

PRACTICAL POSSIBILITIES OF WORKING WITH IMAGINATIONS IN CORRECTING THE RELATIONSHIP BETWEEN MOTHERS AND TEENAGERS

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Annotation:

The issue of the relationship between mother and child has always been one of the most pressing problems in the development of human society. Because the life experience, knowledge, skills acquired by mankind are passed from generation to generation through this very system of relations - the relationship between mother and child. It is not difficult to prove the incomparably great role of the mother in the formation of the child as a child, even at the level of details of the tragic fate of individuals, many examples from everyday life. However, the identification of internal mechanisms of influence of the relationship with the mother on the process of human mental development requires special psychological research. This article analyzes the scientific and methodological aspects of the study of mother-child relationships, approaches to psycho-correction of mother-child relationships, the results of empirical studies of the possibility of influencing perceptions in the psycho-correction of the "mother-adolescent" relationship, the effectiveness of psycho-correction of perceptions. indicators are interpreted.

Keywords: family, relationship, parent, adolescent, imagination, positive interest, directivity, hostility, autonomy, instability, feature, quality, group, training, projection, mechanism, proportionality, adequacy, constructiveness, psychocorrection.

I. INTRODUCTION.

At the present stage of human history, the full and perfect fulfillment of the tasks of the family is one of the main conditions for the socio-economic development and security of the state and society. First of all, we believe that the changing attitude to the family as a value in the modern world, its devaluation in some places, the dangerous phenomenon of this institution of socialization in the lives of all peoples increases the relevance of research in the field of family problems.

Research institutes and centers around the world are conducting research to improve family relationships, prevent child aggression in negative situations in parental relationships, correct mother-child relationships, study the relationship of single mothers with children. In particular, these studies show differences between traditional family and new forms of family, how family resilience is reflected in relationships with children, family and extracurricular socialization features, opportunities for integration of professional activities and family relationships, interactions in multi-link and nuclear families, family and state and attention is paid to the study of improving the communication of public organizations.

II. ANALYSIS OF THE LITERATURE ON THE SUBJECT

Problems of parent-adolescent relationships have been the subject of many studies by foreign and Uzbek researchers. Much of the research in this area has shown that negative aspects of parental relationships are reflected in child development, including levels of aggression (I.N. Kirelenko), school mastery and mental development indicators (West K.K, Mathews B.L, Cairns K.A.) the role of relationships in the development of children as individuals (M.H.Mallors, S,T.Charles, Sh.D. Neupert, D.M.Almeida), the scientific and methodological possibilities of psychological correction of interpersonal disorders (S.S.Jigalin; I.M.Markovskaya) focused on learning.

In studies aimed directly at the study of the relationship of mother to adolescent child, mainly the difference between mother-child relationship and parent-child relationship (N.A. Efremova), the problem of relationship between mother and child with special needs (M.I. Khrestoforova; M.V. Buligina), the peculiarities of the relationship of single mothers with their adolescent children (A.A. Voronova, S.S. Toloknova) were studied.

In our country in this direction in this direction V.M. Karimova, G.B. Shoumarov, M.S.Salaeva, G.A.Kurbanova, G.V.Khrulnova, O.A.Abdusattorova, U.B.Shamsiev, D.U.Abdullaeva. His research studies conflicts in couple relationships and their impact on the family environment, children's mental development, ethnopsychological features of parent-child relationships in Uzbek families, the formation of a positive attitude in the relationship between mother and adolescent child.

Psychological research has shown that in the descriptions of the parent and the adolescent child to themselves and to each other, both generations evaluate themselves and each other mostly positively, but misunderstand the attitude of the opposite party towards him. Numerous studies have examined how parents and adolescent children's perceptions of each other affect their relationships. L.F.Fomicheva found that adolescents with a positive relationship with their parents have a differential, broad, and emotionally colorful perception of them. K.N. Belogay's research has shown that measures aimed at psychocorrection of parent-child relationships bring the content of parents' perceptions of their child and "ideal child", "ideal parent" and about themselves closer to each other. However, the perception of the relationship that the immediate mother perceives as unique to the adolescent child has not been specifically examined in terms of how the degree of conformity of the mother to the attitude she actually expresses towards him is reflected in the interaction.

III. THEORY AND PRACTICE.

Personal surveys are also among the means of recording subjective feedback that reflects children's attitudes toward parents. The most popular of these is the Adolescent Parenting Survey, which provides information on the behavior of a parent in relation to a child from the point of view of a teenager, and the parenting methods used in it.

Experts say that the method of "Adolescents about parents" has a high rate of empirical validity, constructive validity, reliability indicators determined by the retest method are 0.70-0.86. For three years at the Research Institute of Psychoneurology named after V.M.Bekhterov studied in depth the psychodiagnostic potential of the method, which was recognized by experts as highly informative and can be used in the organization of psychocorrectional practice with the family.

