



THE SOCIAL-PSYCHOLOGICAL IMPORTANCE OF EFFECTIVE COMMUNICATION BETWEEN PARENTS AND CHILDREN

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Abstract: This article analyzes the socio-psychological significance of communication between parents and children based on a comprehensive approach. The impact of the quality and content of communication on the formation of the child's personality, emotional stability, and social adaptation is thoroughly examined. Additionally, the communicative styles of parents, socio-cultural factors, and the influence of modern technologies on family communication are analyzed within the framework of psychological theory and empirical research. The article substantiates the necessity of creating a healthy and constructive communicative environment to ensure children's mental well-being. Moreover, current challenges observed within Uzbek families and psychological service-based solutions for overcoming them are proposed.

Keywords: Parent, child, communication, socio-psychological factors, emotional stability, communicative style, family psychology.

Introduction

In modern social life, the impact of the family as a functional system on human development is becoming more profound. In particular, the quality and content of communication between parents and children is being interpreted as one of the main indicators determining not only the stability of the family environment, but also the general psychological well-being of society. Family communication is not just an exchange of information, but a deep psychological process of emotional harmony, social identification and personal socialization [Tairova, 2021; Zunnunova, 2020].

Although various definitions of communication are given in the scientific literature, the common aspect that unites them all is the essence of communication as a means of forming interpersonal relationships, ensuring the exchange of social experience and coordinating the psychological state of the individual. Communication is a primary factor in the psychological development of a person, and in this regard, L.S. Vygotsky, A.V. Of particular importance are sociogenetic concepts based on such scientists as Petrovsky [Vygotsky, 1978].

The communication between parents and children is a special, complex and multifaceted manifestation of this psychological phenomenon, in which cognitive, emotional, motivational and social determinants are intertwined. These communicative relationships serve as a social mirror that shapes the child's inner world (Cooley, 1902), which is a decisive factor in the processes of the child's self-awareness, perception of his social role and self-assessment.

In recent years, the Uzbek psychological school has also been paying increasing attention to issues of family communication. For example, S.R. Jo'rayev (2019) emphasizes that the level of affective communication between parents and children directly affects the child's social adaptation and emotional stability. At the same time, M.S. Practical research

conducted by Rasulova (2022) shows that a lack of emotional closeness and trust in the family increases a child's susceptibility to depressive and neurotic states.

In the age of information technology, the natural form of communication is changing, and its content is becoming less meaningful. Face-to-face communication is being replaced by virtual and fragmented connections, which leads to the smoothing of socio-emotional connections. In such conditions, one of the urgent scientific and practical problems is to reconsider the communication between parents and children on a psychological basis, to study its modern forms, pedagogical-psychological mechanisms and social consequences [Mamatkulova, 2020].

This article systematically analyzes the socio-psychological characteristics of effective communication between parents and children, the consequences of this communication breakdown, as well as internal and external factors influencing its formation. The methodological basis of the study is the theories of interpersonal communication, social learning (Bandura), the ecological systems approach (Bronfenbrenner), as well as theoretical and practical approaches developed by local psychologists.

Each of these types is closely related to the communicative competence of parents, their psychological approach to the child, and their role within the family.

Weak or absent communication in the family primarily causes psychological problems in the child, such as a sense of worthlessness, aggression, internal conflicts, and depressive states [Rasulova, 2022]. Misunderstanding, lack of attention, and an authoritarian approach increase social isolation, self-doubt, and emotional instability in children.

For example, in the study of A. Karimova (2018), a high level of social anxiety was observed among adolescents aged 12-15 years in cases where there was no emotional closeness with their parents [Karimova, 2018].

Psychological approaches to building effective communication

The following psychological approaches are considered effective in communicating with a child:

1. Empathy - an attempt to understand the child's inner world;
2. Active listening - attentively and actively listening to the child;
3. Positive reinforcement - encouraging good behavior;
4. Openness - sincere expression of feelings by parents;
5. Mutual respect - valuing the child as a person.

According to psychologist D. Kh. Toshpulatova (2021), these approaches have a positive effect on the child's independent decision-making as a person, self-awareness, and social adaptability [Tashpulatova, 2021].

Communication problems in modern families and ways to solve them

In our time of widespread information technologies, communication between parents and children has become more complicated. Mobile phones, the Internet, and social networks are often replacing real communication. Therefore, psychologists recommend that parents set aside "digital detox" periods, that is, special time for family communication [Mamatkulova, 2020].

Also, cooperation with school psychologists, family trainings, and psychoprophylactic conversations can yield effective results.

Conclusion



The socio-psychological nature of communication between parents and children is one of the priority areas in modern psychological sciences as the most important determinant of personality development. The quality and process of formation of this communication directly affects the emotional stability, social adaptation, personal identification and the formation of communicative competencies of the child (Erikson, 1963; Bronfenbrenner, 1979; Vygotsky, 1978). Especially in conditions where trust, empathy, active listening and positive psychological support are present in family communication, the child develops high social intelligence, a stable concept of "I" and the skills to effectively perform social roles (Juraev, 2021; Zunnunova, 2020).

Research shows that the communicative style of parents - authoritarian, democratic or liberal - has different effects on the child's psyche. For example, authoritarian communication increases a child's dependence on external control, while democratic forms of communication develop independent thinking, a sense of responsibility, and emotional balance (Baumrind, 1967; Bandura, 1977). In the context of Uzbek families, traditional values, intergenerational differences, and the dynamics of cultural adaptation have a unique complex impact on this process. In particular, the change in the format and content of communication through modern information technologies has increased disruptions, formalism, and indifference in family communication (Toirev, 2022; Razzokova, 2019). Also, from a psychological perspective, communicative disorders (discommunication) that occur in communication with parents can cause anxiety, low self-esteem, affective disorders, aggression, or social isolation in the child's psyche (Zohidov, 2021; Gulomava, 2020). Therefore, it is an urgent task to provide psychopedagogical guidance to parents, to form a culture of communication based on family psychological counseling, and to develop healthy emotional communication with children.

In conclusion, by ensuring effective communication between parents and children, not only the healthy formation of the child's personality is ensured, but also psychosocial stability in society as a whole, the continuity of family values, and the strength of the family as a social institution. This creates the need for integrative approaches in the development of modern psychological sciences, educational policy, and family culture, in particular, the improvement of the system of family psychological services.

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