

PEDAGOGICAL-PSYCHOLOGICAL RELATIONS IN RAISING A HEALTHY CHILD IN THE FAMILY

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Abstract: Pedagogical-psychological relations in raising a healthy child in the family are widely covered in this article.

Basic concepts: honesty, justice, love, loyalty, consequences, compassion, kindness, humanity.

For a human child, the family is the main unit, a welcoming and dignified place where he is ready for life. If we connect his character qualities, physical and spiritual strength and upbringing with the family, we feel that his contribution to marriage is very great. In our country, the family is a part of the society, therefore, the stronger and more complete it is, the faster the society will develop. There is such a quality in the psyche of a human child that he never forgets what he received in the family and always lives in imitation of it. That's why there is a folk saying "A bird does what it sees in its nest." Therefore, the child needs a lot of attention.

More than 35 million people live in Uzbekistan. Fifty-two percent of them are women. There are also three and a half million families in our country. Every year, 234 thousand new families are established and seven hundred and ten thousand new generations are born. In the Basic Law of the Republic of Uzbekistan, the attitude of the state to the family is clearly and succinctly expressed. In particular, Article 63 of the Basic Law states that "The family is the main link of society and has the right to be under the protection of society and the state." Therefore, care for the family is one of the important features of a humane legal democratic state. "Bolalar", "Mahalla", "Navroz", "Ekosan", "Arol", operating in our country

The main principles of family law of the Republic of Uzbekistan are strictly defined as follows:

- the family is protected by society and the state;
- all citizens are equal before the law, regardless of gender, race, nationality, language, religion, social origin, faith, personality and social status;
- woman and man have equal rights in the family;
- only to recognize and promote monogamy;

- voluntary and free marriage;
- free divorce under state control;
- the state protects fatherhood, motherhood and childhood and protects their interests from all sides;
- education of children based on national independence ideology and others.

Living as a family, having children, leaving offspring is the law of life, according to our Sharia, it is Sunnah. Our Prophet Muhammad, peace be upon him, said about this: "O young men! Whoever of you is able to get married, if you have the opportunity, get married quickly, because marriage is a lamp that purifies the eyes of a person, that is, it prevents him from falling into sin by looking at non-mahrams and evil, "It is the main measure that prevents one from going into immorality. Whoever is not able to marry, let him fast, because fasting removes the sensuality of a person."

There are many unique methods and means of educating children's good behavior skills and skills, so that parents should know them well in everyday life, and use each of them directly in its place, in moderation, and in accordance with the purpose. verse is necessary. These include: example method, teaching good behavior, getting used to good behavior, admonishing when appropriate, giving firm reprimands, temporarily not talking to the child, changing the attitude towards them, persuasion, public influence. , encouragement and condemnation are such techniques. Every parent, paying attention to positive or negative changes in child upbringing, learns such theoretical and practical rules and follows them, it will be the same. because raising a child in a family is a very delicate and complex issue, which requires a great knowledge of manners and great educational skills from the parents. Clarity of the goal is the basis of education, or rather, it allows to direct the work of education in accordance with the goal. Therefore, the highest goal is to educate the young generation in the spirit of our national values, good customs and family traditions, to raise a noble, knowledgeable, cultured, in a word, perfect person for the society. So, what should we pay attention to in the education of a perfect person? the highest goal is to educate the young generation in the spirit of our national values, good customs and family traditions, to raise a noble, knowledgeable, cultured, in a word, perfect person for the society. So, what should we pay attention to in the education of a perfect person? the highest goal is to educate the young generation in the spirit of our national values, good customs and family traditions, to raise a noble, knowledgeable, cultured, in a word, perfect person for the society. So, what should we pay attention to in the education of a perfect person?

1. Unity in upbringing is one of the main conditions for proper upbringing of children in the family.

2. When you love a child with intelligence (demandingness), when you pay attention to his interests, when you know his needs and requirements at this age, this action allows parents to raise a mentally and physically perfect person.

