

## THE UPBRINGING OF THE FAMILY IS A GUARANTEE OF MENTAL HEALTH

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### ABSTRACT

*The article highlights the family as the main factor in maintaining the mental health of a person, provides an analysis of the personal and spiritual aspects of interpersonal relationships in the family, the roles, tasks of the parents, as well as views of Western and Eastern scientists on mental health.*

**KEYWORDS:** *Family, Upbringing, Attitude, Mental Health, Health, Child, Care, Humanity.*

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### INTRODUCTION

An important factor in the fact that a person feels good, comfortable, full of himself and mental health is the stability of the family environment. The stability of the family environment will depend on how much family members understand and practice each other, take a heartfelt disposition, levels of upbringing, and duty and responsibility in the family. "If the head of the family is inexperienced, he will not be able to raise his members well, in the end he will not be able to achieve good positive results bad upbringing can have a bad effect not only on this family, but also on neighbors, neighborhood tune." Ibn Sina indicates in the family that the duties and duties of the parent, especially the father, are in charge of the upbringing of the child in any case, and are the basis of family recollections. Where there is peace of mind, of course, mental health is gaining momentum.

### MAIN PART

The concept of "mental health" has come to this day and has become an object of study by many scientists. Russian psychologist I. V. Dubrovina interprets the concept of "mental health" as follows. In his opinion, the concept of "mental health" explains that the individual is related to "spirituality", its development, and interprets these concepts as a concept close to one another. The founder of humanistic psychology is based on A. Maslow's ideas, I. V. Dubrovina promotes the idea that mental health is "a desire to develop one's potential through human self-expression and striving for humanitarian values."

According to many psychologists, the mental health or unhealthy personality depends on the psychological environment of the family, the climate in it, as well as the nature of the relationship in the family. A number of Western researchers come to the conclusion that in

modern society, the family loses its traditional function and turns into a institute of communication, a kind of "psychological shelter". Domestic psychologists note the growing role of emotional factors in family activities. The psychological climate of the family can be defined as the result of family ties.

As long as market relations pull everyone deeper and deeper into their circle, this situation will not have its effect on family relationships either of course. It is also true that all members of the family who are suitable for work are occupied with livelihoods, and children are left to their liking. In such situations, the call to increase the role, responsibility of neighborhoods and the corresponding ordinances indicate that the perception of problems in families as problems of the general public is a requirement of the period. Recognizing that children are the future of society, it is required that, taking into account that each member of this society is responsible for their upbringing, first of all, the family is responsible for the upbringing of their child, his future, his understanding of his duty to society, developing along with the development of society, committed to his functional task.

The psychological environment in the family determines the stability of interpersonal relationships and affects the development of family members. Comfortable, uncomfortable relationships created by family members are not irreplaceable. It was created by family members. For a favorable psychological climate in the family, the following symptoms are characteristic: family cohesion, harmony; the opportunity to comprehensively develop the personality of each member of the family, the satisfaction of the high benevolent demands of family members, that is, a sense of friendship, security and satisfaction, a sense of pride in belonging to his family, responsibility, etc. [1]. As important indicators of the favorable psychological climate of the family, it is possible to spend the free time of family members at home in a meaningful way, communicate on topics that are interesting to all members of the family, do household chores together, at the same time openness of the family, cite its broad ties. Such a climate contributes to Harmony, reduces the tension of conflicts, relieves stress, makes it possible to assess personal social significance and realize the personal capabilities of each family member.

If there are constant conflicts in the family, family members react negatively to each other, insecurity, anxiety, emotional discomfort, tension, alienation occur. All this prevents one of the main functions of the family - psychotherapeutic, from overcoming stress and fatigue, and also depression, quarrels, mental tension lead to a lack of positive emotions[2]. If family members do not seek to change this situation for the better, then the presence of a family becomes problematic.

The child is an indicator of family relationships. His worldview, relationships with those around him and personal characteristics indicate what kind of relationship is a hockey player in the family. For adults and children, the family means completely different: - adults strive to live together and build it, this is their choice, their decision. And children choose parents.

The family is the closest and most importantly, protection from all misfortunes and sorrows. If an adult in a family makes a serious conflict, which continues to be repeated continuously, this is a painful, unpleasant experience for both children and adults, which disrupts their mental peace

and leads to stress. If the family has a healthy, stable, warm environment, any problems will also be easily eliminated.

In today's situation, mental health is not only the preservation of mental properties and processes, but also the ability of the individual to know - this is the ability to control your behavior, love life, set goals and achieve them, strive for self-development, improvement. For this reason, the family, which has a fast and precise impact force on other joints of socializing institutions, plays an important role at the same time[3]. Family is the only opportunity to become a person, a harmonious and psychologically healthy person. The natural desire of all parents is to protect their child from possible problems in life. Therefore, the only and reasonable thing that parents can do is prepare their children to independently cope with life's difficulties.

### **CONCLUSION**

Maintaining a healthy psychological atmosphere in the family, studying the influence of the family on the psychological health of the individual, allowed us to draw the following conclusions.

The family environment, including the variety of relationships between parents and children, contributes to the initial stage of their socialization, the assimilation of norms, values, attitudes and behaviors adopted in society.

The upbringing of family members, the level of parental intelligibility, the successful fulfillment of family roles are a powerful impetus for maintaining and strengthening the health of family members, and spiritual provides the basis for leading a healthy and safe lifestyle.

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