



THE STUDY OF THE PROBLEM OF SELF-CONFIDENCE IN AN INDIVIDUAL IN THE SYSTEM OF FAMILY RELATIONS IN UZBEK PSYCHOLOGY

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ABSTRACT

The article focuses on the study of the influence of family relationships on the formation of self-confidence in Uzbek psychology during the period of his life. It promoted theoretical views on the manifestation of self-confidence in adolescence.

Introduction. A correct understanding of the essence of family education opens up the possibility of studying a number of its psychological aspects. Today, the problem of family and family education is increasingly recognized as a pressing issue by psychologists, sociologists, and the general public. Studies on the socio-psychological issues of Uzbek families have been conducted by psychologists such as E.Goziev, V.M.Karimova, B.K.Kadyrov, N.Soginov, and G.Shoumarov. [1] V.M. Karimova's scientific work entitled "Social Ideas about the Uzbek Family in Youth" examines the manifestation of social ideas in the Uzbek family in various groups based on empirical evidence and scientifically substantiates the fact that social ideas about the family play a role in the management of a person's behavior in family relationships and their adaptation to specific conditions. In addition, in the process of empirical research, it is proven that family social representations are manifested in different age and gender groups in their own way, and that they depend on the lifestyle, level of education, profession, and life experience of individuals and groups. It sheds light for the first time on the psychological position of an Uzbek woman and man in the family, the influence of husband-wife relations on the upbringing of children and the distribution of their roles in the family, the conditions and psychological factors for the formation of correct and acceptable family social ideas in young people.

It is known that in recent years, a number of problems in the family and child-rearing within the family have led to self-immolation among young people, deterioration of relationships between young brides-to-be and in-laws and other members of the family, and a number of symptoms of disappointment due to a lack of proper understanding of each other from a spiritual and moral perspective.



Literature review. Psychologists M.M. Rakhimova and L.S. Lushanskaya analyze the relationship of family relationships to the number of children and the communication of children with parents. They show children from families with large blind children.[2]

A number of scientific research works conducted at Tashkent State University under the leadership of Professor E. Goziyev are devoted to the ethnopsychological problems of raising children in the family. The content of the essence of upbringing in the Uzbek family is characterized by the selection and effective use of means of influencing children in everyday and future plans of upbringing. Because it is based on folk traditions, the author writes, it is about the productive use of the ethnopsychology of the Uzbek people. It plays an important role in the formation of a fully developed human personality. [3]

In the ethnopsychological research conducted with the students of E. Goziyev, clear laws on the upbringing of a child in the Uzbek family were established. E. Goziyev called for the rational use of the father's influence in the upbringing of a child, considering that it is a tradition for Uzbek families not to underestimate him. As a result of the research, he draws attention to the problems of fatherless families. The father is praised as a great person who, having overcome difficulties in life and enduring all joys with his steadfastness and unbending character, is able to cope with all difficulties. The secrets of the world are first learned from the light of the world. That is why it is said that the first educators of parents are teachers.

The issue of the influence of the Uzbek family on the upbringing of young people was studied by G.B. Shumarov and Ye.A. Morshinalar. They have proven that the influence of older adults on the participation of young families is still significant, and from the point of view of national psychology, this has a number of positive aspects. A study of the nature of family relationships shows that in Uzbek families, respect for elders is generally high, the relationship between the son-in-law and his mother-in-law is better than that between the mother-in-law and the daughter-in-law, and the role of the head of the family is seemingly the responsibility of the man. Comparing the position of women in Uzbek and Russian families, it was found that Uzbek women are less socially active in the family and have lower marital satisfaction. However, in national families, the structures aimed at fulfilling the roles of sons and daughters are also stronger, which is inextricably linked to traditional methods of upbringing.

Discussion and conclusion. In the book "Psychological Features of Child Education in the Family" by M. Dadajonova, the author presents evidence that parents need to know the features of such education, how important it is for them to know the methods used in solving educational problems, how to develop moral awareness and positive behavior in children, and what conditions should be met to punish or encourage children. He also used the evidence of world and Russian scientists and paid attention to how they manifest themselves in various processes.