3. parentIt is an important condition of upbringing that a mother treats all her children equally. Child education is very delicate, it requires constant and regular practice without wasting time. In relation to the child, first of all, it is necessary to take into account

his age. The child's growth stage can be defined in relation to his age as follows: up to three years, three to seven years, seven to ten years, ten to fourteen, fourteen to eighteen years.

4. Education is a complex, responsible and honorable task that is carried out in cooperation with the school, family and society. The correct performance of this task will please parents, the school, and the public, and the result of education will be beneficial in every way. In turn, the teacher should keep his student's parents close to his heart with utmost sincerity and respect, so that the relationship will be strong.

The family as a social group is responsible for educational, economic, financial and economic (supply and distribution) activities, establishment of proper treatment between members, free time, rest days and holidays. It performs organizational and administrative tasks such as organizing. Also, the family, as a center of social education, has a great influence on the psyche and spirituality of its members; It is known that the great seeds of humanity are scattered in the nature of a small-hearted child in the same narrow environment. Family relations are based on various foundations: economic, ideological, emotional, moral-mental, kinship, closeness, friendship and brotherhood. It is self-evident that regardless of which category the family belongs to, it affects the minds of its members economically, ideologically, morally, intellectually, voluntarily, emotionally, that is, it serves to form a human personality. Family members' worldview, faith, moral qualities, high human feelings, attitudes towards society and nature begin to form in this place of education. That is why our people do not say for nothing that they do what they see in the bird's nest. Consequently, all aspects and structural parts of human education are inculcated into the world of children's psyche and spirituality in family conversations, advice, and through obvious behavior. National qualities such as love, harmony, modesty, hospitality, and hospitality are born in the heart of the family and are gradually embodied in the behavior of each family member. The qualities of humanity that have become necessary for the human race are justice, intelligence, sincerity, generosity, justice, humility, Satiety is also manifested as a result of the influence of family upbringing. In general, most of the human masterpieces that a person accumulates in a lifetime are collected during these childhood years. For this reason, it can be said with complete confidence that the family educational influence is the basis of the perfection of humanity, and the rest of the social educational institutions serve as the foundation of moral and intellectual development.

The family has its own farm (garden, crop growing area, trees, poultry, livestock, etc.) and its budget. Farming is mainly based on a plan made by the head of the family (which is likely to be enforced after several discussions). Based on this, some corrections and changes are made to the management of the economy. The accumulated product, the sum of the earned wages, forms the family fund, and this fund is used wisely. After calculating the available family savings, the head of the family determines the list of expenses and the investment that can be spent (how and on what). Celebrating birthdays, anniversaries, weddings and holidays only after such planning, family members are informed about holiday gifts. It is advisable for family members to divide according to income. Unnecessary, abysmal squandering and extravagance lead to the breakdown of the family economy. As much as possible, it is important to prepare the young person to save the family savings and use it sparingly. Because thrift is considered a unique and rare social trait, it reflects leaving products and monuments

as a legacy to the next generation through creation, preservation, preservation. it is important to prepare for its economical use. Because thrift is considered a unique and rare social trait, it reflects leaving products and monuments as a legacy to the next generation through creation, preservation, preservation. it is important to prepare for its economical use. Because thrift is considered a unique and rare social trait, it reflects leaving products and monuments as a legacy to the next generation through creation, preservation, preservation.

It should be emphasized that the profession, education, and level of knowledge of spouses play an important role in family relations. The closer the spouses are to each other according to the listed criteria, the more equal rights, communication, inner unity, light feeling, sensing, and understanding will occur. These things ensure family stability, stability, harmony, mutual harmony, compatibility, mutual understanding reigns.

The wisdom of maintaining family relationships is to organize the free time of family members, to plan according to the characteristics of each person, to organize occasional walks, to travel to shady and cool places, together cultural recreation in the family circle, performing household chores, etc. It is necessary to assume that each family member has equal rights, so it is necessary not to lose focus on not giving too much freedom together. Celebrating holidays in a reasonable and fair way creates a warm spiritual climate in the family.

