PSYCHOLOGICAL MECHANISMS OF DEVELOPING TOLERANCE AND ALTRUISM IN FAMILY EDUCATION

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Abstract: This article analyzes the psychological mechanisms of the formation and development of such important moral qualities as tolerance and altruism in family upbringing. The family is considered as the main environment in the process of socialization of the individual, where the formation of such qualities as tolerance, respect for others and selfless assistance in children is highlighted. Also, the role of psychological mechanisms such as imitation, identification, empathy and social reinforcement in the development of tolerance and altruism is scientifically substantiated. According to the results of the study, a healthy psychological environment in the family, the personal example of parents and the process of positive communication are important factors in the development of these qualities in children.

Keywords: family upbringing, tolerance, altruism, psychological mechanisms, empathy, socialization, tolerance, personal development.

Large-scale reforms being implemented in our country are aimed at ensuring the primacy of spiritual factors in all spheres of social life. The development of historical and philosophical views on family and family education is due to the need to regulate family - marriage relations, intra-clan relations and inter-clan relations. The family is the support of society, its first and primary core, particle.

Living as a conscious family is inherent only to the human race among all creatures and beings in the world. The family is considered the main link in society for educating children and raising them as mature individuals. Each element of education is important in the formation of a child as a mature individual. The formation of tolerance in children is one of the important elements of education, revealing their spiritual image. Leading society to progress depends on knowledgeable and enlightened people who correctly understand universal values,

and have a tolerant culture. One of the important tasks of today is to implement modern and unconventional methods to educate young people, educate them in the spirit of universal and national values, and form a tolerant attitude in them.

The problem of tolerance became relevant in the 50s of the 20th century, after the end of World War II, when all of humanity experienced the consequences and tragedies of fanaticism and hatred. One of the most discussed topics of this period was religious tolerance, which was focused on issues of harmony between different religions. The word tolerance is derived from Latin and means ―tolerance and tolerance‖. Tolerance and instilling it in our children is an urgent problem of our time. Because today, constant political and religious conflicts in the world also affect people's relationships with each other. We know from the events taking place in different parts of the world that the emergence of conflicts in relations between religions, nations, peoples and other social groups sometimes leads to major wars and religious conflicts. The principle of tolerance in the world is one of the universal human values. Its implementation in the life of society serves the peaceful and stable existence of all humanity. In the book ―Explanatory Dictionary of Terms of Peace and Tolerance‖, published by a group of Uzbek scholars, tolerance (from Latin ―tolerantia‖ – ―patience‖) is defined as a positive attitude aimed at recognizing, accepting, correctly understanding and respecting the existence of multiculturalism, pluralism, diversity and diversity in society, and it is especially recognized that this concept has a number of synonyms in the Uzbek language such as tolerance, patience, contentment, tolerance, endurance, and endurance. Tolerance, as a form of individual and social attitude towards social and cultural diversity, as well as tolerance towards other thoughts, beliefs and ways of behaving, can be considered the main sign of civility and political maturity.

The communicative function of the family plays an important role in the development of a child's interpersonal communication skills. In the process of communicating with parents, siblings, grandparents, a child develops speech culture, emotional expression, listening and expression skills. This becomes the basis for effective communication in society and for establishing harmonious relations with

others. If the communicative environment in the family is positive - that is, the child is provided with the opportunity to freely express his opinion, be heard and respected - the child feels valued and is able to form a tolerant attitude towards other people. Otherwise, children growing up in families where there is an authoritarian style, violence, psychological pressure, aggression, intolerance and a tendency to reject others are observed.

Positive tolerant relations at the highest level in the family do not form by themselves, their formation on the basis of healthy, adequate, pedagogical knowledge is the only correct way to educate family tolerance and child tolerance. Therefore, in the formation of tolerance of adolescents in the family, scientific study of the pedagogical content of child tolerance, its effective forms and methods begins to gain importance. The pedagogical content of the formation of tolerance of children by parents in the family. We have considered above that tolerance is the ability to openly demonstrate values and qualities inherent in human individuality, kindness and compassion, respect and honor for others, forgiveness, non-harm to others, that is, in general, the ability to openly demonstrate values and qualities based on the principles of peace and harmony. Practicing and demonstrating tolerance is recognizing that people have different views, opinions, appearances, clothing, interests, culture, race, nationality, language, customs and habits, morality, behavior, and values. Therefore, tolerance is not just a characteristic of a person's personality, but a social virtue, a set of qualities that regulate the relationships between all people, teach them to live in peace and harmony, mitigate conflicts between people, and encourage them to compromise.

