trauma. Based on modern scientific approaches to child psychology, the positive and negative aspects of various upbringing styles used by parents and educators are studied. In particular, it reveals how authoritarian, democratic, neglectful and permissive upbringing approaches affect the child's mental state, stress resistance and mental health. The article also analyzes psychological problems that arise as a result of improper upbringing, ways to prevent them. The study substantiates the importance of choosing a balanced and conscious upbringing style for the healthy development of the child's personality.

Keywords: Family, , family upbringing style, type of family upbringing, parenting styles, child psychology, stress, psychological trauma, , parental relationships, psychological development.

Introduction

The sustainable development and cultural potential of any society is closely related, first of all, to the formation of a healthy, harmonious personality of the young generation growing up in it. Therefore, child rearing is considered one of the important issues not only of the family, but also of the entire society. The methods used in the upbringing process directly affect the psychological state, personal development and social adaptation of the child. Modern psychology emphasizes that incorrect upbringing methods can lead to frequent stress in the child, mental instability and even the formation of deep psychological traumas. In particular, violent, punitive or neglectful upbringing methods have a negative impact on the child's self-esteem, sense of security, and trusting relationships with people around him. This article analyzes the impact of various upbringing methods on the child's psyche, in particular from the point of view of stress and psychological trauma. Also, the differences between positive and negative upbringing approaches and the psychological consequences that arise as a result of them are scientifically highlighted. The family is a sacred value of human life and plays an important role in the life and development of every person. The role of the family in society is incomparable, because it is the family that is the foundation for raising a healthy generation, forming social and moral values. One of the main categories of the discipline of pedagogy is the concept of "upbringing". Upbringing is a very important process in the life of a child, which directly affects his formation, social adaptation, moral values, and emotional stability. The concept of upbringing was introduced into the scope of science in the middle of the 18th century by the Russian enlightener V. I. Belskoy, who based his activities on the idea of "forming a new generation through upbringing". Family upbringing plays an important

role in the spiritual, moral, and social formation of a child. The family environment shapes the child's feelings, worldview, character, and norms of behavior. Family upbringing should be based on mutual respect and understanding. The child is considered not only an object of upbringing and education, but also an independent person with his own rights and obligations. The personal qualities of the parents, their lifestyle, family environment and relationships in the family have a significant impact on the child's spiritual development. The personal qualities of the parents, their lifestyle, family environment and relationships in the family have a significant impact on the child's spiritual development.

Upbringing is carried out in several directions:

- physical,
- mental,
- labor,
- aesthetic,
- moral,
- social and emotional development.

The main goal of the family upbringing method is to develop in the child the qualities necessary for society.

Family upbringing methods

The upbringing methods used by parents can be different. They mainly depend on the personal qualities, worldview, psychological state and family values of the parents.

Psychologists have identified the following main styles:

Authoritative (democratic) parenting style

Parents recognize their important role in the child's development as a person, but at the same time, the child is recognized as a person with the right to self-development. Parents understand well which requirements need to be set firmly and which need to be discussed. Parents are ready to reconsider their positions within reasonable limits.

In this style, parents encourage responsibility and independence in the child, take into account his interests and needs, and express confidence in him. Parents see their task as coordinating the child's activities and providing him with support.

The control process is carried out on the basis of reasonable care. This helps children to listen to their parents' requests, to establish warm and friendly relations with them. In the family environment, love, mutual understanding and sincerity take precedence.

A child growing up in such a upbringing style is kind, independent, initiative, determined and has a sense of responsibility. They usually grow up to be balanced, sociable, socially active, friendly and sociable.

Such children are self-confident, creative, and also have the ability to empathize and cooperate. They have a high level of self-esteem, they usually study well at school and are more successful socially.

Authoritarian upbringing style

Such parents have a clear idea of what kind of person their child should become when they grow up and spend all their energy to achieve this goal. He is strict, uncompromising and commanding in his demands. That is why the child often feels uncomfortable under such control.

Authoritarian parents demand unconditional obedience from the child, take complete control of his life, force him to fulfill his requirements. In such cases, strict control, pressure or physical punishment are often observed.

This style of upbringing develops aggression, nervousness, hostility, self-doubt, passivity and shyness in children. Children often become withdrawn, a state of spiritual distance (alienation) from their parents occurs. As a result, they have difficulty communicating, and sometimes they themselves become aggressive or rude.

Indifferent (indifferent) upbringing style

For such parents, issues of upbringing are not of primary importance, because there are many other concerns in their lives. The child is forced to solve his problems independently. From the point of view of the formation of the psyche and the development of the personality, this style is considered the most unfavorable and negative, because in it the parents' relationship with the child lacks warmth and affection. Such parents ignore the emotional needs of the child. As a result of such a upbringing style, children may develop emotional alienation, anxiety, internal closure and distrust of others. Also, due to the lack of control by parents, there is a risk of children joining socially negative groups. As a result, the child may develop a low sense of responsibility, insecure personality, or, conversely, become a person who does not obey management and impulsive (acting suddenly). Sometimes, if the external environment is positive, such children can also become creative, active and enterprising people, but this largely depends on the environment in which the child finds himself outside the family.

Liberal (free) upbringing style

Such parents value the child, often forgive his shortcomings and mistakes, and are not inclined to prohibit or restrict. The child is often left alone, that is, forced to live independently. The level of demand from parents is low, and control is weak and weak; their care is often formal (symbolic), that is, not sincere. In such families, there is often a lack of emotional contact, alienation and indifference of family members to each other's feelings and affairs. As a result, children who grow up in this environment are usually egoistic, conflictual, aggressive, disobedient, weak-willed, insecure, impulsive. They feel abandoned, neglected and unnecessary. Such children are unable to establish stable emotional relationships, do not take into account the interests of others, are not ready to accept restrictions and responsibilities, and the process of adaptation in society is difficult for them.

Conclusion

Upbringing is a complex process that directly affects not only the child's behavior, but also his spiritual world, emotional state and social adaptation. As discussed in the article, the correct or incorrect choice of upbringing style leaves a deep mark on the child's attitude to stress and mental state. In conclusion, it can be concluded that the family's lifestyle, culture and level of education, the educational ideas of parents, and their relationships in the family have a great influence on the formation of the child's personal qualities. The child learns the values, rules and traditions of the family. The child also copies and develops the qualities and traits that are dominant in his parents. The relationship between parents helps to instill love, respect, understanding and support for the child.

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