



## STAGES OF PSYCHOLOGICAL DEVELOPMENT IN CHILDREN

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***Annotation.*** This article discusses in detail the stages of psychological development in children, their specific features, and the mental, emotional, and social changes that occur at each stage. The interrelationship of biological (hereditary) and social factors in the formation of a child as a person, as well as the importance of the family environment, education, and social influences, is analyzed on a scientific basis. The article presents, along with theoretical aspects of the psychological development of children, practical approaches and develops effective recommendations for parents and educators. This work serves to form the right approach to working with children.

***Keywords.*** Psychological development, child psychology, ontogenesis, age periods, stages of development, social environment, upbringing, personality formation, emotional development, cognitive development, socialization.

***Annotatsiya.*** Ushbu maqolada bolalarda psixologik rivojlanish bosqichlari, ularning o'ziga xos xususiyatlari hamda har bir davrda yuz beradigan psixik, emotsional va ijtimoiy o'zgarishlar batafsil yoritiladi. Bolaning shaxs sifatida shakllanishida biologik (irsiy) va ijtimoiy omillarning o'zaro bog'liqligi, shuningdek, oila muhiti, ta'lim-tarbiya va ijtimoiy ta'sirlarning ahamiyati ilmiy asosda tahlil qilinadi. Maqolada bolalar psixologik rivojlanishining nazariy jihatlarini bilan bir qatorda amaliy yondashuvlar ham keltirilib, ota-onalar va pedagoglar uchun samarali tavsiyalar ishlab chiqiladi. Ushbu ish bolalar bilan ishlashda to'g'ri yondashuvni shakllantirishga xizmat qiladi.



***Kalit soʻzlar.** Psixologik rivojlanish, bola psixologiyasi, ontogenez, yosh davrlari, rivojlanish bosqichlari, ijtimoiy muhit, tarbiya, shaxs shakllanishi, emotsional rivojlanish, kognitiv rivojlanish, ijtimoiylashuv.*

***Аннотация.** В данной статье подробно рассматриваются этапы психологического развития детей, их специфические особенности, а также психические, эмоциональные и социальные изменения, происходящие на каждом этапе. Научный анализируется взаимосвязь биологических (наследственных) и социальных факторов в формировании ребенка как личности, а также важность семейной среды, воспитания и социального влияния. В статье представлены, наряду с теоретическими аспектами психологического развития детей, практические подходы и разработаны эффективные рекомендации для родителей и педагогов. Данная работа служит для формирования правильного подхода к работе с детьми.*

***Ключевые слова.** Психологическое развитие, детская психология, онтогенез, возрастные периоды, этапы развития, социальная среда, воспитание, формирование личности, эмоциональное развитие, когнитивное развитие, социализация.*

Childhood is one of the most important and responsible stages of human life, and it is during this period that the main psychological, social and moral characteristics of a person are formed. A person's future lifestyle, worldview, attitude to himself and the environment largely depend on the developmental processes during childhood.

Psychological development in children is a complex and continuous process that occurs in stages. Each age period is characterized by its own psychological characteristics, needs and development opportunities. Therefore, it is important to deeply study the laws of children's development and choose an appropriate pedagogical and psychological approach to them.

The relevance of this topic is that in modern society, the requirements for the upbringing and development of children are increasing. Therefore, parents, educators



and specialists need to deeply understand the stages of psychological development of children and organize the educational and upbringing process accordingly.

Psychological development in children occurs sequentially in several stages, and each stage plays an important role in the formation of a child as a person.

**Infancy (0–1 year):** This period is considered the earliest and most important stage in a child's life. The child perceives the outside world mainly through the senses. Emotional attachment to the mother or caregiver develops strongly. It is during this period that a sense of trust is formed for the child. If the child is surrounded by love and attention, a sense of security arises, otherwise fear and insecurity may arise.

**Early childhood (1–3 years):** At this stage, the child begins to actively move, strives for independence. Speech development accelerates, vocabulary increases. The child begins to perceive himself as a separate person and the concept of "I am myself" is formed. During this period, the correct approach of parents plays an important role in developing the child's independence and self-confidence.

**Preschool age (3–6 years):** During this period, the child's cognitive (cognitive) processes - thinking, memory, attention and imagination - actively develop. Play activities take a leading place, because it is through play that the child learns the environment and learns social roles. Moral norms, concepts of good and evil begin to form.

**Junior school age (6–10 years):** During this period, the child's main activity is reading. He absorbs new knowledge, develops the ability to think logically. Responsibility, discipline and self-control skills are formed. Relationships with teachers and peers play an important role in the social development of the child.

**Adolescence (10–15 years):** This period is one of the most complex and conflicting stages. In a teenager, the desire for independence, having his own opinion and finding his place in society increases. Emotional states change rapidly, the process of self-awareness and self-evaluation is activated. During this period, the understanding and support of parents and educators is very important.



Factors influencing development: Inherited characteristics of the child, love, attention and upbringing methods in the family environment, the influence of school and kindergarten in the education system, communication with peers and society in the social environment. These factors, in harmony with each other, ensure the full psychological development of the child.

In conclusion, the stages of psychological development in children are a consistent and complex process, which manifests itself with its own characteristics at each age. In-depth study of these stages and their consideration in practice is important for the comprehensive development of the child.

Parents and educators need to give children love, attention and proper guidance, taking into account their individual and age characteristics. Only then will a healthy psychological environment be formed in children, and they will grow up to be independent, socially active and well-rounded individuals in the future.

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