

Psychological Readiness of Youth for The Parental Role in The Family

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Abstract: Parental psychology is one of the most important fields in psychology, focusing on the relationship between parents and children, as well as the influence of parental behavior on child development. Raising children is a responsible and complex task that requires understanding and applying psychological principles to ensure a child's harmonious development. This article explores key aspects of parental psychology and its impact on parenting.

Keywords: Emotional, cognitive development, emotional intelligence, feelings, psychology context.

Introduction: Emotional relationships between parents and children are the foundation of a child's psychologically healthy and cognitive development. Establishing strong emotional bonds helps foster a sense of security, trust, and self-esteem in children. Parents who provide emotional support, care, and love contribute to the development of a child's positive emotional state and their adaptation to social relationships.

The emotional bond between parents and children plays a crucial role in a child's development and well-being. Here are several reasons why this connection is important:

- 1. Emotional security:** A child who has an emotional bond with their parents feels safe and protected. When parents show care, love, and support, the child experiences emotional comfort and confidence that their needs will be met.
- 2. Development of emotional intelligence:** Emotional connection with parents helps children recognize and understand their feelings. Parents can serve as role models for emotional regulation, teaching children how to manage their emotions and adapt to different situations.
- 3. Social skills:** Emotional bonds with parents promote the development of communication and interaction skills in children. They learn to express their thoughts, emotions, and needs, as well as to listen to

others, which lays the foundation for healthy social relationships.

- 4. Psychological well-being:** The emotional bond with parents significantly contributes to the child's mental health. Children who have warm and supportive relationships with their parents are less likely to experience stress and anxiety and are more resilient to difficulties.

- 5. Academic success:** Emotional connection with parents is also linked to academic achievement. When parents show interest in their child's education and support their learning efforts, it fosters a positive attitude toward learning and motivation.

Overall, the emotional connection between parents and children is a crucial element of healthy development. It supports emotional, social, and psychological well-being and lays the foundation for successful adaptation and achievement in the future.

- 1. Influence of parental behavior on personality formation:** Parents play a major role in shaping a child's personality. Through their behavior, they serve as role models, greatly influencing the child's values, beliefs, and behavioral patterns. Positive and supportive parental actions help develop a child's self-esteem, confidence, and communication skills. Conversely, negative or indifferent parental behavior can lead to undesirable outcomes, such as low self-esteem, adaptation issues, and difficulty in social relationships.

2. Importance of setting rules and boundaries: Setting boundaries and rules is an essential part of parenting. Through these rules, children learn to control their behavior, consider others' needs, and develop self-discipline. Parents should also follow the rules they set and explain their meaning and importance. However, overly strict rules can cause repression, while too much freedom may lead to negative outcomes. Therefore, it is important to strike a balance between strictness and flexibility when setting rules.

3. Emotional regulation skills: Parents play a key role in helping children develop emotional regulation. They should assist the child in understanding and expressing their emotions and teach them how to manage their behavior in emotionally charged situations. Methods such as discussing emotions, mentorship, and modeling emotional regulation can be effective. Children who learn to manage their emotions develop better social skills, resolve conflicts, and build healthy relationships.

Individual approach to each child: Every child is unique, and parents must consider their individual needs and characteristics when raising them. Some children may require more attention and support, while others are more independent. Parents should be ready to adapt to their children's needs, create a nurturing environment, and support development based on personal capabilities and interests.

In addition to the discussed aspects of parental psychology, the following can also be considered:

Impact of parenting style: The parenting style chosen by parents significantly affects a child's development. Different styles — authoritarian, permissive, democratic, or indifferent — have their own characteristics and consequences. The authoritarian style, with high control and low support, may lead to suppressed behavior in children. Meanwhile, the democratic style, which combines high control with support, fosters independence and responsibility. Research shows that the democratic parenting style is associated with positive psychological and social outcomes in children.

Role of communication: Communication is a key aspect of parenting. Open and effective communication between parents and children helps build trust, understanding, and strengthens their bond. Parents should be willing to listen, show empathy and support, and clearly express their expectations and demands. Communication also involves conflict resolution and compromise skills, which help children develop constructive interaction.

Impact of self-control: Parents who demonstrate high

self-control and discipline serve as role models. The ability to manage emotions, plan, and achieve goals influences the development of children's self-regulation skills. Parents can model effective time management, stress coping, and problem-solving, which is crucial for children to develop adaptive strategies.

Role of self-esteem and success support: Parents play an essential role in shaping children's self-esteem. Encouragement and praise for achievements and efforts help build confidence and a desire to succeed. However, parents should also support their children in facing failures and disappointments, helping them learn from setbacks and believe in their ability to overcome challenges.

Importance of self-care for parents: Parenting can be challenging and demanding. To care effectively for their children, parents must also attend to their emotional and psychological needs. Self-care includes setting boundaries, finding time for rest and independence, and seeking help from other parents or professionals when needed. Parents who care for their own well-being are better equipped to meet their children's needs and create a healthier family environment.

These aspects can be considered within the context of parental psychology. Parenting is a complex and multifaceted process, and research continues to better understand its impact on child development and family well-being.

