

## The Impact of a Healthy Family Environment on the Upbringing of Children

*D.A. Salieva*

*Kokand State Pedagogical Institute, Department of Applied Psychology, Candidate of Psychological Sciences, Associate Professor*

### ABSTRACT

*The article explains the influence of a healthy family environment on the upbringing of children, the psychological characteristics of raising a child in a family, the impact of family upbringing and social education on a child, the relationship of the family with the upbringing of a child.*

**KEY WORDS:** *upbringing of a child in a family, father, mother, moral relations, moral education, demographic development of the family, social development of the family, economic development of the family.*

The rise of our country to the level of developed countries depends on the worldview, potential, talent and independent thinking of our youth. The renewal of society requires reforms in the field of education, changes, new teaching methods, new approaches. A perfect person is one who has four qualities: good speech, good conduct, good morals, education and culture. Speaking at the Youth Forum of Uzbekistan on December 29, 2020, President of the Republic of Uzbekistan Shavkat Mirziyoyev said: "I would like to take this opportunity to appeal to the general public, first of all, to our respected elders, wise and loving mothers. Please help us with this painful issue.

"I would be very grateful if you and our youth would take the initiative and actively engage in the prevention of family conflicts and the reduction of divorces". It is no coincidence that our President Sh.M. Mirziyoyev said that "the upbringing of our children with independent thinking, modern knowledge and professions, a healthy lifestyle, and truly patriotic people will never lose relevance for us".

In Uzbekistan, the state guarantees the social protection of the family, motherhood and childhood, the creation of conditions for their comprehensive development and well-being. The inability of the state to pursue a policy of family policy, strengthening its base, will lead to the inability of this unique social institution to take its rightful place among other social institutions, as a result of which family and marriage relations will collapse, human relations will suffer. Spiritual crises can be observed in the hearth of the upbringing of the younger generation. Therefore, society and its state systems, steadily moving towards sustainable development and the well-being of the people, are interested in the strength and stability of the family, and the preservation of the intergenerational heritage. The identity of each people, national culture, national literature, national language and spiritual style of this people are reflected in the complex, that is, in the national psyche. Therefore, the work on educating the spirituality and spirit of the people and the nation in the younger generation should begin with the family.

When analyzing the psychological characteristics of the upbringing of children in the family, the family plays an important role in the consistent and systematic implementation of moral education. In the family, the foundation of the moral and spiritual image of a person is laid.

The Uzbek people have their own mental image, national properties, national character, national feeling, clientele, behavior, customs, tastes, desires. The improvement of the morals and etiquette of the child is primarily reflected in the family. Family education is part of social education. There are many differences between raising a child in a family and the relationship between raising a child. Communication and mutual understanding between family members ensure their unity and harmony. This, in turn, creates an emotional bond within the family. Problems in families with an emotional environment are unacceptable. Even when a problem arises, they work together to solve it wisely and harmoniously. In this case, of course, the help of a small family member is needed. Therefore, his opinion cannot be ignored.

The birth of a child is only one aspect of a father's, man's duty. His main task is to raise his child as a healthy, mature person and ensure that he takes a worthy place in society. The family is formed at the core of society and, as it develops, manifests itself as a small part of this society. Family development is advisable to choose in three areas:

1. Demographic development of the family
2. Social development of the family.
3. Economic development of the family.

The demographic development of the family means that the size, formation and demographic composition of the family change over time. The social development of the family is a change in the level of education of family members, the improvement of their social status, the improvement of their attitude to education, traditions, science and culture in nature and society.

One of the rare ethnopsychological features of the Uzbek family is that family members are demanding to each other and to themselves, naivety, and honesty, diligence, pride and determination in character are discarded. Parents are responsible for the future of their children. It plays a key role in their growing up and being well-rounded. An important factor in this process is the level of education of parents.

A parent who is able to establish a reasonable, friendly and sincere relationship with their child is perceived as a loving and trustworthy person for their child. Therefore, a correct study of the emotional relationship between parent and child can have a significant impact on the relationship between them and allow them to win a prestigious position. Only when this goal is achieved can we say that parents can be leaders in the comprehensive and healthy development of their children. The formation of children's morality in the family begins with the birth of a child. It is made up of many factors. These factors include the nature of family relations, the example of parents, the level of their education, the general cultural level, culture, and, finally, the organization of family life. These factors make up the content of the moral education of the child in the family and include a number of features. This includes:

- 1) In some families, the mother is responsible for raising the children, and the father does not want to do this. As if they have to raise their children in kindergarten and school.
- 2) Children's life will be complete and perfect if parents treat their children equally, will be equally kind and caring, demanding and strict. When one demands and the other takes his side, discipline is broken.
- 3) Many parents do not fully realize their responsibility and responsibilities in raising children, in other words, they lack pedagogical training. After all, family education is, first of all, the education of the parents themselves.
- 4) The correct organization of family life should create a healthy moral atmosphere in the family. In

this work there should not be small details, everything affects the child. As a result of this influence, negative or positive habits, various behavior patterns appear. Every action of the parents is controlled by the children.

- 5) Every parent wants their child to be a good person. From the well-being of their children, not only they benefit, but also society. This is also required by the civic duty of parents, so we should not forget that parents, first of all, educate the future citizen of the country.
- 6) The parent himself plays an important role in the upbringing of the child. None of their wise teachings can replace their personal example. In the formation of the moral qualities of children, mutual understanding, honesty and trust in the family, the presence of mutual trust, and a generally healthy moral environment are important.
- 7) It is important to love the children in the family, respect their personality and never offend their dignity. This method of punishment increases the child's hatred.
- 8) Each family has its own traditions that greatly influence the psyche and behavior of the child. For example, celebrating the birthdays of family members, asking about the condition of relatives, and so on.
- 9) The reputation of parents at work and in society also plays a big role in raising a child and instills in their children a sense of pride in them<sup>1</sup>. They are brought up in this spirit. Thus, family education has its own characteristics and factors of influence. Without this, it is impossible to raise a child well in a family. To do this, parents must first be educated.

Taking into account the above features of family education helps to analyze the essence of the use of national moral values, its specificity and significance in the moral education of a child.

Family life, work, relations between adults and children, moral and spiritual character, political and spiritual level of parents, their economic security, various activities, temporary settings, living conditions, and so on act as a factor that ensures the effectiveness of raising a child in a family. We have obtained the following scientific, theoretical and analytical results on this issue:

1. The example of parents plays an important role in ensuring the sustainability of parenting;
2. Ensuring the coexistence of moral education in the family and education in general educational institutions will increase the level of education of children;
3. The introduction into the minds of children of the essence of family traditions, national customs and traditions will enhance the national character of education.
4. Effective use of social concepts in family life, such as customs, traditions, national identity and national language, didactic views of Central Asian thinkers on morality, decency and family life;
5. It is necessary to know the features of family education and eliminate its shortcomings on the basis of psychological and pedagogical knowledge;
6. In the organization of the child's activities, the emergence and interaction of interpersonal relations in the family are of great importance;
7. The formation of spiritual, moral and cultural qualities in the family plays a leading role in the development of the child as a child who is spiritually pure, faithful, devoted to his country and people.

---

<sup>1</sup>Uzokov H., Goziev E., Tozhiev A. "Family ethics and psychology" T.: "Teacher" 1992.

After all, a healthy child is formed and grows up in the family. The leading factors are psychological and pedagogical knowledge, worldview and culture of parents. The attitude towards the child, that is, listening to him, studying his needs, what is possible and what is not, should be at the level of psychological requirements.