

## PSYCHOLOGICAL PROBLEMS OF ADOLESCENT DEVELOPMENT IN DYSFUNCTIONAL FAMILIES

<https://doi.org/10.5281/zenodo.10612677>

**Kodirjonova Nafisakhon**

([kodirjonovanafisakhon@gmail.com](mailto:kodirjonovanafisakhon@gmail.com))

*OXU - International University of Asia*

**O.R.Avezov**

*Ps.f.f.d., associate professor*

### **Annotation**

*This article explains a very relevant topic today, a family that becomes incomplete due to divorce, problems for teenagers in single-parent families, providing assistance and gradual relief of their difficulties growing up. Not being able to express one's opinion in the situation of growing up in a poor family, being isolated from society, traumas received as a result of violence, which over time are of a negative nature, where feelings develop into hatred and discussion of the possibilities of starting a family.*

### **Key words**

*Adolescence, growing up of a teenager in a single-parent family, psychological problems, research methods, psychological changes in adolescents and their causes.*

### **Аннотация**

*В данной статье разъясняется очень актуальная тема на сегодняшний день, семья которая становится неполной из-за разводов, проблемы у подростков в неполных семьях, оказание помощи и поэтапное облегчение их трудностей взросления. Не имея возможности выразить свое мнение в ситуации взросления в бедной семье, оторванности от общества, травмы полученные в результате насилия, с течением времени носящий негативный характер, где чувства перерастают в ненависть и обсуждение возможностей завести семью.*

### **Ключевые слова**

*Подростковый возраст, взросление подростка в неполной семье, психологические проблемы, методы исследования, психологические изменения подростков и их причины.*

### **INTRODUCTION**

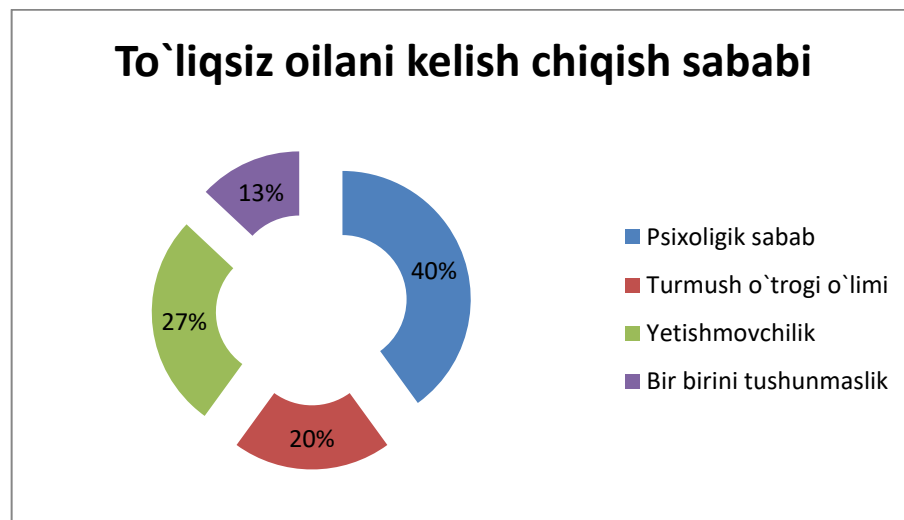
Adolescence has its own physiological and psychological characteristics and is a period of transition from childhood to maturity. The transition from childhood to

maturity occurs during adolescence. This period is considered a very important period for a child, and it was Psychologist L.S. Vygotsky who called the psychology of adolescence a "crisis in mental development". At this time, the love of parents is considered equally necessary for a teenager. It is no secret that nowadays the number of divorces is increasing every year. Historically, single-parent families were often formed as a result of the death of one parent. In the 17th, 18th, and 14th centuries, high rates of parental mortality were mainly due to disease, war, and complications from childbirth.

Parents of children growing up in single-parent families are always worried that their children will be in an unhealthy environment and that character defects will appear. However, parents should not generalize, because mentally mature children can also grow up in single-parent families.

Parents of teenagers growing up in single-parent families should be more aware of their children's internal situation and allow them to find themselves. In addition, their children should be given love and affection from both sides so that they can be raised in a healthy manner while understanding that they are going through a mental condition.

