



“THE IMPACT OF FAMILY UPBRINGING ON THE DEVELOPMENT OF EMOTIONAL INTELLIGENCE”

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Annotation: This article explores the impact of family upbringing on the development of emotional intelligence (EI). Emotional intelligence refers to a person's ability to recognize, manage, and respond appropriately to their own emotions and those of others. The article examines how the emotional environment within the family, parental communication styles, expressions of love and care, and approaches to conflict resolution play a crucial role in shaping a child's EI. It also outlines the core components of emotional intelligence and illustrates how each is influenced by family dynamics. Supported by psychological research, the article emphasizes the vital role of family upbringing in fostering emotionally and socially competent individuals.

Keywords: family upbringing, emotional intelligence, child development, parenting, emotional environment, empathy, communication, psychological growth.

One of the important factors of human success in modern society is emotional intelligence (EI). Emotional intelligence is the ability to understand and manage one's own emotions, to understand the emotions of others, and to communicate effectively with them. This ability plays an important role in a person's personal life, social relationships, and professional activities. In the formation of emotional intelligence, the role of the family, especially early childhood education, is invaluable.

The word intelligence is derived from the Latin word "intellectus", which means to know, understand, perceive. Intelligence is a person's mental ability; the ability to accurately reflect and transform life and the environment in the mind, to think, study, learn about the world and accept social experience; the ability to solve various issues, make decisions, act rationally, and anticipate events. Intelligence includes perception, memory, thinking, speaking, and other mental processes.

Emotional intelligence is a highly developed ability of a person to understand and manage his own emotions and the emotions of other people, and its study can lead to a number of new approaches to the problem of emotional intelligence in psychology. Emotional intelligence is the ability to easily understand the emotions of other people or to justify emotions based on intellectual processes. All components of emotional consciousness in a person are inextricably linked, and their interconnection contributes to the effective conduct of interpersonal relationships. Emotional intelligence is one of the rapidly developing areas of research in modern psychology. Emotional intelligence is the ability to understand emotions, to understand other people and their personal goals, motivations, and desires, and to manage their emotions and the emotions of others to solve practical problems.

Emotional intelligence (EI) is the ability to recognize and manage one's own emotions, understand the emotions of others, and communicate effectively with them. This ability plays an important role in a person's personal life, social relationships, and professional success. Family upbringing is the most important factor that shapes a person's character, values, and emotional world from childhood.

Emotional intelligence is the ability of a person to understand, manage their own emotions, understand the emotions of others and interact effectively with them. This ability is important during adolescence, because during this period, people develop a sense of identity, the formation of personal character and social relationships. Adolescents face many problems in managing and responding to their emotional experiences, emotions such as anger, fear, happiness, sadness. Therefore, the development of emotional intelligence, especially in the social psychological aspect, plays an important role in the healthy psychological development of adolescents. The concept was first proposed by Peter Salovey and John Mayer, and later popularized by Daniel Goleman.

In science, emotional intelligence is divided into 5 separate components. The first 3 relate to the self, and the remaining 2 relate to the external world. These are:

1. Self-confidence.
2. Self-regulation.
3. Self-motivation.
4. Empathy.
5. Social competence.

Emotional intelligence is the ability to perceive, interpret, manage, and use emotions to communicate and interact effectively and constructively with others. The ability to express and manage these emotions is important, but so is the ability to understand, interpret, and respond to the emotions of others. Some of the key characteristics of emotional intelligence include:

1. The ability to identify and describe what people are feeling.
2. Awareness of personal strengths and limitations.
3. Self-confidence and self-acceptance.
4. The ability to let go of mistakes.
5. The ability to accept change.
6. A strong sense of curiosity, especially towards others.
7. A sense of empathy and concern for others.

In the literal sense, the concept of emotional intelligence is interconnected with emotional competence and is considered to have the same meaning. "Emotional competence" is all the knowledge, skills and abilities of a person to understand and evaluate his own and others' emotions.

