



## A REVIEW OF STUDIES FOCUSED ON THE EMERGENCE OF SOCIAL PHOBIA IN CHILDREN BASED ON THE ATTITUDE OF PARENTS

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### ABOUT ARTICLE

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**Abstract:** The article presents an analysis of studies focused on the emergence of social phobia in children based on the attitude of parents. The importance of the role of family relationships in the formation of a child's personality is that communication and loving relationships based on mutual understanding are one of the socio-psychological factors that determine the child's further psychological and intellectual development. As the child grows up, the distance between mutual relations, psychological distance increases, symbiotic relations later turn into intellectual-cognitive relations, that is, psychological relations.

### INTRODUCTION

It is known that the most effective, attractive and important part of family relationships is the healthy relationship of parents to their children. A healthy relationship is a stable environment in the family, mutual respect, behavior based on empathy, and actions based on mutual appreciation of family members. The importance of the role of family relationships in the formation of a child's personality is that communication and loving relationships based on mutual understanding are one of the socio-psychological factors that determine the child's further psychological and intellectual development. In addition, from the first moments of birth, mother and child are physically and psychologically interconnected, and both are considered to be one body, one being. Therefore, their relationship is symbiotic (unity, integration, integrity). As the child grows up, the distance between mutual relations, psychological distance increases, symbiotic relations later turn into intellectual-cognitive relations, that is, psychological relations.

### METHODOLOGY

According to R. Campbell, human socialization is a very long and complex process. Family is the first cradle of personality formation. If you want to form a good person, a citizen, first of all, each person should straighten his cradle. In our opinion, the main goal of modern family relations is to strive for spiritual harmony and harmony with the child, to strive to preserve the heritage of ancestors, to pay attention to the preservation of the educational heritage of the people, to form mutual kinship and family relations from childhood. Through communication, a person learns the world around him, learns work and life skills, learns various values created by mankind. Of course, communication is not limited to information, its impact is very wide and multifaceted. We watch shows, listen to lectures, talk with friends - all these are different aspects of communication. According to N. Pezishkian, Man cannot live outside of society. Because his psyche is formed only in the process of communicating with others. Everyone wants to be in a relationship with another person. For example, it has been observed that not satisfying the baby's need to "talk" with his mother causes him to gradually grow up to be strict and kind, and to weaken his feelings towards the environment from a young age. So, how to relate to others - no matter what age he is, he needs clothes and shelter, he needs to have a proper relationship with the people around him, communicate properly. It is very necessary to get it. In particular, there is no doubt that the most severe punishment is to imprison a person and keep him incommunicado. Communicating with others essentially means sharing information that is vital to life. Education and psychological well-being in the family are more closely related to the establishment of relationships in it. Researcher Yu. Rakhmatshaeva writes that there are different relationships in the family, namely:

- Cooperative relations, that is, mutual relations of family members aimed at understanding and helping;
- Single relations based on common interests;
- Relationships aimed at achieving mutual success;
- Competition, that is, relations aimed at winning the competition in all cases (ERSmirnova 1996);
- For various reasons, conflicting relationships in the family, etc.

Emotional stability in a child is formed due to the establishment of different relationships in each family. In some families, the empathic relationship and affection between family members is not in a state to say the least. In other families, there are relationships based on mutual respect, solidarity and affection. Otherwise, disobedience to each other, low level of mutual respect, bossiness and feeling of superiority have a wide impact on the formation of the child's personality. Nowadays, according to the trend of the new era, every family has a high desire for democratic relations, that is, every family member dreams of becoming an equal member of mutual relations. According to the views of the American scientist S. Knappe, any type of relationship between the "Parent-child" couple is educational. Communication, which is an important factor of personality formation, is of great psychological importance. To achieve the goal of good education, parents resort to different influences: praise and punishment. As a result of conscious praise of children, the development of the child as a person can be accelerated. Therefore, if a child needs punishment, it should be used only when necessary. As a result of very severe punishment, the child may develop fear or hatred. As a result of any physical impact, parents try to solve unpleasant situations by force. Here, the psychological aspects of the manifestation of social phobia can be broadly analyzed.

