

## THE INFLUENCE OF ADULTS IN THE FAMILY ON THE FORMATION OF FEARS AND PHOBIAS IN CHILDREN

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**Annotation:** *This article theoretically substantiates the specific features and common causes of the formation of fears and phobias in children of different ages. The influence of adults in the family on the formation of phobias in children is highlighted. Empirical data on the study of this problem are analyzed.*

**Keywords:** *fear, phobia, aggression, neurosis, anxiety, adequate, film, cartoon, fairy tales, emotion.*

The state of fear in a child is manifested from infancy. After 5 months, a child becomes afraid when meeting strangers, seeing unusual objects, in unusual situations. Children aged 2-3 are afraid of animals. According to St.P. Korolenko and G.F. Frolova, the fear of the dark in children is associated with the development of the imagination. As a result of the inability of children to distinguish between real and imaginary images, they are afraid of fairy-tale characters, mainly the old woman, the immortal kashchei, the dragon. Children aged 6-7 are afraid of fire, animals, the misfortune of loved ones, and accidents. By the age of 8, as a result of the child's increased life experience and the development of knowledge of the surrounding world, they fully understand life.

They are often afraid of death, the death of loved ones. These fears may be due to age characteristics. At the same time, the child may manifest aggression, neurosis, sleep, speech, communication disorders, and pathological states. The peculiarity of the preschool period is that the child cannot adequately express the state of fear. Children can be infected with a state of fear very early, without the child realizing it. A child begins to understand a state that is not scary to others at the age of 5. Another characteristic of the emergence of a state of fear in children is a state of shame.

Shyness is a uniquely arduous social emotion that triggers a state of fear. A shy child fears having his behavior discussed, feels remorse for what he has done, engages in self-criticism, and feels dissatisfied with himself.

The feeling of shame in 3- to 5-year-olds gives rise to a fear of being judged by others. Even by the early school years, children feel embarrassed not only by themselves but also by the behavior of those around them. Children begin to understand that their behavior is also embarrassing to others from the age of 5.

Fearlessness and shyness are also linked to feelings of embarrassment. Nurturing this state leads the child to understand their fear.

In children, it gives rise to states and traits such as fear and anxiety, timidity, shyness, passivity, restlessness, insecurity, inhibition, hesitation, social withdrawal, obedience, and a lack of freedom. At the same time, it gives rise in the child to neurosis, tension, startle reactions, and a constant sense of shame. Therefore, it is important to bring children's emotional states into an appropriate balance through psychogymnastics.

One of the characteristics common to all types of phobias is their regressive (backward) nature. When a person is afraid of their condition flaring up, they long to return to a situation that will help and protect them. In this case, clients with phobias behave like children. They want their mothers to sit by holding their hand in bed, and this calms them. Fobiyaning yana bir xususiyati uning o'sib borishidir va alahsirash darajasigacha etib borishidir. Fobiyaning yana bir hususiyati uning o'sib borishi natijasida jazavaga tushishning yuzaga kelishidir.

The state of fear manifests itself in a person's emotions in a distinctive way, and its baseless emergence leads to the development of phobias. In particular, this condition negatively affects a child's psyche, resulting in complex consequences. We conducted scientific research to study the causes of the emergence of fear in children.

Initially, we distributed a questionnaire to examine the specific characteristics of fear in children and the factors that lead to its development.

Based on the questionnaire responses from parents and children, which were conducted to determine what they fear and what caused their fear, we have concluded that the causes of fear in children are as follows.

1. In the family, adults and those around them use a particular object as a tool to frighten children and use it for that purpose.

2. A person in a movie, cartoon, or fairy tale is harmed by a certain object, and the child witnesses it.

3. The fear object attacks or harms someone in front of the child.

4. Family members or loved ones fearing an object and, by displaying their fear in front of the child, causing the child to also become afraid of it.

As it turns out, in many cases a child's fear arises from external influences, namely the impact of adults in the family.

In the second phase of our research, to study children's fear perceptions and what influences their emergence, as well as how they perceive danger, we selected 30 children being educated at an educational institution. We gave the children the task, "Draw whatever you are afraid of." After the children finished the task, we asked them questions such as, "What does it look like?" and "Why are you afraid?"

Here are some of their answers.

Feruzha, age 6. I drew a snake; I'm afraid of it. In the movie, it ate people. It has a big mouth and opens it wide, and its eye is ugly.

Abdulaziz, age 6. I drew a picture of the ogre. He is big, his hair is messy, and he is very ugly. He says he will give me to the ogre if I don't do what my dad says.

