

**PSYCHOLOGICAL ANALYSIS OF THE ROLE OF PARENTS IN CHILD REARING**

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**Abstract:** This article elaborates on the role of parents in raising children within the family and their psychological influence. It also analyzes, based on psychological theories, the responsibilities of parents in supporting children emotionally, shaping social interactions, and fostering personal development during the process of family upbringing.

**Keywords:** Family, Child upbringing, Spiritual needs, Psychology, Authoritarian, Democratic, Passive style, Liberal, "Family and Society", "Parents' Institute", E. Erikson.

From the day a child is born, their psychological, moral, and spiritual development is primarily influenced by the family and the upbringing environment within it. In particular, the relationship of parents with their children, their psychological state, and the parenting styles they employ significantly affect the child's further development.

Parents are responsible not only for meeting their child's physiological needs but also for fulfilling their moral and spiritual needs.

Children constantly observe the behavior of their parents, creating an internal model to emulate. Therefore, what they see in their parents is often reflected in themselves. The significance of parenting lies in its profound impact on a child's maturity. Parental guidance, advice, and attitude help children develop independence and make positive life decisions. Moreover, parental love and trust help children grow into confident, determined, and stable individuals.

Child rearing is a crucial factor in the future of any society. The family is the most fundamental environment for this process. The personal qualities of the parents, their outlook on life, mutual relationships, and attitudes toward the child play an invaluable role in shaping the child's personality. Emotional states, emotional closeness, and trust are essential elements in child upbringing. Open and sincere communication between the child and the parents, along with the freedom to express emotions and personal opinions, positively impacts the child's psyche. In contrast, coldness, neglect, or harshness can lead to inner conflict and dissatisfaction, resulting in behavioral issues or susceptibility to harmful influences.

Parents adopt different parenting styles with their children. These include authoritarian (strict), democratic (mutual respect-based), indifferent (neglectful), liberal (unrestricted freedom), and others. Psychologically, the most appropriate style is the **democratic** approach, where parents strike a balance between demands and affection. They listen to the child, engage in collaborative discussions, evaluate situations together, and maintain mutual respect and sincerity.

In today's traditional family structure, the mother is typically a symbol of love, care, and emotional support, while the father represents social responsibility, discipline, and goal

orientation. For a child to develop healthily, the roles of both parents must complement each other and be based on cooperation. Otherwise, the child may lack close emotional ties or face difficulties due to a one-sided parenting approach. Both the father's and mother's roles are uniquely important in a child's life.

Child upbringing not only determines the future of the child but also the future of the society as a whole. In this crucial process, parents must guide their children with love, responsibility, patience, and wisdom, ensuring they develop physically and mentally into mature individuals. Therefore, the role of parents remains invaluable in shaping their child's character, preparing them for life, instilling moral values, and sowing the seeds of knowledge and education.

There is a wise saying in our culture: "A bird does what it learns in the nest." This means that a parent who wishes to raise a well-behaved, intelligent, and socially beneficial child must themselves embody such qualities and serve as a model for their child. Children always look up to their parents first. Their behavior and attitudes leave an undeniable impression on the child.

The child's development as a personality is determined by maternal care, a positive family environment, healthy upbringing, and social relationships. These factors influence the child's physical and mental well-being, values, self-assessment, attitude toward people and work, and behavior, ultimately defining what kind of person they will become.

Parents who are mentally healthy, emotionally stable, and capable of instilling proper moral values and relationships, as well as maintaining a healthy lifestyle and competitive spirit, play a critical role in preparing their children for success and challenges. These elements make the family and parents inseparable from a child's development and future.

In our country today, terms like "Family and Society," "Mother and Child Health," "Parenting Institutes" and others are frequently heard, indicating a special emphasis placed on this area. The meanings behind these terms are all aimed at ensuring the growth and development of young people, who are the future of the nation.

In the family upbringing process, shaping children's **social interactions** is one of the most important and responsible tasks of parents. Children acquire their first social experiences within the family, so the attitudes and parenting styles of the parents directly shape the child's role in society.

The key responsibilities of parents in forming social skills in children include:

- Being a role model: As mentioned earlier, children learn more from what they see their parents do than from what they are told. If parents practice respect, communication, kindness, and patience, the child adopts these qualities.
- Developing communication skills: Open, sincere, and continuous communication helps the child develop the ability to express thoughts, listen, ask questions, and solve problems.
- Instilling moral values: Parents must teach and model honesty, truthfulness, justice, and helpfulness, ensuring these values become firmly ingrained in the child.
- Explaining social roles: Children should be taught that each person has distinct roles and responsibilities at home, school, and in society, and how to fulfill them.
- Teaching conflict resolution: Parents should teach their children to resolve disputes peacefully, to forgive, and to manage emotions, preparing them to deal with social challenges.

Once these traits are gradually formed, parents should encourage social engagement in their children. Enrolling children in clubs or cultural activities according to their age increases their integration into society.

Supporting friendships is also essential. Parents should supervise their child's friendships without being overly intrusive, as excessive interference can damage the child's self-esteem or generate negative feelings.

Spending quality time with children, creating a positive educational environment through books, cartoons, and games that teach culture, ethics, and social awareness, is one of the core strategies in parenting.

When parents earn their child's **trust**, the child feels free and calm. The presence of a father makes the child feel strong, protected, and secure.

In such an environment, where the child feels safe and valued, they develop healthy social skills, grow into kind and wise individuals. Parental love and emotional support play a decisive role in this process.

In addition to the above responsibilities, **parents should gradually assign social responsibilities** to their children. Giving children small tasks and household responsibilities helps develop their sense of accountability, making them more respectful and attentive toward others. They also become helpful to their parents sooner.

### **Conclusion**

The importance of parents and their parenting processes in the family is immense. A child without a father or mother may face challenges in life, struggle to adapt to society, or fail to do so. Similarly, a child raised under poor parenting styles may become aggressive or emotionally neglected.

According to Erikson's psychosocial development theory, if a child's psychological needs are not met at each stage, they will encounter difficulties in the next stages of development. Therefore, it is crucial for both parents to live together, address their child's needs in time, prevent childhood trauma, and raise their children with care, forming their social behavior and interaction culture.

Every action, word, and decision made by parents serves to shape their child's future in society. Hence, it is necessary for parents to be more responsible in raising their children.

A child is like a newly planted sapling — with careful nurturing and attention, it grows beautifully; if neglected, it grows wild.

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