According to RG Haimberg, "social phobia" is a type of disease in which a child is very sensitive to even the smallest changes in his emotional state, and he needs to be among people or communicate with them. It will be more pronounced. In such a situation, the child exaggerates his insecurities and insecurities and lives with more anxiety. "Social phobia" developed in the personality of a child forms a

strong, irrational fear when faced with any socially important situations. That is, the child is very afraid of parental criticism, condemnation and guidance. Also, children of this type try not to say or act in front of others that would embarrass them.

According to the definition of another scientist, Z. Saper, "Social phobia" is an insurmountable anxiety in certain social situations. That is, this situation not only affects the child's relationship with other children, but it also becomes a big obstacle for the child to make friends, meet new people and adjust himself in a new social environment. The nature of interpersonal relations in each specific family, the ways of their expression, affect the personality of adults and children and help or hinder the mobilization of his potential. The negative attitude of some family members can lead to a decrease in the child's mood and motivation to learn, which leads to new negative emotional experiences in the child, such as social withdrawal, unrealistic expectations, feelings of guilt, extreme dependence, separation. and produces unusual behavior patterns such as alienation. Disturbances in the relationship between parents and children, including parental rejection, abandonment, neglect, underestimating the child's achievements, excessive parental criticism or prohibitions, can lead to the development of social phobia in the child. is one of the main factors.

According to the family scientist Ye.G. Silyaeva, the family as a social organism has unique and diverse functions: sexual-reproductive (reproduction), economic (maintenance of children's health), recreational (leisure and rest organizing reception, which plays an important role in the spiritual and intellectual development of the child), communicative (creating an adequate model of communication for the child), educational (ensuring the socialization of the young generation and ensuring that children comply with social norms), psychotherapeutic and etc. The family, as one of the most important factors of socialization, has a significant impact on the formation of the child's behavior. As a child's first society, the family lays the foundation for normal physical, mental and social development. A criterion of physical and emotional comfort in the early stages of life, parental love becomes more and more of a developmental function as we grow older. AD Kosheleva writes in this regard: "The main requirement of family upbringing is the requirement to love, understand and accept the child as he is. A person's spiritual world can be formed correctly only with the child's trust in parental love. The emotional and moral experience of children also develops in the family for the first time. The level and content of a child's emotional-volitional and social-ethical development depends to a large extent on the relationship between family members. D. Ya. Raygorodsky said, "... in the family, the child receives his first emotional experience, and it can be very different". , due to socio-cultural changes in the environment affecting the modern family, the problem of studying the emotional sphere of the child and especially the emergence of children's fears is becoming more and more relevant. According to the research of IM Ryumina and NV Goncharenko , the type of authoritarian upbringing in the family is considered one of the factors associated with almost all types of fear. That is, authoritarian upbringing is the factor that has the most negative impact on the emotional sphere of the child. It is also the fear of medicine, fear of physical harm, These include fear of social mediation, fear of death, parental authoritarianism, and emotional rejection. For example, for preschool children, extensive contact with parents is one of the most important factors in socialization. , its insufficient development causes the child to experience low self-esteem and various social fears.

According to researchers Savinov and Kuznetsova, one of the most common causes of phobias in young children is improper upbringing of children in the family and inconsistencies in family relationships. Also, among the reasons for the formation and development of various pathological features and neurotic symptoms in the family environment, the following are distinguished:

- Conflicts within the family;
- Insufficient educational positions of parents;
- Due to the long-term absence of one of the parents in the family, the child's contact with the parents is cut off;
- Early separation of the child from the family environment;
- Personal characteristics of parents, etc. Therefore, the wrong behavior of parents leads to the destruction of positive emotional connection and empathic relations with children. These issues are one of the current problems being studied in Russian psychology. According to researcher R. Kalinina, the relationship between a parent and a child is a system of different emotions, at the same time, the type of behavior used in communicating with them, the character of the child and his personality, It consists of a system of socio-psychological features focused on the experience and understanding of the actions of interaction. Among other psychologists, researchers Posisoev, Balinsky, Myasishchev, Zachepisky studied such issues as the problem of the influence of parents' attitude on the child. According to the authors, each family, regardless of social origin, can be a positive or negative factor in relationships or in raising a child. For example, the negative influence of the family on the formation of the child's personality is that no one in the family treats the child well, loves him and does not care about him. According to the socio-psychological content, the relationship of parents is a complex system based on certain principles and having a certain content, which serves the development of all aspects of the child's personality.

