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**PEDAGOGICAL AND PSYCHOLOGICAL CONDITIONS FOR THE FORMATION OF GOOD  
HABITS IN THE CHILDREN OF PARENTS IN THE FAMILY*****Akmalkhoja M. Abdukadirov****Lecturer Gulistan State University Gulistan State University, 120100. District 4, Gulistan City, Syrdarya Region, Uzbekistan*

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**ABOUT ARTICLE****Key words:** Time, habit, child, society, school, upbringing, value, success.**Received:** 01.05.2023**Accepted:** 05.05.2023**Published:** 09.05.2023**Abstract:** This article focuses on parenting, one of the most pressing issues facing families today, and discusses future successes that parents, community, and educational institutions can work together to develop small habits in children. the word goes. Nowadays, science-based recommendations are given on how children can overcome the crisis during adolescence and the problems they face with their parents and how to solve them. The experience of developing small habits, which has been established by leading countries, and the result are explained by examples. During the psychophysiological changes, the necessary recommendations for working with the child are given. Harmful habits that are common among young people today, their causes, and the problems of Internet and video game addiction have been studied and analyzed in detail. In general, the current problems faced by young people and their solutions, the possible negative consequences in the future are analyzed using scientific hypotheses. Recommendations have been made to study and diagnose these problems.

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**INTRODUCTION**

Times are rapidly developing. Day by day, new discoveries, updates, wonders created by human hands are creating the ground for a comfortable life. Futurists predict that the “artificial intelligence” created in the future will be able to easily compete with the human mind and even surpass it.

The human psyche and the physiological characteristics of the brain, studied by Western scientists, prove that it is possible to achieve great success in the future by forming small habits in children. Success also requires patience. In the dressing room of the San Antonio Spurs, one of the most successful teams of the US National Basketball Association (NBA), the following words of Jacob Reels are quoted: "When I feel like I'm helpless, I go to the blacksmiths. The master hits the stone a hundred times with a hammer. It would be good if there was at least one crack in Harsang". But after one hundred first blows, the stone splits in half. However, this is not the effect of the last blow, but the product of previous blows. [2]

### **RESEARCH OBJECT AND METHODS:**

As an object of research, families and children of a preschool educational institution in the city of Gulistan were taken and studied. Observational, comparative, experimental and functional methods were used during the research.

### **The obtained results and their analysis**

All great things begin with small steps. No one is born a perfect mind, inventor or famous sports master. The results in man slowly sprout, blossom and bear fruit.

The mental processes discovered by modern psychology show that the factor of human development and success is inextricably linked with two processes. The first is personality, the second is professionalism. Personality is a system of values formed in a person over the years. It is a developing process from the time of conception. Professionalism is a profession or trade that is acquired within a certain period of time (for example, 3-7 years) based on a person's interests.

If we look carefully at our way of life, we will see how fast time is passing. Your child, who only yesterday was a toddler, is going to school today or has reached the age of adolescence. Ask yourself, how much time did you devote to your child during this period? What did you teach? Did you find a solution to his problems? Could you be friends with him? When was the last time you sat down and talked to your child for at least 1 hour? Do you know what color she likes? Can you easily control your phone? If you can answer positively to all the questions, believe me, you are taking good care of your child's upbringing, and if it is the opposite, you will soon have problems with your child [6]

A child is the greatest blessing given to parents by God. In fact, there are so many people in the world. Although I don't have much life experience, I worked as a practicing psychologist in high school for

three years and managed to work with many families. From my observations, I am convinced that our holy religion, Islam, has a special place in forming good habits in a child and getting him a good upbringing. I am sure that if a child is given enough religious and worldly knowledge from a young age, then in the future these children will grow up to be caring for their parents, patriotic and perfect in all respects. Parents are primarily responsible for raising a child. Parents are entrusted with the duty of raising children by God. Teachers are coaches hired to educate a child in a certain part of a child's life. It does not make any sense to blame the teacher for raising a child. Abu Hanifa, the leader of our sect, had a son. They named their son Hammad after their teacher Hammad bin Sharaf. His Holiness the Imam was a very big merchant, and because of his time constraints, he hired a teacher to teach his son the Qur'an. After some time, the teacher memorized Surah Fatiha to Hammad. In the presence of the teacher, Hammad beautifully recites Surah Fatiha to his father. Then Imam Hanifa put 500 dinars in his pocket in front of the teacher. 1 dinar coin is made of 5 grams of gold. 1 big sheep was given for 1 dinar in that place. Then the teacher was a little confused. When Imam Hanifa said that he had given a lot of money to Hazrat, even one dinar would be too much, Imam Hanifa said: "Teacher, don't take your service lightly. I still have it with me. If I had all my wealth, I would put it at your feet. He replied that it was because you taught my son Fatiha, the surah that is the mother of the Qur'an". [1] It is known from history that Imam Azam (r.a.) personally took care of raising children, despite the time constraints. In the upbringing of children, we must follow the example of the great ones, their paths and actions should be a programmatic action for us.

