

PSYCHOLOGY OF INTERPERSONAL RELATIONS

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Abstract

In this article illuminated interpersonal relationships and the psychology of communication

Keywords: Communication in the family; obstacles, arising in the process of communication; psychology of family relationships.

Communication between people and its general rules are one of the most important conditions of interaction with other people in all aspects of human life. The mind of a person is a character formed due to will, emotional culture, communication. Nowadays, the increasing mental tension and sensitivity of people requires a high level of communication culture. People should be able to know themselves and understand others, to be able to correctly assess their psychological characteristics, and to be able to choose the methods of the form of communication that match the individual characteristics of the person.

At present, it is very important for parents to have a good relationship with their children, to communicate and treat them well. Because family relationships, marital relations, disagreements, and misunderstandings have a great impact on the psyche of each child. very impressive. In a family, the indifference, neglect, rudeness, unkindness, disrespect of family members undermines sincere communication. If the family members respect each other, are kind, communicate in the sense of request, perform their actions with peace and calmness, if family members understand each other, friendly relations are established in such families, and the most important thing for family life is the psychological environment. Common sense. - comments are made. Currently, there are many cases of misunderstanding among people. This is causing a breakdown in interpersonal relationships. People hurt each other in life, not because they hate them or have bad intentions, but because they don't understand each other.

In the process of communication, we face psychological, situational, substantive and motivational obstacles.

A psychological barrier is the fear that one's partner will be disapproved of, denied, and may be met with rudeness in response to sincere expressions of one's best feelings and intentions. This is a kind of internal psychic brake that prevents the manifestation and realization of personal potential

Situational obstacles depend on the interlocutor's different understanding of the same situation, different approaches to it.

Content barrier is the lack of understanding of the interlocutor. What he means, what point he is trying to make, what it leads to, and what it leads to such considerations.

Motivational barriers occur in such a situation that the person speaking cannot understand what he is expressing himself. Conversation between people often fails not because of their lack of intelligence, but because of their desire to talk about issues that interest them.

One of the important issues of the education policy implemented in our country is to educate the young generation to become well-rounded people. In the field of psychology, special attention is paid to the friendly attitude of the child, his family and family members to each other, and to the health of the family environment. It is incomparable that each family is healthy, that a positive psychological climate prevails in them, that they are born in this environment and are formed as a person, and that their place in the family is incomparable. Family is the dearest and most sacred place in our life. Only family makes a big contribution to a person's happiness and feeling needed by others. The family is a small part of the society. The stronger the family, the stronger the society.

Family is a sacred place for a person. Humanity is the social foundation of society. The main purpose of family life is to restore the population by having children. The system of family relations is very complex and has a deep meaning, which includes the system of relations between husband and wife, parents and children, brothers and sisters, and so on. Interpersonal relations in the family are an important factor of personality formation. One of the most important tasks of the family is to create suitable conditions for the development of the individual. One of the most common issues in psychological practice is the relationship between parents and their adult children.

Currently, parents do not communicate with their children, how they live, their interests, they do not talk openly with them. Parents don't know who their friends are, they say "I don't know anything". Children are disrespecting their parents, quarreling over trivial matters. They also complain that he is rude to me and does not help me. Currently, the children in the family are turning to a psychologist saying that they are unlucky, unhappy, they are not living as they thought. Interpersonal relations in the family are an important factor of personality formation. During this relationship, various mental processes occur in the child's psychology. In this regard, we are studying the question of how to express the attitude of the father in the process of interpersonal relations in the family. In a family in which the father's influence and relations with his children are well established, interpersonal relations, family discipline, morals, and social norms will be formed at the required level.

Currently, one of the social tasks of the family is the task of satisfying emotional and socio-psychological processes in the modern family. Quarrels and disputes at home have a great impact on the psychology of children. When evaluating a family, two main things are important. It is possible to assess the continuity and stability of the family by carefully studying it. If the father's relationship with his children is well established in our families, interpersonal relations, discipline and morality in the family will be at the required level. In the family, the mother's relationship with the children should be positive. The closer, the more children are supported, the more important it is to provide the opportunity to solve problems in life.

The content of family relationships affects the health of all family members and their perception of their place in society. The environment in the family is the most influential for a person. Under the influence of this environment, he feels free. Family relations in the family have an important role in the system of social relations in society. Through this article, I think that the relationships of family members should be peaceful, socially healthy, and financially fulfilling. This gives great strength to the psychology of each person. They will be more productive in their work, their interests and aspirations for life will increase a lot. They will experience a healthy lifestyle. Then they understand each other. Learning the art of communication, the art of conversation should lead to the acquisition of socio-psychological culture,

the ability to manage one's own moods and emotions, increase one's knowledge and skills, and develop the ability to interest the interlocutor with one's speech.