IV. EXPERIMENTAL RESEARCH.

Our article describes the process and results of scientific research in this area. In our study, we used E.S. Schaefer's "Adolescent Parenting" methodology to study comparatively the attitude of the mother towards her child and how it is reflected in the eyes of the adolescent child. The original version of the methodology was a survey of adolescents, the modified form of which served as a means of studying the views of mothers. It is known that this methodology allows to assess the level of attitudes of parents towards adolescents in terms of five different scales - positive interest, directiveness, hostility, autonomy, instability.

According to the research model developed to test the scientific hypothesis presented in the study, the first scale of the E.S.Schaefer methodology - two conditional groups of respondent women based on the level of positive interest in the child - rated the child high and low on this criterion. groups of mothers were separated. It should be noted that in the relationship with the child to look with great interest at his work, plans, aspirations, to enjoy communication with him in general, based on scientific evidence that the psychological culture is more specific to the parent, positive interest in the relationship "mother-child" we considered it appropriate to take it as a sign of the relative superiority of constructive interaction. Also, for the formation of conditional groups from two specific categories of women, which differed significantly from each other on this indicator, only the indicators of mothers with above-normal and below-normal results in terms of child assessment were taken into account. When the test mothers were divided into two conditional groups, the degree of correlation between the assessments given to them by their children and the self-assessments given to them on four diagnostic scales was checked using mathematical statistical methods.

Quantitative comparative analysis of the results confirmed that, in fact, the difference between the perceptions of mothers formed on all scales and the characteristics that children record in them, which poorly represent a positive interest in the child, is significant (see Table 1.1).

Table 1.1

The degree of difference in the self-perception and attitudes of mothers rated on the scale of "positive interest" (according to the t-criterion of the student)

№	Attitude characteristics	Source rating		Level of statistical difference	
		Assessment based on the mother's imagination	Assessment based on the child's opinion	t	p
		M ₁	M ₂		
1	Directive	2,6	1,8	2,04	p≥0,05
2	Hostility	2,3	1,2	1,99	p≥0,05
3	Autonomy	2,7	1,4	2,06	p≥0,05
4	Instability	2,4	1,7	2,03	p≥0,05

V. COMMENTARY OF RESULTS.

Of course, the first thing to note in the consequences is that mothers who show a high level of positive interest are rated low on all criteria of negative attitude by their children. But, another psychological fact is that the perceptions of mothers with high scores on the “positive interest” scale on all scales of attitudes toward the child do not differ significantly from the child's point of view (the difference is $R \geq 0.05$). In other words, a mother who seeks to look at her child with great interest in his or her eyes is close to the description that gives him or her a child on various scales of interaction.

The identified situation, in our opinion, arises primarily due to the fact that the mother, who treats her child with positive interest, is always open to accept feedback and at his expense the child knows the opinion formed about him. This process, in our opinion, takes place from the inside out as follows: a teenager who sees his mother’s positive interest in him feels safe in a relationship with her; can express an open opinion about the characteristics of the adolescent mother and her attitude due to the sense of security; the mother uses her child's opinion of herself as an important source in drawing conclusions about her attitude toward him; the degree of adequacy increases in the mother’s perceptions of her attitude toward her child.

Hence, the personal perceptions of the child's attitude toward the child and the appropriateness of the child's assessment of the mother in this regard may serve as a specific psychological criterion in considering the characteristics of his or her development as a person.

A much different situation was noted in the results of mothers who showed a low level of positive interest in the attitude towards the child (see Table 1.2). In particular, their children not only rate their level of directivity, hostility, autonomy, instability as a whole above average, but their perceptions of this differ from the attitudes embodied in the child's eyes.

Table 1.2

The level of difference in the perceptual and perceptual attitudes of low-rated mothers on the “Positive Interest” scale (according to the Student's t-criterion)

№	Attitude characteristics	Source rating		Level of statistical difference	
		Assessment based on the mother’s imagination	Assessment based on the child's opinion	t	p
		M ₁	M ₂		
1	Directive	3,2	4,3	2,23	p≤0,05
2	Hostility	3,1	4,6	2,14	p≤0,05
3	Autonomy	2,5	4,4	2,79	p≤0,05
4	Instability	2,2	4,7	2,83	p≤0,05

