

PSYCHOLOGICAL CHARACTERISTICS OF THE INFLUENCE OF SATISFACTION WITH FAMILY LIFE ON EMOTIONAL INTELLIGENCE

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Abstract:

This article discusses the psychological characteristics of the impact of family life satisfaction on emotional intelligence. Based on scientific data, the author studied and analyzed the specific aspects of the psychological characteristics of the effect of family life satisfaction on emotional intelligence based on available literature.

Keywords: Family life, satisfaction, emotional intelligence, psychological characteristics.

Introduction

Since time immemorial, our people have been characterized by cheerfulness, sincere attitude, cordiality, humor, and the presence of feelings of kindness to each other, giving people mental refreshment and a healthy way of life from generation to generation. Positive psychology in humans is one of the scientific theories about a healthy and prosperous life. The purpose of positive psychology is to complement and extend the traditional problem-oriented psychology that has become widespread in recent decades.

Positive mood and positive psychological states (e.g., happiness, joy, high spirits), positive psychological characteristics (e.g., talents, interests, character strengths), positive relationships, and positive institutions are associated. As we describe the evidence for how positive psychology topics relate to physical health, psychological health states (eg, positive emotions, life satisfaction, optimism, positive attitudes, positive purpose in life, social support, etc.) is reflected in prospective health-related processes measured by We believe that the application of positive psychology and positive mood to health is promising because recent positive psychology theory, research, and applications are helping to define the meaning of health and well-being.

Main Part

Being happy, having an interesting and satisfying social life. It is known that as human society progresses, so do people themselves and their relationships with each other, especially family relationships, which are the most intimate and closest among interpersonal relationships. Relationships also improve and become complex in their own way. The reason: modern science and technology development, production relations, development of

tools, agriculture, industrial production, the rapid introduction of new technology and technical processes in all aspects of the national economy directly affect the human factor, the creator and participant of these processes. It is making unique, new demands on the human personality.

Industrial relations, development of society, on the one hand, socio-psychological, physiological and other changes occurring in people themselves limit the scope of interpersonal communication to a certain extent, and to a certain extent violate the naturalness observed in them in our predecessors. and as a result, it is the basis for the emergence of as many emotional and emotional tensions as possible in the human psyche. The effect of these is also reflected in family life and the psychological climate in it. Family relations acquire a special character with their versatility, and their positive solution is of great importance in determining the development of society, in the process of bringing up a mature, mentally healthy generation. If the founders of each family solve their problems together, on the basis of mutual agreement, peace in the family will be guaranteed, and its moral foundations will be strong.

It is worth noting separately that the persons forming it are able to mutually agree and constructively solve some disagreements, contradictions, conflicts that arise in the relations of husband and wife, mother-in-law, bride-groom, thoughts and views. Social-psychological and spiritual environment in the family, human relationships in the minds of the young generation allow young people to form deep and positive ideas about the social-psychological service center. That is why the family and its educational opportunities are highly valued in our country.

The first president of our country I.A. Karimov expressed his opinion about the spiritual environment that should prevail in the family and the characteristics of our unique traditions: "If there is no mutual respect and strict order, if all members of the family do not fulfill their duties, one it is impossible to live well and decently if kindness towards others does not show results... Most Uzbeks do not care about their own personal well-being, but about the well-being of their family, relatives and close people, neighbors "It is the highest spiritual value, the jewel of the human heart."

It is worth noting that family relationships are not always smooth and smooth. In the process of performing household chores, marital duties, parents' obligations to children, and children's rights and duties to adults, complex inter-role interaction and communication processes take place, almost all of which collide personal and social interests. , in some cases, conflicts, contradictions, disagreements and misunderstandings in opinions and views are manifested in the form of interpersonal conflicts. These conditions certainly do not affect the upbringing of children. This is reflected in the observance or violation of social norms in the process of education. These issues determine the relevance of our topic.

The problem of aggression and aggression has been one of the main issues of social psychology for a long time. Since the middle of the last century, active studies of aggressive behavior in adolescents have been conducted. This problem is especially important now.

Results and Discussions

The growth of aggressive tendencies among teenagers has increased dramatically in recent years. Especially, criminal cases among teenagers have increased significantly. This represents one of the most acute social problems of our society today. The number of serious injuries and crimes against a person is increasing day by day. At the same time, there are frequent cases of brutal youth gang fights.

So, it was possible to divide the family environment into three categories: positive, variable and negative. It was concluded that "a happy childhood is the result of joyful family harmony and parents' care for their children" in studying the process of personality formation in the family. Based on this, it can be shown that the approach to child education in the family belongs to three categories, depending on the direction of the family.

1. Families typical of socially progressive families make up the majority of our families. In such families, interpersonal relations are carried out based on moral principles and rules, as well as the social ideal of a person who has matured in all respects. Adult members of socially advanced families actively participate in production, enterprise, and public affairs, show interest in advanced culture, and therefore, at the same time, arouse envy in their children. Conflicts that sometimes appear in the family are resolved together in a very short period of time. In families belonging to this category, household items, tools, and valuable materials are considered as a means of meeting various needs, these things are not connected with the future perspective of the person.

2. There is no stable direction in a family with a conflicting direction. Family relationships are constantly at the stage of a masked struggle of one idea with another, the superiority and perspective of one or another view is not important. The appearance of such a situation does not mean a struggle between the old and the new. The irreconcilable positions of the spouses or other adult family members are often related to the basis of differences in their character traits, and do not necessarily stem from the essence of old age. In the family, the issue of word and work unity is in opposite directions. Only the sense of duty, the fulfillment of certain obligations unites family members. In such families, the struggle and competition of the husband and wife to influence the children is clearly manifested.

3. In families belonging to a low social orientation, the ideals and ideals of work are often dominant. In these families, everything is subordinated to one thing, that is, it is aimed at accumulating wealth and achieving financial and household advantage. The work of adult family members and parents in an enterprise, institution, organization is a means of achieving this goal, and any work is measured by the amount of salary. A healthy child is formed and matures in the family. In this place, the parent's psychological-pedagogical knowledge, worldview and culture are the leading factors.

Conclusion

Every parent should be reasonably engaged in the upbringing of their child, and for this they should know the specific aspects and laws of the educational work, the pedagogical-psychological and age characteristics of the child, the laws of physical and physiological

development, age it is the main factor of achieving success in the field of raising a generation. It is not a secret today that there is increasing information about the existence of a need for a positive mood, which is the result of good health, and people strive to live a healthy and long life. Positive mood helps to eliminate life problems and restore human health.

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