

FAMILY MANAGEMENT AND DEVELOPMENT OF MENTAL ABILITIES**Akhmedova Nasiba Achilovna**

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Abstract: The purpose of this article is to examine the theoretical foundations of family management and the study of children's mental abilities. Considerable attention is paid to the impact of family management on the development of children's mental abilities.

Keywords: Parents, children, family, physically healthy, mentally mature, children's mental abilities, mental development, management.

The development of the development of society will directly depend on the level of formation of the socioeconomic and spiritual image of the families present in its bosom. Personality qualities are formed in the family, such as behavior, will, character and worldview, which are important for personality maturation. The child sees the socio-spiritual image of society in the image of the family, for the first time realizes the essence of society's requirements in the process of organizing family relations. The main thing in the educational function of the family is mental education. Therefore, mental education of children also plays an important role in the family. The main task in this regard is to be able to see the interests and needs of the child by the parents.

F-60 decree of the president of the Republic of Uzbekistan dated January 28, 2022 "on the development strategy of New Uzbekistan for the period 2022-2026" was issued by the president of the Republic of Uzbekistan. 71 of the Department for ensuring spiritual progress and bringing the industry to a new level: from the "strategy of action based on the principle of goodness and humanity - towards the strategy of development, issues of ensuring the rights, freedoms and legitimate interests of young people are included. In particular, the problem of parental ustanovkas and their methods of raising children is noted in the works of a number of Russian researchers (A.E.Lichko, 1979; A.A.Bodalev, A.A.Stalin, 1989; E.G.Eydemiller, V.V.Yustitsky, 1999). To the most important qualities of parenthood first of all - the criterion of effort, time and attention spent on protectionism or raising their children, the degree of satisfaction of the child's various needs, re used to curb research or child behavior.

According to Abu Nasr Forobi, the human mind, thought, is the product of his spiritual rise. As a person assimilates knowledge, he is able to assimilate, create, scientifically substantiate information from the existence to the history of the creation of a living being. Continuing alloma's comments, Abu Rayhon Beruniy puts forward the following: "a person not only does not receive knowledge about the external quality and characteristics of things and phenomena, but also compares things and phenomena due to his thinking, intelligence, compares each other, determines the validity of his knowledge."

The Thinker also says that the assimilation of knowledge by people leads to the creation of new knowledge: "there are many Sciences. They are timeless and increase when different thoughts and memories accompany them. The encouragement of men to the sciences, the respect of the sciences and the people of science, is a sign of that talent. (In particular) the respect of the ruling People for the people of science causes an increase in various sciences" The direct influence of parents' attitudes towards children in the family on their, physical, mental and mental development and the formation of various psychic traits has been studied in many

studies. By applying the psychological characteristics of the influence of Family Management on the formation of the child's mental abilities, it is possible to correctly formulate the methods of family management, due to which, along with the development of mental abilities in different age periods, various problems can be avoided.

Because the level of formation of mental abilities is important in finding solutions to every life issue. The use of various exercises in the practical activities of researchers engaged in psychotherapy, deviant behavioral psychology, Family Psychology has a positive effect on the mental development of the child. Exercise: the power of reason. In the next session, exercises aimed at increasing the strength of intelligence are embodied, in which the participants dwell on problems and try to solve them in different situations. The purpose of the training: to increase the strength of intelligence, to form the skills to find problems independently and based on the laws.

Necessary equipment for training: various situational issues, paper and pencil The presenter gives the participants an understanding of the necessary skills and competencies in finding a solution to problems by speaking about them: when solving any problem, whether it is an abstract problem, an interpersonal relationship problem, a financial problem, a problem in study or work, they need it. These qualifications are reached in the following ways. The right approach to the problem. What do you do when you are in trouble? Do you meet him or leave him aside? Are you limited to one of its solutions or are you trying to find several solutions? Do you try to give left to the problem or are you tempted to find their solution? Organization of the process of finding a solution to the problem. You will try to distinguish the simplest, most understandable and basic factors for solving the problem, you put aside excess and unnecessary aspects.

You can clarify the problem and start solving it. Getting to the solution of the problem and the behavior in it. Some problems are solved in a clear sequence, step by step. By the way of others experiment, a solution is found using the "test and error" method. There will be such problems that when solving them, long reasoning and the solution will appear randomly. In any case, you need to manage information. To do this, you will need to group concepts about the problem, browse samples, summarize and reflect, or listen to your own inner intuition. Check. You have found a solution to the problem, you will check its correctness. Look at the work done and review the logical chain in your reasoning anew. Try asking yourself if there is another solution to the issue again.

At the next stage, the presenter presents the problems for the training of the psychotrope to the participants. To do this, initially, several puzzles are presented. Each participant forms assignments in solving these skulls, relying on the steps and approaches listed above, and sets out to find its solution. Assignments: • The zoo in Tashkent has a hundred heads and twenty legs. How many animals and how many birds are in the zoo? • Three missionaries and three cannibals must cross from one bank of the river to the other with the help of boats.

Additional assignments: Pictorial tassavvurs The optimal way to solve the problem is to solve it by expressing it on paper.

1. Strengthening the focus on the mental development of children in the family;
2. Development of instructions for parents on ways to develop mental abilities of children of different ages;
3. Organization of parent schools and the establishment of developmental psychological training of practicing psychologists in them.
4. Taking into account the development of thinking styles of young people in the development of psychocorrectional training aimed at the development of mental abilities.

When viewed from a psychological point of view, the attitude of the fathers to their own Pharisees is a pedagogical social ustanovka, which is established in relation to children, which includes emotional and behavioral components of rationality. These components are evaluated to one degree or another using a questionnaire that forms the basis of this methodology.

List of used literature

- 1.Decree No. 60 of the president of the Republic of Uzbekistan “on the development strategy of New Uzbekistan for 2022-2026”dated January 28, 2022
- 2.Beruniy Abu Rayhan. Selected works. Volume II. - Tashkent, State publishing house, 1965. - P. 125