

## PSYCHOLOGICAL BOUNDARIES

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**Abstract:** This article provides data on psychological boundaries.

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The modern world has become well versed in the field of psychology. People began to understand the importance of mental health, psychogenetics and the value of psychological boundaries. There are already people among us who can distinguish personal boundaries from publicly accessible ones; who can refuse others without feeling guilty or make decisions on their own, and not with the help of someone else's interference in their personal lives. But often there are those who are not working on it yet and are trying to be convenient for everyone, or maybe they just don't know where to start and how to deal with this situation.

What are personal boundaries? Personal boundaries in psychology are the understanding of one's own "I" separately from others, and the awareness of one's own separateness forms the basis of our personality. A child after birth does not perceive himself as a separate person for a long time, he presents himself as an extension of his mother and both physically and emotionally completely depends on her. In the process of separation, the personal boundaries of the infant begin to form, i.e., the emotional and physical maturation of a person occurs. From here we can conclude that all the problems come from childhood. And I will say that not all, we get some difficulties in adolescence or adulthood.

If you think of a person as a house, then the most important part of it is the foundation. The first floor is non-residential premises (commercial), important issues are being solved here, such as: should people be allowed in at all or should the doors be locked?; how to treat those who want to come in?; whether to react to the noise that is being made on the street? etc. The second floor is residential (families are being created or not being created). And so, over time, the building begins to rise, the third, fourth and so on are built above the second floor: new people and new relationships appear in the house. We are all like houses in this sense: the most important and unchangeable thing is at the bottom (temperament), and what can be changed is built above.

Let's talk about the "foundation". It was said above that the foundation in our personality is our temperament, i.e. what we received from our parents. Temperament is a set of innate properties of the human psyche. It serves as a basis in the formation of character and personality, while influencing the dynamics of the emotional and physical side and human behavior.

Many of the causes of violated borders lie in childhood. Often parents do not even know it or consciously do not allow the child to separate from them and formulate their personal boundaries or violate them. In adulthood, we simply name these grievances and claims against others. The main reason is fear (to be rejected, fear of conflict, to be bad, evil, selfish, tyrant). This is how the habit of changing one's borders and violating others' borders is formed, or, conversely, defending one's own rigidly.

Remember your childhood! Often, you behave the same way as then, or vice versa. Did you have your own place (room, bed, corner, etc.)? Did you feel that this place was only yours, a place where you could not enter without your permission? Often parents do not understand this and simply begin to invade the door without knocking and permission.

#### Parental regulations

Borders can be violated in other ways. For example, very often in childhood we heard reproaches from parents "Boys don't cry", "Don't shout, you're a girl", "Don't laugh so loudly", etc. or in general "I'll give you to that aunt over there if you...". Maybe it may seem silly to someone, but in fact, this is how we teach our children to block emotions and adjust to someone else's opinion, forgetting about their boundaries. And we must not forget that a child up to a certain age does not perceive jokes. Now imagine what happens to him when he hears a phrase in the form: "I'll give you to that aunt over there", "Quickly close your eyes, otherwise a babaika will come for you", etc. He just starts to take it seriously and house is going on inside the child. All of the above phrases are parental messages.

Thus, parental prescriptions are certain phrases of parents that are quite often repeated and which are understood by children in a completely different way than parents think.

Let's get acquainted with some of them in more detail.

The command "Don't be yourself"

The meaning of this order is that the child is not accepted as he is. He will be loved if he becomes "right" and meets the criteria of parents, i.e. they already have a ready-made template and an idea of what a child should be. And you and I know that children already come into this world with individual traits. And it is not a fact that these features coincide with the fantasies of adults about their future child. In the future, such people may have a lack of self-acceptance, low self-esteem, a tendency to self-condemnation, a feeling of being "wrong", unworthy and generally some kind of "wrong". There will be other people who seem better and more worthy and it is easier for such a person to love others than himself.

The command "Don't be a child"

This order is formed when the family makes it clear that being small is bad, but being an adult is good. Another case where this message is being formed – if a child had to grow up early, he was forced to take care of his parents, take care of a sick parent and earn money for medicines, children in families with alcohol addiction, parental support after a divorce or when a child does not have any rights and freedoms, parents believe: while he is small, he cannot decide anything, "We are better we know what he needs." In the future, they will grow up very responsible and anxious, but it is difficult for them to relax and feel calm, it is difficult to allow themselves to buy something just for joy, and not because it is useful and practical. Such people often grow up to be workaholics, which certainly destroys their psychological personal boundaries.

The order "Not to grow up"

Can be given by parents who are afraid to be left alone with their own lives. It is most typical for parents in divorce or where the child is overprotected and protected from the outside world. The order does not allow a person to be independent, separate from his parents and live an adult life making independent decisions without the intervention of other people and their opinions. Such people often grow up infantile, indecisive, and there may even be problems in the institution of the family.

The command "Don't be the first, don't achieve, don't do"

is the child's conviction that he is not capable of anything, that everything he does will be bad. Parents constantly say that he did not cope with something, reproach for all mistakes or the phrase "Do not touch, or you will break". Such people will often not be satisfied with the work they do, or there will be difficulties in performing a certain task, they can find fault with the quality of work performed by other people.

The command "Don't be close"



Such children often have busy parents or they simply do not have the opportunity to communicate with the child a lot. Installation: "it is useless to desire intimacy, or even abnormal at all." And stops reaching out to others and believing in their feelings. If the parents themselves have suffered from intimacy, then they will pass this wisdom on to the children. Sometimes parents say directly: "no one but your family will support you." In the future, such a person may experience difficulties in love, in such a relationship he will try to keep detachment and distance, in the upbringing of his children he will show composure.

The command "Don't feel"

It often manifests itself in a ban on a particular feeling - anger, resentment, fear, sadness and joy. Depending on which feeling is being suppressed, it is with him that the adult will have difficulties. Imitation and obedience are the two main ways to receive such a message. If one of the parents was emotionally cold, then the child can copy this behavior. With phrases like, "You're a girl. How can you be angry!", "boys don't cry!", "who laughs a lot, he will cry a lot." If parents support a child when he feels bad, but do not share a good mood with him and do not rejoice at his victories, hence the conclusion that it is beneficial to be ill, ill health makes me beloved. In the future, it will be difficult for such a person to establish a connection with others, show empathy and understand their own emotions.

The command "Don't live"

This is the most terrible order that parents can pass on. Reasons: an unwanted child, a pregnant wedding, one of the parents was against the birth of this child, a divorce because of the birth of a child. Phrases: "I sacrificed everything for you!", "I'll give you to that aunt over there", "I don't need such a child", "If it wasn't for you...". It should be borne in mind that the level of understanding of humor and sarcasm in children = 0. This message in the future programs a person for self-destruction and self-harm, and most often he does not realize that he has it. The feeling of uselessness, the feeling that he is superfluous in this life. If the message is repressed very deeply, then there is not even such a feeling, but there are unconscious attempts to leave life and/or depression without obvious reasons, alcoholism, drug addiction and illness.

The listed orders describe the mechanism and principles of parental messages. There are a lot of such messages, but the general mechanism is the same for everyone: the parent says something, but the child perceives it in his own way. And the most important thing is that all these messages are directly involved in the formation of personal boundaries.

There are a lot of books and articles on the topic "Psychological boundaries", which in turn shows the importance and vastness of the topic. All messages and parental prescriptions are directly related to the characteristics of a person's character, and character certainly affects our life scenario.

### References

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