The complication of real tendencies of social advancement, the acceleration of the rhythm of existence, the preference for a hedonistic way of being have an impact on the formation of modern adolescents. The current circumstances cause passivity in children, aggression, depressive moods, moral indifference and creates barriers to identifying one's own moral values and comprehending the meaning of one's own existence.

Today, the entire world community is going through a complex process of transformation and globalization of socio-political, economic and, of course, spiritual and moral relations. The most important task of our time is to ensure the survival of human society, and the study of gender issues plays an important role in its solution.

That is why the psychology of modern adolescents, in comparison with the psychology of the early periods of formation, is characterized by specificity. After all, the dynamism of life and its attitude to pleasure as the highest value is reflected in the hearts and minds of new generations.

The part of gender psychology that studies the relationship between women and men is just beginning to develop. It is closely related to such areas of psychology as: psychology of management, leadership, psychology of deviant behavior, conflictology, psychology of sexual behavior and sexual relations. Occasionally, this branch is called "the social psychology of relationships between women and men."

Transitional age - the period of puberty with the final formation of secondary sexual characteristics. For all teenagers, this period begins at different times. The child has a sudden change of mood, excitement, nervousness, perseverance, he wants to spend time among his peers, there may be problems in learning, etc.

A teenager has a period when he does not quite understand what is happening. During the transition to puberty, the teenager becomes lost. Something has changed, and what exactly the teenager does not understand, interests become different. At this moment, I want to find something new and share it with loved ones.

Parents should take into account these natural psychological and physical changes. Conflict situations are much more common than before and the child experiences them more than ever before. When parents often begin to reproach the child, show discontent, all this will only aggravate the situation.

A person in adolescence is no longer a child, but at the same time it is not yet a fully formed personality. Everyone around him perceives him as just a "teenager". And it's not fair to him. Each person has a period during which he changes, and he needs to feel, realize and somehow define this process of changes. During this period he needs help. You just need to respect his opinion and "adult thoughts." To support his attempts to think independently, to help solve the problems that he has when communicating with people around him: whether it be classmates, a teacher, best friends or a neighbor who tells him what and how to do with a parent behind his back. For a teenager, attention to him as an adult is important.

According to statistics, in a teenager who is the only child in the family, the transitional age is more difficult. This period is difficult for both parents and children, but no one can say with certainty how difficult it will be for a particular teenager. If you do not show enough patience, the child may become more nervous. As a rule, by the age of 15 this situation is improving.

The psychological and pedagogical literature describes the features of a difficult teenager.

This category usually includes children and adolescents with whom it is difficult for teachers to deal with, with whom it is difficult to contact, including parents. In their relation, many adjectives with the prefix "not" can be cited; restless, disobedient, incapable, etc. Many people think that these children are some kind of intruders? Nothing like this!

In the last twenty years, the gender aspects of aggression have become the subject of research by scientists. "Gender" is the social gender that determines a person's behavior in society and how this behavior will be perceived. And also, this is such gender-role behavior, which is determined by relationships with people around them: parents, colleagues, friends, classmates, random passers-by, etc. The concept of "gender" contains the realization that socially determined ideas about women and men, which are strongly affect the mental development of boys and girls, women and men in a cultural context exist in addition to the biological basis. From birth, the mental development of a child depends on the biological sex, as a moderator of the system of requirements and expectations that adults associate with girls or boys.

No one can say exactly why a teenager starts to be "difficult". The main reasons are early education and the environment in which he was surrounded from childhood. You need to understand that not all teenagers who have some indiscipline are difficult teenagers.

Many teenagers are too active, inquisitive, restless, therefore, they do not correspond to some notions of "ideal". Adolescents of this type need to apply an individual approach. It is important to direct their energy in the right direction, and also strive with all your might to help them find themselves.

Difficult teenagers include those who have a large number of negative qualities, such as deceit, rudeness, cruelty, etc. In such cases, it is necessary to seek the help of a psychologist. Thanks to his help, you can properly organize the upbringing of this child, understand his ideas about different things, learn how to respond correctly to his impulsive behavior. Working with such children requires a lot of patience and a comprehensive approach.