According to Druzhinin, the relationship between parents and children in the family should be based on the following principles:

- Humanity and compassion for the growing person;
- Involvement of children in family life as subjects of its equal rights;
- Openness and trust in relations with children;
- Domestic optimism in family relations (Ye.V. Krichenko 1999);
- Inconsistency in requirements;
- Providing comprehensive support to your child, readiness to respond;

Contrary to the above comments, Sidorov says that often the parents' attitude towards the child is characterized by high psychological stress, which is mainly a strong hadik, vague fear, unnecessary nervousness, anger in children. , feeling uncomfortable, not satisfied with oneself, etc. Terezapkina, among others, analyzed the relationship of parents to their children and tried to divide it into six aspects:

1. Parents do not always pay close attention to their children, belittle and ignore them. In such families, children often grow up to be hypocrites, liars, and the child is mentally retarded or mentally retarded;
2. Parents always admire their children and see them as examples of perfection. In such families, children often grow up selfish, superficial and self-confident;
3. Harmonious relationships based on love and respect. Children in such an environment are distinguished by their kindness, deep thinking, and desire for knowledge;
4. Parents always complain, criticize and blame their child. Therefore, such children grow up nervous and emotionally unstable;
5. The parent pampers and protects the child excessively. As a result, the child grows up lazy or is recognized as a socially immature person;
6. Children of parents in a difficult financial situation have a pessimistic attitude towards the environment and suffer from joining others. In his research, SV Kovalyov distinguishes the following

types of family relations: antagonism, competition, parity, cooperation. Based on his research, NAFomchenko was able to classify the types of family relationships as follows:

- Guardianship - such parents are hardworking parents who always help their children, try to meet all their needs;
  - Non-interference - for this type of parents, issues of child upbringing and his behavior are not very interesting;
  - Cooperation - a system of relations, including interpersonal cooperation, consisting of common goals and tasks of joint activity;
  - Relations based on equal "alliance" relations, based on the mutual benefit of all family members.
- Shmatko, like others, distinguishes the following criteria of the relationship between parents and children:

1. Acceptance - rejection criterion - acceptance parents like the child because of his character. They respect and sympathize with the child's individuality;
2. Rejection criterion - the parent perceives his child as bad, that is, he is described as a person who is not adapted to many relationships, is unlucky, and often feels anger, restlessness, dissatisfaction. Parents do not trust such a child, do not respect him;
3. "Attitude based on cooperation" - where parents are interested in the child's work and plans, try to help him in everything. In this case, the child shows his intellectual and creative abilities at a high level and feels a sense of pride in him in advance (B. Hillenger 2012);
3. Symbiosis (mixed) - parents always worry about their child, they always seem small and vulnerable to him. Through this attitude, parents provide the child with independence;
4. "Authoritarian - hypersocialization" - in this case, parents demand unconditional obedience and discipline from their children. According to this, the child tries to show his will in everything, because the child shows his will, the parents punish him severely. The parent closely monitors the child's social behavior and demands social success from him. From this scientific approach, it can be understood that a child born with special needs of psychophysical development is always different from the desired child. It should be noted that relations with parents or their substitutes are one of the leading factors in the process of developing the physical, psychological and social distance necessary for personality formation and socialization.

