

THE INFLUENCE OF COMMUNICATION WITH PETS ON THE EMOTIONAL STATE OF CHILDREN

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Annotation

The article considers the influence of pets on the development of children.

Key words: emotional state, development, children, child psychology.

Introduction

Many people have pets. Someone in this way dispels boredom, someone is saved from loneliness, someone simply loves animals immensely, and for someone the animal is an irreplaceable helper. But caring for a pet takes a lot of time and effort. Is it worth it in this case to have a pet in a family with children, or will it become a burden?

Usually children are drawn to animals, they themselves ask their parents for a pet. And the social survey showed that the animal appeared in the family for the child. And also, most parents believe that caring for a pet will teach a child responsibility, kindness, and sociability. Let's figure out if this is really so.

Mark Bekoff, in his book *The Emotional Life of Animals*, writes: "Children are one of the best examples of the powerful influence that animal emotions and empathy have on human life. More than 75 percent of children in the United States have pets. Once on a desert island, more than half of the children would prefer the company of the animal to one of the family members. Children are also very worried about the fate of homeless animals "[1, p. 13]

M. Bekoff describes a study of 394 university students, which showed that "those who grew up with cats or dogs in childhood were more confident than those who grew up alone. A study carried out in Croatia showed that children who had a dog were more socially oriented than their peers who were deprived of a four-legged friend "[1, p. fourteen]

And Reinold Bergler, a German psychologist, found that children raised in families with dogs behave well in school and do well in school.

The professor and his colleagues interviewed about 400 mothers about the behavior and learning of their children. It turned out that children growing up with four-legged friends perform better than their peers without pets.

Bergler believes that "regular walks and caring for animals foster a sense of responsibility in children" [3]

Naturally, Russian scientists are also interested in the question of the influence of pets on the development of a child. So in April 2004, the book by A.V. Subbotin was published in Russia. and Rashchevskaya L.L. "Medical cynology". The authors write that "if a person in childhood did not receive his portion of love, he will grow up unhappy and notorious. It is this deficit of love and its external manifestations in the form of physical contact that makes up for communication with pets "[2, p. 39].

Thus, it turns out that pets have a huge role in the development of babies. The presence of the animal will help parents develop compassion, responsibility in their child, help in socialization and teach them to respect other people's boundaries.

Also, the animal can act as a home psychotherapist. It is important for people that someone accepts them unconditionally. Children need it especially badly. And the pet can be told about everything without fear of condemnation, misunderstanding or other negative reactions.

Psychologists name at least 9 reasons for having a pet:

1. Compensation for loneliness. Often, adults are too busy to give the child enough attention. And games, physical and emotional contact with a pet will help to partially replace parental attention.
2. For uncommunicative children, the animal will be able to replace friends. You can talk to him, play, relax. And also, it will help the child to socialize and find friends among people.
3. Animals do not know how to hide their condition. By observing his four-legged friend, the baby will be able to learn to be attentive towards others. Becomes more empathetic and understanding.
4. Through games with pets, children realize their excess of energy.

5. Communication with our smaller brothers develops fantasy and imagination.
6. The child becomes more disciplined. Since animals need care, the child learns to take care not only of himself, but also of others. Sometimes you have to adjust to the needs of your pet.
7. Sometimes children are afraid of animals. Living with the animal in the same space will help overcome fears. Boost self-confidence and improve self-esteem.
8. Animals influence the development of certain personality traits. This is due to the behavior of pets.
9. Care and communication with a four-legged friend teaches a child kindness, love and sensitivity.

To find out how children treat pets and whether they know about the beneficial effects of animals on a child, I conducted a small survey. According to its results, it turned out that all respondents (15 people - 100%) love pets. 13 families out of 15 have a pet (86.67%). Almost everyone (90%) likes to look after and play with their pet.

I also interviewed the parents. The results are as follows: in those families in which there are no animals, they plan to have it. In 70% of families, the decision to have a pet was made jointly. In other cases, it was the child's desire. In most families (80%), animal care is shared, while the remaining 20% is the responsibility of the parents. All respondents noted that communication with a pet has a beneficial effect on the physical and psychological state of the child.

Conclusion

will end with the words of Mark Bekoff: "We need animals as much as we need the air we breathe. We live in a world in which many of us are distant from wildlife. Animals are our excellent friends who help us every day. Without close and reciprocal relationships with other beings, we separate ourselves from the rich, diverse and magnificent world in which we live."

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