



THE RESULTS OF THE RESEARCH ON THE PERSPECTIVES OF FAMILY LIFE OF TEENAGERS RAISED IN MIGRANT FAMILIES

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ABOUT ARTICLE

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Abstract: In the article, the author reveals the features of this period, paying special attention to the peculiar process of transition from childhood to adolescence and the influence of family relationships. It also presents findings and recommendations based on research conducted by migrant families with their children.

INTRODUCTION

In the 21st century, which is considered the age of technology, profound changes continue to enter our lives rapidly. Radical shifts are changing the modern face of the world. Their driving force is the people's age-old desire for freedom, independence and happiness, determination to determine their own destiny. A rapid growth of self-awareness, an interest in analyzing the spiritual and psychological quality of another person, a change in the evaluative attitude towards others, a sharp jump in reflection and self-control are characteristic for the adolescent age.

Saying goodbye to childhood, a teenager begins to prepare for adult life. This process is serious enough because it can be accompanied by increased anxiety or, on the contrary, aggression. Then the teenager may resort to tasting prohibited substances with his or her peers, which he perceives as a kind of tranquilizer that reduces the anxiety of communicating with real reality, or as a symbol of "adulthood" that serves to increase his self-esteem.

The term "adolescence" comes from the Latin word *adolescere*, which means "to grow up" or "to become mature". Adolescence is a very important period of a person's life, which has a significant impact on the future development. It acts as a "bridge" between childhood and adult life [1].

Sexual development. Rapid sexual development cannot remain unnoticed for the adolescent mind. There is a heightened interest in one's own body. However, the observations of the teenager do not always lead to positive conclusions. There are cases when, from the point of view of a teenager, the body structure, skin condition, which is not beautiful enough, causes concern, and in some cases, scares him. Even an unpleasant, unpleasant attitude towards one's own body can be formed.

Intellectual development. Logical thinking operations are actively developed during adolescence. Intellectual tasks are solved based on the logical connection between verbally formed hypotheses and concepts. However, at the same time, the development of the intellect creates the basis for a cunningly conscious life activity, this process has one more negative aspect. Often there is a tendency to think too philosophically and draw abstract conclusions to the detriment of "live observation" of the actions and emotions of people around. There is a discrepancy between formal-logical intelligence and communication skills, social-psychological intelligence. This can make it difficult for a teenager to have a relationship with his parents, cause objections. Parents may accuse their children of being too smart and pretending to be knowledgeable, while teenagers resent their parents' admonitions and impatience.

The field of communication. From adolescence to adolescence and beyond, the development of a person's self-awareness takes place, and the success of this process is closely related to the success of the person's communication. The quantity and variability of the signs by which a person evaluates himself increases. In this case, self-esteem marks develop not only quantitatively, but also qualitatively. The proportion of internal, personal criteria, as well as physical, body-related criteria increases in comparison to external criteria acquired from adults. Self-awareness increases with future orientation. The breakdown of communication between parents and teenagers can have very different reasons. Therefore, all the examples given above are related to one or the other to obvious or hidden conflicts in communication: it can be cruel treatment of a teenager, and parents' lack of understanding of children's age-related characteristics.

In the family, three forms of disruption in the relationship of parents to their teenage children can be distinguished:

The first form is cruelty in communication with a teenager. In families of this category, destructive aggression is manifested through physical violence, verbal abuse and discrimination, and the teenager is treated harshly. As a result of emotional stress and cruel treatment, the adolescent may turn to substance abuse, because he is pushed out of the family into an antisocial environment, or he falls into an illusory search for missing respect, understanding and warmth.

The second form is insufficient understanding of the child's age-related characteristics by parents. A teenager's self-concept is often difficult and contradictory. Therefore, a teenager turns to drugs and alcohol to relieve anxiety caused by intense sexual and intellectual development. Parents will not be able to react psychologically correctly and will be limited to punishing, blaming, admonishing. In this situation, a teenager is forced to independently develop his attitude to drugs and alcohol through a number of mistakes.

The third form is the low reputation of parents in teenagers. Material well-being and conflict-free relationships in the family do not guarantee that the relationship of a teenager to his parents will not disappear. If an internal dialogue with parents is not formed in the mind of a teenager, their experience and life perspective will not be taken into account. Such a teenager is not protected from the influence of the social microenvironment.

Thus, the first form of family turmoil can directly cause a teenager to engage in inappropriate behavior. The second form can directly "help" it as a motivating factor. And in the third form due to the negligent views of the parents, the teenager will have weak socio-psychological humanity in relation to various harmful habits.

