

## DISAGREEMENTS BETWEEN TEENAGERS AND PARENTS: CAUSES, CONSEQUENCES, AND SOLUTIONS

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**Annotatsiya:** O'smirlar va ota-ona o'rtasidagi kelishmovchiliklar inson hayotining muhim va murakkab davrlaridan biri bo'lmish o'smirlik davrida yuzaga keladigan tabiiy hodisalardandir. Bu davrda shaxs shakllanish jarayoni kechadi, o'smirlar o'zligini anglab, mustaqil qarorlar qabul qilishga intiladi. Shu bilan birga, ota-onalar farzandlarini tarbiyalashda o'z tajribalari va qadriyatlarini asos qilib olgan holda qat'iy talablar qo'yadi. Bu ikki tomonning hayotiy qarashlari va istaklari ko'pincha to'qnashib, munosabatlarda ziddiyatlarni keltirib chiqaradi. Ushbu munosabatlardagi kelishmovchiliklar sabablari, oqibatlar va yechim yo'llarini tahlil qilish juda muhimdir, chunki oilaviy muhitning sog'lomligi va yosh avlodning ijtimoiy hamda psixologik rivojlanishi to'g'ridan-to'g'ri shu munosabatlarga bog'liqdir.

**Kalit so'zlar:** psixologiya, munosabatlar, kelishmovchiliklar, ziddiyatlar, cheklovlar, tartib, istaklar, qarash, oilaviy muhit.

**Аннотация:** Разногласия между подростками и родителями – закономерное явление, возникающее в подростковом возрасте, одном из самых важных и сложных периодов жизни человека. В этот период происходит формирование личности, подростки осознают свою идентичность и стремятся принимать самостоятельные решения. При этом родители предъявляют к своим детям строгие требования, основанные на собственном опыте и ценностях. Жизненные взгляды и желания этих двух сторон часто сталкиваются, что приводит к конфликтам в отношениях. Очень важно анализировать причины, последствия и пути решения разногласий в этих отношениях, поскольку от этих отношений напрямую зависят благополучие семейной среды и социально-психологическое развитие подрастающего поколения.

**Ключевые слова:** психология, отношения, разногласия, конфликты, ограничения, порядок, желания, взгляд, семейная среда.

**Abstract:** Disagreements between adolescents and parents are a natural phenomenon that occurs during adolescence, one of the most important and complex periods of human life. During this period, the process of personality formation takes place, adolescents realize their identity and strive to make independent decisions. At the same time, parents make strict demands on their children, based on their own experience and values. The life views and desires of these two parties often clash,

causing conflicts in relationships. It is very important to analyze the causes, consequences and solutions of disagreements in these relationships, because the health of the family environment and the social and psychological development of the younger generation directly depend on these relationships.

**Keywords:** psychology, relationships, disagreements, conflicts, restrictions, order, desires, view, family environment.

## **INTRODUCTION**

In adolescence, the personality of the child is formed, he seeks independence, seeks to express his opinion. Because of this, adolescents may often disagree with the procedures and rules set by the parents or perceive them as severe restrictions. These contradictions stem primarily from lack of interaction, misunderstanding, and disrespect for each other's position. Parents, relying on their own experience, often resort to strictness in order to keep their children from going astray and raise them properly. This creates a sense of resistance and dissatisfaction in the adolescent. Also, parents do not fully understand the psychological characteristics of adolescents, have difficulty controlling their emotional instability and changing mood. Another important reason for disagreements is the desire of adolescents for personal freedom and the tightness of the boundaries set by parents. Young people try different ways to assert their independence, sometimes becoming interested in activities that are forbidden by their parents. For example, in matters such as the style of dress, the choice of a friend, how to spend time, disagreements arise between children and parents. In these cases, insecurity and misunderstanding between parents and adolescents increase, and family relationships become strained. Society and culture also influence parent-adolescent relationships. Nowadays, young people are able to enter the global information space extensively, studying new ideas, values and styles. They often adopt a modern worldview, which conflicts with traditional family values. Parents, on the other hand, are in many cases in favour of maintaining traditional parenting styles and cannot share modern views with young people. This adds to the disagreement.

