

THE ROLE OF PARENTS IN THE MORAL AND PSYCHOLOGICAL DEVELOPMENT OF ADOLESCENTS

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Abstract: Adolescence is a critical developmental stage characterized by rapid physical, emotional, cognitive, and social changes. During this period, parental influence plays a decisive role in shaping adolescents' values, behavior, emotional stability, and social competence. This article examines the role of parents in the upbringing of adolescents, focusing on emotional support, communication patterns, parenting styles, and value transmission. The study highlights how constructive parental involvement contributes to adolescents' psychological well-being, moral development, and successful socialization, while neglectful or authoritarian parenting may increase the risk of behavioral and emotional problems. The findings emphasize the importance of conscious, supportive, and dialog-based parenting practices in fostering healthy adolescent development.

Keywords adolescence, parental role, parenting styles, moral development, psychological well-being, family upbringing

Introduction

Adolescence represents a transitional stage between childhood and adulthood, during which individuals experience significant changes in identity formation, emotional regulation, and social relationships. This stage is often accompanied by internal conflicts, heightened sensitivity, and a growing desire for independence. In this context, the family—particularly parents—remains one of the most influential social institutions affecting adolescent development. Despite increasing peer influence, parental guidance continues to play a fundamental role in shaping adolescents' attitudes, values, and behavior.

Psychological and pedagogical theories emphasize that parental behavior serves as a primary model for adolescents' social learning. Parenting styles—authoritative, authoritarian, permissive, and neglectful—have been shown to significantly influence adolescents' emotional and behavioral outcomes. Authoritative parenting, characterized by warmth, clear boundaries, and open communication, is consistently associated with positive developmental outcomes, including self-confidence, emotional resilience, and moral responsibility.

Parents play a crucial role in supporting adolescents' emotional development by providing a secure environment where feelings can be expressed and understood. Emotional support, empathy, and active listening help adolescents cope with stress, anxiety, and identity-related challenges. Furthermore, parents transmit moral values such as responsibility, honesty, respect, and empathy through both direct instruction and everyday behavior. Adolescents who observe consistent and ethical parental conduct are more likely to internalize positive moral standards.

Effective communication between parents and adolescents is a key factor in healthy development. Open and respectful dialogue fosters trust and mutual understanding, allowing adolescents to share their concerns and seek guidance. Conversely, communication marked by excessive control, criticism, or emotional distance can lead to alienation, rebellious behavior, and psychological distress. Therefore, parents must balance guidance with respect for adolescents'



growing autonomy.

In the modern social environment, adolescents are exposed to numerous external influences, including digital media, social networks, and peer pressure. These factors can sometimes weaken parental authority. However, parents who remain emotionally involved, set reasonable boundaries, and engage in adolescents' daily lives can effectively mitigate negative influences and support healthy decision-making.

Table 1. The role of parents in different aspects of adolescent development

Aspect Development	Parental Role	Expected Outcomes Adolescents
Emotional development	Providing emotional support, empathy, and understanding	Emotional stability, stress resilience, self-confidence
Moral development	Modeling ethical behavior and teaching moral values	Responsibility, honesty, respect for others
Social development	Encouraging positive communication and social interaction	Social competence, cooperation, conflict resolution skills
Cognitive development	Supporting learning, critical thinking, and autonomy	Independent thinking, problem-solving abilities
Behavioral regulation	Setting clear rules and consistent boundaries	Self-discipline, reduced risk behavior
Identity formation	Respecting individuality and supporting self-expression	Healthy self-identity and autonomy

Table 1 demonstrates the multifaceted role of parents in the emotional, moral, social, cognitive, and behavioral development of adolescents. The data presented in the table indicate that parental involvement is not limited to a single domain but influences adolescent development in a holistic and interconnected manner.

Firstly, emotional development is shown to be strongly dependent on parental empathy, emotional support, and understanding. Adolescents who experience consistent emotional support from parents tend to demonstrate higher levels of emotional stability, self-confidence, and stress resistance. This finding confirms psychological theories emphasizing the importance of secure attachment during adolescence.

Secondly, the table highlights the significant role of parents in adolescents' moral development. Through modeling ethical behavior and explicitly teaching moral values, parents contribute to the formation of responsibility, honesty, and respect in adolescents. Moral development appears to be closely linked with parents' everyday behavior, suggesting that adolescents internalize values not only through verbal instruction but also through observation.

In terms of social development, the table indicates that parents who encourage open communication and positive social interaction foster adolescents' social competence and conflict-



resolution skills. Such adolescents are more likely to establish healthy peer relationships and demonstrate cooperative behavior in social settings.

Furthermore, the cognitive development of adolescents is influenced by parental support for learning, autonomy, and critical thinking. The table suggests that when parents provide guidance while allowing independence, adolescents develop stronger problem-solving skills and independent thinking abilities. Finally, behavioral regulation is associated with clear rules and consistent parental boundaries. Adolescents raised in environments with predictable expectations tend to exhibit higher levels of self-discipline and a lower tendency toward risky behavior. Additionally, parental support for identity formation plays a crucial role in helping adolescents develop a stable and positive self-concept.

Overall, the analysis of Table 1 confirms that balanced, supportive, and communicative parenting practices serve as a key factor in promoting adolescents' psychological well-being and successful socialization.

Conclusion

The role of parents in the upbringing of adolescents remains vital despite social and technological changes. Supportive parenting, grounded in emotional warmth, effective communication, and consistent value transmission, significantly contributes to adolescents' psychological well-being and moral development. Strengthening parent-adolescent relationships and promoting conscious parenting practices are essential for fostering responsible, resilient, and socially competent individuals.

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