

## ANALYSIS OF PARENT-CHILD RELATIONSHIPS IN FAMILIES IN LITERATURE: EMOTIONAL STATE OF SCHOOL-AGED CHILDREN

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### Abstract:

This article analyzes the effects of parental relationships in divorced families on children's psychology based on a review of scientific literature. The study explores how divorce-related family dynamics impact the emotional and psychological well-being of school-age children. The literature analysis is conducted from philosophical, psychological, and ethnopsychological perspectives, with special attention to the cultural context of Uzbek family values and traditions.

**Keywords:** divorce, parental relationships, child psychology, emotional state, ethnopsychology, family environment, literature review

Currently, special attention is being paid to strengthening the institution of the family in educational and research institutions worldwide. In particular, the distribution of family roles and responsibilities between spouses, the position of women in the family, mutual understanding between partners, emotional closeness, and the degree to which interpersonal relationships affect family stability are being studied deeply from a scientific perspective. Moreover, significant emphasis is placed on researching the social-psychological factors that ensure family stability, the psychology of family relationships, family values, and the ethnopsychological characteristics of marriage motivations.

Unfortunately, in recent years, the number of divorces has been increasing, making the development of effective solutions based on scientific, practical, innovative, and modern approaches to strengthening the institution of the family one of the urgent issues. The family plays a crucial role in human life. It is through familial relationships and communications that individuals fulfill their needs, such as a sense of belonging, self-affirmation, love, and self-awareness. The warmth and understanding among family members significantly influence the formation of a child's personality. Therefore, the experience related to family relationships and child upbringing has been accumulating and shaping since ancient times.

This article is dedicated to analyzing the main philosophical and psychological-pedagogical approaches to studying the relationships between children and parents in families. In Freud's classical psychoanalysis, the impact of parents on a child's cognitive development occupies a

primary position. Parents, especially mothers, provide the earliest and most significant experiences for the child. The complete fulfillment of a child's life needs is based on mutual trust and activity.

According to Erikson's psychosocial development theory, resolving psychosocial conflicts is essential in the process of personal growth, where autonomy, trust, and initiative play vital roles in forming a healthy individual. Byutner discusses the impact of family education and social factors, including the gaming industry and the internet, on personality formation. Transactional analysis theory believes that individuals can change and shape their own destinies, presenting contract methods and principles of openness as the basis of this theory. Skinner distinguishes two primary types of behavior to study and influence behavior: respondent and operant. Adler's personality theory posits that every individual has a drive for social interests and self-actualization, describing people as striving for social feelings and personal perfection.

Many studies are being conducted today on how the changing socio-cultural conditions influence family development, values, roles, and behavior patterns of its members. These processes shape parents' views on child-rearing and the child's role in life.

Family-related issues have been extensively studied by specialists from various fields. In particular, foreign psychologists such as D. Myers, V. Quinn, and P. Zimbardo have researched family and familial relationships. Russian and French scholars have also paid special attention to the role of the family in personality development. Among international psychologists, R. Brazington, T. Dumitrashku, F. Galton, W. Toumen, R. Richardson, R. Zajonc, and G. Khomentauskas have studied the influence of family relations and personality development within their cultural contexts.

S. Judi studied how parental relationships in divorced families affect children's psychology, noting that the divorce process can lead to stress, anxiety, and depression in children. She also emphasized the importance of communication quality between parents. Her studies confirm the need to protect children's social and emotional development from the negative effects of divorce. B. Joan conducted several analyses on the impact of divorce on children's emotional states, focusing on the quality of parental relationships after divorce, especially in relation to children's social adaptation and emotional attachment. Her work shows that poor relationships between parents during divorce lead to anxiety and depression in children.