Based on our observations and the research of scientists, we can say that harmonious parenting relationships are established in the following cases:

- parents have a warm and tender attitude towards their children, accept them emotionally;
- parents understand the adolescent's age-related characteristics and know how to support him in difficult situations;
- parents have authority over the teenager, take his interests seriously and live with him in a cooperative environment.

High school students, that is, teenagers, have the highest level of anxiety compared to other age groups [4], they often feel guilt, and in connection with this, they have an emotional state such as frustration, but they tend to show more joy than negative emotions [2].

The emotional state of adolescents is characterized by a number of features: easy occurrence of emotional tension and psychological stress, constant changes in mood, frequent occurrence of affective states, they are strongly given to strong emotions, the adolescent clings to his personal emotions, which locks him into an endless circle of experiences. takes [3].

As part of our research on "Characteristics of psychological development of children growing up in the families of labor migrants", we also studied the role of teenagers in the family and how they feel about themselves through our methods conducted with about 400 high school students of the general secondary school in Fergana, Samarkand, Navoi.

We used the questionnaire "Analysis of family anxiety" by E. G. Eidemiller and V. Yustitskis:

1.	I know that my family members are often displeased with me.
2.	No matter what I do at home, I feel that it doesn't turn out well
3.	Unfortunately, I don't have time to do much at home.
4.	I am usually the one to blame for what happens in our family.
5.	I often feel helpless in family affairs.
6.	There are frequent events that make a person nervous at home.
7.	When I come home, I don't feel so free, I feel uncomfortable.
8.	Some of my family members think that I have no understanding.
9.	I always think about something and get restless when I stay at home.
10.	In many cases, I notice that family members look at me with a critical eye.
11.	On the way home, I rub myself with anxiety, wondering if there is peace.
12.	I always feel like I'm not getting much done when I'm at home.
13.	Sometimes I feel a bit redundant at home.
14.	My position in the family is such that sometimes I am frankly disappointed.
15.	At home, I always have to refrain from many things.
16.	Sometimes it seems to me that if I suddenly disappear, no one at home will even notice.
17.	When I get home, I plan some things, but then I have to do something else entirely.
18.	When I think about family matters, I feel anxious.
19.	I think that some of my family members will be embarrassed about me in front of their friends and acquaintances.
20.	At home, I start a business with a good plan, but it is not out of the question that everything will turn out the other way around.
21.	There are many things I don't like about the family, but I try not to show it as much as possible.

The results of the methodology are presented in the following table:

Table 1

Feeling of guilt in family life	1	4	7	10	13	16	19
	18	9	16	10	15	12	12
	10	12	6	6	13	10	4
Anxiety in family life	2	5	8	11	14	17	20
	9	13	10	12	11	12	10
	7	3	4	9	7	15	9
A nervous breakdown in family life	3	6	9	12	15	18	21
	17	11	15	9	10	8	13
	11	12	5	13	11	10	13

The following conclusions can be made based on the conducted research:

- teenagers who are brought up in families where one or both of their parents are in labor migration, the perception of the system of interpersonal relations acquires a formal character;
- due to the fact that the family is incomplete, they are not satisfied with their place in the family, in most cases they see only the family's shortcomings;
- they show that they are growing up early due to the situation in the family;
- in their views, negative thoughts about their situation occupy a significant place;
- the tendency of teenagers to analyze their experiences is quite high, perhaps this is due to the fact that their loved ones are far away.
- In this regard, we would like to highlight the following as a recommendation:
- to increase the level of emotional stability and self-confidence of children of families affected by migration,
- -increasing self-esteem, reducing fear and anxiety,
- -development of self-analysis skills,
- -to improve self-control in traumatic situations

It is necessary to carry out work on the way not only with teenagers themselves, but also with their relatives and the team of teachers at school.

The main psychological development in adolescence is the feeling of growing up. If adults can learn to communicate with a teenager on an "equal" level, accept his desire to grow up, encourage his initiative, independence and activity, pay attention to his place in the family, respect his interests and passions, then responsibility, satisfaction with family relationships, making plans for the future a positive approach will develop.

Among the children of families affected by migration, the feeling of guilt regarding their place in the family and relationships is 70.1%, this indicator is 29.9% among children of families not affected by migration; anxiety in family life - 59.2% in migrant families, and 40.8% in teenagers being raised in full families; The incidence of nervous breakdowns in family life is 63.8% in migrant families, and 36.2% in children of non-immigrated families.

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