In the context of parental psychology, many factors influence child development. Some of them include:

- **Genetic factors:** Genetic heritage plays an important role in a child's development. Genes determine aspects such as intellectual abilities, temperament, and predispositions to various behavioral and emotional traits. However, genetics is not the only factor — the interaction between genetic and environmental influences is also crucial.
- **Family's socio-economic status:** This can significantly affect child development. Access to resources such as education, healthcare, nutrition, and cultural opportunities often depends on a family's socio-economic standing. Children from higher-status families tend to have greater development and support opportunities than those from lower-income families.
- **Family environment:** The family setting, including the quality of relationships, level of support, presence of conflicts, and adaptability, plays a key role. Parents who create a supportive and motivating environment foster their children's psychological and emotional well-being. Family values, rules, and traditions also shape development.

- **Quality of parental relationships:** The relationship between parents also matters. Conflict, violence, or lack of support between parents can negatively affect a child's mental well-being and development. Healthy, harmonious parental relationships create a favorable environment for child development.

- **Peer interaction:** Interaction with peers and other adults outside the family influences development as well. Schools, kindergartens, sports teams, and other social settings offer opportunities for developing social skills, emotional intelligence, and cooperation.

- **Cultural and religious factors:** These can shape parenting practices and expectations. Parents often pass on their values, beliefs, and traditions, which affect the child's development and identity.

These are just some of the many aspects that can be examined in the context of parental psychology. Parenting is a complex, evolving process, and ongoing research aims to deepen our understanding of its effects on child development and family life.

Preparing for parenthood, becoming aware of oneself as a parent, co-parenting influenced by various factors, the quality of upbringing, and consciously fulfilling the parental role all play a crucial role in ensuring the psychological well-being of society, the family, and future generations.

Working with parents in a psychological context is often challenging, as many parents do not acknowledge their lack of knowledge regarding parenting and tend to blame schools or society for issues in their relationships with children. This hinders proper self-awareness and changes in self-perception.

In most Uzbek families, the primary responsibility for raising children falls on the mother, while the father's involvement depends on his mood. Often, the father is assigned the role of "disciplinarian," which can create a psychological barrier between him and the children, negatively affecting the child's socialization.

A review of the literature shows that in childhood, a limited social circle and interactions—mainly with parents—significantly influence a child's self-esteem. If parents love and respect the child as an individual, a positive self-esteem begins to form from an early age. Conversely, if parents are emotionally distant or indifferent, the child may face self-esteem issues later in life.

Young people starting families should not only understand their own psychological traits but also have a solid understanding of developmental psychology, especially child psychology, and know methods of educational and emotional influence on the child. Only

in this case can we speak of young people's readiness for parenthood.

As part of our study on young people's readiness for parenthood, we examined their motives for having children to better understand their attitudes toward them. The results revealed that for men, the main motives were the continuation of the family line, fulfilling social expectations, and securing support in old age. Only a few men mentioned motives such as love for the child, finding meaning in life through parenthood, the desire to become a father, and the joy of fatherhood.

Women mentioned motives such as the desire to become a mother, fulfilling their primary female role, securing their future, continuing the family line, maternal instinct, and the wish to experience the joy of motherhood. In rare cases, having a child was seen as a source of life's meaning or a future friendship.

The responses show that for many young people, having children is more a means of social recognition than the result of a conscious attitude toward the child as a person. Their perception lacks the idea of the child as a subject of future relationships.

The inability of young people to view the child as a personality may negatively impact the child's upbringing, lead to emotionally unhealthy development, and eventually prevent them from becoming good parents themselves.

To avoid such negative consequences, it is important for young people to prepare themselves for raising the next generation, to understand their own psychological characteristics, and to possess deep knowledge in child psychology. This will help them prepare for parenthood in advance and handle potential family issues more effectively. Studying the psychological capabilities of youth and enhancing their psychological literacy is one of the key tasks of psychological services.

In conclusion, the psychology of parenthood plays a vital role in building a healthy emotional, social, and psychological foundation for children. Understanding the key principles of parental psychology helps foster positive relationships with children, support their development, and prepare them for adulthood. A continuous desire for self-improvement and learning in the parenting role is one of the most important aspects of successful child-rearing.

As part of our study on young people's readiness for parenthood, we examined their motives for having children in order to better understand their attitudes toward children. The results of our research showed that the main motives for men to have children were the need to continue the family line, fulfill social

expectations, and ensure support in old age. Only a few men mentioned motives such as love for the child, a sense of life's purpose through the child, the desire to become a father, and the joy of fatherhood.

Women indicated motives such as the desire to become a mother, fulfilling their primary female function, ensuring care in old age, continuing the family line, maternal instinct, and the desire to experience the joy of motherhood. Only in rare cases was the birth of a child viewed as the meaning of life or the foundation for future friendship.

The responses reveal that for young people, having children is more often a means of gaining social recognition than a result of a conscious attitude toward the child as a unique individual. In their perception, the idea of the child as a subject of future interpersonal relationships is lacking.

This inability of young people to see the child as a person may have a negative impact on upbringing, leading to the emotionally unhealthy development of the child and preventing them from becoming good parents themselves in the future.

To avoid such negative outcomes, it is crucial for young people to prepare themselves for raising the next generation, to develop an adequate understanding of their own psychological characteristics, and to acquire deep knowledge in the field of child psychology. This preparation will help them assume the parental role more consciously and effectively deal with challenges in family life. The study of youth's psychological potential and the enhancement of their psychological literacy are among the key objectives of psychological services.

CONCLUSION

In conclusion, the psychology of parenthood plays a vital role in forming a healthy emotional, social, and psychological foundation in children. Understanding the basic principles of parental psychology helps foster positive relationships with children, supports their development, and prepares them for adult life. A commitment to continuous learning and improving the parental role is one of the most important aspects of successful parenting.

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