

## PROBLEMS BETWEEN PARENTS AND CHILDREN

*Scientific supervisor: Firuza Sharipova.  
Abdikulova Shaxzodabonu Ilyosjon qizi.*

*Student of Tashkent State Pedagogical University named after Nizami*

**Abstract:** this article will focus on problems, conflicts and some disagreements between parents and children and their negative consequences as well as giving them suitable solutions.

**Key words:** problems, teenagers, adults, siblings, loss of money, conflict, society.

**Introduction:** The family is a part of the society. Every famous person grew up and was educated in the society called family. If every citizen realizes that the role of the family is important for the society, we will help our children to grow up. Because all good and evils begin at the threshold. But nowadays, the relationship between children and parents is becoming very complicated. Especially the teenage period of children is difficult for both sides. This situation existed before, but today this topic is very relevant. It is even necessary to turn to psychologists to resolve these conflicts. A parent-child relationship (PCR) is one that nurtures the physical, emotional, and social development of the child. It's a unique bond that every child and parent experience, enjoy and nurture. The relationship lays the foundation for the child's personality, choices, and overall behavior. Studies suggest that a healthy parent-child relationship leads to positive outcomes for the children and the family (1).

Conflicts between parents and children: nowadays, children are developing rapidly. This is definitely influenced by the environment. One of the important problems is that teenagers compare themselves with their peers. That is, they compare what they have or don't have with their friends. However, if he doesn't have what his friend has or is not better than him, that child becomes angry and jealous. They start to demand from their parents. Why does he need it? We know that adults have their own problems and expenses. If the parents say that they cannot bring something like their friend's or ask for some time to bring it, the child will start to behave differently. In such situations, it is recommended to parents to be careful. That is, it is better to talk with the child about what his child wants, to what extent he needs it or not, for what purpose he wants to use it, and to what extent it interests him.

Some children lack love from their parents. They feel lonely. And they tend to look for love from outside. There may be various reasons for the lack of love and attention. For example, some parents spend time from morning to night. Because they are busy with work, they may not have time to talk with their children, or to spend time

with their children. Or there are some parents who, even if they have time to pay attention to their children, are busy with other work. Busy working parents need time off for their children separately. And direct parents may try to think about their behavior.

Adolescence — giving personal space to the kid

Teenage is a turbulent and vulnerable phase, which brings about physical and psychological changes in the child. Parents should acknowledge and understand their teen's needs, support them, and give them the freedom they need without being overly controlling. Parenting with love and acceptance by adopting a positive approach even during challenging times can be an effective way to guide teenagers.

Adulthood — talking on equal terms

Adulthood is the time when stability starts setting in. The parent and the grown-up child are now able to relate to each other. Adult children are sometimes torn between their personal and aged parents. It can be quite stressful to balance between the two. However, most adults do maintain a healthy relationship with their parents. The requirements and priorities of one family are different from those of another. For instance, the bond you share with your child may not be the same as the one your friend shares with their child. This means that your type of parent-child bond is different from that of your friend.

Research says

Adolescents respond positively when their parents have logical justifications for their high expectations from them (2).

Let's not misunderstand one. Sometimes neither side will stick to what they know, even if they know who is right. And this conflict will continue until one side gives up. In most cases, after the conflict is over, both sides will come to their senses and admit the truth.

Types Of Parent-Child Relationships

### **1. Secure relationship:**

Children feel safe with their parents/caregivers and believe that they will be taken care of. A secure relationship is formed when the parents are consistently responsive to their children's needs. Children who enjoy a secured relationship with their parents are more likely to be independent and self-confident later. They interact well socially and are better able to regulate their emotions.

### **2. Avoidant relationship:**

Children feel insecure because parents are not responsive to their needs. They are forced to become independent and take care of themselves as children. An insecure parent-child attachment leads to developmental and adjustment problems, as well as behavioral issues such as biting, pushing and hitting. Kids who experience this relationship are more likely to have poor social skills (e.g., withdrawal or aggression),

and tend to be disobedient and impulsive. However, this does not imply that they are destined to fail in life. Change can certainly occur as the child grows.

### **3. Ambivalent relationship:**

The needs of the child are sometimes met and sometimes not. Parents respond but not consistently. For instance, the parent might not respond immediately to a child that is hungry or crying as they are busy with work. But they might respond after some time. These children grow up to be clingy and tend to be over-emotional.

### **4. Unorganized relationship:**

In this relationship, parents neglect the children's needs and the kids learn not to expect anything from their parents. In such cases, it is likely that one or both the parents suffer from psychological conditions.

These children engage in meaningless activities and behave unusual. Some of them tend to speak fast and make it difficult for the other person to comprehend their speech or behavior. So, have you related to one of these types? And you might have realized which type is better than the others? In order to develop a better bond, you need to follow certain basic principles of parenting, which we discuss next.

#### **Quick fact**

Parents' interactions and behavior toward their children depend on their personal history, goals, beliefs, life situations, temperament, and gender (3).

#### **Relationship**

There is no 'one-size-fits-all' when it comes to parenting. However, the following principles lay the foundation for positive parenting:

Set some parenting goals: Whether you want to raise a healthy and disciplined child or have a healthy parent-child relationship, identify your goals and understand what you need to do to achieve them. Bring in warmth and structure in your interactions: Treat every interaction as an opportunity to connect with your child. Be a warm and receptive parent, who encourages interaction. Structure your interaction by having rules, boundaries, and consequences in place and ensure that your children understand them. Ground rules are a must: Ground rules tell your children how to and how not to behave. Rules have to be set by discussing with the child, coming to a mid point between the parents' and the child's needs. You can firmly implement such rules which are comfortable and meaningful to both. But having too many rules is not a good idea. Acknowledge and empathize with your child: Whether it's a happy or difficult situation, acknowledge your child's feelings, understand them, and reassure them that they can depend on you to solve all their problems.

Take a problem-solving approach to conflicts: When your child has a problem, try to look for a solution instead of punishing your child. Punishments demoralize your child and they lose trust in you. But when you work with them to find a solution, they also learn.

These principles can guide parents at a macro level. What about everyday interactions? How can you strengthen your bond with your child through everyday routines?

### Quick tip

Do not rush to prevent mistakes or solve your children's problems. Excessive involvement may send them a signal that you don't trust them (4).

Some of the benefits of good relationship between parents and children:

- Young children who live with right and soft environment to their parents get a better opportunity to developing happy and good relationship with other people in there during the life.
- A child who has safe relationship with parents knows that manage own reflection under stress and come across difficult situations.
- Encourage linguistic, mental and emotional developments of the child.
- Helps the child exhibit optimistic and confident social behaviours.
- Healthy parent involvement and intervention in the child's day-to-day life lay the foundation for better social and academic skills.
- A secure attachment leads to a healthy social, emotional, cognitive, and motivational development. Children also gain strong problem-solving skills when they have a positive relationship with their parents.

### Advices for parents:

- Play together with children, cook meals with girl child, fix broken items with boy child.
- Exist in life of young children.
- Spend time together, eat dishes, sleep together.
- Listen them and pay attention to children. Solve problems consulting together.
- Show your love to your child.
- Have a conversation with your children.

This article will help connect the connection between adults and children, and solutions to some conflicts have been brought. I hope it helps too

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