The category of these adolescents is very heterogeneous and extensive. The psychological well-being of difficult adolescents depends on whether they are identified in time and how adequate the assistance offered to the adolescent is. For the majority of adolescents, "difficulties" are the result of their claims to adulthood, a false awareness of their rights, and the desire to achieve their recognition from adults. The formation of personality in adolescent children directly depends on the environment in the family. According to studies, difficult teenagers are those children whose childhood passed in difficult conditions (children of alcoholics, etc.) or they were completely left to themselves.

Negative relationships in the family are a negative example of parents for children: hypocrisy, rudeness, indifference to people, dishonesty, alcoholism, unwillingness to work. Crimes that are committed by adult members of the family create an unfavorable microenvironment, which is one of the most important reasons for the difficult education of adolescents.

Correction of the behavior of a "difficult" teenager should begin with the definition of trouble in the system of relationships between a teenager with adults and with peers.

It is important to analyze the sociometric status of a teenager among peers, in the class team, in determining the place that he occupies in the system of relations between adolescents, identifying how his main expectations are justified, whether psychological isolation is present, and if it is, determining the reasons, and as well as possible solutions.

The psychologist performs three main functions:

- 1) diagnosing,
- 2) counseling
- 3) correction

The psychologist has his own area of competence, which includes psychological and socio-psychological properties, phenomena and properties that, to one degree or another, cause and determine the maladaptation of adolescents and children, developmental deviations.

The priority areas of work of the class teacher with "difficult" students are:

- 1) study of difficult children,
- 2) formation of an individual plan of work with these children,
- 3) organizing support for pedagogically neglected children

The class teacher needs to identify problem children and carefully observe them.

Thus, in order to work effectively with such students, it is necessary:

- to establish the degree of pedagogical neglect and trouble of the family (through regular monitoring of the families of students, their activities);
- to determine the degree of a pedagogically neglected student and a student from an unfavorable family in the class team, the type of relationship with classmates (through questioning, sociometric measurements and observation), identify methods for improving them;
- to explore the range of interests, predisposition and opportunities of this student in order to include him in extracurricular circle, social activities, sports;
- determine whether these children are included in other groups, companies, associations; the focus of these groups, as well as the nature of their impact on the student
- to explore the moral guidelines of the individual, the educational potential of the family and the team;
- to study the position of the child in the family;
- identify errors in setting goals, selecting methods and forms of education

The main problems of adolescence include:

- the anger of children (the problem lies not in the very presence of this feeling, but in the inability to control it), manifested in passive-aggressive behavioral reactions in order to unbalance the adult environment or parents, and is characterized by unconsciousness, being the result of hushed up anger;
- emotional instability;
- suicidal tendencies, which are generated by low self-esteem, parental indifference, feelings of loneliness, depressive moods;
- homosexuality, which consists in an intimate attraction to subjects of the same sex;
- adolescent depression, expressed by a dreary, depressed mood, pessimism, a sense of one's own worthlessness, slowness of movements, monotony of ideas, a decrease in urges, and various somatic deviations;
- personal self-determination, which includes social self-determination, family, professional, moral, religious and life.

The pubertal stage is considered the most difficult period for the teenager himself and for his parents. Therefore, mutual understanding should be the main thing in relationships with a maturing child. To do this, parents need to be proactive and not be offended by yesterday's children. You should not poke momentary "I want" teenagers, but it is also not recommended to constantly resist them. If a parent

does not want or for objective reasons cannot satisfy the "want" of a teenager, then it is necessary to explain the reasons to him.

You need to try to interact more communicatively with children, talk about your own work, discuss pressing situations, life problems, be interested in their hobbies. At this stage of personality formation, it is very important for adolescents to feel parental love. They must understand that parents are their friends who will always support, and will not show neglect or ridicule.

The strategy of parents in the described period should be to form a position of confidence in adolescents. The child must learn that he is responsible for his own successes and failures.

It is impossible to build the educational process on confrontation, confrontation. We must build on cooperation, arm ourselves with patience and sympathy.

Parents need to comprehend the main thing that it is their life, habits, manner of communication, relationships in the family that have the greatest influence on the formation of a teenage personality. If quarrels prevail in the family, disrespect of spouses for each other, reproaches, lies, then there will be zero benefit from moralizing how to live correctly.

You should try not to deceive a teenager, not to neglect his opinion, respect his position, not to impose your own worldview as the only true one. It is necessary to gain confidence from the child. When a child fully trusts his own parents, trusts them and knows that in any situation understanding and support await him at home, then this minimizes the negative impact of the environment and reduces the risk of falling into the so-called "bad" company.

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