

**CHILD PSYCHOLOGY AND FAMILY**

Xayrullayeva Marjona Xayrulla qizi

Student, Termiz State University, Surkhandarya, Uzbekistan**Annotation**

Through this article we can see the changes in the psychological state of children, their negative or positive state, how they can be formed. One of the factors contributing to the emergence of family and marriage, especially in our conditions, is the birth of a child. It is hard to imagine a childless couple's relationship, a family relationship in general. Scientific sources testify that historically, human relations between parents and children have gone through specific stages and laws of development. The child understands the world, the environment through the eyes of the parents. What is bad for the parent is what the child thinks is bad. Whomever the parents like, that person will be good for the child. In short, the child is shaped by the parent.

**Keywords** : upbringing, play, development, health, specialist, school, parent, child, faith, age.

**Main part**

The baby sees his mother's face and loves to respond to her smiles and sounds. Mother's face is a favorite thing to look at a young baby. The mother begins to talk to the baby from birth and even before birth. Babies communicate by responding to the slightest movement and sound, even the smell of their mother. When the mother responds, the interaction between mother and baby is like a dance. This special relationship can be established during feeding from the first days. The baby confidently "hooks up" to the person who is constantly holding him, loving him, and helping him feel safe. This connection or bond lasts a lifetime. Children learn by playing games and trying things out, observing and copying what others are doing. There is a constant interaction between the child and his environment, which affects the development of the child. The brain develops most rapidly before birth and in the first two years of life. Good health, good nutrition and care are especially important during this period. Eighty percent of the structure of the human brain is formed at the age of 0-3 years, and 90 percent by the age of 5 years. Children are always learning new things and learning new skills. They need a clean, safe and protected physical environment to be safe from injuries and



accidents while playing and learning. More than 200 million children under the age of 5 do not fully realize their developmental potential. The game gives children many opportunities to think and solve problems. Children can learn by playing with pots and pans, cups and spoons, and other clean and safe household items. They learn by hitting, dropping, and putting things in containers and removing things. Children learn by picking things up, observing them fall, and experimenting with the sounds of different things by hitting them together. The game is like children's "work". Children communicate to express their needs. For example, babies show hunger by disturbing them, sucking their hands, or moving their heads to their chests. Using these tips, the mother can learn to recognize the baby's hunger before the baby starts crying.

For example, you can show a colored bowl out of reach of the baby to help the baby observe the object. If you are sure that the child has seen the bowl, slowly move it from one side to the other and up and down, in front of the child. Then take the glass closer. Encourage the baby to reach for the glass and hold the handle. Praise his actions. This helps the mother to look at the child attentively, to be sensitive to the child's sounds and movements, and to follow the child's leader - to respond. Even before the child can speak, he enjoys communicating through his sounds and actions. Human childhood is often a very simple but complex period. It is also a very touching time in a person's life and has a big impact on how many children turn out to be adults later in life. Child psychology is a specialized branch of traditional psychology that focuses on children, primarily their development and behavior. This is one of the most studied types of psychology today. This type of psychology typically involves every child from birth to adolescence. Some areas of childhood psychology include important stages, behavioral problems, social skills, mental and emotional well-being, and development. Child psychologists may specialize in helping children overcome certain developmental problems, or they may take a general approach. In any case, these professionals strive to help children overcome potential problems and grow in ways that lead to healthier results. Child psychologists can consider which conditions and practices of caring for children lead to the best psychological outcomes, or they can work with children to help them develop growth thinking. Understanding what is bothering children is a huge task, so the study of child psychology is also broad and in-depth. The goal is to explore the many influences that come together and interact to help children do who they are, and from this information, parenting, education, child care, psychotherapy and



use it to improve other areas of interest to children. By having complete knowledge of how children grow, think, and behave, parents and professionals who work with children can be prepared to help children care for them.

Centuries ago, childhood psychology was not even thought of. For example, in the Middle Ages, children were believed to be seen as nothing more than small appearances of adults. They were dressed the same and were usually treated the same as adults. Soon, original sin became the most common belief. This school of thought emphasized that children are born primarily as evil beings. The purpose of raising a child was to cleanse him of sin. In the late 17th century, the philosopher John Locke helped change this view. The taboo about children was John Locke, who developed the *tabula rasa* or "empty tablet" theory. This theory has shown that a child's consciousness at birth is nothing more than an empty tablet. All of man's knowledge and behavioral tendencies were later created by things that were nourished in his mind during his childhood. Jean-Jacques Rousseau was an 18th-century philosopher known for his theory of "innate goodness." This theory has shown that when a child is born, it is not bad or empty, but good by nature. Rousseau also said that the evils that occur in society lead to children's misbehavior or that the child grows up to be less than an adult.