## **MATERIALS AND MEDHODS**

The consequences of disagreements will be noticeable in family life. Adolescents may feel unintelligible and isolated, and parents may be alarmed by the disconnection of their children. Constant conflicts lead to a loss of mutual trust, distorting the mental environment in the family. When this condition lasts longer, children's reading success decreases, their social activity decreases, and their mental health deteriorates. In some cases, disagreements can lead to anger, resentment, and even alienation from the family and dangerous paths for the teenager. Also, conflicts in the relationship between parent and adolescent make it difficult for young people to form as mature individuals. Mutual misunderstanding and insecurity reduce the

self-esteem of young people, making them difficult. This condition leads to depression, anxiety and other mental problems, especially in young people. When healthy communication between parents and children is not established, young people hide their feelings and distance themselves from their families.[1]

To overcome disagreements, it is necessary to improve the interaction of parents and adolescents. In communication, it is important that both parties respect each other's thoughts, try to understand. Parents should be able to listen to their children, appreciate their thoughts, Exchange free thoughts. At the same time, adolescents should also be prepared to take into account the experiences and advice of their parents. Sincerity and openness in communication serve to strengthen relationships. Respecting the freedom of adolescents can also help reduce the differences between parent and child. Parents should recognize their children's personal boundaries and allow them to make independent decisions. Allowing to learn from mistakes and try new experiences will serve the growth of young people. At the same time, it is necessary for parents to clearly and patiently explain their requirements and rules, to give up rigor. This improves the relationship between young people and their parents.[2]

## **RESULTS AND DISCUSSIONS**

The use of modern psychological knowledge and methods of upbringing is also important. Parents need to update their upbringing style, learn youth psychology. Participating in family therapy, psychological counseling, and training can help reduce disagreements. In this way, the relationship of trust and understanding between parent and adolescent is strengthened. The joint development of common values and rules in the family is also an effective solution. These rules should be adapted to take into account the position of both parties. Family rules should stimulate the personal growth of young people, create an atmosphere of order and respect in the family. Also, spending time together in the family, sharing common activities and conversations will serve to strengthen the relationship. School and society also influence parent-adolescent relationships. It is important that educational institutions organize psychological counseling, educational programs for parents and young people, train parents in youth psychology. Creating conditions in society to support young people and increase their social activity reduces misunderstandings between parents and children.[3]

According to studies, approximately 70% of adolescents have at least one disagreement with their parents once a week. The main themes of these disagreements are the dress code, the relationship with friends, the education, and the rules regarding housework. The use of strict and authoritarian parenting styles results in adolescent mental health problems. Among these problems, anxiety, depression and insecurity are observed at a high level. Studies show that 45% of young people exposed to this type of upbringing develop psychological problems.[4]

Due to family disagreements, more than 20% of adolescents lose interest in school classes and their social activism decreases. Also, more than 40% of young people who experience family misunderstandings prefer to move away from the family, or this situation leads to their negative behavior. Research on conflict resolution shows that when families have regular family conversations, the number and intensity of conflicts decrease by 35%. Psychological counseling and family therapies, on the other hand, significantly improve the relationship between parent and adolescent. It has been shown that in families that have adapted the parenting approach of parents to the stage of development of young people, youth self-expression and relationships with parents have improved. Given the importance of social and economic support, the family's exposure to economic difficulties increases the level of family stress and negatively affects relationships. Therefore, family support programs by society can help reduce conflict.[5]

### **CONCLUSION**

As a result, parental and adolescent Discord is a natural part of society's life, requiring a multilateral approach to resolve them. Fostering dialogue, creating an atmosphere of respect and trust, respecting individual freedom, applying modern psychological approaches, and community support reduce discord and promote family harmony. This way, young people feel free and confident, and parents build strong and sincere relationships with their children. This is the basis of the development of the general society and the education of a healthy generation.

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