



## New Psychological Approaches in the Family Education Process

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### ABSTRACT

This article examines new psychological approaches applied in the family and educational process. It analyzes the importance of modern teaching methods, psychological models, and techniques, as well as ways to enhance communication and the effectiveness of upbringing between students and family members. In particular, the article discusses individual approaches, emotional intelligence, stress management, and the role of cooperation between the family and educational institutions. Additionally, factors influencing the socio-psychological environment of the family in the upbringing process are also analyzed.

В данной статье рассматриваются новые психологические подходы, используемые в семейно-воспитательном процессе. Анализируется значение новых современных образовательных методов, психологических моделей и методов, а также способов повышения эффективности процесса общения и обучения между обучающимися и членами семьи. В частности, обсуждается роль индивидуального подхода, эмоционального интеллекта, управления стрессом, сотрудничества семьи и образовательного учреждения. Также анализируются факторы, влияющие на социально-психологическую среду семьи в процессе воспитания.

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Семейная психология, Образовательный процесс, Новые психологические подходы, Эмоциональный интеллект, Управление стрессом, Индивидуальный подход, Сотрудничество семьи и школы, Социально-психологическая среда.

### Introduction

New psychological approaches applied in the upbringing process within the family are essential factors for a child's mental and spiritual development. In today's world, the education and upbringing process is not only carried out in schools and educational institutions but also continues within the family. This article discusses the key aspects of psychological approaches in modern families and their impact on a child's development.

The implementation of innovative approaches to upbringing in modern families creates additional opportunities for children. Traditional family upbringing methods have certain shortcomings, as they often fail to adequately consider children's individual characteristics and needs. However, new psychological approaches are aimed at supporting children by taking their personal development opportunities into account. Special attention must be given to developing emotional intelligence within the family. Through emotional intelligence, children learn to understand and manage their emotions, which is crucial for boosting their self-confidence and establishing social connections. Listening to children and establishing emotional connections with them in the family environment ensures their mental stability.

A positive approach involves teaching a child by encouraging their achievements rather than criticizing them for failures. Applying this approach in the family strengthens children's confidence in their abilities and increases their desire for self-improvement. For example, in situations where a child faces difficulties, approaching them with patience and guiding them can lead to positive outcomes.

New psychological approaches in the family positively impact a child's development and socialization. By applying emotional intelligence, a positive approach, and support methods, modern families can support a child's development and create a strong foundation for them. These approaches enrich the family environment, enhance children's ability to adapt to society, and prepare them for future life.

**The Family – The Foundation of Society** The love for the nation and homeland is instilled in our children's minds within the family and the community they live in. The future of the country, its peace, and prosperity depend on the children growing up in this small unit of society. The families and neighborhoods where proper upbringing is established will flourish and thrive.

Many people ponder the question: "When should a child's upbringing begin?" Scholars have provided different answers to this question. For instance, Ibn Sina stated that a child's upbringing should begin even before birth, from the time they are in the mother's womb. Family, ethics, and education are deeply ingrained duties in our blood. The wise saying, "A child has seven parents in the neighborhood," is unique to our culture. This proverb alone emphasizes how crucial child-rearing and family values are for us. The future, destiny, and progress of any society depend on how the younger generation is raised. This is because the fate of a nation and a country is determined by its youth. Naturally, the earlier the upbringing of young people begins and the more attention is given to enhancing its effectiveness, the better the results will be. The First President of the Republic of Uzbekistan, Islam Karimov, stated: "We all clearly understand that the birth of a healthy child and their strong growth depend on many factors and conditions. However, among them, there are certain decisive criteria that deserve special attention. Firstly, a healthy child is the fruit of a healthy and harmonious family. We consider the family as an institution that ensures the continuity of life and has a profound influence on the fate of future generations."

The rich spiritual values of our ancestors are a powerful factor that unites a nation and a people. Every generation that inherits spiritual and cultural heritage draws strength from it, expands its knowledge and experience, finds inspiration, and contributes to maintaining a certain level of spiritual atmosphere in our social life. It is essential to instill national spiritual values in our children's minds and consciousness, as these values help foster respect for national pride, national ideology, and the creative genius of our ancestors, ensuring their gradual development.

From early childhood, educating the younger generation in the spirit of Eastern, national, and spiritual values, as well as instilling Uzbek traditions and customs, is a crucial factor in their moral development. Thinkers and scholars have recognized this from various perspectives, emphasizing the importance of studying and developing effective and alternative approaches. Addressing this issue remains a significant and urgent task in the field of family studies. A society can develop only if families are peaceful, strong, and prosperous. This, in turn, creates a solid foundation for a healthy spiritual and psychological environment. Through psychological upbringing within the family, worldview, behavioral norms, and various qualities are instilled. The family environment is the result of the educational efforts undertaken by parents and elder members, the sum of the mutual high moral relationships among family members, and the positive influence set by the elders. It is important to consider that the quality of this environment largely depends on the psychology of parents and other family members.