Nozima, 5 years old. I'm afraid of the dark and being alone. I saw a witch in my dream; a witch comes out of the dark.

Asadbek, 6 years old. I'm afraid of dogs. People say, "Here comes a dog, it'll bite you." It will bite me too.

Bobur, 6 years old. I'm afraid of the hedgehog. Once, when I grabbed it, its quill went into my hand.

We analyzed the children's responses as follows.

Analysis of the causes of fear in children

Table 3

No	Reason to be afraid	The indicator in percentage
1	Those who are scared because adults scared them	21.8
2	Those who are scared from seeing it in movies or cartoons	20
3	Those who are scared because they were hurt themselves	20
4	Those who are scared from seeing someone else get hurt	13.3
5	Feared because a loved one was afraid	10
6	Were startled by a sudden appearance of the object of fear. Considered it terrifying	6.6
7	Fear without a reason	6.6
8	Did not respond	3.3

According to the children's answers, they were scared because adults scared them (21.8%), scared from seeing things in movies and cartoons (20%), and scared from being victims of abuse themselves (20%), were scared by seeing someone else get hurt (13.3%), were scared because a loved one was scared (10%), suddenly seeing the object of fear and being startled (6.6%), found it frightening (6.6%), and fear for no reason (6.6%).

The results for the question "What does a child fear?" are as follows: a witch (16.6%), the dark (16.6%), a dog (13.3%), snake (13.3%), witch (10%), bear (10%), being alone (10%), various animals (10%), child kidnapper (3.3%), gypsy (3.3%), snow queen (3.3%), doctor (getting a shot) (3.3%), goblin (3.3%).

As can be seen, children's objects of fear are unique and differ sharply from those of adults. Because they lack social experience and imagination, fears related to social processes and events do not manifest. For example, losing loved ones to death, public speaking, illnesses, etc.

Based on the responses received, we have concluded that the causes of fear in children are as follows.

- Adults and those around them using children as a tool to frighten a specific person and using them for that purpose.

- A specific object in a movie, cartoon, or fairy tale harming people, which the child witnesses.
- The fear object attacking or harming others or the child in the child's presence.
- Family members or loved ones having a fear object, being afraid, and the child developing a fear of it as well.

The results for the question "What does a child fear?" are as follows.

Results obtained for the question "What does the child fear?" Table 4

No	Object of fear	The indicator in percentage
1	A witch	16.6
2	The dark	16.6
3	A dog	13.3
4	A snake	13.3
5	A monster	10
6	A bear	10
7	Being alone (loneliness)	10
8	Various animals	10
9	The child thief	3.3
10	A gypsy	3.3
11	The snow queen	3.3
12	The doctor (from getting a shot)	3.3
13	A goblin	3.3

As is evident, children's objects of fear are unique and sharply differ from those of adults. Because they lack social experience and imagination, they do not exhibit fears related to social processes and events. For example, losing loved ones to death, public speaking, illnesses, and so on.

It should be noted here that a child witnessing an animal, including a dog, biting someone, such as a situation where a bee has stung them, which can cause a state of fear that may harm their ability to live a peaceful life, We have accepted this as a state that prompts a child to seek ways to protect themselves and avoid a danger that is threatening or may threaten them, and we have considered this to be a reasonable fear. In most cases, the fear in such situations arises when the object of fear approaches.

As the children's responses show, when adults in the family regularly use an object to control the child's behavior, the child develops a fear of that object. As a result, the child gradually develops a panic reaction whenever they hear about that object. Another reason for a child's fear is when they are accidentally frightened by an object while watching a show on television, which causes them to

subconsciously develop a fear of that object. The prolonged persistence of this condition can lead to the development of phobias in children.

Telling frightening stories to children, especially the impressionable ones, particularly before bedtime, can induce fear in them. After this situation, more children appear emotionally disturbed and exhausted. A state of rational fear is a natural condition in a child, and its transformation into irrational fear gives rise to phobias.

Phobias result in disturbances in a person's emotional state. In the family, adults' use of fear to discipline children, failure to supervise their TV viewing, and insufficient knowledge of children's psychological characteristics can lead to the development of unfounded fears in the children. In this case, the adults' neglect and failure to address it in a timely manner are among the causes of the phobia, resulting in significant negative changes in the child's cognitive development, personality traits, and emotional-volitional sphere. It is advisable to take this into account in the child's upbringing and to eliminate the fear using psychological methods at the initial stage, before it develops into a phobia. Even if it progresses to the phobia stage, it can be resolved using psychotherapeutic methods, but this is a somewhat complex process.

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