In the works of E. Erikson, one of the foreign psychologists, personality formation is considered as a continuous process. According to the author, it is a process that combines a person's ideas about himself and his reflection in other people in the process of interacting with them. In general, modern research on personality is conducted at the intersection of several scientific directions: personality psychology, social psychology, developmental psychology, cognitive psychology. Identity is a component of individual consciousness and self-awareness that connects a person with social reality and allows him to define his place. Parents are the first to take part in the formation of a person in the context of the theory of development. And the family, together they form the main reference group for the child. According to Liebowitz, all relationships are interdependent, meaning that relationships have a wide influence on the behavior of children as well as their physical characteristics, not just adults. Adult behavior is also influenced by personality traits and abilities. From these views, it can be understood that the expression of aggression by the child and the adequate attitude of adults, holding it and helping the child to verbalize it, are one of the conditions for the comprehensive development of the psyche. Parental hostility and inability to tolerate the child's natural feelings negatively affects the child's sense of self. The role of family conflicts in the formation of personality is often underestimated. Secondly,



these situations cause a deep internal conflict in the child, which ultimately leads to a violation of gender identity or the manifestation of neurotic symptoms.

As noted by foreign researcher Rapee, often changes in children's behavior are noticed with the emergence of school-related difficulties. Social phobia, in particular, is clearly manifested in school, in adolescence. In this period, successful social and psychological adjustment is considered to be directly related to the generally accepted views of others, as well as parenting behavior and methods, adolescent's relationships with peers. It can be assumed that social phobia, which occurs in adolescence, is a condition related to family relationships, caused by difficulties in previous situations, and a condition with a degree of incompatibility of mutual relationships. According to F. Saboonchi, family is the most important social structure that accompanies a person throughout his life. Similarly, family relations are the most important and significant for the individual, and this phenomenon gives a wide opportunity to explain the socio-psychological aspects of the formation of the individual in the family environment and his interaction with the society. In fact, one of the most important factors in the formation of a child's personality in the family is the interaction between parents and children. As an inseparable system, they constitute the most important subsystem of family relations, and these issues should be considered as a continuous, long-term process with the age characteristics of the child and parents. Relationships between parents and children, as a decisive factor in the child's psychological development and socialization, are characterized by the following. Researcher Shamir-Essakov writes that in order to prevent phobias in children, first of all, it is necessary to organize an educational system based on the characteristics of the family:

- Children should grow up and be educated in an atmosphere of kindness, love and happiness;
- Parents should understand and accept their child as he is, contribute to the development of the best qualities in him;
- Educational effects should be built taking into account age, gender and individual characteristics;
- Dialectic unity of sincere, deep respect and high demand for the person should be the basis of "parental relations";
- The personality of parents is an ideal example for children;
- Education should be based on positive things in the growing person;
- All activities organized in the family for the purpose of child development should be based on play (Turner 1990);

## **DISCUSSION**

"Optimism" is one of the important conditions for preventing the formation of social phobia and communication with children in the family. Therefore, as one of the important factors in the development of social phobia in a child, not only the attitude of the parents to the child, but also the level of mutual empathic relations in the family, the family value system and the form of adherence to it, the positive relations of family members to each other, It is also related to the behavioral qualities of the parents. In addition, it can be noted that parents' positive attitude towards the child's cognitive development, supporting his cognitive and creative activities, encouraging cognitive activity and recognizing the child's success will help to develop his intellectual and creative abilities.

## **CONCLUSION**

1. The position of parents is characterized by the nature of emotional acceptance of the child, the motives and values of education, the image of the child, the image of the parents, and the models of the behavior of the parents;
2. It is also determined by the criteria of emotional relations, the style of communication and interaction, the level of satisfaction of the child's needs, the characteristics of parental control and the level of consistency of its implementation;
3. Social phobia formed by parents' inadequate attitude towards children is mainly manifested through emotional rejection, lack of support for the child, looking at him in a distrustful spirit.
4. From a methodological point of view, social phobia is considered a meta-psychological category, and so far theories such as cognitive-behavioral, psychodynamic, and interpersonal relations theory have been developed to study it. Also, the process of theoretical and practical study of social phobia emphasizes the importance of paying attention to issues such as the unity of psychological characteristics and interaction skills, the role of the social environment in the formation of personality.

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