



International Conference on Modern Science and Scientific Studies

Hosted online from Madrid, Spain

Website: econferences.com

20th June 2025

FACTORS AFFECTING THE PSYCHOLOGICAL STATES AND UPBREEDING OF CHILDREN IN THE FAMILY ENVIRONMENT AND RELATIONSHIPS

Mamadiyoroova Sevinch Bobomurodovna

2nd year master's student

Bucheon University in Tashkent

Khalilova Mashraboy Voxidovna

Doctor of Psychology, Professor

Bucheon University in Tashkent

Abstract:

The influence of the relationship between the mother-in-law and the daughter-in-law in children's education is aimed at refraining from inappropriate actions and habits, teaching young people how to behave, and providing them with skills, intelligence, confidence and health. The traditions and values of the Uzbek family, inherited from their descendants, deserve great respect in the society. The importance of psychological education in the family and the organization of the psychological environment are covered with recommendations. Child education is a practical pedagogical process aimed at forming certain physical, mental, moral and spiritual qualities in a person; is a set of measures taken to ensure that a person has the characteristics necessary for living in society, and some methods of forming a perfect human personality in the family through the means of education are highlighted.

Key words: Children, family, relationships, psyche, traditions, education, psyche, spirituality, moral responsibility, education, environment, child, emotion, motivation, critical thinking, parents.

Annotatsiya:

Bolalar tarbiyasida qaynona va kelin orasidagi munosabatlarning ta'siri, noo'rin harakatlar va odatlardan tiyilishlari, yoshlarga muomilani o'rgatish, qobiliyat, aql,



International Conference on Modern Science and Scientific Studies

Hosted online from Madrid, Spain

Website: econferences.com

20th June 2025

ishonch va sog‘liq bilan ta‘minlashga qaratilgan. Ularning avlodlaridan meros bo‘lib qolgan o‘zbek oilasining urf-odatlari va qadriyatlari jamiyatda katta xurmatga sazovar bo‘lib kelmoqda. Oilada psixologik tarbiyaning muhimligi va psixologik muhitni tashkil etish haqida tavsiyalar bilan yoritib o‘tilgan. Bolalar tarbiyasini shaxsda muayyan jismoniy, ruhiy, axloqiy, ma‘naviy sifatlarni shakllantirishga qaratilgan amaliy pedagogik jarayon; insonning jamiyatda yashashi uchun zarur bo‘lgan xususiyatlarga ega bo‘lishni ta‘minlash yo‘lida ko‘riladigan chora-tadbirlar yig‘indisi bo‘lib, tarbiya vositasida oilada komil inson shaxsi-shakllantirishning ayrim usullari yoritib berilgan.

Kalit so‘zlar: Bolalar, oila, munosabatlar, psixika, urf-odatlar, ta‘lim-tarbiya, ruhiyat, ma‘naviyat, axloqiy masuliyat, , ota-ona.

Enter

Living in the 21st century, we need to understand this and think correctly. However, we are addicted to the vice of Uzbekism. The family environment and worldview of Uzbek families are different from those of foreign countries. Today, both young and old have phones in their hands. Our family members have their own world. That is, mothers-in-law do not give their daughters-in-law a day, they belittle their daughters-in-law to their sons, and they cause a coldness between the two young people. The daughter-in-law becomes pregnant and puts her in even more difficult situations. In return, she wants a healthy grandson. Now tell me... why does the mother-in-law, who is angry with her son and oppresses her daughter-in-law, not think about her own grandson. Maybe such situations will not stop. This is why children born in recent years suffer from many diseases. A pregnant bride who lives in an unhealthy family environment and is constantly under pressure imagines what her child will be like when she is born. The emergence of a demand for family psychology education, which is a branch of social psychology, as a specialist in society who solves socio-psychological issues related to the problems of family stabilization and helps individuals in the process of strengthening it, also affects today's education. The process of creating a system of effective methods of socio-psychological education for the already uneducated population and studying the



International Conference on Modern Science and Scientific Studies

Hosted online from Madrid, Spain

Website: econferences.com

20th June 2025

psychological foundations of socio-psychological factors aimed at ensuring family stability, the practical foundations of socio-psychological factors for ensuring family stability, the development of psychological counseling aimed at ensuring family stability are directly related to the socio-psychological factors of conflicts between mother-in-law and daughter-in-law in child rearing. Each person in the family has their own role, including daughters-in-law. After all, it is said that a healthy child is born from a healthy mother. How good it is that such situations exist. Most newlyweds easily overcome some of the difficulties that arise, take on the duties of a daughter-in-law as they please, relieve their mothers-in-law of their everyday worries, and quickly earn their love. Mother-in-laws also embrace such a daughter-in-law as "daughter", teach her what she doesn't know, help her when she's in trouble, and give her life guidance. They become close assistants to them in household chores and child rearing. However, in life, various conflicts also occur between mother-in-law and daughter-in-law. Speaking of mother-in-law and daughter-in-law, we must mention that this issue has been one of the problems that has been in the attention of people and prominent figures of humanity for a long time. A healthy environment is created in such families.

