

PSYCHOLOGICAL CHARACTERISTICS OF CHILDREN'S FEARS IN THE FORMATION OF SOCIAL PHOBIA IN YOUNG PEOPLE

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Abstract: The influence of the family on the formation of social phobia and various aspects of interaction within the family are reflected in the attitude of young people to family life. In addition, the importance of parents in raising a child and their role in this is determined. The formation of various personal qualities of the child, including the role that determines the characteristics of interpersonal relationships, becomes important. The article analyzes the literature on the psychological factors of the influence of the family environment on the formation of social phobia in young people.

Key words: family, values, social phobia, interpersonal relationships, institution, family environment.

ПСИХОЛОГИЧЕСКИЕ ХАРАКТЕРИСТИКИ ДЕТСКИХ СТРАХОВ В ФОРМИРОВАНИИ СОЦИАЛЬНОЙ ФОБИИ У МОЛОДЫХ ЛЮДЕЙ

Аннотация: Влияние семьи на формирование социофобии и различные аспекты взаимодействия внутри семьи отражаются на отношении молодежи к семейной жизни. Кроме того, определяется значение родителей в воспитании ребенка и их роль в этом. важным становится формирование различных личностных качеств ребенка, в том числе роли, определяющей особенности межличностных отношений. В статье анализируется литература

о психологических факторах влияния семейной среды на формирование социофобии у молодежи.

Ключевые слова: семья, ценности, социофобия, межличностные отношения, институт, семейная среда.

Introduction (introduction). Specific features of parents' relationship with the child during childhood, in particular, parents conveying a certain idea to the child, it is necessary to create a psychological space for the formation of his personality and development. Behaving in difficult situations, recognizing the emotional context and the corresponding emotional response can contribute to or prevent the formation of social phobia.

Very young children do not yet understand instructions and prohibitions, and do not get caught because they do not perceive danger. When we constantly use bullying as a weapon, we raise our children to be fearful, insecure, or emotional. If we don't want our child to grow up with low self-confidence, we need to know how to keep a balance. A habit inherited from our parents and previous generations is a method of intimidation. Unfortunately, many people do not know how harmful this method is to the child's psyche and future life. There are certain psychological reasons behind children's bullying aggression. Before scaring, it is necessary to study the reasons for the child's capriciousness.

Literature review. According to Z. Freud, the famous founder of psychoanalysis, the basis of fear and phobias is psychological trauma received during childhood. Inability to act on unconscious impulses (Id) due to psychological protection by (Ego) leads to phobias. Z. Freud emphasized that phobias can disappear and worsen and develop under favorable conditions. Another representative of psychoanalysis, A. Adler, believed that phobias appear as a result of an inferiority complex in childhood. He attributed the leading role in the emergence of phobias to family relationships. Representatives of neo-Freudianism (K. Horney, H. S. Sullivan) believed that the cause of phobias is the

wrong relationship between mother and child, in particular, the lack of maternal love and affection.

With the help of fear, we try to focus the child's attention on a certain thing, and we do not even think about whether this is harmful to the child's mental state or not. cosmic, contagious. Fear has become as real as human existence today. What are people afraid of? Of course, each person's unique reasons for experiencing fear can be infinitely varied. Fear is an emotion that provides us with a danger signal. In this case, we will immediately turn on our caution mode. Therefore, it is not necessary to completely exclude fear from the point of view of education for the normal development of emotional intelligence. You need to learn to channel your fear. If a parent scares a child, obedience is guaranteed. But the trauma remains in the child's psychology.

Every child experiences many fears, many of which are unfounded. Some fears are temporary, others are instinctive, mostly innate, for example, fear of the dark, fear of heights, etc. But there are several categories of fear that appear in the process of bullying by parents. In some situations, when you can't talk, you need to act very quickly. We think fear is the only thing that will help. For example, if a child steps into the path of a car, it should be emphasized that it is dangerous and that this will lead to scary consequences.

Research methodology. In the works of the authors of the first half of the 20th century, there is a trend of chronic development of fears and phobias, which tend to increase symptoms and develop complications. Fear is a natural and necessary emotion when faced with danger. The emergence of the instinct of self-preservation in the event of a threat to human life is carried out through the feeling of fear. Fear causes forces to be concentrated and directed. As a result of fear, the speed of thinking and decision-making of the brain increases. Attention is concentrated, ways out of a problematic situation are sought. The absence of fear is

the inability to assess risk. Loss of risk perception is the inability to perceive a potential risk.

As a result of fear, anxiety, trembling, weakness, lethargy and immobility arise. This condition leads to disturbances in the balance of nervous activity, resulting in hysterics and inability to move. Inability to assess the situation correctly causes feelings of helplessness and defeat, which leads to the decision to give up fighting. The state of a person in a frenzy is contagious to others. A person who is unable to think straight will be thrown into a frenzy, and driven by a sense of self-preservation, will cry out, "Save your life!" begins to make decisions under the slogan. These people cannot think, on the contrary, they are guided by the instinct to save their lives and cannot respond to their actions. Fighting panic is a very difficult task, which can only be done by people with a very strong will. These people are not only able to control their own actions, but also have the strength to control others in difficult situations.

At the same time, the influence of the family on the formation of social phobia and various aspects of interactions within the family have not been studied in practice. In addition, the importance of parents in the upbringing of a child and their role in the formation of various personal qualities of a child, including the role that determines the characteristics of interpersonal relations, have been repeatedly mentioned below. mentioned by scientists (L.S. Vygotsky, K. Rogers, K. Horney, A.A. Leontiev, A.N. Leontiev, I.S. Kon.

This shows that the characteristics of the parents' relationship with the child during childhood, in particular, the communication of a certain idea by the parents to the child, it is necessary to create a psychological space for the formation of his personality and development. Behaving in difficult situations, recognizing the emotional context and the corresponding emotional response can contribute to or prevent the formation of social phobia.

Conclusion and suggestions. Raising a child and developing a child's mind is a long process that requires patience and satisfaction from parents. Regular use of

fear as an educational tool causes the child to avoid conversations with adults and lack courage. Now think about why communication, public speaking courses and motivators are so much needed these days. These are the complications of the trauma caused by fear at one time.

In addition to psychological trauma, which includes fear, the child receives a number of hidden disease complexes. This greatly complicates its further development. Even in adulthood, it affects academic and work success. In addition, the feeling of mistrust of the surrounding people increases: first of all, to parents, and then to the whole world. Fear causes reactions (diseases) such as enuresis, stuttering, or nail biting. These are naturally the result of such "educational" methods.

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