Today, the debate over whether children are born good, bad, or indifferent is still a small debate for some. However, what we do understand is that childhood is a very influential period in human life. Events that occur in a person's childhood - even small, seemingly insignificant events - usually have a direct impact on how that person feels and acts as an adult. Historically, children have often been viewed as smaller versions of adults. When Jean Piaget suggested that children actually think differently than adults, Albert Einstein declared that the discovery was "so simple that only a genius could think of it." Today, psychologists recognize that child psychology is unique and complex, but many differ in their specific perspectives as they approach development. Experts differ in their answers to some of the big questions in child psychology, such as whether early experiences are more important than subsequent experiences or whether nature or upbringing plays a greater role in development. Since childhood has played a very important role in the rest of life, it is not surprising why this topic has become such an important topic in psychology, sociology and education. Experts pay attention not only to the many influences that contribute to the normal development of the child, but also to various factors that can lead to psychological problems in childhood. Self-esteem, school, parenting, social pressure, and other



topics are of great interest to child psychologists who seek to help children develop and grow healthily and appropriately. The child rarely thinks about the results. So he says things he shouldn't have said. And he does what he shouldn't. The first five years of a child's life, especially the first three years, are the most important. They shape the organization, development, and function of the brain throughout life. Your child will understand what you are saying before you start talking.

Studies have shown that children between the ages of 4 and 6 perform boring tasks better when dressed like Supermans. School buses are yellow because people see yellow faster than other colors, which is important to avoid accidents. Children ages 6-12 are more likely to wake up to the sound of their mother calling their name than to hear a smoke alarm at home. According to research, children are less likely to trust bad people. Children of frightened parents are more cunning. As a child gets older, his appearance will change significantly. This change is reflected in the fact that the proportions of different organs are different. The skull of a child older than one year does not grow as fast as before. The growth of the head slows down a bit, and in return the arms and legs begin to grow rapidly. If a child from birth to one year of age grows to 25 cm in height, a child from one to two years of age grows to 10 cm. From two to three years of age, a child grows to only 6 cm. Grows to -7 cm. As the body of a child of preschool age continues to develop rapidly, the growing organism requires a lot of nutrients. An older child receives a variety of nutrients mainly from food. From then on, he gradually became accustomed to the foods consumed by adults. The child's transition from eating only breast milk to other foods changes his digestive system. expands for a while, the intestines strengthen. Preschool is a sensitive period of rapid development of all the senses. Their ability to see, hear, taste and smell, skin and movement sensations become more acute. The development of perception at this age is associated with the gradual improvement of the analyzer. The normal development of perception is the basis for the development of the child's cognition. Another difference in the perception of children of this age is that they can generalize what they perceive. They perceive things in the environment as they are. This feature is evident in their perception of pictures. When the horse is shown, he is surprised and asks where the horse is. In the ontogenesis of man, his age from one to three years is of special importance. different views are formed. All of this takes place under the struggle of contradictions.





From the age of 7, children can organize information in their memory. Your young child can remember things, but from the age of 6 he or she can use strategies to learn to memorize. At age 7, she can use patterns and other tricks to help her even more. Boys are more involved in exploration games, while girls are more involved in dramatic games. Children learn more when they start an activity and are actively involved with it. Children's brains are much stronger and more intuitive than we imagined. The impact of early education on children draws surprising conclusions. When children are given a rich environment to explore, they naturally use scientific processes to explore the world around them. Children who watch more than three hours of television, video, or DVDs per day are more likely to experience behavioral, emotional symptoms, and relationship problems at age 7. Chess makes children smart. This forces students to slow down, concentrate, apply clear thinking, activate inductive and deductive thinking, as well as recognize difficult and complex patterns. Children behave well when parents are involved in their education at home and at school. Children who participate in laughter activities increase their ability to retain memory. The average baby triples its birth weight in the first year. Music and movement increase the language skills of preschool children. The younger the child, the more important the music. For example, when children learn children's rhymes set for constant beating; they learn to appreciate the speed of words and how to speak more clearly. Your preschooler will begin to see himself or herself as a person. Research shows that a child's attractiveness increases from birth to 9-11 months of age and then decreases again. Children with large eyes, small mouths and noses, and large foreheads are valued as cute. Laughter not only enhances a child's ability to remember a joke, but also gives them a sense of security and satisfaction. Game-based learning activities increase a child's attention. Research has shown that severely deprived children, such as those raised in institutions, are unable to identify any emotions. Drama and comedy in the classroom encourages children to listen and participate.

In conclusion, the role of families, the strength of families in the development of any society is incomparable. Because the health of a living organism depends on the health of each of its constituent cells, just as the whole organism has a worthy role in the proper functioning of the cell, so the family is a whole called the state, society. is the cell that makes up the organism. Parents used their own methods to keep, raise and prepare their children for society. At first, the parents, who did not know how to separate themselves and prepare for life, gradually began to pay



attention to the socialization of the child in society, to help in this process. He also complained that he did not understand his parents. But in fact, if we pay attention to historical development trends, it is only the parents who are to blame. Today, the family of independence is the mainstay of our country, as well as the most reliable and great school in the development of our spirituality.

### **Foydalanilgan Adabiyotlar**

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