

PSYCHOLOGY OF MODERN FATHERS

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Abstract

This article is devoted to the study of the psychology of modern fathers, analyzing the changing role of fatherhood in society and its social, psychological and cultural aspects. In the modern model of fatherhood, the father is not only an economic provider, but also takes an active part in the upbringing of children, satisfying their emotional needs and forming them as individuals. The article discusses the basic principles of paternal psychology, new approaches in society and the impact of paternal responsibility on the family environment. The relationship between modern fathers and their impact on the psychology of children are also studied. The article serves to better understand the psychological aspects of family upbringing and provides practical recommendations aimed at improving the role of fatherhood in modern society.

Keywords: Psychology of fatherhood, modern fatherhood, family upbringing, the role of the father, emotional needs, father-child relationships, modern society, educational responsibility, child psychology, family environment.

Introduction

The family is the main unit of society, in which the upbringing of a child and the formation of personality play a key role. In the process of upbringing, the role of not only the mother, but also the father is of great importance. The role of fatherhood in modern society is changing significantly from traditional approaches. If earlier the father was considered the main responsible for the family's economic support, today he is actively involved in all aspects of family life, including satisfying emotional and psychological needs. Modern fathers are now striving to spend more time with their children, to actively participate in their education and upbringing. These changes are associated with the socio-economic development of society, the revision of gender roles, as well as increased attention to the psychological aspects of family life. This article discusses the current aspects of the psychology of modern fathers, paternal responsibility and its impact on society.

Literature Review

Research on the psychology of modern fathers is being conducted in many countries of the world. Below are reviewed the most important scientific approaches and studies on this topic: Lamb (2004): In-depth study of the educational role of fathers and their impact on the development of children. In his opinion, fathers play an important role in the development of children's social skills and emotional stability. Pleck (2010): Reflecting on the modern model of fatherhood, he introduced the concept of "social fatherhood". According to him, modern



fathers perform not only economic responsibility, but also functions such as providing emotional support and quality communication with children. Doherty et al. (1998): Analyzed how paternal responsibility is perceived and implemented in different cultures. They have proven that the closeness of fathers to their children has a positive effect on the development of children. Elkind (2006): Emphasizes that the psychological needs of children and close contact with them also contribute to the development of the father as a person. Studies on the example of Uzbekistan: Family values are strongly preserved in Uzbekistan, and fathers play a significant role in the education and upbringing of their children. In this regard, studies conducted by Sharipov A. and Karimova N. shed light on the activities of modern fathers based on the combination of national values and modern approaches. UNICEF (2017): Within the framework of the study of child psychology on a global scale, it was found that the emotional and social support of fathers directly affects the success of children in school and their mental health. Hochschild (2012): Reflecting on the changing gender roles and the division of responsibilities in the family, analyzed the positive impact of equality between modern fathers and mothers.

This review shows that the modern fatherhood model has a positive impact not only on the psychological development of children, but also on the overall stability of society. Combining modern approaches with national values will further increase the effectiveness of family education.

Methods

This study used several methods to study the psychology of modern fathers:

1. Data collection through questionnaires - Fathers of different ages participated in the study, who were asked questions about the responsibilities of fatherhood, their emotional approaches, and their relationships with children.

The questionnaires consisted of two parts:

1. Closed questions: To obtain quantitative information about the time fathers spend with their children, their role and responsibilities in upbringing.
2. Open questions: Designed to understand the personal experiences, feelings, and relationships of fathers.

2. Interview method - In-depth interviews were conducted with fathers of different ages and professions. The following topics were discussed in the interviews: The main difficulties faced as fathers. Approaches and methods in raising children. Views on the role of fathers in modern society.

3. Observation method - During the study, the interaction of fathers with their children in several families was observed. These observations helped to analyze how father-child relationships are formed in a natural environment.

4. Study of literary sources - National and international scientific articles and studies on the psychology of modern fathers were analyzed. Approaches to family upbringing, gender roles and psychological responsibilities of fathers were studied.



Discussion

The results of the study revealed the differences between the modern model of fatherhood and traditional approaches. The main areas of discussion are presented below:

1. The new role of the father - While in the traditional model, the father was seen more as an economic provider, the modern model of fatherhood also includes upbringing and emotional support. The results of the study confirmed that modern fathers strive to spend more active time with their children and have a direct impact on their education.
2. Reconsideration of gender roles. Changes in gender equality in society are also leading to a reinterpretation of fatherhood. Fathers interviewed emphasized the need for equal sharing of responsibilities in the family. However, some still stated that they adhere to the traditional approach.
3. The importance of psychological responsibility - According to data obtained from questionnaires, modern fathers are more inclined to pay attention to the emotional needs of their children. It was found that children's mental health and social skills are closely related to fathers' emotional approaches.
4. Challenges encountered - The results of the interviews showed that modern fathers face difficulties in coordinating their responsibilities with work and social demands. Some fathers admitted that they do not have sufficient experience in managing time in the family or communicating with children.
5. National values and modernity - The compatibility of the fatherhood model based on national traditions and modern approaches was noted as a relevant issue during the study. In Uzbek families, the role of fatherhood still occupies an important place in the educational and social formation of children.

The psychology of modern fathers is defining a new stage in family upbringing. Research shows that the modern model of fatherhood strengthens the balance in the family by satisfying emotional needs and ensuring the comprehensive development of children. At the same time, the revision of gender roles and the preservation of national values further enrich modern fatherhood. These approaches contribute to family well-being and social stability.

Conclusion

Modern father psychology requires a reinterpretation of the specific role of fathers in the family upbringing process. The results of the study show that today fathers are not only economic providers, but also emotional supporters, educators and psychological role models for their children. Changing gender roles and equal distribution of responsibilities in the family are taking fatherhood to a new level.

The harmony of national values and modernity further enriches the fatherhood model in Uzbek families. Also, fathers' quality time with their children, satisfying their emotional needs, and active participation in their formation as personalities serve the sustainable development of society. However, additional psychological support is necessary to overcome the difficulties faced by modern fathers, such as time management and understanding psychological responsibility. This study provides theoretical and practical foundations for studying the



psychology of modern fatherhood. A deep understanding and development of the role of fathers in the family upbringing system contributes to strengthening family relations in society.

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