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## In the Process of Forming a Person, Overcoming the Emotional State in The Family Environment

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**ABSTRACT**

The process of personal development, individual psychological characteristics, the influence of social environment. Stability of the family environment, overcoming emotional states, creating a psychological climate for a healthy life style in the family.

**Keywords:**

Personality development, emotional experiences, individual psychological characteristics, social environment, family environment, healthy life style

As we know, the concept of personality refers to a person who is psychologically developed, distinguished from others by his or her personal characteristics and behavior, and who is a member of a society with certain behaviors and worldviews. In order to be a person, human must develop mentally, feel like a whole person, and differ from others by his features and qualities. In order to properly support the growing organism, it is necessary to know the basic features of the child's body, such as growth and development. Growth and development, like all living organisms, are inherent in the human body. All round growth and development of an organism begins from the moment of its appearance. The human body experiences a series of morphological, biochemical and physiological changes from the beginning to the end of its life. Of course, these changes are closely connected with the hereditary factors that determine the stages of growth and development. However, education, upbringing, child nutrition, hygienic living

conditions, communication with adults, sports and labor activities have a significant impact on the emergence of hereditary factors and the formation of age characteristics. In general, human social life has great effect to these factors.

One of the most important characteristics of a person is his individuality. Individuality is a unique combination of personal psychological characteristics of a person. Individuality includes character, temperament, mental processes, situations, events, a set of dominant traits, will, motives for action, human purpose, worldview, ability, various forms of reactions, abilities, and so on. When a person participates in the activities of different groups in society, he often plays different roles which is not similar to each other. For example, the child, who is very capricious in family, acts cautiously around his peers and behaves completely differently. Moreover, a very serious demanding person can take action like non-partisan, humorous

person and entertaining during travel, work and cooperation, and hospitality. The upbringing and development of the individual takes place under the influence of the social environment, social upbringing helps a person to improve himself, to achieve certain achievements. The process of social upbringing takes place in the family, at school, at all stages of education, at work. The main centers of social upbringing of the child are the family, school and street environment. Traditions and customs play an important role in social relations and personal communication.

There is no human being who can accurately reflect the combination of mental characteristics. It is well known that as human society develops, both the people and their relationships with each other improve and become uniquely complex. Especially, the most intimate and sincere interaction, family relationships between people enhance. When a human being is born, he or she is taught from independent movement, walking, reading, writing till what to do when he or she is confronted with all the complex laws of nature and society. In the system of social interaction everyone must try to understand others, always be ready to accept the role of others in order to act correctly. But in order to properly accept the role of others, it must have a generalized image of that person and process. This quality is formed in the process of interpersonal communication, in the process of communicating with a group of people who are exemplary for each person. Therefore, the activity of the individual is recognized, which was the most progressive in the history of science.

In this case the psychological processes inherent in the family, the relationship of family members to each other, issues of compatibility in marriage, the psychological factors of family conflicts, social psychological methods of bringing up children in the family are studied. Today many disruptions are observed among people such as, limiting the scope of human interaction, unnaturalness which is not appeared in our ancestors. The basic cause of this problems are industrial

relations, the development of society, the social, psychological, physiological and other changes that take place in people. As a result of this more emotional tension and nervousness arise in the human psyche. Their influence is also reflected in family life and its psychological climate. Family relations are unique in their versatility. On the other hand, the process of raising a spiritually mature, spiritually healthy generation has great importance in determining the development of society. If the members of each family solve their problems by mutual consent, the peace in the family will be guaranteed and its spiritual foundations will be strengthened.

It should be noted that some of the disagreements, contradictions that arise in the family between couples, mother-in-law and father-in-law, bride and bride groom, can be solved constructively by mutual consent. Thus, the social psychological and spiritual environment in the family allows the formation of deep and positive perceptions of human relations in the minds of the younger generation. That is why in our country the family and its educational potential are valued. The first President of our country I.A. Karimov expressed his great opinion about the spiritual environment in the family and the characteristics of our unique traditions: It is not possible to live in a good and decent way without showing kindness and compassion. Thus, the human personality is a very complex psychological category, which is gradually formed during the individual life of a person under the influence of certain specific factors.

In conclusion, as mentioned above, living conditions, school work, physical training are important in creating a healthy lifestyle, mental and family formation, physical and mental growth and development of children.

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