



THE INFLUENCE OF THE FAMILY ENVIRONMENT ON THE CHILD'S SELF-ESTEEM

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Abstract

The article presents views on the influence of the family environment on the characteristic, positive and negative effects on the upbringing of children, as well as on self-esteem.

Keywords: Family, upbringing, child, status, rule, signal, parent, self, norm, family upbringing, perception.

Introduction

The family plays an important role in the formation of a child's self-worth. Each family has a specific style of family upbringing, which is determined by the parents' value directions, attitudes, emotional attitude towards the child, the characteristics of the child's perception of parents and the ways of behavior with them, which determine the mastery of the basic rules and norms of behavior, develops their position towards the world and themselves. When a child is born, she does not have a second alarm system: she still cannot control words as an instrument, but she has all her needs. The need for parents to communicate with touch in order to receive positive emotions while carrying the baby in their arms. These emotions are conveyed to him through feeding, dry diapers, loving conversations with him, that is, all that is called "caressing" in transactional analysis. But the boy cannot emancipate himself: he cannot feed himself, change his diapers and talk to adults. In addition, in order to attract their attention, the child must resort to "taping" - crying, shouting loudly. Feelings of helplessness, inability to influence the environment, insignificance, helplessness develop. The same feeling develops in all, absolutely all children; Because no matter what parents do, no matter how they take care of their children, the child will not independently get the pleasures he wants, and this will help to form a negative attitude towards himself. If a child could form their own emotions, they would be like, "I can't do anything, I can't pay myself when I want to; I don't take the



affection of those around me when I need it. I want to urinate, but they make me drink, etc. All I can do is wait for them to take care of me. I'm nothing. I'm at the mercy of other kids, they're at the mercy of my parents, they're at the mercy of my parents." His first steps are glad his parents let him go, but how long will their joy last "Don't go there, it's dangerous. Don't go into the puddle — your foot will be wet." What is the child beginning to understand? - "My parents are smart, they told me not to walk in a puddle and now I've got my foot wet!" And the parents do not stop there: "Do not flinch at the table - look, the glass is on the floor; Wash your cheeks when you go to wash your hands – all your cheeks are wet. How a child's relationship with himself or herself develops and plays a role in that relationship. Often unfounded praise by emphasizing a child's fictitious or real qualities leads to an overestimation of aspirations in the child. If parents do not believe in a child's independence and abilities, and resolutely suppress any disagreement with the child's own opinions, this can lead to persistent vulnerability and feelings of inferiority. Children's self-esteem depends on the opinions of important adults and, above all, on their parents' assessments. Low self-esteem can lead to problems in a child's behavior as an adult. The manifestation of negative self-esteem can be very different: from decreased performance to aggressiveness. Negative self-esteem can lead to:

Cultivate rigidity and shyness.

A child may avoid situations of verbal interrogation in the classroom, fail to answer a question despite knowing the answer, and relinquish leadership roles in games. Such a child often uses phrases such as: "I don't know", "I can't". When a child loses a game, becomes upset, reacts painfully to comments, loudness, adult expression of displeasure, and often cries. The baby is afraid of new people, of new situations, afraid of being alone, afraid of going out alone in public, etc. The child himself may provoke conflicts, react with contradiction to the contradictory actions of others. A child may break toys, push a peer, hit people he accidentally meets, bite, spit out, pinch others, say abusive words when the adult does not hear, etc. It is very difficult for a child to feel like "rude" or "bad", so he can behave very aggressively and assert himself in the process. To build positive self-esteem in the family, it's important that a child is surrounded by attention and love, no matter what they're doing now — whether they've quickly abandoned their toys or smashed their mother's favorite bouquet. Parents need to notice and encourage the child's successes, not to his mistakes. You might boast to your child with the phrase "You know": "You did that great. Good."



But when adults talk about their emotions, what they're going through, in the first person, to nurture them using something called an "I-message": "I don't like ..., I don't like ..., I'm hurt.