A diagnostic test was conducted to study social problems in single-parent families.



As can be seen in the table, the main causes of single-parent families are psychological reasons, as well as lack of understanding of each other.

How do single-parent families affect a teenager, and what problems can teenagers brought up in single-parent families face?

1 Inability to express one's feelings

Some children in single-parent homes don't talk much. In fact, they are very perceptive, bright, able to distinguish between good and bad. For example, who or what is useful to him, who speaks is of great importance. Simply put, they try to hide their inner thoughts and feelings from a young age. A communication barrier, that is, if a parent does not have time or opportunity to care about the child's heart and soul, and no one asks him or her about his or her thoughts and feelings, he or she feels alone. It hurts and as a result loses the ability to convey their inner feelings.

2. A constant presence in your life that you cannot ignore.

Children suffer greatly when their parents' divorce is caused by underlying trauma, such as infidelity or domestic violence. Later, as an adult, anxieties and prejudices about marriage may emerge, and this presence remains in the child's mind.

3. Development of a negative character

A child's personality is often strongly influenced by the family in which they grow up, while parental divorce can also cause deep disappointment in a teenager. He may develop bad characteristics such as low self-esteem, self-dependence, irritability, stubbornness, etc.

4. Jealousy

Every young person dreams of having a healthy family. Children from single-parent families are usually not as happy materially and spiritually as children from other households. Their jealousy can quickly turn to hatred.

5. Cold attitude towards marriage

When a teenager grows up and starts a family, he may face some difficulties, or he may quickly give up and even lose hope when a couple has small quarrels. Since her parents divorced when she was a child, she may believe that divorce is a common and inevitable consequence of marriage.

To sum up, a teenager who is brought up in a single-parent family requires a lot of attention from every part of our society to his characteristics and changes. It is appropriate to encourage him to express his opinion by working individually without separating him from society, not to underestimate himself and not to stop dreaming, and to work according to the principle of "One child has seven neighbors."

## REFERENCES

1. L. S. Vygotsky's Pedological Works: Volume 1. Foundations Of Pedology [Vol. 1, 1st Edition] 9811505276, Springer Nature Singapore Pte Ltd. 2019
2. JOURNAL OF CLINICAL CHILD AND ADOLESCENT PSYCHOLOGY SSCI (2023)
3. Qodirova, M. (2020). Voyaga yetmagan o'smirlar xulq atvorini shakllantirishda olib boriladigan ishlar mazmuni. Архив Научных Публикаций JSPI
4. Avezov O.R. Ekstremal vaziyatlarda oilaga psixologik xizmat ko'rsatish amaliyoti. PEDAGOGIK MAHORAT Ilmiy-nazariy va metodik jurnal 5-son (2021-yil, oktabr). Buxoro, 2021 y. B. 145-150.
5. Avezov O.R. Psyschological relations between family members. Ssientifis Journal Impast Fastor. VOLUME 2 | ISSUE 2. ISSN 2181-1784. SJIF 2022: 5.947 February 2022 www.oriens.uz. P-945-949
6. Avezov O.R. Ta'lim- tarbiya jarayonida agressiv xulqli bolalar otanasi bilan ishlashning o'ziga xos psixologik jihatlari. "O'zbekistonda fuqarolik jamiyati qurish sharoitida shaxs ma'naviy madaniyatini shakllantirishning falsafiy omillari" //Respublika ilmiy-amaliy anjumani materiallari// Farg'ona, 2017 y. B. 248-251.
7. Avezov O.R. Mutaxassislikka kirish. Darslik,"Durdona" nashriyoti, 2021 yil. 243 bet.
8. Avezov O.R. Deviant xulq-atvor psixologiyasi. Darslik, " Buxoro viloyati bosmaxonasi" nashriyoti, 2019 yil. 495 bet.
9. Avezov O.R., SH.R. Barotov, L.YA. Olimov. Psixologiya nazariyasi va tarixi. Darslik. "O'zbekiston faylasuflari jamiyati" nashriyoti. Toshkent. 2019 yil. 492 bet.
10. Avezov O.R. Ekstremal vaziyatlarda oilaga psixologik xizmat ko'rsatish amaliyoti. Psixologiya. № 1 son (2021) Buxoro. 2021. B. 21-27.