Teaching adolescents to be tolerant teaches them to think independently, listen carefully to the opinions of others, see the interests of others, critically evaluate relationships between society and people, and strictly adhere to moral and spiritual requirements. Because a modern civilized person is not only a person who has acquired knowledge about culture, but also a person who is able to apply this knowledge in his life, not only a person who respects himself, but also a person who is able to treat others with respect. Tolerance is also the ability to accept others as

they are, without change, and to communicate with them.

In society, any interpersonal relationship is based on mutual interest, and accordingly, altruism is the exchange of psychological feelings and socio-psychological values, such as love, respect, and care. In this, self-esteem, self-attitude, and emotional sphere in people play an important role. The role of social influences in the life of an individual and society is incomparable. It is precisely as a result of the interaction of social influences, that is, social norms, sanctions, a sense of social responsibility, and social roles, that people commit altruistic acts. Respect for others, generosity, hospitality, patriotism, and kindness inherent in our national mentality, in other words, as A. Navoi emphasized, children are taught —... kindness, generosity - to bear the burden of hardship of a victim and save them from those difficulties. Altruism is considered a positive quality by society, and altruistic behavior is recognized as a socially approved form of behavior. Because the altruistic behavior of a person indicates his spiritual, moral, and spiritual maturity. The formation of such altruistic behavior in a person and the upbringing of a harmonious generation are one of the important tasks facing society.

The development of tolerance and altruism in family upbringing is carried out through a number of psychological mechanisms. First of all, the imitation mechanism is important. Children absorb their parents' behavior, relationships, and values by observing them. If parents demonstrate such characteristics as mutual respect, tolerance, and willingness to help, these qualities are also formed in children.

The second important mechanism is the identification process. The child compares himself with his parents or other close people in the family and tries to be like them. As a result, the social behavior of parents is formed as an internal value in the child. The third mechanism is emotional empathy. Through empathy, a child learns to understand the feelings of other people. The presence of an atmosphere of love, mutual support, and sincere communication in the family helps the child develop empathy. Empathy is an important psychological basis for altruistic behavior. The social reinforcement mechanism also plays an important role. Parents'

encouragement of positive behavior in a child increases his desire to repeat these behaviors. For example, when a child helps others or treats them with respect, positive evaluation and support from parents reinforces his altruistic and tolerant behavior. To develop tolerance and altruism in family upbringing, it is also important for parents to introduce children to various social environments and involve them in cooperative activities. Joint activities, social projects, charity events, and teamwork form the skills of helping and understanding others in children. In conclusion, tolerance and altruism are important moral qualities that determine a person's social maturity.

The influence of the family environment on the formation of these qualities is very great, and is carried out through psychological mechanisms such as imitation, identification, empathy, and social reinforcement. Therefore, parents should pay special attention to the formation of these qualities in their child's upbringing.

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O‘SMIRLARDA TANQIDIY TAFAKKURNI RIVOJLANTIRISH TIZIMINI TAKOMILLASHTIRISH

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Annotatsiya

Ushbu maqolada o‘smirlar yoshida tanqidiy tafakkurni rivojlantirishning psixologik-pedagogik asoslari, uning ahamiyati hamda uni takomillashtirish yo‘llari tahlil qilinadi. Shuningdek, zamonaviy ta’lim jarayonida tanqidiy fikrlashni shakllantirishga xizmat qiluvchi metodlar va innovatsion yondashuvlar yoritiladi.

Kalit so‘zlar: tanqidiy tafakkur, o‘smirlik davri, kognitiv rivojlanish, ta’lim texnologiyalari, mustaqil fikrlash, innovatsion metodlar.

Аннотация

В данной статье анализируются психологические и педагогические основы развития критического мышления в подростковом возрасте, его значение и пути совершенствования. Также освещаются методы и инновационные подходы, способствующие формированию критического мышления в современном образовательном процессе.

Ключевые слова: критическое мышление, подростковый возраст, когнитивное развитие, образовательные технологии, самостоятельное мышление, инновационные методы.

Abstract

This article analyzes the psychological and pedagogical foundations of the development of critical thinking in adolescence, its importance and ways to improve