



## **SOCIO-PSYCHOLOGICAL ASPECTS OF A HEALTHY LIFESTYLE IN THE FORMATION OF MOTHER-CHILD RELATIONSHIPS IN THE FAMILY**

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### **ABSTRACT:**

The article considers the role of the relationship between mother and child in the formation of a healthy generation in the family and its ethno-psychological, socio-psychological factors. The role of family values in promoting a healthy lifestyle in the family is also discussed.

**Keywords:** A healthy generation, a healthy lifestyle, the psychology of a healthy lifestyle, socio-psychological and ethno-psychological factors in the formation of a healthy lifestyle, the relationship of the mother with the child..

### **1. INTRODUCTION**

The role of families, the strength of families in the development of any society is invaluable. Because just as the health of a living organism depends on the health of each cell that makes it up, the family is the cell that makes up a whole organism, called the state, society. The health of each family, the dominance of a positive psychological climate in them directly affects economic, social progress. After all, the family plays an important role in human maturation, which comes into the world in the family environment, forms as a person, and then forms as a citizen of the state in which he lives.

The role and importance of the family in the formation, content and development of spirituality of a healthy child, a healthy generation is also immeasurable, and issues related to the family are one of the main problems of the psychology of family life.

Since family-related issues are one of the main areas of the science of Social Psychology, a consistent analysis, study, systematization of concepts, relying on theoretical and methodological views recognized in science, is one of the most important tasks at the present time [2].

It is known that the family ensures the eternity of life, is a sacred sanctuary that ensures that the work started by the parents is carried out by the heirs. This contributes to the preservation of the spirituality, value, traditions of the dargah nation. One of the issues that has attracted the attention of the general public and scientists in subsequent years is the problem of personality and Family, Family Relations. The study of this problem is also of great importance for the development of the state of Uzbekistan, which today is restoring its historical, cultural, national and universal values.

The question of interaction between generations, especially in the family between representatives of different generations,



parents and children, has been one of the most pressing problems since the early times of human development. Because the life experience, knowledge, skills, skills acquired by a person are transmitted from generation to generation precisely through this system of relations, and more specifically, through the relationship of mother and child, and this inheritance is enriched from generation to generation.

It is through these intergenerational relations that the traditions, norms of behavior that have become the national values of this or that people are preserved, polished or, conversely, eroded for centuries. If intergenerational relations are not organized in a purposeful way, if negative aspects are manifested in the relationship of parents and children, such values may disappear, they may be replaced by alien, destructive dogmas.

The transfer of life experience by representatives of the older generation to the younger generation and the assimilation of the heritage of the older generation by representatives of the younger generation, their further enrichment and, in turn, transfer to representatives of the next generation will not be easy at all times. In this regard, there are also misunderstandings, disagreements in the relationship of representatives of different times, periods, ages.

As we go about the issues of the formation of a healthy generation, a healthy child, it will be necessary to look for its root not from the time when this generation was born, but from the way of life of the ancestors of the past, the character of the traditions they practiced and the essence of such many traditional, national values. And such values are transmitted from generation to generation through the interaction of mother and child, the closest, most solid link in intergenerational relations.

Therefore, in our view, the solution to the problems associated with the formation of a healthy child should first be sought from the interaction of mother and child, the dynamics of these relations, the nature of the changes taking place in this process. Based on similar considerations, we were punished to focus on some socio-psychological situations that our ancestors followed unconditionally and were able to forget about in the analysis of the necessary factors for the followers of our future generations, whose past was great, to become literally healthy generations, healthy children, worthy heirs of our great future. And in this, an attempt was made to compare on the example of the past and present of the mother-child relationship.

Before talking about the psychological, socio-psychological aspects of the relationship between mother and child, it should be noted that as a result of the development of the lifestyle of people, an increase in the level of urbanization in it, the development of Science and technology in the daily life of people, the absorption of advanced technological achievements, this relationship will also become more

It is no secret that the character of the interaction of parents and children in modern families differs from the interaction between representatives of previous generations in that they are much more complex, different. Indeed, those who are not satisfied with the interaction between parents of the present time with their children, with their behavior, behavior, character, the state of formation and development of the psycho-psychological world, who have a number of problems in this regard, are more likely than in previous times [3].

Pedagogical and psychological specialists, whose activities are directly related to the study of problems of raising children, unpleasant phenomena observed in



the behavior of children and in the system of their interpersonal relationships with those around them, behavioral deviations, delays in mental development and similar problems, believe that the reason for such situations is more due not to the same children themselves, but Indeed, most of the unpleasant phenomena that are observed in children's behavior are a complication of mistakes and shortcomings made by parents in relation to the upbringing of a child. The solution of most of them will depend not on the behavior, behavior of the child, but on the psychological environment created by the parent and by them in the family.

As mentioned above, there are also specific consequences of the fact that people's lifestyle evolves and rises. The more the achievements of Science and technology are used for the purpose of facilitating, alleviating people's lifestyle, living conditions, the more the psyche of people, the naturalness in the development of their psyche, will continue to change. And a violation of naturalness in the human psyche may not always lead to the expected positive results.

In the process of developing and achieving unparalleled achievements, we also have values that are being lost, which are likely to be overlooked, forgotten, ignored, cause serious disappointments in people's lives, relationships.

Judging by our observations, the socio-psychological factors of the formation of a healthy generation in the family, in which, together with the influence of the character of the relationship of parents and children, the cause of certain inaccuracies observed in interpersonal relationships in the family is noticeable not only in the behavior of the child, lifestyle, personality or parental behavior, but also in Whereas in the birth and formation of a healthy child, in the

organization of Mother-Child relations in the family, we have such values that have been practiced by our ancestors for thousands of years, permeated the psyche, lifestyle, traditions of our people, these values not only ensured the purposeful formation and development of relations in the family, but also served to

Let there be a thousand regrets that under the influence of the notorious ideas about the formation of a "single Soviet people" in the era of our recent past, 70-80 years of the despotic system, many of our traditions and national values, which our people and ancestors practiced for thousands of years, were being forgotten as "exhibitions of old age".

The formation of the mother-child relationship, which ensures the birth of a healthy child, occurs before the child has not yet come to the light, that is, from the fact that the mother is pregnant with him, begins to form nails [4]. That is why the care of a pregnant woman, a positive psychological climate for her, the creation of a calm living environment are important factors in ensuring the issue of the health of the future generation.

The fact that the most characteristic values of our people, such as the veneration of a woman, the veneration of a woman, the glorification of a mother, especially the availability of a pregnant woman, are going to recover again today is one of our greatest achievements thanks to independence.

Nowadays, a huge amount of work is being done by our government to protect motherhood and childhood, to support women in every possible way, to create favorable conditions for pregnant women. But nevertheless, at the moment there are a number of problems associated with the course of pregnancy. Because the current conditions, production processes, social life, people's relationships, lifestyle differ sharply



from those of past times in their intensity, complexity.

If women work, they spend the first 6-7 months of pregnancy actively participating in labor processes. And this leads to a violation of the biological clock, bombardons, adaptation processes, which we talked about above [1]. Even if the mother-to-be is a housewife or a woman who has gone on a decree holiday, she cannot afford the conditions of the previous women. Because now people have a much higher degree of autonomy, isolation (isolation) from each other, that is, women who are approaching month by day do not have the opportunity to pass a man they like next to everyone. Now the level of employment of people (including women) is much higher. A woman who goes on a decree vacation often has to be alone. The spouse, mother, sister, friend, etc. are all busy with work and other chores. There are not even cases when a person who reports an ambulance at the time of suffering is not found.

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