The 21st century is defined by different names by representatives of different fields. For example, representatives of the IT field describe it as the age of computers, biologists as the age of brain research, and psychologists as the age of "stress plague". Indeed, one of the biggest problems that plague people in the 21st century is stress. Nowadays, at every step, in every field, we receive different kinds of stress. Of course, these stresses that we accept will not fail to affect our children as well. Every day we receive stress at work, on the street, in various situations, and come home in the evening and try to get rid of them. Psychologists and psychophysicists have recognized that the most effective stress-relieving activities are physical exercises, but if you look at your daily life, most people try to relieve stress at home in front of the TV or playing phone games, or otherwise, using social networks. This is a mistake. You know very well that it's a mistake, but you don't have the courage to admit it. As an expert, my recommendations to you are as follows: Stop deceiving yourself that every day you will change tomorrow, you will change from the beginning of the week, you will begin to change from the beginning of this month. Start making small changes today. Educate yourself first! If your child is young, spend as much time with him after work as possible, play different physical games together. Do household chores

together, don't leave him alone. If you follow the given recommendations, there is no doubt that your children will become the person you dream of, because there is no person in the world closer to a child than their parents.

Raising a child is a very difficult process. Imagine that there is a piece of ice in front of you. The room is cold, when you breathe, you can see the steam, the temperature in the room is -4 degrees. We gradually raise the room temperature to minus 3.5 degrees. Minus 3 levels. Minus 2.5 degrees. the piece of ice is still intact. Minus 2 levels. Minus 1.5 degrees. minus 1 degree. Still no change. and finally, when the room temperature reaches 0 degrees, the ice cube begins to melt. The imperceptible increase in temperature compared to the previous one caused a huge change. Decisive events are usually the product of many previous actions.[4] They lay the foundation for great changes. This law can be encountered at every step, eighty percent of the time when cancer appears, it does not make itself felt. Then it spreads throughout the body in just a few months. In the first five years of a bamboo tree's life, it does not show much growth. During this time, it is developing its roots with effort. And in the sixth year, it stretches to the height of the tree and grows up to thirty meters in six weeks. If we apply these laws to the process of raising a child, the upbringing you have given your child over the years will not fail to bear fruit, be it positive or negative never forget this! [3]

Why is it necessary to start with the formation of small habits?

- Habits formed over the years form the basis of human personality;
- Positive habits formed in children make it possible to set clear goals in the future;
- The process of directing the child to the field of his choice based on his abilities becomes easier;
- The child's cognitive processes are getting stronger;
- Creates an opportunity to easily get out of the crises of the child's youth;

Let's see what is occupying our children's minds these days.

Let's think a little about what they spend their precious time called life. We all know the right answer to this question, but why do we silently allow our child to fall into that quagmire? Why do we allow our children to develop bad and harmful habits instead of good ones? Nowadays, our young people hardly think about the future, and it gives the impression that they live only for the present. We parents, educators are to blame for all this. We turn a blind eye when we see that our children spend almost 7-8 hours of 24 hours a day watching idle videos and blogs of bloggers promoting easy life, busy with the Internet and video games. Isn't the development of the state in the hands of these young people? We constantly talk about "World Standards", but have you ever wondered if we are able to guide young

people to a great life? Yes, there are many problems, we must first start the change from ourselves, from our family.

In conclusion, parents should not be indifferent to child education and forming good habits. Because in the future, let the young people we educate speak from the highest pulpits of the world, always take a place in the front row of the podium!!!

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