

SOCIO-PSYCHOLOGICAL PORTRAIT OF MODERN FATHERS

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Abstract: In the article, who is a father, who is a modern father, the term "big father", the formation of an internal father figure, the breadwinner, the head of the family, children rely on, follow, trust and are proud of their father. The modern father has a more difficult and long way to go.

Key words: Father, modern father, the term "big father", internal father figure, children rely on, follow, trust and are proud of father.

Annotasiya:Maqolada ota bu kim, zamonaviy ota kim, "katta ota" atamasi, ichki ota figurasini shakllantirish, ota boquvchi, ota oila boshlig'i, farzandlar otaga suyanadi, ergashadi, ishonadi va faxrlanadi. Zamonaviy ota yanada qiyin va uzoq yo'lni bosib o'tishi kerak.

Kalit so'zlar: Ota, zamonaviy ota, "katta ota" atamasi, ichki ota figurasini, farzandlar otaga suyanadi, ergashadi, ishonadi va faxrlanadi.

Аннотация: В статье кто такой отец, кто такой современный отец, рассмотрен термин «большой отец», формирование внутренней фигуры отца, главы семьи, дети полагаются, следуют, доверяют и являются гордятся своим отцом. Современному отцу предстоит пройти более трудный и долгий путь.

Ключевые слова: Отец, современный отец, термин «большой отец», внутренняя фигура отца, дети полагаются на отца, следуют за ним, доверяют ему и гордятся им.

Introduction. In the first moments of a child's birth, the mother and child are emotionally and psychologically connected, and the two are considered one body, one entity. Therefore, their relationship is symbiotic (sameness, merging, wholeness). As the child grows and becomes older, the distance, the psychological distance between them increases, and the symbiotic relationship turns into psychological connections in the form of mental-cognitive relationships.

A relatively little-studied area of maternal psychology. Studies of fathers' behavior have shown that they are no less caring and affectionate than women, and if necessary, they can be even more affectionate. Since both father and mother initially manifest the same kindness towards the child, the baby hardly feels the difference between them. By the age of one, the child begins to perceive his father as a separate, independent person, and the relationship takes on a triadic form. Observing the relationship between his father and mother, the child increasingly understands the meaning of some separate, independent, distant relationships.[11]

The father has a special place in the Uzbek family. He is the head of the family. There are no scales to measure the father's place in the family. The father's authority is valued in the family, children rely on him, follow him, trust him and are proud of him.[2]

The father is the pillar of the family, a true and invincible fortress. The foundation of the family fortress is strengthened by the father's upbringing. The role of the mother in raising a child is also special and has long been proven in science and repeatedly recognized. It was not for nothing that the great thinker Alisher Navoi wrote the following wise verses: Sacrifice your head for a spoonful of food. Make your body a charity for a mother's head. May it be a day and a night, a light that shines. Some are the moon, some are the sun.[1]

The main part. Traditionally, the roles of men and women within the family were divided as follows: the husband is the breadwinner, the head of the family, decides all the main issues, the wife is the keeper of the hearth, is responsible for everyday life, household chores. In other words, the man's sphere of responsibility is the external component, the connection between society, family and society, and women are the space within the family.[3]

In the modern world, the situation has changed somewhat. In the last century, husbands and wives have acquired equal rights and obligations in matters of family formation and raising children. At least legally.

In the last 10 years, the term "grandfather" has emerged - this is a parent who is truly involved in the upbringing and development of the child on an equal footing with the mother.[3]

Important aspects of the relationship between a child (especially a boy) and his father have long been outside the scope of psychologists. In most cases, it was the mother who was the main object of research in analyzing the process of raising a child and forming him as a person.[4]

The formation of an internal father figure begins in early childhood. Our relationships with loved ones, including our father, leave an imprint on us. Based on our experience of communicating with our father, the experience of the relationship between mother and father, we have an idea of what kind of father we are.[9]

Until recently, the roles of women and men in the family were clearly separated: women were supposed to do housework, and men were supposed to earn money.

A man is the head of the family, the breadwinner. In the modern world, expectations from fathers are different. A father has to go through a more difficult and long path.

1. The father must first find or create his own place in life.[9]

2. If a father wants to have a real, close, and trusting relationship with his child, he must give the child time. Time alone with him is the time during which the father has the opportunity to learn how to care for the child, how to respond to his needs - without the advice and guidance of his partner. The father is as necessary to the child as the mother and is capable of caring for him.[9]

3. The modern father seeks to learn more about upbringing, is interested in educational problems and develops in this area. In other words, the father studies special literature, watches programs, lectures and webinars. He collects and analyzes information on the upbringing and development of children, and as a result, acts consciously. Together with his wife, they study the issue, find a solution and act in accordance with the accepted concept.[3]

Children who are raised by fathers are more empathetic. They are more sensitive to the feelings of others, more attentive to their experiences, more empathetic, and more considerate of them. This is no coincidence. If you ask a woman what kind of partner she wants for herself, she will answer: caring, attentive, considerate.[3]

He should understand and properly organize family relationships. But if this is the opposite, if he does not deeply feel the responsibility of fatherhood, if he does not think about his position, then the balance in such a family will be disturbed. Children lose their sense of trust and pride in their father. This situation has a particularly negative impact on the psyche of boys. Because for them, there is no stronger and smarter person in the world than their father. This situation is especially felt by boys and girls who have reached adolescence.