The well-being of each family and the presence of a positive psychological atmosphere directly influence the individual who is born and shaped within that environment. If a society fails to reach the expected level of progress, the emergence of forces that hinder development or lead to crisis is also significantly linked to the role of the family. The unhealthy state of families, incompatible and conflict-ridden families, and the increasing number of divorces not only cause various economic and social harm to society but also lead to children being born and raised in unhealthy psychological, conflictual, and unloving environments. Such children, later in life, may not only become unloving and indifferent toward their parents and siblings but may also exhibit a lack of compassion toward others and their society. They may become cruel, selfish individuals easily influenced by various negative external forces that contradict societal and national interests. This, in turn, lays the foundation for the emergence of dangerous individuals for their families, people, and country. Child upbringing is not merely a collection of experiences, simple instructions, and knowledge; it is a complex process that includes religious and moral knowledge, medical, ethical, psychological, and pedagogical aspects. Today, the difficulty of family upbringing is due to the fact that, as society progresses, the demands for shaping a well-rounded individual continue to increase. This, in turn, raises the requirement to enhance both the quality and scope of aesthetic education, sexual education, and moral upbringing provided to children within the family. In Eastern countries, upbringing is primarily carried out in accordance with Islamic principles. The holy book of Islam, the Qur'an, is considered to have significant importance in education. Additionally, in the hadiths of Al-Bukhari, as well as in the written sources of Eastern scholars, we can find a wealth of information regarding child upbringing. Among them are the following:

Hadith 38: “Along with honoring your children, improve their manners as well.”

Hadith 625: “Every child is born in the natural state of Islam; then his parents make him a Jew, Christian, or Magian.”

Hadith 136: “No parent can give their child a greater inheritance than good manners.”

The Prophet (peace be upon him) also said: “If any of you teaches your children discipline and order, it is better than giving charity every day.” Teaching children discipline is the foundation of family stability. Islam encourages parents to raise their children with a sound upbringing. A hadith emphasizes: “Respect your children and educate them with good manners.” In the process of child upbringing, it is essential not to violate children's rights. Family upbringing has a much deeper impact on children's mental world, emotions, and feelings compared to social upbringing. It is important to emphasize that the philosophical foundations of education and human relations are explained in Sufi knowledge. The role and status of the father in the family play a crucial role in shaping family dynamics. A father, as an individual, must be able to present himself as a role model in the eyes of his children, regardless of their age. Young children determine the authority of their father based on the position he holds within the family. Here, the father's ability to solve not only his child's problems but also those of the entire family is taken into account. Adolescents, on the other hand, begin to observe not only their parents but also their teachers and older relatives. They strive to engage in equal communication with them. At this stage, teenagers tend to establish stronger connections with those who address their concerns and issues more quickly. As they grow, boys and girls start to appreciate their parents, treating them with sincere respect and expressing kindness through their behavior. However, they also expect the same attitude toward themselves. Under the influence of family relationships, children begin to develop noble human feelings such as devotion to common goals, patriotism, and respect for national values from an early age. Through sincere and wise relationships and a warm psychological atmosphere in daily life, family members cultivate qualities such as humility, kindness, attentiveness, patience, modesty, integrity, diligence, conscientiousness, responsibility, self-respect, and thriftiness. If family relationships are built on rudeness and lack of consideration, then negative traits such as arrogance, laziness, irresponsibility, and vanity may develop in the psychological world of family members. Therefore, creating a healthy moral and ethical atmosphere within the family and strengthening it in the spirit of national ideology is a matter of state importance. This is because the changes occurring in social life—its achievements, shortcomings, negative consequences, complexities, and contradictions—are all reflected within the family. The family is the foundation of society, a place where all human virtues, noble intentions, and values take shape and where legal and moral education is carried out from an early age.

The Uzbek family is a sacred place where our centuries-old spiritual values flourish, and its stability and strength are among the key factors in the development of our society. If a family is built on a solid foundation, and moral and spiritual values aligned with Eastern and global standards are established within it, it plays a leading role in raising a healthy generation. From such a family, the concepts of homeland, nation, human perfection, and the future of a strong new generation begin to take shape. The progress of society is achieved through the development of children.

Therefore, raising well-rounded children has always been one of the most pressing tasks of every era, and an innovative approach to this issue remains essential

**Conclusion:** In conclusion, it can be said that parents and the family environment play a crucial role in raising a generation with a strong moral immune system, who can express their thoughts fluently and achieve great heights. It is no secret that in today's world, where various threats aimed at poisoning the moral world of young people are increasing, it is essential for the younger generation to deeply understand who they are, what invaluable heritage they inherit, and to live with a sense of love and loyalty to their homeland. A generation with strong faith and beliefs will be able to protect our sacred land from foreign influences and disasters and contribute to the comprehensive development of our country. Let us raise our children in such a way that they remain loyal to their ancestors, their history, homeland, native language, nation, religion, and traditions, achieving their fullest potential.

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