Kelly conducted in-depth research on the influence of parental relationships on children's psychology, highlighting the importance of healthy communication and cooperation between divorced parents in maintaining children's emotional stability. A. Paul investigated the relationship between post-divorce parental interactions and children's psychological well-being. His work supports the idea that parental behavior during divorce affects children's anxiety and depression levels and emphasizes the need for constructive communication and a

supportive environment. B. Ann studied the impact of parental relationships in divorced families on children's emotional states and stressed the importance of psychological support during the divorce process. Her research examined measures needed to help children recover from the anxiety and depression caused by poor parental relations. Bjon explored the effects of post-divorce parental communication on children's social adaptation and emotional stability, and also examined social factors affecting children during divorce. A. Mary analyzed the impact of parental relationships in divorced families on children's emotional states, advocating for the development of strong and supportive parental relationships after divorce to reduce anxiety and depression in children

Michael Lamb is one of the researchers who analyzed the emotional and social development of children in divorced families. He studied the impact of divorce on children's anxiety and social adaptation, showing that communication between divorced parents directly affects the child's psychological well-being.

Numerous studies have also been conducted in the countries of the Commonwealth of Independent States (CIS) on the family and its role in personal life. Scholars such as V.V. Boyko, G.M. Breslav, A.G. Volkov, S.V. Kovalev, V.P. Levkovich, E.I. Pavlovich, and V.L. Titarenko have carried out scientific research on family-related issues, the genetic and acquired characteristics of individuals, and the influence of the family on personality development.

However, the scientific evidence and conclusions gathered by these scholars may not fully apply to the Uzbek context. Each nation has its own customs, traditions, and values, which naturally differ from those of others. Therefore, in Uzbekistan, the family and the relationships within it are regarded as unique cultural values, reflecting specific national patterns. Hence, it is necessary to study existing issues with consideration for regional and ethnopsychological characteristics.

In addition, Eastern thinkers such as Bahauddin Naqshbandi, Ahmad Yassawi, At-Termizi, Al-Bukhari, Boborahim Mashrab, Abu Rayhan Beruni, Abu Nasr Farabi, Abu Ali ibn Sina, Al-Khwarizmi, Burhaniddin Margilani, Mahmud Kashgari, Ahmad Donish, Yusuf Khos Khajib, Abdulla Avloni, and Abdurauf Fitrat, as well as contemporary Uzbek scholars like M.G. Davletshin, G.B. Shoumarov, V.M. Karimova, E.Gh. Ghoziyev, Sh.R. Baratov, M. Mamatov, B.M. Umarov, and many other researchers have studied family relationships, conflicts between spouses, and the impact of these factors on child-rearing. These studies, conducted in light of local conditions, help to deepen our understanding of the socio-psychological aspects of family problems and relationships.

Therefore, the chosen topic—namely, the study of family problems—is particularly relevant in the context of Uzbekistan. Today, in our country, special attention is being paid to research on family relationships and interpersonal socio-psychological issues. The studies conducted by scholars such as F. Akramova, D. Abdullayeva, V. Karimova, A. Kadirova, Z. Nishonova,

G. Niyozmetova, M. Salayeva, N. Sog‘inov, R. Samarov, Z. Rasulova, M. Utepbergenov, and G‘. Shoumarov are of particular significance.

F. Akramova examined family relationships and their interpersonal socio-psychological importance, analyzing the impact of family conflict situations on the psychology of both children and adults. Her work highlights the necessary measures to reduce the negative effects of family relations on children's development.

D. Abdullayeva studied family issues and investigated how divorce affects the emotional state of children, as well as the influence of healthy communication between parents on children's psychology.

Based on general literature, it has been determined that the relationship between parents in divorced families has significant scientific importance regarding the psychological state of children. Research shows that the quality of the relationship between parents during the divorce process directly affects the child's psychology. The socio-psychological conditions within the family—particularly communication and emotional bonding between parents—shape children's emotional stability, social adaptation, and vulnerability to anxiety and depression.

E. Furthermore, family relationships, their formation, and consistency have a considerable impact on children's behavioral changes and emotional attachments. Healthy and positive interactions between parents play a crucial role in strengthening the psychological aspects of a child's development. Therefore, in order to improve the psychological well-being of children in divorced families, it is essential to maintain healthy communication between parents, expand psychological support, and establish a system of social assistance for children.

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