Young scientists N. Soginov, G. Usmanov and B. Umarov studied the consequences of family quarrels and conflicts, and they concluded that the final result is not only the breakdown of relations between husband and wife, but also between parents and children, and even between relatives, leading to dissatisfaction with marriage, suicides among women, and the most tragic of these processes is suicide among adolescents and children. They emphasize that behavior is also a cause. [4] Professor M.G. Davletshin has conducted a number of studies on the psychological characteristics of adolescence, in particular, cognitive processes, and the



problems of the development of individual psychological characteristics, showing that self-control in a person is related to the processes of self-understanding, upbringing, and management. In addition, the scientific works of the scientist have described in detail the age-related developmental characteristics of self-control and its role in personal education.[5]

Professor E.G. Goziev's research has conducted in-depth research on the characteristics of adolescent students' academic management, planning of academic activities, self-control in this regard, setting goals, and determining free time. The scientist developed a diagnostic method of educational management for research in this area, shedding light on the theoretical and practical aspects of the problem of educational management, which is one of the research areas of psychology.[6]

Within the framework of her doctoral dissertation on the topic "Individual-psychological characteristics of thinking activity", R.I. Sunnatova studied the individual characteristics of a person, including the logicity of thinking, the degree of formation, the constructive-destructiveness of self-assessment, the degree of conflict-comfort in interpersonal interactions, and the subject's independence or lack of independence in decision-making. studied.[7]

The research identified specific features of the thinking activity of elementary and high school students and students in the process of self-management. The scientist explained the features of the influence of self-management processes on thinking activity as follows: on the one hand, a number of changes are observed in the self-management processes of students, on the other hand, there is an increase in students' interest in educational activities and the formation of new views on learning in the process of self-management. It is also observed that students strive to educate themselves and improve their abilities in the process of self-management.

R.I. Sunnatova's research generally shows that the process of solving tasks, its personal components, is the basis of individual-psychological differences in thinking activity (although the artificiality of the abstraction of intellectual mental phenomena from personal qualities is taken into account).

In the research work, the emotional value attitude of a person towards himself, that is, the desire for self-evaluation characterized by congruence, self-appreciation, constructive self-evaluation that contributes to independent development, or, on the contrary, self-dislike, work incongruence, conflict with himself, has a great influence on the realization of his potential and his independent development. It is proved that the following is true:

In the dissertation work "Psychological features of self-management in the educational activities of students", which was received by H.A. Ruhieva, the essence of the problem of self-management and various aspects related to it were put forward. In it, the problem of self-management was studied in direct connection with the educational process. [8]

According to the results of the study, self-management in educational activities guarantees the management of the student's personal activity. Motivation as a learning process consists of such components as goal-oriented, volitional management and assessment. The teaching of mastering the system of methods of educational activity demonstrates the theoretical aspect of the research work. Learning activity methods include planning of self-management activities, self-control, professional interest, personal attention, and the development of self-management methods.



The main novelty of the research work is that it uses methods of managing educational activities through generalized educational activity methods. It is based on the premise that all components of self-management, all levels of its components, have the property of influencing each other, helping the student to improve professional interest and overcome obstacles in his activity, thereby ensuring that the student becomes a subject of educational activity.

In the research work of E.M. Mukhtorov on the topic "Peculiarities of psychological self-defense in a group of adolescents", scientific and theoretical sources on the problem of psychological defense were analyzed and generalized based on certain criteria. For the first time, methods for studying psychological defense indicators characteristic of a group of adolescents were developed. The possibilities of psychological self-defense in adolescents, their dynamics, general and comparative-tyrological indicators have been studied. [9]

It is known that adolescence is a key stage in the development of a person. Because it is during this period that various norms of behavior and actions are formed. In A.R. Vildanova's dissertation on the topic "Psychological characteristics of the formation of addictive behavior in adolescence and adolescence", the role of values, personal goals, and self-esteem in the formation of addictive behavior in adolescence and adolescence, as well as the mechanisms of their influence, were studied. In addition, the work scientifically identified and substantiated the characteristics of psychological types with a tendency to addictive behavior, which differ from the ratocharacterological, genetic and hereditary predisposition. According to the data obtained from the research results and their analysis, the functional determinant of the development and formation of addiction is also the dependence of the predisposition to personality disorders on changes in the characteristics of self-perception.

E.A. Kuljanov's research work on the topic "Psychological characteristics of convicted adolescents and problems of correcting their behavior" is devoted to the problems of studying the psychological characteristics of convicted adolescents educated in correctional institutions, developing and implementing methods and methods of correcting their behavior. The study examined the level of adolescents' self-esteem, intellectual characteristics (non-self-centeredness), the specific structure of their relationships with their parents, the "propensity for re-socialization" of convicted adolescents, and other characteristics. Incarcerated adolescents were found to have low self-esteem, low self-esteem, poor parental relationships, a tendency to resocialization, and high levels of aggression and impulsivity.

Conclusion. In the candidate's dissertation on the topic "Formation of self-assessment in the process of labor training in young adolescents" by researcher M. Khakimova, the relationship between self-assessment and the process of self-management was studied. In addition, the issue of the relationship between the formation of self-assessment and personal characteristics was also studied.

The results of these studies make a significant contribution to the organization of psychological assistance and service in our country, primarily in the family, and to the dissemination of psychological knowledge among the population. In addition, research work is currently being conducted on this issue by young psychologists.



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