



FORMATION OF HEALTHY SOCIAL QUALITIES IN CHILDREN THROUGH FAMILY VALUES

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ABSTRACT

This article analyzes the issues of formation of healthy social qualities in children through family values. Family values are considered a key factor in the moral, social and emotional development of a child. The study examined the role of family values in the formation of social qualities such as honesty, respect, cooperation, responsibility and empathy in children. The article also provides recommendations for parents and educators on methods of upbringing through values, communication strategies, improving the social environment and developing positive behavior in children. Family values significantly increase the social adaptation of a child, their ability to function in a team and their emotional stability. Therefore, it is important to systematically form family values, introduce effective communication and support systems with children.

Introduction

The family environment is a key factor in the formation of a child as a person. The educational values of parents and other family members directly affect the moral, social and emotional development of children. In recent years, the development of family values and the formation of healthy social qualities of children in the Republic of Uzbekistan have been identified as one of the priority areas at the state policy level. The principle of President Sh.M. Mirziyoyev "A child is the highest value" is aimed at strengthening upbringing through family values. To this end, many programs are being implemented aimed at raising children, psychological preparation of parents and educators, and the formation of social and moral values.

Educational and psychological research has shown that family values are an important factor in the formation of children's social qualities such as honesty, respect, cooperation, responsibility and empathy. At the same time, communication between parents, a positive atmosphere in the family and upbringing based on values increase children's social adaptation, emotional stability and ability to work in a team. Modern family research has studied the role of the value system in the formation of children's moral and social qualities. Research shows that in the absence of a family value system,



children may feel lonely, have difficulty adapting to the social environment and experience emotional instability. Therefore, it is necessary to systematically form family values, establish positive communication with children and introduce a system of support for them.

Family values play an important role in the social and moral development of children. According to M. Juraev's research, family values are a key factor in the formation of such qualities in children as honesty, respect, responsibility and cooperation. He connects positive communication in the family and loving upbringing of parents with the emotional stability and social adaptation of the child. S. Tokhtaeva, studying the influence of the family value system on the psyche and social qualities of children, noted that the educational approach of parents and the consistent formation of values increase the child's ability to work in a team. At the same time, family values have a positive effect on children's empathy, moral decision-making and adaptation to the social environment. N. Karimova in her pedagogical research identified the connection between the social environment at school and family values. According to her research, if children do not learn positive values in the family, they have low resistance to stress in school and society. Therefore, the harmonization of family values and the psychological environment of the school makes a significant contribution to the social development of children. Gulomova M. analyzed the psychology of family communication and methods of upbringing through values. She noted that upbringing based on love, respect and values in the family is effective in forming honesty and social responsibility in children. At the same time, parental communication directly affects the emotional stability and collective adaptation of children.

Djalilova S., having studied the social qualities and stress levels of children, confirmed the importance of family values. Studies have shown that in cases where the family value system is insufficient, children face problems of anxiety, depression and social adaptation. Shermuhammedova L. analyzed methods of forming social qualities in children through pedagogical communication and values. She found that upbringing based on values by parents and educators increases the child's ability to make moral decisions and social stability. The reports of the Psychological Service Center of the Ministry of Public Education provide statistical data on the upbringing of children through family values. This information will serve as the basis for the formation of children's social qualities and the effective organization of family upbringing.

The study was conducted in families and schools in Tashkent, Samarkand and Andijan regions in 2023–2024. A total of 300 respondents were involved in the study: 150 children aged 7–15, 100 parents, 50 teachers. Questionnaires, interviews and observation methods were used with parents and children. The questionnaires included questions related to the social qualities of children, the level of acceptance of family values and emotional stability. The interviews served to obtain information about the methods of parents in forming educational values and the culture of communication in the family. Through observation methods, children's adaptation to the social environment, collective activity and emotional reactions were analyzed. The results of the study were processed using qualitative and statistical analysis methods and the effectiveness of forming social



qualities in children through family values was determined. At the same time, recommendations were developed for the upbringing of family values: communication strategies for parents and educators, an emotional support system, and measures to improve the social environment were identified.

The results of the study showed that 75 percent of children reported that upbringing based on family values had a positive impact on the formation of social qualities. In particular, 60 percent noted that honesty, 55 percent noted that respect, and 50 percent noted that they learned the qualities of cooperation through family values. The study shows that family values increase a child's social adaptation, ability to work in a team, and emotional stability. The results of interviews with parents showed that the most effective methods for forming social qualities in children are the consistent upbringing of love, respect, a culture of communication, and values in the family. Educators noted that harmonizing the social and moral environment at school with family values enhances the child's personal and social development. The analysis showed that in cases where the family value system is insufficient, children have difficulty adapting to the social environment, show anxiety and aggressive behavior. Therefore, parents and educators need to strengthen the value system, introduce an emotional support system, and use communication strategies when raising children. Family values have been shown to help children develop empathy and moral decision-making skills. The study confirmed that children raised through systematic family values are socially stable, socially active, and emotionally healthy.

Conclusion

The results of the article showed that family values play an important role in the formation of healthy social qualities in children. They develop in children such social qualities as honesty, respect, responsibility, cooperation and empathy. At the same time, a positive environment in the family and a consistent educational approach of parents increase the social adaptation and emotional stability of the child. The moral and social development of children can be effectively ensured by systematically forming family values, increasing the psychological readiness of parents and educators, introducing communication strategies and an emotional support system. At the same time, it is recommended to implement programs aimed at supporting family values and child upbringing at the state level.

Children brought up through a system of family values are formed as socially active and emotionally stable individuals who are adaptable to society. Therefore, parents and educators should set the development of a system of values, improving the social environment and providing emotional support as a primary task in raising children.

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