In order for the family to become an idol, first of all, family members need to decide on interpersonal equality, learn each other more deeply, and ignore some defects. It is important to establish a proper division of labor in the family. It is necessary to open fire and disciplined struggle against drunkenness, theft, idleness, profanity. It is necessary to teach young people from childhood to overcome difficulties and to get used to special conditions. In order to solve the above-mentioned problems, it is necessary to deepen the cooperation between the family and the school, to increase the responsibility of parents for the upbringing of children, and the elderly It is appropriate to decide on the supply and peace of mind. Both young people and parents should never look superficially and lightly at starting a family, marrying a girl or marrying a boy.

All these things show that the structure of the family and the scope of its interpersonal relations, some of its exemplary aspects, are measured by human criteria. At present, the public is concerned about the following urgent problems. Who are the boys and girls in the family being brought up and in what spirit and manner are they brought up? Is the upbringing of the family planned and organized? In the eyes of students, what level of prestige do parents, older relatives, and birth parents have? Is there unity, commonality between parents in family education? How are the means and forms of moral education used in the school applied? How are the methods of encouragement and punishment used in the family? Also, in interpersonal relationships, the nervous system of family members (its strength, balance, temperament (his choleric, sanguine, phlegmatic, melancholic categories), ideological background (his interest, feeling, ideal, faith, outlook, personal position), moral character, attention (his strength, dispersion, restlessness, stability), memory, will (independence, determination, boldness, fearlessness), speech (content, logic, tone, pace, roughness and softness), emotional inner experiences (mood, passion, tension, enthusiasm, hunger, bitterness, happiness) are also

of great interest to people, taking into account the psychological and spiritual aspects. The structure of relations between family members can be roughly explained in this way: relationship between grandparents and all other family members; parental relationships; communication between parents and children; the order of children's interactions; relations of the bride with all family members; such as how brides and grooms communicate with each other. In order for equal family members to marry in harmony and union, the spirit of the elderly, the spirit and spirituality of couples, the spirit of boys and girls of different ages It is necessary to have a certain amount of knowledge about their characteristics (infancy, infancy, childhood, junior high school student, teenager, teenager). are shown, their causes and roots are revealed: 1) lack of attention from adults to children; lack of desire or lack of desire to communicate with children; lack of mutual understanding between parents and children and lack of mutual striving for it; parents' abuse of boys and girls; the blind dominance of paternal and maternal love and its lack of stable importance; the resolution of constant quarrels in the family circle and environment and the lack of efforts to reduce them; unstable feelings and moods of parents, without their order, being random in nature; the incompatibility and fundamental contradiction of the personal interests of the parents; negative behavior of parents and their drinking, smoking, drug addiction, intimate behavior among children of older and younger age; Perpetuation of mutual misunderstandings between father and mother; manifestations of injustice, hypocrisy, theft, extortion, bribery in the family environment; the rules and regulations of family life are focused on personal interest; low educational and cultural levels of parents; the absence of good traditions, pictures, customs in the family and the observance of a certain type of negative behavior, radical separation from the social environment,

As our scholars have pointed out, the main way to educate a person is faith, and faith can be influenced only by persuasion. In order for the educational work to be successful, educators must constantly educate themselves.

Only these ways can eliminate the above-mentioned mistakes and shortcomings in family education. To fulfill this responsible duty, new parents should work more on themselves and strive to improve the means of education. Because the teacher's talent is in love and loyalty to children.

Etiquette of family members means proper relationship and treatment, mutual care, fair demands, respect for human dignity.

