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## THE INFLUENCE OF UNHEALTHY FAMILY ENVIRONMENT ON THE EMERGENCE OF DEVIANT BEHAVIOR IN ADOLESCENT GIRLS.

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**Abstract:** This article focuses on the impact and psychological characteristics of the family environment on the development of children's speech, and in turn, the need for parents to have pedagogical knowledge, the need to deeply understand the duties of each parent in family education, and the problems of children's speech are relevant today. It is explained that it is one of the topics.

**Key words:** speech, family, socio-psychological characteristics of the family, mistakes in raising children in the family, right and left hemispheres, methods of children's speech development.

**Annotatsiya:** Ushbu maqola o'smir qizlarda xulq-atvor buzilishining kuzatilishiga nosog'lom oilaviy muhit qanday ta'sir ko'rsatishi masalasiga bag'ishlangan. Maqolada ota-onalar o'rtasidagi nizolar, beqarorlik, o'ta kuchli nazorat yoki e'tiborsizlik kabi omillarning qizlar ruhiy rivojiga salbiy ta'sir ko'rsatishi, hatto, ularda deviant xatti-harakatlarga moyillik paydo qilishi yoritilgan. Muallif, sog'lom oila muhiti hamda hissiy qo'llab-quvvatlashning qizlarda xulq-atvor shakllanishi va ijtimoiy moslashuvda nechog'lik muhim ekanligiga urg'u beradi.

**Kalit so'zlar:** o'smir yoshdagi qizlar, oila, nosog'lom muhit, tarbiya, agressiya, noadekvat baholash, xulq-atvor, deviantlik, ruhiyat.

## ПСИХОЛОГИЧЕСКОЕ ВЛИЯНИЕ НЕЗДОРОВОЙ СЕМЕЙНОЙ ОБСТАНОВКИ НА ДЕВИАНТНОЕ ПОВЕДЕНИЕ ДЕВОЧЕК-ПОДРОСТКОВ

**Аннотация:** В данной статье основное внимание уделяется влиянию и психологическим особенностям семейной среды на развитие речи детей, а в свою очередь - необходимости владения родителями педагогическими знаниями, необходимости глубокого понимания обязанностей каждого родителя в семейном воспитании, а также необходимости проблемы детской речи актуальны и сегодня.

**Ключевые слова:** речь, семья, социально-психологические особенности семьи, ошибки воспитания детей в семье, правое и левое полушария, методы речевого развития детей.

### Introduction

The family is not only the foundation for a child's upbringing and education but also the primary environment for their development into a well-rounded individual. Concepts like family and children form the basis of society and provide meaning to life. Under the leadership of President Shavkat Mirziyoyev, Uzbekistan has prioritized protecting family interests, elevating the family's

status in society, and supporting young families comprehensively. For example, the 2018 decree by the President designated May 15 as International Family Day in Uzbekistan to promote family well-being.

A positive family environment supports children's development, while an unhealthy one jeopardizes their future. In today's globalized, information-driven world, behavioral disorders among adolescent girls are not only a pressing issue in Eastern societies but a global concern. Factors such as social inequality, parental disputes, and improper upbringing contribute to the rising number of girls exhibiting deviant behavior.

### **The study of this topic addresses issues related to:**

**Social challenges in adolescence:** Family conflicts, social inequality, or improper upbringing may increase the prevalence of deviant behavior in girls.

**Psychological well-being:** Deviant behavior negatively impacts psychological health, leading to depression, aggression, and low self-esteem, which may have long-term consequences on girls' social lives.

**Educational significance:** Guiding adolescent girls' behavior and fostering their development as adaptive, responsible individuals is a crucial goal in education.

By addressing these challenges through scientific research and practical measures, this study underscores the urgency of its subject.

### **Materials and Methods**

An unhealthy family environment typically involves parental conflicts, family instability, neglect, lack of emotional support, excessive control, or overindulgence. These factors significantly influence the development of deviant behavior (actions that violate social norms) in adolescent girls, who may feel lonely and misunderstood, pushing them toward deviant behaviors.

### **Key Aspects of an Unhealthy Family Environment**

- 1. Parental Conflicts:** Frequent conflicts within the family create emotional stress for adolescent girls, reducing their interest in family life and encouraging them to seek belonging outside the family in unhealthy friendships.
- 2. Lack of Attention:** Neglecting girls' needs and emotions lowers their self-esteem and may lead them to engage in inappropriate behaviors to attract attention.
- 3. Emotional Support Deficiency:** Adolescents need emotional support during this critical stage. Its absence results in loneliness and a tendency to seek attention through alternative means. Conversely, families that provide support positively influence their daughters' psychological well-being.
- 4. Excessive Control or Punitive Discipline:** Overbearing parental control or harsh discipline triggers rebellion and defensive behaviors in girls.
- 5. Overindulgence:** Overly lenient parenting, where children are given everything they desire, often leads to a lack of genuine happiness, motivation, and respect for parents.