Parenting in the family is of dual importance, parents should not only be satisfied with instilling moral, spiritual and spiritual knowledge in their children, but they themselves should be aware of the latest information about the specifics of upbringing, its essence and meaning. Parents who are able to bring up their children wisely spend their lives in pleasure and prosperity, always see kindness, kindness and kindness from their children, they do not feel the pain of their hearts; they don't have a sense of resentment. There is an Uzbek proverb about this: "When the toy grows, the horse stops (that is, the horse is saved from riding)". The father, who is the main support of the family, tastes all the hardships of life, is embodied as a great person, distinguished by his unbending will, justice, endurance to the trials of life. Family upbringing plays an important role in the child's future development, the child first builds the image of society in the family, the rights and duties, worldview and moral views of the future citizen are formed in the family, on this basis physical and spiritual development. A healthy family environment is a source of cultural, spiritual and moral values, traditions, social life experiences, skills and qualifications for the child.

This is polished in the process of family education, the essence of education is to prepare a person for life, and the content, direction, purpose and function of education depend on social relationships of people. On the basis of these relationships, a person looks at life in some way, through thinking he perceives the universe and forms his attitude towards it, is brought up in the spirit of certain moral criteria, because family education has a profound effect on the spiritual world, character and feelings of children in relation to social upbringing. The spiritual and spiritual environment in the family is of great importance in the upbringing of a child, and the lifestyle of family members in many cases determines the mood, imagination and personality of children. Therefore, the family is responsible before society for raising a healthy, harmonious person. A person brought up in a family should embody the qualities that have matured in the universal moral, scientific, faith and other spheres, and the person who strives for maturity will gradually begin to know the world and himself. Perfection means being just, striving for righteousness and goodness, honesty, realizing one's mistakes and trying to get rid of them, enriching spirituality, faith, intelligence, awakening people from ignorance, fulfilling all good wishes.



Family discipline - the rearing of children by a parent, guardian, or adult in the family. It plays an important role in the all-round development of the younger generation. The constant educational influences in the upbringing of the family are peace of mind, sincere attitude, high parental authority, the preservation of unity among the elders of the family when making demands on children, special attention to the upbringing of the child, love and honor of the child, the establishment of a strict regime and agenda in the family, taking into account the age and personal characteristics of the child, monitoring the changes in the child, striving for independence and support of initiative qualities, etc. The more orderly the family is, the more sincere the relationship between its members, the more successful the upbringing of the family will be. In the upbringing of the family, parental authority, their observation, sensitivity and presentness are of important educational importance. Disambiguation pages with short descriptions Most of the child's life is spent in the family. Therefore, under the positive influence of existing traditions, customs, rituals and rituals, the child gradually matures. Tradition and ritual are powerful weapons of family upbringing. The expected results can be achieved only if family education is inextricably linked with social education. Success in family upbringing also depends on the parents' pedagogical knowledge, the exchange of experience in family upbringing, and the intensive involvement of parents in educational work. Every parent should have a deep understanding of their duties and responsibilities in the upbringing of the family. Normal family environment, timely involvement of the child in reading and working are also the keys to the success of Family Education. The absence of a father or mother in the family, or the departure of one of them, is a great detriment to the upbringing of the family. Their educational influence on the child is lost, and the balance in family upbringing is disturbed. Allah's Messenger (Muhammad SAW) is the Messenger of Allah (Muhammad SAW). A father's reputation is of great importance in the upbringing of the family. It is impossible to succeed in raising children to be harmonious human beings without linking school to family. Therefore, joint work between the school and parents on education is of great importance in family upbringing. The feedback expressed in parents' meetings with teachers is especially valuable. They will learn more about their children. Therefore, every parent who understands the fundamental essence of child rearing strives to strengthen the cooperation between the family and the school. Until the child leaves school, the parent should establish close contact with the school, master the child's



