
FACTORS NEGATIVELY AFFECTING A CHILD'S PSYCHOLOGY

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Abstract. This article describes some factors that have a negative impact on the psyche of children. The causes and consequences of such factors are explained with examples. The article also provides an example of one of the trainings that provides psychological support to children who are under stress due to negative influences.

Key words: mentality, negative factors, mistrust, regular abuse, hope, confidence, training

Currently, the psyche of many children is exposed to various negative influences from different sides. However, these influences leave a deep mark on their lives and change the norms of behavior towards others. In the development of a child and his emotional sphere, a special role is traditionally assigned to the factor of interaction between parents and child in the early stages of ontogenesis. A child is a social being from the very beginning, completely unable to maintain his existence, and this process completely depends on the adults in the family, who have become the closest person to him. The need for specific methods of influencing an adult leads to the emergence of a direct emotional connection between parent and child in the process of interaction with the mother. In the process of constant contact with the child, the parent helps regulate his affective relationships with the outside world, master various psychotechnical techniques for the affective organization of his behavior, and stabilize affective processes. [3]

The negative opinion of parents or adults in the family, who play an important role in the child's holiday, serves as a factor that breaks the child's psyche.[1] One of the factors that has the strongest negative impact on a child's psyche is negative thoughts about him. Children listen very carefully to the opinions expressed by adults. Even just words have a strong impact on them. Children often want adult feedback on everything they do and are encouraged by every positive feedback they receive. If children are not valued the way they want, they may stop trying. Most parents react negatively to their child's opinions or ignore them altogether. For example: when a child expresses his dreams, he is told that he cannot achieve these things or that he cannot afford them. And this breaks the child in every way. The child's self-esteem begins to decline. Or parents do not allow their children to participate in their conversations and do not take their opinions into account. They teach their children that they cannot think. As a result, the child will not open his heart to anyone. Many parents hit their children when they don't like what they are

doing. However, the child does not understand why not do this. Thus, the opinions expressed by others polish the child. This is why we must think about every word we say. The thoughts we express can have a profound impact on the lives of others.[2]

Children are just learning to live in a world that adults already know inside and out, so it's not surprising that they sometimes ask a lot of questions about how things work. But some parents don't answer the questions their children ask, and sometimes don't pay attention at all. As a result, the child may become speechless, timid, reluctant, and isolated from the environment. This prevents the full formation of their speech and causes defects in the formation of their speech and consciousness.

The most powerful factors that have a negative impact on the child's psyche may be the following. [5]

- ❖ A harsh word;
- ❖ Distrust of them;
- ❖ Unreasonable insults;
- ❖ Injustice towards children and others;
- ❖ Divorce of parents or regular daily quarrels;
- ❖ Physical harm to a child;
- ❖ Scary things you watch on your phone or TV.

Harsh words have become constant and natural for children. We deprive children of free will and break their psyche by thinking that we can control their upbringing.

We abuse children for no reason . There's no point in regretting it later. We must immediately prevent this situation and explain that we do not blame them. A child who is bullied for no reason loses faith in the teacher and does what he thinks is right.

Parental separation is the most painful part of a child's psyche, it affects and changes the child every step of the way. Because now a child who is learning and adapting to life, due to the separation of his parents, will find himself in a completely different environment, and the child will face great difficulties in adapting to such conditions, and in the future pathological states in the psyche may arise.

At this stage it would be appropriate for us to recommend a psychological test carried out jointly with parents and children. The name of the training is “Emotional”. This is called “support ” and is carried out in the following order.

Parents and children take part in the training. The trainer invites the participants to complete the following sentence: Child: “ I (instead of dots there may be thoughts like “For forgetting to finish the assigned tasks” and so on) *for my feelings* , *many* , even members of my family may not like it,” father or mother: “I love you because you are my child and you have (instead of periods like “You have a pure heart, you have great talents” there can be words), he must provide psychological support to his child and cheer him up. [3] Providing

such psychological support to children helps relieve stress caused by the negative impact on their psyche.

Today there is a crisis in many families. Because parents often do not understand each other and unnecessary quarrels arise. This greatly affects the psyche of children. As a result, the child may become rude and angry. In addition, technology develops along with education. Both young and old people make extensive use of telephone, computer and other technologies, and their harmful aspects have also become apparent. For example, modern children do not understand all the functions of the telephone, do not understand their tasks in life, their speech slows down, eye diseases occur, and other negative factors arise. To teach children moderation, we must first be a role model for them. By doing this, you can achieve excellent results. In conclusion, by understanding that these few things have a negative impact on the psyche of growing children, we must put an end to such situations and thereby help prevent many mental illnesses seen in children.

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