4. Establishing friendly relations

Adolescent boys have a strong desire and need to communicate with their fathers and talk to them on various topics. At this time, if the father begins to relate to his beloved as a friend and interlocutor, the child also perceives his father as the closest person. He can openly express his dreams and desires to his father, and even find the courage to tell him about the problems that are bothering him. The father must have the ability to listen to the child and, taking into account his age characteristics, build a relationship and understand the feelings of each of his children.

5. Any child receives upbringing from home.

In the family, parents are the main educators. There are many methods of upbringing. Teaching, explaining, prohibiting, etc. But the most effective method of upbringing is to set an example. Therefore, the example that is shown to boys and girls in the family will reflect these qualities in them. For example, if a father smokes, drinks, or says abusive words, it will greatly affect the upbringing of his children as they grow up. Boys and girls who see these relationships accept them as a normal process. As a result, children will copy them. From this it can be seen that the morals of some fathers, their behavior at home, their drinking, and other negative situations will certainly set a bad example for their children. "A bird does what it sees in its nest," our wise people say. Therefore, a child takes an example, first of all, from his parents.

6. Setting an example.

Depending on the father's attitude towards the mother, girls usually learn how they will behave towards their future spouse. A similar principle prevails in the upbringing of boys. That is, they also prepare themselves spiritually for the role of the head of the family, husband, in accordance with the relationship between their parents, and for the role of motherhood, depending on the behavior and attitude of their mother towards the children. And they try to build a family in the same way.

The Family and Gender Research Institute conducted a sociological study on the role of fathers in family life and their participation in raising children. The study was conducted among 1,024 married men and women with children from 9 regions of our republic: the Republic of Karakalpakstan, Andijan, Samarkand, Syrdarya, Kashkadarya, Fergana, Khorezm, Tashkent regions, and Tashkent city.[10]

The survey included 511 women (49.9%) and 513 men (50.1%). Almost half of the survey participants believe that the main task of fathers today is to provide for the family (49.2%) and manage the family (49.3%), more than a quarter (27.5%) noted that it is to establish order in the family and protect the family (26.5%), and almost a fifth (18.3%) consider fathers to be the main person in raising children. The majority of fathers (75.6%) prefer to spend their free time with their family. Also, mothers who participated in the survey mainly spent their free time with their children (mothers-55.6%, fathers-27.3%), and fathers spent their free time with their friends (fathers-36.3%, mothers-4.7%).

The level of fathers' involvement in raising their children in the family was assessed at 2.12 points on a 4-point Likert scale, which is an "average" level. In particular, in this indicator,

the level of fathers' active participation in solving their children's problems and providing necessary assistance was "high" (3.03 points), the level of engaging in their children's hobbies and interests was "average" (1.86 points), the level of talking to their children about their feelings and experiences (1.68 points), and the level of participation in their children's homework (1.87 points) were "low";

Fathers' time spent with their children was rated "average" (1.93 points). In this indicator, fathers' regular participation in planning family events and weekends together (2.25 points), finding time to communicate with their children (2.13 points), and actively engaging in their children's hobbies and interests (1.8 points) were rated "average", while the amount of time fathers spent reading books or stories to their children was rated "low" (1.55 points). [10]

The Family and Gender Research Institute conducted a socio-psychological survey of 156 fathers in order to create a socio-psychological portrait of modern fathers. The results of psychodiagnostic methods were validated and the following conclusions were drawn. According to it, due to the high number of household worries in urban areas, fathers paid more attention to the level of financial literacy (financial literacy - 28%, independence - 22%, responsibility - 18%, responsibility for behavior - 18%, self-confidence - 14%). The study revealed that qualities such as responsibility and responsibility for behavior are prioritized in the value system of fathers living in rural areas (responsibility for behavior - 22%, responsibility - 20%, self-confidence - 18%, financial literacy - 18%). Caring, financial independence, and attention to the family are valued as priority qualities in fathers, regardless of their type of activity. It was found that modern fathers are more likely to choose a friend position by allowing their child to express his or her opinion, protecting the child from difficulties, and encouraging the child's activity. It was also found that they have higher self-confidence, but also a higher tendency to doubt each element. Fathers working in state organizations were more demanding of themselves, a sense of responsibility, determination, overflowing with plans, and a preference for conscientious work in a company of cheerful people.[10]

Conclusion. Therefore, the role and place of fathers in the formation of healthy relationships in the family, as well as in raising children to be mature and complete individuals, is invaluable. The greatest wealth in the life of every person is his children.

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