lessons, be aware of his behavior, consult with the teacher and class leader on educational issues, inform the teacher and class leader about what the child is doing after school. In turn, the teacher and the class leader should convey to the parents information about the child's learning, manners, behavior, behavior at school, and jointly solve problems that arise if necessary. A parent whose child attends school must remain a member of the school team. The teacher and the class leader should also establish strong cooperation with their student's family. Also important in raising a family is the cooperation of parents with neighborhood activists, labor veterans. Family rearing can be successful only if favorable conditions are created for children to develop in all aspects. Jump to navigation Self-esteem is how we see ourselves. It was formed from childhood. One of the most important factors affecting self-esteem is parenting. Their words, actions, and attitudes toward children play an important role in shaping their ideas of themselves. Self-esteem is a person's opinion of their own abilities and worth. High self-esteem helps to cope with challenges. Less - can bring fear and complexes. It affects health, relationships, and even careers. Parents are the first people to communicate with a child. Their words and actions will be remembered forever. If the parents are supportive and praised, the child will have high self-esteem. If you get criticized and ignored, it leads to low self-esteem. The child needs help. When parents show their love, the child feels valued. Empower "You're great!" or "I'm proud of you!" Children who grow up in a supportive environment have confidence in the world. Excessive criticism can be devastating. If the child hears only a negative, he begins to doubt himself. For example, the phrase "You can't succeed" can leave a mark on life. Such a child is often afraid to try new things. Comparison is another factor that influences self-esteem. If parents constantly compare their child to others, he may feel inferior. "Why don't you look like your neighbor Petya?" - such words can make the child feel unnecessary. It is important to remember that each person is unique. Parents have their own expectations. They can be both positive and negative. When a parent trusts his child, he or she trusts himself. But if they set too high expectations, it can create fear and stress. Children can start to avoid situations where they can make mistakes. Self-esteem is the idea that an individual values the importance of his or her personality, the individual's assessment of himself, his qualities, capabilities, his place among other people in society. It is the most important component of personality. Self-esteem is the foundation for developing critical thinking and ability to objectively analyze the surrounding reality.



L. V. Borozdina [1] defines self-esteem as a person's knowledge of himself, his physical strength, mental abilities, motives and goals of actions and actions. The formation of self-esteem begins at the age of 3-4, when a child begins to work with concepts such as "good" and "bad" to evaluate his actions, for example: "I know letters well" or "I don't know colors well". Therefore, parents lay the foundation of self-esteem as active participants and organizers of the initial and most important stage of education and socialize the child's personality. The attitude of the future generation towards themselves is formed by how parents treat him and from their model of behavior in the family, that is, from how parents treat each other, their image and attitude towards the child formed by them, their "I" and their attitude towards themselves. Self-esteem: Can be adequately and inadequately, which in turn can be divided into overrated and underrated. Adequate self-esteem is characterized as the optimal balance between a person's ambitions and achievements. This is a situation where a person has managed to connect his strengths with his capabilities. Low self-esteem is a lack of self-existence, a lack of confidence in one's own strength, and a humiliation of one's own capabilities. Overestimated self-esteem is an individual's overestimation of their own capabilities and excessive ambitions. It is not easy to determine what poses more risk to a person – low or high self-esteem. Lack of self-esteem contributes to difficulties in communicating with others, an appearance of personal personal conflict, and psychological stress. Parents' exaggeration of a child's services and too often compliments contribute to increased self-esteem. A child may not find a common language with his peers because he thinks that he is superior and better than others. In communication with adults, such a child will not be able to find a compromise, because he believes that everyone around him should put their desires behind them and pay attention to him. Such a child grows up selfish, never taking into account other people's opinions and always looking only out for his own interests. If you don't start psychologically correcting such a teenager in time, the problem becomes narcissism — a trait that often consists of excessive self-love that doesn't match reality.

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