

PARENTING TEENAGERS IN THE FAMILY

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Abstract

It is known that the family, as a social institution, is currently undergoing a number of changes. In particular, changes in the economic, social, cultural and spiritual sphere, an increase in family divorces, lead to a weakening of the sensitivity of family upbringing. These factors create the basis for the violation of the family environment and the origin of defects in the upbringing of children. As a result, stress situations and the indication of criminal cases are increasing as a result of emotional tension in children and adolescents dependent on family education. This article discusses the issues of the influence of the spiritual atmosphere of the family on the upbringing of teenagers.

Keywords: family, spiritual atmosphere, teenager, personality, change, attitude.

Introduction

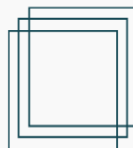
Adolescence is an age that plays a key role in a person's life, transitions from childhood to adulthood and forms the main personal qualities. The influence of the environment in which he/she lives at this age on the upbringing of a teenager is considered very important. However, there are some factors, which create the basis for the violation of the family environment and the origin of defects in the upbringing of children. As a result, stress situations and the indication of criminal cases are increasing as a result of emotional tension in children and adolescents dependent on family education.

According to many researchers, more than 60% of the crimes committed between children and adolescents are committed directly or indirectly due to the unhealthy family environment. The presence of an unhealthy psychological environment in families causes specific problems in the upbringing of children and adolescents, family relationships, family divorces, the absence of one of the parents, the inadmissibility of Family Education. It is known that family upbringing occupies an important place in the life of a child. The range of educational influence of the family on children is extremely wide, as is the range of social influence.

The family has great opportunities in the formation of high moral and spiritual qualities, in the psychological and practical preparation of children in relation to love for the motherland, loyalty to parents and those around them, a conscious attitude to work and people's wealth, intolerance to defects, social activity. However, in subsequent years, the family is faced with a number of problems, defects in the upbringing of our children, their maturation. Naturally, these problems negatively affect the behavior of children and adolescents, their formation as individuals.

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Materials and Methods

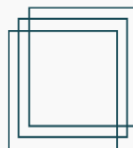
According to the recent observations, the reforms taking place in our country focused on increasing need for various activities, (sports, professional) clubs, which will engage teenagers in terms of upbringing of children outside the family. It should be noted here that the measures taken in this regard in our country are worthy of praise. The sports facilities put into use in places, the construction of educational facilities that meet modern requirements, the establishment of various clubs for the leisure time of our youth are examples of the work being carried out in this direction. But there is still a lot of work to be done in this area.

Children who do not receive enough education in the family will face difficulties in life. Faces various conflict situations. Lack of education deprives a teenager of good friends and circles. As a result, the only way out for a teenager is to join a group of unhealthy teenagers. Obviously, these conditions will create for the emergence of criminal behavior in teenagers.

Another factor related to family education that causes emotional stress and behavioral deviations in children and adolescents is "the use of primitive (outdated, inappropriate) methods in family education." In this way of education, education is carried out on the basis of extreme strictness, authoritarianism, disregarding the opinions and views of children. Today's youth are intellectually mature young people who strive for independent thinking, have their own views. We must not forget that counting with such young people, listening to their opinions and opinions, giving advice in the right places will give good results.

In family upbringing, the use of methods such as rudeness, indifference, insults, threats and physical punishment often lead children and adolescents to run away from home, do some work and end up on the streets because they are afraid of their parents. causes him to walk and spend the night somewhere. Such children face the process of social and psychological disadaptation in relation to the family environment. As a result, he accepts a group outside the family or a street environment that suits him. This environment can have a negative or positive effect on the child, depending on its character. Failure to take into account the age and individual-psychological characteristics of children and adolescents in family education often leads to the opposite result in the intended education.

It is known that drastic psychophysiological changes occur during adolescence, which is the age of puberty (12-14 years old). These changes also affect the adolescent's psyche. This is the reason for the emergence of moodiness, capriciousness, capriciousness, impressionability in a teenager. Such changes that appear in the mental world of a teenager become normal with the passage of adulthood. That is why it is appropriate for parents to pay special attention to the upbringing of teenagers, to take into account the psychophysiological changes taking place in them.



Often, the age and individual-psychological characteristics of children are not taken into account in family education, which causes them to go down wrong and bad paths. For this reason, if parents work in family upbringing, in interpersonal relations with their children, taking into account the characteristics of the person and their age, it would ensure the effectiveness of family upbringing.

Results and Discussions

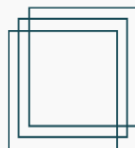
According to the results of the research, it is known that the age and individual psychological characteristics of the children and the lack of knowledge in the family about raising children in the national spirit and the use of national values in the process of education cause serious defects in the upbringing of children.

Parents often try to discipline their children by severely punishing, banning and keeping them out of the house if they do something bad. If their child does something they like, they praise and reward him excessively. They do not realize that some of the methods they are using are right and some are wrong. They think that this is how education is given. As a result, they unknowingly have a negative impact on their children's education. Therefore, parents should first of all have theoretical and practical knowledge of raising children in the family. They need to read more pedagogical and psychological books, newspapers and magazines about education.

Based on our observations, we have developed a number of recommendations in order to prevent emotional stress in teenagers and prevent various negative consequences.

In particular, parents are recommended to pay attention to the following in their relationship with the child:

1. When reacting to a child, it is advisable not to take the indicators of his educational activity as the main criterion and thus not to turn his educational activity into a factor of concern for him;
2. It is necessary not to abuse the rapid effectiveness of the method of intimidation in order not to create a basis for the emergence of emotional tensions related to the child in the upbringing of the child, to use the possibilities of the method of approach by verbal explanation and being an example;
3. To support the child as much as possible and use more methods of stimulation;
4. Ensuring that the love of parents and relatives is comfortable;
5. Avoid putting many demands on the child, not only paying attention to the negative aspects of the child's behavior and learning, but also to see the positive aspects;
6. Strict adherence to the agenda;
7. To teach the child to use his opportunities by creating conditions to engage in the activities he is interested in;
8. Such as teaching self-control and self-control in various life situations.



Conclusion

To conclude, it is necessary to create the necessary mental peace, exemplary mental attitude, and mutual harmony to improve the family relations in the formation of the personality of the young generation. Family relationship has a positive effect on the upbringing of the child which provide harmony, kindness, mutual respect, sweetness, care for each other between parents and teenagers. This will bring real happiness and joy to their children. If the tastes, interests, inclinations and aspirations of the family members are compatible with each other, it prepares the family for friendship, forgiveness, and strong family relations. As a result, it plays a positive role in shaping the young generation into a mature person.

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