Psychological education in the family is important, because the family that embodies it will see the results of many efforts in raising children, and the child will gain self-confidence through freedom. Psychological education is very important in learning how to interact with yourself, your friends, and your life in the future. The most important part is to create a comfortable and uplifting atmosphere for children. They should have ample opportunities to independently study and gain understanding, to express their thoughts and feelings. Psychological education, in a broad sense, also understands how the family shows children loyalty, justice, empathy, and respect for other people as the main means of education. Children may also feel the need for their parents to understand and support them even in situations where they do not show themselves well. Psychological education in the family is important in learning and establishing reliable and protective ways of communicating, implementing views between members. Family psychological education leads to a self-renewing and personal development approach, teaching children to learn from their mistakes and draw the right conclusions from their



E CONF SERIES



International Conference on Modern Science and Scientific Studies

Hosted online from Madrid, Spain

Website: econferences.com

20th June 2025

mistakes. Whether the event that happened is negative or good, family psychological education should be able to help analyze its problem and find a solution. In this way, relationships and actions strengthen the bonds between family members and help the family grow. A mixed-method approach was adopted, combining qualitative interviews and quantitative surveys, to study the role of a person in family education. A sample of different families representing different religious and spiritual backgrounds was selected. Among the participants were parents and their children, covering different age groups. Family education is a complex and multifaceted process, which includes the instillation of religious or spiritual beliefs, values, and practices in children. This upbringing plays an important role in the formation of a healthy psyche and has a psychological essence that deeply affects human development. Let's consider in more detail the components and importance of human upbringing in the family:

- **Moral values:** Faith-based education often involves imparting moral and ethical values that guide a child's behavior and decision-making. These values can include concepts such as love, compassion, honesty, forgiveness, and humility.
- **Rituals and practices:** Human development can include religious or spiritual rituals and practices, such as prayer, meditation, participation in religious ceremonies, and participation in religious holidays or ceremonies. These rituals provide a sense of community and tradition, and they can offer comfort and structure in a child's life.
- **Community and social connection:** Many religions emphasize the importance of community and social connections. Participation in a religious community can foster a sense of belonging and social support. These relationships can be a safety net and a source of emotional support for children and families.
- **Psychological benefits:** The psychological nature of human education includes promoting emotional well-being, inner peace, and a sense of purpose. Human helps people manage stress, anxiety, and depression, which can lead to increased overall life satisfaction.
- **Parent-child relationships:** The family plays a key role in human education. Parents often teach their children through their beliefs and actions and serve as role models. Open and supportive communication about human education is essential,



International Conference on Modern Science and Scientific Studies

Hosted online from Madrid, Spain

Website: econferences.com

20th June 2025

allowing children to ask questions and explore their beliefs in a safe and nurturing environment.

- **Critical thinking and inquiry:** It is important to encourage children to critically examine their beliefs and beliefs. This helps them develop a deeper understanding and personal connection to their beliefs, rather than passively accepting them. Critical thinking and inquiry can lead to a more robust and meaningful human experience.

The following guidelines will be useful for organizing a psychological environment in the family:

- **Observation and attention:** To create a psychological environment in the family, it is necessary to increase the attention between parents and children, respect each other's opinions and beliefs, and express clear and independent opinions.
- **Justice and respect:** The psychological environment in the family helps to maintain justice and respect among its active members. The constant use of children, respect, and any interaction between family members should be fair and prevent competition and oppression expressed by other members.
- **Games and activities:** It is important to strengthen communication and togetherness among family members through active activities such as games and family trips. By spending time together, family relationships and connections are strengthened.
- **Creating positive aspects of counseling:** Counseling is important to improve the psychological environment in the family. Family members should express their opinions to solve problems between them.
- **Understanding and replacing negative feelings with positive ones:** Understanding negative feelings and dealing with them is one of the important parts of easing the psychological environment in the family. Counseling helps to understand and solve their own problems, to achieve.
- **Providing a comfortable and protective environment:** It is important to provide a comfortable, safe and family-like environment in the family. They feel and understand what kind of relationships they should establish with themselves, their children and their friends.



International Conference on Modern Science and Scientific Studies

Hosted online from Madrid, Spain

Website: econferences.com

20th June 2025

• **Talking and listening:** Talking, listening and relationships with friends have their own importance. Each member of the family should learn to express their thoughts with confidence and respect and to listen.

Conclusion

Personally, based on my own practice and life experience, I can say that...family relationships and the balance in them must be maintained. So, today, the importance of healthy relationships in the family is important in raising the younger generation to be physically healthy, spiritually strong, mentally mature, healthy and harmonious. Therefore, in order for the family to be strong and stable in our independent state, it is necessary to create a system of healthy social relationships in the family and, for this, first of all, to arm parents with psychological knowledge. In solving this issue, the organization of psychological services, or more precisely, family psychological services, is raised as an urgent issue.

List of used literature:

- <https://cyberleninka.ru/article/n/oilada-sog-lom-turmush-tarzini-rivojlantirishda-soglom-psixologik-muhitning-ijtimoiy-psixologik-ahamiyati>
- https://api.moiti.uz/media/static_page/2-OILA_PSIXOLOGIYAS.pdf
- <https://cyberleninka.ru/article/n/oilaviy-munosabatlarda-bolalar-ta-rbiyasiga-ta-siri-etuvchi-ijtimoiy-psixologik-omillar>
- Akramova F.A. Oilada sog‘lom psixologik muhitni tarkib toptirishning ijtimoiy-psixologik asoslari. o‘quv-uslubiy qo‘llanma.T., 2014. 185 b.
- Oila psixologiyasi: Akademik litsey va kasb-hunar kollejlari o‘quvchilari uchun o‘quv qo‘llanma. / G‘.B. SHoumarov tahriri ostida / – Toshkent: “Sharq”, 2008. – 296 b