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## **FEATURES OF STRESS RESISTANCE OF WORKING MOTHERS OF TEENAGERS WITH DIFFERENT TYPES OF PARENT-CHILD RELATIONSHIPS**

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### **Abstract:**

The socio-economic processes taking place in the Republic of Uzbekistan, associated with the formation of a market economy, have led to a significant change in the employment model of women. This article examines the issues of stress resistance of working mothers raising teenagers.

**Key words:** family, interpersonal relationships, role, motherhood, attitudes, influence, stress resistance, conflict.

### **Аннотация:**

Происходящие в республике Узбекистан социально-экономические процессы, связанные с формированием рыночной экономики, привели к существенному изменению модели занятости женщин. В данной статье рассмотрены вопросы стрессоустойчивости работающих матерей воспитывающих подростков.

**Ключевые слова:** семья, межличностные отношения, роль, материнство, установки, влияние, стрессоустойчивость, конфликт.

### **Annotatsiya:**

O'zbekiston Respublikasida bozor iqtisodiyotining shakllanishi bilan bog'liq bo'lgan ijtimoiy-iqtisodiy jarayonlar xotin-qizlarni ish bilan ta'minlash modelining sezilarli o'zgarishiga olib keldi. Ushbu maqola o'smirlarni tarbiyalayotgan va ishlaydigan onalar orasida stressga chidamlilik muammolarini ko'rib chiqadi.



**Kalit so'zlar:** oila, shaxslararo munosabatlar, rol, onalik, munosabat, ta'sir, stressga qarshilik, ziddiyat.

The reforms carried out in the Republic of Uzbekistan are a confirmation of the correct course chosen. Increasing the socio-political activity of women, strengthening their role in governing the state and society, ensuring employment for women, widely involving them in active work, further strengthening the foundations of the family, universal protection of women, gender equality, motherhood, increasing the role of women in the socio-political sphere proves the relevance of this issue. Also the decision to create a special commission for the protection of gender equality of women, improving the social and living standards of women throughout the country. It is worth noting the draft law "On the protection of women from oppression and violence" [5].

Modern families are not homogeneous; they differ in structure, type of leadership in the family, family structure, length of service, atmosphere in the family. Each category of families is characterized by its own specific intra-family relationships that determine the roles of family members, positions, connections, social circle and its content, features of emotional contacts of family members, family goals, and the needs of its members (E. Arutyunyan, A.I. Zakharov, A.E. Lichko, M. Sigelman, A.S. Spivakovskaya, A.B. Kholmogorov, L.B. Schneider, E.G. Eidemiller, V.V. Yustitsky) [5].

It should be noted that variations in intra-family relationships are caused by historical processes and characterize the peculiarities of the mentality of each nation (A.E. Lichko, F.I. Nai, L.B. Schneider, E.G. Eidemiller) [1].

These circumstances have given rise to many life and family problems, including the emergence of multi-structured families with different types of upbringing, since it is the structure of intra-family relationships and the nature of the emotional attitude of parents towards a teenager that determine the level of development of his moral consciousness, the formation and development of his personality.

All of the above speaks of the relevance at this stage of the development of society of studying the influence of intra-family relationships on the formation of the personality of adolescents in working women and their stress resistance, since intra-



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family relationships are a vital emotionally significant environment, a condition for the development and formation of the personality of a teenager. It is known that the family is the object of a large number of sociological, social-psychological studies. This is explained by a large number of problems associated with the family. The importance of studying the perception of adolescents of relationships with other people, especially with parents, is recognized by scientists of various fields. In the life of every person, his parents play one of the main roles. The process of formation of the child's personality largely depends on the mother's attitude to her child. Worldview, character development, moral foundations, attitude to spiritual and material values are primarily instilled in children by parents[2].

And this process depends largely on how the basic needs of the teenager are met in the family, how correctly the parental positions are manifested from the point of view of his development and upbringing.

In the performance of the educational function in relation to children, the main role is played by the stress resistance of the working mother. The stability of the family environment is an important factor for the emotional balance and mental health of the teenager. Conflicts in the family caused by the stress of the working mother always bring a deep shock and leave teenagers with a strong resentment that can only be softened. The atmosphere of tension and conflict family situations has a sharply negative effect on the teenager. The home ceases to be a support for him, he loses the feeling of security, the source that the family was for him, when there was an emotional connection with the parent, when they and the world of their values were an example to follow, disappears. The disruption of such stability of the family system in working women can lead a teenager, especially in his sensitive age, to seek support outside the home. In such a state, teenagers are more susceptible to external influences, as they seek to relieve internal tension [1].

Today, the stress resistance of working mothers raising adolescent children is a significant social and educational problem.



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