The outcomes show that there is a high degree of deviation between the perceived attitudes of mothers who are weak in their view of positive interest in their child and the attitudes that their children perceive. In other words, the attitude of mothers who show a low level of positive interest in their child in their imagination is less adequate than the attitude that is reflected in the eyes of children. Furthermore, it is reasonable to expect that the critical value of an adult child will increase even more when he or she feels that the mother of a teenage child is trying to disguise herself in a variety of ways that do not recognize the originality of the attitude she actually shows towards him or her. This, on the one hand, creates additional barriers in their relationship, and on the other hand, undermines the desire to overcome the difficulties in this area, the confidence that it can be achieved. One noteworthy aspect is that the level of inadequacy in mothers’ perceptions of all diagnosed areas of attitudes toward the child is not the same. Particularly, mothers’ perceptions of the degree of autonomy and instability and their assessment of children on these scales differ particularly sharply. In our opinion, these qualities may be the reason why mothers evaluate their performance much lower than from the children's point of view, as these qualities are similar in their minds, but more closely reflected in everyday life as more neutral or positively evaluated qualities. For example, autonomy, that is, formal and cold behavior in dealing with the child, focusing only on the child when he does something,

extreme indifference is perceived by such mothers as a form of freedom, encouraging independence, in which case the mother and, as a result, underestimates its movement towards autonomy in its essence. Similarly, instability, that is, the tendency to assert superiority in one situation, to be obedient in another, to be tolerant in one situation, and to be petty in another, may in fact be perceived as an attempt to take into account the child's abilities and circumstances.

In terms of hostility and directive qualities, we think it is appropriate to explain by the operation of another mechanism that mothers at first glance paradoxically place high values on autonomy and instability. In our opinion, the reason why mothers do not shy away from criticizing themselves in this regard is that they conclude that these qualities are necessary primarily for the benefit of the child. Taking full responsibility for the child's actions, not allowing any negative changes in his behavior, keeping him under constant control (directive), extreme rigidity, seeing the child as a rival, striving to increase self-esteem at the expense of discrimination (hostility) It is natural for him to have a relatively high self-esteem in terms of these indicators, while perceiving it as an attempt to protect his upbringing from the "evils" of the outside world.

In our study, it was confirmed that the relationship in this couple may differ in terms of constructiveness, depending on the level of adequacy of the perceptions of mother and adolescent child about the characteristics of the relationship. At the next stage of our study, on the basis of the training program developed in the framework of this study, practical psychological work was organized with mothers (24 in total) with very low scores of their children on the scale of "positive interest" of the methodology "On adolescent parents". Based on the results of the study, their previous and subsequent results were compared comparatively on a special statistical criterion. In order to test the extent to which the changes in the experimental group were the result of training, a group of women (22 in total) from the highest-rated mothers who expressed a desire to continue to participate in the study was selected as the control group.

Our program of psychotherapy, which served as a methodological tool in the formative work phase, is based on the methodological positions of cognitive and humanistic psychotherapy. The exercises included in the program are aimed at creating positive changes through the activation of three different psychological mechanisms that are important in interpersonal relationships - reflection, identification, projection mechanisms, on the advice of experts.

From the initial analysis of the results of the formative experiment, it was noted that the participants' perceptions of themselves as mothers had undergone a transformation, and in parallel, their children's perceptions of them had changed.

