

## THE PSYCHOLOGICAL IMPACT OF THE FAMILY ENVIRONMENT ON THE EXPRESSION OF FEELINGS AND EMOTIONS IN CHILDREN

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### Annotation

This article discusses the differences between feelings and emotions, the specific psychological aspects of emotions and feelings in children, and the factors that cause emotions.

**Keywords:** Emotion, confusion, supernatural, fairy tale therapy, need, reflection, individual, character

**АНОТАЦИЯ:** в этой статье обсуждаются различия между чувствами и эмоциями, конкретные психологические аспекты эмоций и чувств у детей, а также факторы, вызывающие эмоции.

**Ключевые слова:** эмоция, замешательство, сверхъестественное, сказочная терапия, потребность, размышление, личность, персонаж.

### Relevance of the topic.

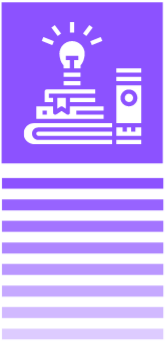
The study of child psychology in the family environment is one of the greatest responsibilities of parents to understand their emotional state. In this context, let's look at the psychological state of emotions.

The fact that subjective relationships are reflected in the human brain in the form of feelings, emotional states, high inner experiences, creates feelings and emotions. Emotion is the reflection in the brain of a person, who is the subject of the needs of a clear reality, of the attitude to objects that are valuable and important to him. Although there are many theories about emotions and feelings, it is difficult to find a theory that clearly distinguishes them. While some of these theories claim that emotion is a continuation of emotion, some claim that both are the same thing, and some make clear the differences between the two. Emotion has a more short-term situational nature related to the specific activity that occurs. Human emotions are formed over a period of time and as a result of social influences. Emotions, in contrast to emotions, are more stable and related

to a defined object. This object is the family, the class community, the social environment.

The concept of emotion is used in different senses in everyday life and in scientific psychological sources. In particular, instead of feelings, perceptions, unintelligible tendencies, unintelligible desires, wishes, goals, requirements, concepts are used. Its use, based on the mutual similarity between the cases, is merely a matter of everyday life. When analyzed from a scientific point of view, "Emotion" is usually used in the brain of a living being, that is, in the sense of reflecting his attitude towards the objects that satisfy and hinder the needs of individuals.

In world psychology, the terms 'emotion' and 'emotion' are used in the same sense (especially in foreign countries), but they cannot be understood as exactly the same situation. Such a shortcoming is most often found in popular literature, textbooks published abroad. It is appropriate to call emotion a specific form of mental process, which is the expression of emotions in internal experiences, which are usually manifested by external symptoms. For example, discoloration, smiling faces, trembling lips, bright eyes, laughter, tears, sadness, hesitation, confusion, etc. are expressions of emotion. But it was unnatural to include such high qualities as patriotism, responsibility, responsibility, conscience, kindness, love in the composition of emotions. These emotional experiences are their essence, their power. it would have become a mere nonsense to interpret them as emotions, despite their drastic differences in duration, sensitivity, and direction. Therefore, the most important difference between them is that one is social (emotion) and the other (emotion) is individual. of particular importance. One of the psychologists of Uzbekistan, E.G. G'oziev, V. Karimova and others have focused their attention. Including E.G. Gaziev pays special attention to the psychological conditions of cultivating such feelings as patriotism and humanity in young people. The role of play activities in nurturing positive emotions in children is very important. It is in play activities, especially in role-playing games, that children's attitudes towards this or that situation and their emotions are manifested. For example, we can observe the formation of positive emotions in girls, including feelings of kindness and compassion, when girls play the role of mothers during the play of dolls and



care for the doll with affection. In boys, on the other hand, we can observe the formation of patriotic feelings during role-playing games.

Many games involve many, not just one person. It helps to instill in children a sense of community, they learn to act together, in an organized way - sometimes they lead others, sometimes they submit to them, they follow certain rules and strictly control their implementation. All this allows to bring up, to get used to discipline, to create a sense of responsibility for one's own behavior and attitudes, to help to form the spiritual qualities of the child's personality.

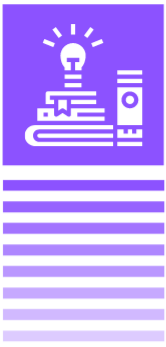
The role of the family in nurturing positive emotions in children is important. Especially in today's globalization process, it is necessary to pay special attention to the issues of emotional education. It is a fact that different information flows are continuous and that they affect the child's psyche. At such a time, it is necessary for parents to focus primarily on cultivating positive emotions in their children. For this, of course, it is necessary to have a healthy environment. Seeing parental mutual understanding and support makes it relatively easy for children to grow up to form and assimilate positive emotions.

In the family environment and in the process of raising a child, parents react to the situation and age of each child, with different manifestations of the emotional state of motherhood and fatherhood. In some families, not paying attention to a child's feelings can lead to misunderstandings. Parents who do not understand the child's condition limit their child's abilities with their emotions. Later, this can have negative consequences for children's lives.

The emotional world of a person is a set of processes that reflect the continual contradictions, conflicts and their resolution, prevention. The main factors that cause positive, negative and ambiguous feelings are:

- 1) The different content and form between the person and the environment relationships;
- 2) Body parts changes in the relative balance of relations in the environment of the internal organism;
- 3) Various experiences and others caused by emergencies.

Another (fourth) quality of emotions is the expression of the uncertainty of external influences that provide a short-term reflection of a person's



emotional relationship to emotional objects. Also, if the impressions of the objects are of a long-term nature, such emotional states may be a quality of the relationship. The phenomenon of confusion of the natural and social environment becomes the subject of an emotional state before it is associated with need and creates a certain stable relationship. Therefore, at the heart of certain experiences is the need to understand only the "what is a reflex."

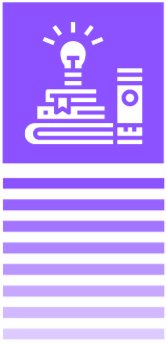
As mentioned above, although similar centers of positive and negative emotions are located in other parts of the brain, there are also centers of conditioned pleasure and pain.

Anxiety in children is caused by parents' lack of understanding of the child's emotional state, especially when adults may not understand the child's wishes.

In the family, giving too much love to a child, pampering him too much, satisfying his every wish, and unconditionally fulfilling his needs also create masculinity and stubbornness in him. For example, neglect can cause a child great distress, a feeling of loneliness, despair, and alienation.

The family environment plays a key role in shaping the feelings and emotions of children. Depending on the level of responsibility of the mother, the use of fairy tale therapy for their children can lead to the formation of positive emotions if the father also pays attention to the child's emotions and directs the upbringing in the right direction.

Today, children and adolescents receive incoming information through television, radio and the Internet. Scenes of savagery and violence on TV lead to the formation of negative emotions in children and the disappearance of feelings of care, compassion and pity in them. For example, if we watch children watching scenes of torture and violence on TV today, we can see that in such scenes they laugh instead of feeling sorry. Therefore, when cultivating emotions in the family, parents should pay special attention to these aspects and not allow their children to watch such scenes. Nowadays, computer games also have a negative effect on the child's psyche. After playing such games, the child becomes aggressive and the feelings of empathy, pity and compassion begin to disappear. To prevent this situation, it is necessary for parents to teach their children to use the Internet and computers for the right purposes so that they can be



interested in computer games that increase their intellectual potential rather than such games at the same time, parents should not neglect their children and be an example to them.

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