Formation of moral and cultural skills in the family"Along with honoring your children, improve their morals as well," says one of the hadiths of Prophet Muhammad. A child is the flower of life. Indeed, our life is blessed with a well-behaved child. However, there are sometimes defects in the behavior of our children, and failure to prevent and eliminate them in time leads to sinful deeds. Therefore, in the family, we should pass on examples of hadith to our children. In the term of pedagogy, there is a concept of "difficult to educate". This concept is usually used to refer to enthusiastic and stubborn students. Also, the group of children with difficult education includes teenagers who are arbitrary, even bullies and pests; It is not an easy task to bring them up, to put them on the right path in life, of course. But diligently, There are also educators-coaches who, showing faith and

selflessness, relying on the laws of social sciences, succeed in this difficult and difficult work. Because, as the famous pedagogue VA Sukhomlinsky said, there is no such thing as a bad child, only a bad educator. It was not for nothing that our people said, "See the mother and take the daughter." By noticing the defects in the child's mentality and culture in time, looking for measures to eliminate them, and by skillfully working and exerting an educational influence, it is possible to achieve effective results. . For this, work based on the sciences of psychology and pedagogy leads to the desired goal. If not, "Dry wood will not bend, a dry beam will not be tied, it will not be born." This proverb says that once something is overdone, it never goes back. (M. Koshgari, Vol. I, 1960. Tashkent, Science, p. 206). Not forgetting that the work of education is as delicate as the work of a jeweler, to teach the child the skills of behavior and behavior from the youngest age, for this , first of all, it is reasonable to use scientific and practical methods such as training, conversation, explanation, persuasion, and examples. A person has the power to create any miracles by practicing and mastering certain habits. If we fail to properly explain that the skills of wrestlers and the courage of astronauts are the result of relentless training; In the future, we will see people like Bahram in "Sabai Sayyor" demanding some kind of encouragement for their skills. for this, first of all, he must have a strong will. Therefore, we need to focus the main direction of our educational work on the formation of training qualities in children. The daily schedule plays a big role in this, and the child who organizes his activities based on it will be able to use his time effectively, will have the ability to work diligently throughout his life. In it, there is a harmony between aspiration and assessment of personal potential. It is also important to influence the child's mind by having a conversation on moral topics from time to time. Such a conversation can be conducted interestingly about the heroes of the work of art, about the life and work of the wonderful people of our country, about the natural world. In this, the age characteristics of boys and girls, knowledge levels, mental capabilities, interests,

In this regard, the communication of children with religious people also clarifies our goal. Islamic hadiths say "Religion is advice." Indeed, a bad word comes out of a knife's sheath, and a good word comes out of a snake's den. Child education is one of the important issues for everyone. Because wherever you lead a child from a young age, he will go in that direction. Therefore, in order to develop their thinking ability, it is necessary to tell and read exemplary stories. First of all, finding a way to the child's heart is the most important task in such matters. At a young age, the child becomes envious of everything and imitates his elders. Sometimes they manage to master the bad behavior of adults. Such characteristics of the child's character are deeply rooted in upbringing, it is more often due to proper upbringing in the family and appropriate, reasonable reprimands, This disease can be gradually eliminated if we grow it in the soil of ibratumuz fertilizers. But we adults are sometimes indifferent to children who have been pampered and lied: we should not approach such defects with the concept of "just a shortcoming" or "still a child". Otherwise, the above "mere flaws" will be expensive.

Humanity is a real (real) human virtue and is the fruit of intelligence. Goodness, honesty, justice, love, loyalty, consequences, compassion, justice and generosity are in the essence of humanity.

Etiquette- is a process that leads a person to spiritual maturity. Formed in politeness. A person's moral level increases with age. It is a process that determines a person's activity and protects him from mistakes. As a result, a person's moral beauty increases.

Manners are morals- the behavior leading from the person to himself and to the world is a defined, determined method of actions, which includes causality, imagination and views, that is, it is the source of the formation of the person (Zuhra Ismailova).

Family is the most important part of people's lives, a small cell of society, a socio-cultural organism. The life of family members is natural-biological (sexual relations, household management), legal (for example, registration of civil status of marriage), spiritual (a unity based on relationships (love, affection between spouses, parents and children, etc.).

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