

# PSYCHOLOGICAL ASPECTS OF EDUCATING TEENAGERS BASED ON NATIONAL VALUES

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## Abstract:

This article discusses the specific psychological features and complexities of adolescence. Also, the approach to their upbringing based on national values and the role of the family in it is emphasised.

**Keywords:** adolescent, behaviour, education, value, national value.

## Introduction

With the emergence of humanity, its language, customs, traditions, lifestyle, psychology, spirituality, culture, and dreams of the nation were reflected.

National value is manifested in an inextricable connection with the nation's history, way of life, spirituality and culture. The term Qadriyat is derived from the Arabic word Qadr, which means valuable, or useful. Value is a set of material, cultural and spiritual factors that satisfy personal and social needs manifested in natural and social life.

The national values of the Uzbek people lead a person to spiritual maturity. Patience, self-control, politeness, kindness, respect for elders, modesty in social life have been embedded in the education of our people for centuries.

It is known that the future of the nation, which is accustomed to national values, depends on the young generation that is being formed. It is important to approach youth education based on our historically rich spiritual values. It is especially appropriate to pay serious attention to the education of adolescents, which is considered a complex period in human ontogeny.

In order to make teenagers a perfect person, first of all, it is necessary to prepare a thorough foundation for them to reach high intellectual levels, taking into account their changing behavior. The fact that adolescence has its own complexity has been scientifically proven in science. They are expressed in the following.

1. This age period is sharply distinguished from other stages of ontogenesis by its physical and mental development.
2. At this stage of development, the basis of socialization is formed in a teenager.
3. Belief, scientific outlook, and personal position are formed during adolescence.
4. Spirituality is a sensitive period for the development of ethnopsychological features.
5. Self-awareness, self-respect, career inclination, science, and relatively differential attitude appear.



As we mentioned above, the approach to changes in the behaviour of teenagers based on national values will have a positive effect. The national values formed over the centuries, combined with the cultural and spiritual wealth created in the present period, accelerate development and help to ensure ideological and spiritual purification. All types of values are considered as the tools that serve a person, especially teenagers, to develop spiritually and morally, to lead a prosperous life, and to live freely.

The great future of our country, tomorrow, our free and prosperous life, and how Uzbekistan will occupy a place in the world community in the 21st century - all this depends on what kind of people our young generation, growing up, will grow up to be. It is the duty of us parents to always be alert and watchful in the upbringing of young people, and to inculcate our national values in their minds. Education based on values is primarily formed in the family.

The role of parents in the formation of national values in teenagers is of particular importance. First of all, parents should be tolerant towards the child: it is necessary not to offend him, to listen to his opinion, to count with him, to be forgiving and, if necessary, to ask for forgiveness from the child.

Adolescence is the most difficult period, but at the same time the most important period, because it is during this period that teenagers develop a sense of justice. Therefore, parents should conduct fair negotiations without quarrels and destructive conflicts. Of course, it is impossible to avoid conflicts of interests, desires and opinions in everyday life. The task is to turn the conflict into a constructive situation, to invite the teenager to talk about the conflicts that have arisen and make compromise decisions together.

It is impossible to underestimate the value of a teenager - it is necessary to avoid ignoring him, showing disrespect for his hobbies. A teenager should not be forced to do what he wants.

In order for parents to educate their children in the spirit of tolerance on the basis of national values, they should have appropriate knowledge, that is, parents should form a value system based on common concepts such as consent and compromise in teenagers. Must strive for mutual acceptance and tolerance, forgiveness, non-violence, sympathy, understanding.

What kind of upbringing prevails in the family depends on what kind of person grows up here. The main methods of upbringing in the family are examples, joint activities with parents, conversations, supporting the teenager in various issues, solving problems, involving him in various activities in the family and outside.

**There are the following reasons for problems related to the upbringing of teenagers in the family:**

- Usually, parents do not pay attention to teenagers as individuals;
- When teenagers do not understand their parents, they begin to distance themselves from them, as a result, they look for people who see them as equals;
- many unhealthy families cause teenagers to become aggressive and mentally weak in life;
- the teenager compares the family in which he lives with the families of other peers, and draws a correct or incorrect conclusion from it;



- the behaviour of teachers at school without studying the family situation of a teenager can have a drastic effect on his morals;
- various conditions of adolescent life (orphanage, poverty, criminal environment, physical and mental weaknesses).

According to the data, a large percentage of juvenile delinquency is made up of teenagers with extremely difficult living conditions, who are prone to mental deviations. This includes children in healthy family environments where one or both parents regularly drink alcohol, and children from quarrelsome families, physically and financially.

To protect teenagers from this kind of behaviour, from various deviations in their education, and from getting into bad groups, it is to find a way to the heart of a teenager, to have a friendly, sincere, mutual trust relationship with him.

In many cases, parents give their child strong attention and unknowingly create all the material conditions for their child to become a good person. Scientifically, such education is called hyperopia. This type of upbringing can make a child unkind.

To prevent such disappointing situations, it is appropriate to pay attention to the formation of adolescent's behaviour from a young age and educate them based on national moral values. National spiritual values in a broad sense are manifested in all actions, activities, behaviour, manners, and interpersonal relations of a person, and in a narrow sense, they are manifested in philosophical, religious, political, moral, legal views, thinking, and worldviews of people.

In today's information age, only a truly spiritual and enlightened person can know the value of a person, understand his national values, and national identity, live in a free and liberated society, and selflessly fight for our independent country to take its rightful place in the world community. Values educate the human psyche.

In conclusion, the psychological aspects of educating teenagers based on national values are a crucial component of shaping the future generation. The influence of cultural and societal norms on adolescents cannot be overlooked, as they play a significant role in shaping their beliefs, attitudes, and behaviors. It is essential for educators and policymakers to recognize the impact of national values on teenagers' psychological development and incorporate them into the educational system. By understanding the psychological needs and challenges faced by teenagers within the context of national values, educators can create a supportive and inclusive learning environment that fosters positive growth and development. This includes promoting critical thinking, empathy, respect for diversity, and a sense of belonging within the national identity. Moreover, it is important to address any potential conflicts between individual beliefs and national values in a respectful and constructive manner.

Furthermore, the role of parents, family members, and community leaders in reinforcing national values within teenagers cannot be understated. Collaboration between these stakeholders and educational institutions is essential to ensure that adolescents receive consistent messages that align with their cultural background while also promoting open-mindedness and global awareness. In conclusion, educating teenagers based on national values requires a deep understanding of psychological principles as well as a commitment to promoting positive mental health outcomes. By recognizing the importance of cultural context



in shaping adolescents' identities and experiences, educators can create an environment that empowers teenagers to become responsible citizens who contribute positively to their society while also respecting their individuality. Ultimately, integrating psychological aspects with national values in education can contribute to the holistic development of teenagers as they navigate their formative years towards adulthood.

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