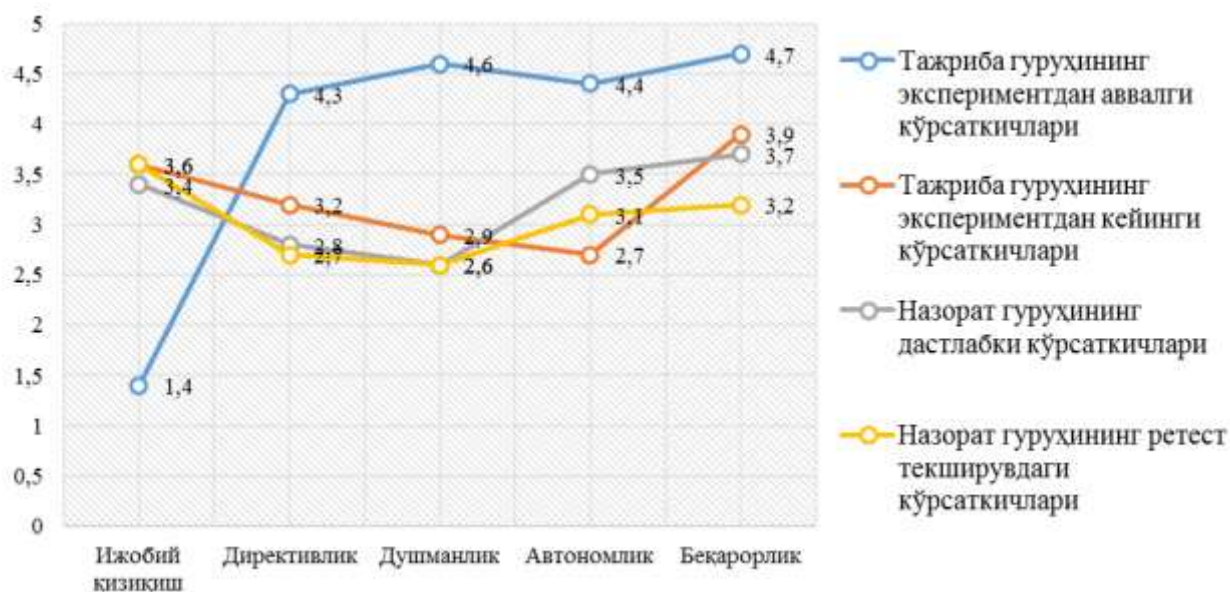


Figure 1. Indicators of change in the assessment of the attitude of the mother of adolescents on the results of practical work

(based on average values)

Changes in the level of average values showed that the children of mothers who participated in psychotraining after the training increased the level of "positive interest" in their mothers, and on other scales their corresponding characteristics reached the normative value in the relationship. The fact that there were no significant changes in the average performance of the control group participants confirms that the positive transformation in the experimental group was indeed the consequence of practical psychological work carried out with them. In our opinion, this result was achieved due to the fact that the main emphasis in psychotherapy classes is on teaching mothers to have a clear idea of the characteristics of the relationship with the child, to imagine human behavior in different life situations from the point of view of adolescents. Indeed, the activation of the mechanisms of reflection, identification, projection, undoubtedly, stimulates the processes that expand the perception of man himself and the world around him, first and foremost, of the people around him.

A detailed statistical analysis of the quantitative changes noted also showed that the difference was significant (see Table 1.2).

Changes in the proportionality of perceptions about the characteristics of the relationship between mothers and adolescent children

(According to the Fisher F criterion)

№	Муносабат хусусиятлари	Groups of subjects and their indicators							
		Experimental group				Control group			
		S ₁	S ₂	F	p	S ₁	S ₂	F	p
1	Positive interest	4,78	2,14	3,17	p≤0,01	3,14	2,93	1,54	p≥0,05
2	Directive	4,13	2,31	2,47	p≤0,01	3,28	3,01	1,14	p≥0,05
3	Hostility	4,42	1,93	3,47	p≤0,01	2,91	2,84	1,09	p≥0,05
4	Autonomy	3,25	2,12	1,69	p≤0,05	3,84	3,67	1,58	p≥0,05
5	Instability	3,84	2,21	1,91	p≤0,05	2,25	2,07	1,43	p≥0,05

Note: S1 and S2-variance values determined in the first and second examinations; F-Fisher criterion; statistical significance of p-difference.

From the above results, it is clear that the level of proportionality in the perceptions of the characteristics of the relationship at the end of the work in women and their children who participated in the formative-developmental practical work. This shows that, in fact, encouraging mothers to imagine things in some places from the perspective of their adolescent children, and generally to put them in their place and try to understand them, can increase constructiveness in the interaction system. So, it became clear that one of the effective ways to strengthen the relationship between mother and adolescent child is to strengthen the closeness, the balance in the perception of the characteristics of the process of their interaction.

Of course, it would be wrong to limit the proposed approach to creating positive changes in the mother-child relationship, i.e., a developmental impact on the child's mental development in the first place. For example, the above results show that neither the average assessment of adolescents on the mother before and after formative measures on the "instability" scale, nor the values of proportionality in the perceptions of the two parties in this area did not change significantly. Perhaps this is due to the fact that the quality of instability is related to many other aspects of the mother's personality beyond the sphere of attitude towards the child and is therefore difficult to transform without appropriate changes in them. In any case, this example once again demonstrates the need for a comprehensive approach to the psychocorrection of mother-child relationships.

VI. CONCLUSION

In general, the theoretical and empirical study of the psychological significance of the balance of perceptions of the mother and adolescent child about the characteristics of the relationship, the practical possibilities of achieving such a result was the basis for the following conclusions:

1. Adequacy indicators also differ in the perceptions of mothers about the characteristics of the relationship with the child, who show different levels of positive interest in the child.
2. The degree of proportionality of the child's personal perceptions of his attitude to the child and the value given to the mother by the child in this regard can serve as a specific psychological criterion in reflecting on the characteristics of his development as a person.
3. Encouraging mothers to have a clear idea of the individual relationship with the adolescent child, to imagine different situations and events from the perspective of their child, to seriously analyze themselves as a mother can increase the constructive level of interaction in the "mother-child" system .
4. The feeling of increased interest in the mother in the relationship between mother and adolescent child leads to the fact that the expression of directiveness, hostility, autonomy, instability in the interaction decreases.

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