## Manifestations of Deviant Behavior

Adolescent girls from unhealthy families often exhibit the following behavioral issues:

- 1. Low Self-Confidence and Self-Esteem:** Difficulty in expressing themselves in social settings and feelings of inadequacy hinder their ability to channel their talents positively.
- 2. Emotional Dysregulation and Aggression:** Emotional support deficits make adolescents prone to aggression, including verbal and physical outbursts. Psychologist Barkova notes that emotional instability during adolescence can lead to depression, aggression, or self-harm.
- 3. Disinterest in Education and Work:** Girls from neglectful families may exhibit laziness and indifference towards learning and social responsibilities due to a lack of motivation and guidance.
- 4. Psychological Issues:** Depression, stress, and anxiety are more prevalent among girls raised in unhealthy families compared to their peers.
- 5. Attention-Seeking Behaviors:** Girls deprived of attention often resort to harmful habits, such as smoking or experimenting with drugs, to gain notice.
- 6. Tendency Toward Unhealthy Relationships:** A lack of emotional closeness at home drives girls to seek it externally, increasing the risk of unhealthy relationships.

**Speech and Discussions:** The manifestations of deviant behavior include the following:

### 1. Lack of self-confidence and low self-esteem:

Inability to adequately express oneself in a social environment and community life, experiencing feelings of worthlessness and insecurity, and failing to properly channel individual abilities.

### 2. Inability to control emotions and displaying aggressive behaviors:

A lack of emotional support within the family can cause children to struggle with controlling their emotions in various situations. As a result, they may resort to behaviors such as shouting, insulting, aggression, or other forms of violence as a means of self-defense. Psychologist Barkova, in her book "Psychology of Age and Behavior," describes the aggression and depressive states observed in adolescent girls as follows: "During adolescence, when self-awareness and critical thinking about one's actions become more challenging, some adolescents experience physical or psychological problems, leading to behavioral disorders such as aggression, depression, or self-harm."

### 3. Loss of interest in education and work:

Unhealthy family environments may instill traits such as stubbornness, laziness, and lack of willpower in girls. Conversely, due to a lack of attention and support in the family, adolescent girls may develop apathy toward social activities, education, or work. This can lead to decreased motivation and a tendency to limit their own potential.

### 4. Psychological problems:

Girls raised in unhealthy family environments are significantly more prone to psychological issues such as depression, stress, and anxiety compared to their peers.

### 5. Seeking attention through inappropriate behaviors:

Girls who grow up with a lack of attention may try to attract it through other means. This often manifests as forming the wrong friendships, smoking, experimenting with drugs, or other harmful habits aimed at gaining attention.

#### **6. Inclination toward unhealthy relationships:**

Adolescent girls deprived of emotional closeness and support within the family may seek these in external environments. This increases their vulnerability to falling into unhealthy relationships.

#### **Conclusion**

To prevent and minimize behavioral disorders, families must foster a positive environment and ensure proper care and emotional support for their daughters. Schools and community organizations should provide psychological support to help adolescents build resilience. Healthy families are the foundation for raising well-rounded individuals who contribute positively to society.

Research Objective to conduct a psychological analysis of behavioral disorders in adolescent schoolgirls, diagnose the causes and factors contributing to deviance, and develop scientific and practical recommendations for their correction.

#### **Psychological Recommendations for Properly Shaping the Behavior of Adolescent Girls**

##### **1. Creating a Positive Environment:**

Emotional support from the family is a key factor in shaping the behavior of an adolescent. It is essential to ensure an atmosphere of love, understanding, and harmony in the family.

Respecting the emotions and opinions of the adolescent girl, listening to her, and valuing her input can help boost her self-confidence.

##### **2. Developing Self-Awareness and Self-Esteem:**

Encourage activities that foster self-awareness and positive self-evaluation, such as keeping a journal or engaging in creative pursuits.

Acknowledge her achievements and enhance her sense of self-worth by recognizing and celebrating her successes.

##### **3. Improving Social Skills:**

Teach the adolescent the rules of social interaction and methods for resolving conflicts peacefully.

Encourage active participation in community events, friendships, and social projects.

##### **4. Teaching Stress Management Skills:**

Help the adolescent manage stress and negative emotions through techniques such as deep breathing, meditation, and engaging in physical activities.

Teach her to express negative feelings through words, recognize her emotions, and learn from them.

These recommendations aim to improve self-awareness, social adaptability, and the healthy development of adolescent girls, helping them grow into successful and well-rounded individuals.

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