Table 1

	Component	Description	An example of family influence
1	Self-awareness	<i>Recognizing and understanding one's own emotions</i>	<i>Parents' naming of their child's feelings</i>
2	Self-management	<i>Regulating and expressing emotions appropriately</i>	<i>Teaching the child ways to calm down</i>
3	Empathy	<i>Understanding and empathizing with the emotions of others</i>	<i>Parents' compassion for others</i>
4	Social skills	<i>Establishing and maintaining healthy relationships</i>	<i>The existence of an atmosphere of respect</i>



			<i>and cooperation in the family</i>
5	Motivation management	<i>Acting with intrinsic motivation</i>	<i>Parents' encouraging and supportive role</i>

When a child moves from elementary school to middle school, he experiences a lot of stressful situations - a new class teacher and new teachers in different subjects, more complex subjects, new rules, many unfamiliar classes. The child has not yet had time to get used to the changed conditions. A little later, in the 6th or 7th grade, the child experiences the most difficult period of transition from childhood to adolescence. From the age of 11, boys and girls begin to reach puberty, at which time, in addition to the physiological restructuring of the body, children are faced with new experiences. Emotions play a special role at this age. Young adolescents express their feelings violently, become stubborn, and often experience tantrums.

Most parents strive to develop their children, understanding development primarily as intellectual achievements. But even an intellectual prodigy cannot do without emotions, his emotional sphere must also be developed. A child with a high level of emotional intelligence is sociable, sensitive. According to many studies, success in life depends on emotional intelligence by about 80% and only 20% on intellectual development. To develop emotional intelligence, experts advise parents and children to play games. One of these games, "Myriads," teaches sensitivity: parents and children guess each other's emotions and select associative series, sharing impressions and memories. In the board game "Emotional Intelligence", participants must demonstrate their emotions and guess the emotions of other players. The game helps to increase emotional intelligence.

It is natural that emotional intelligence serves to open nature and increase the culture of understanding others. Because intellectual abilities and emotional abilities are closely related to each other. Changes in emotional experiences in a person can, of course, lead to changes in intellectual abilities.

Many scientists have proven that certain emotions affect the increase or decrease in people's mental abilities. It has been established that a person's ability to control his emotions is of great importance for him to find his place in society. At the same time, taking into account modern leadership models during the training of leaders is also being implemented through emotional intelligence. Therefore, it is necessary to take into account how important it is for a leader to understand his employees and motivate them.

If more extensive research is conducted in this area, it is likely that a typological understanding of emotional intelligence, emotional intelligence and age, emotional intelligence and profession, emotional intelligence and its role in management, and typological aspects of individual emotional intelligence will find their own solutions.

The family environment is the child's first social school.

Emotional literacy of parents: How parents express and manage their emotions becomes a model for the child.

Affection and attention: Love, hugs, warm words given to the child increase his sense of self-esteem.

Communication style: Open, sincere and respectful communication forms empathy and listening skills in the child.

Conflict resolution methods: How problems are resolved in the family - through violence, neglect or constructive communication - is an important experience for the child.

Family upbringing is one of the main factors in the formation of emotional intelligence. The following aspects are especially important:

Emotional Support

- ✚ Parental affection and attention help children develop the ability to express and manage their emotions.
- ✚ An environment of emotional safety is the foundation for the development of emotional intelligence.

Communication Culture

- ✚ Open and honest conversations teach children empathy and active listening.
- ✚ Constructive communication between parents develops children's ability to build healthy social relationships.

Role Model

- ✚ How parents manage their emotions is a direct example for the child.
- ✚ Parents' patience in stressful situations teaches the child a balanced approach.

Discipline and Boundaries

- ✚ Healthy boundaries develop self-control, responsibility, and patience in a child.

Table 2

	<i>Area</i>	<i>Emotional Intelligence Impact</i>
<i>1</i>	<i>Personal Development</i>	Self-awareness, stress management, self-confidence
<i>2</i>	<i>Social Relationships</i>	Empathy, healthy communication, positive relationships
<i>3</i>	<i>Study and Work</i>	Concentration, teamwork, leadership
<i>4</i>	<i>Mental Health</i>	Reduced levels of depression and anxiety, emotional stability

In conclusion, we also quote the opinion of psychologist Szuwan David, who said that “Success directly depends on the ability to manage your inner world and interact with your emotions. Parents are introduced to the concept of “emotional flexibility” as a way to manage their emotions. The student learns not to fall into the trap of his emotions, to work with difficult experiences and to enjoy relationships with other people.”

Today, there is a high need to study the concept of emotional intelligence in domestic research from a theoretical and practical perspective. Of course, emotional intelligence has a significant impact on the realization of social and biological needs in a person. The development and formation of emotional intelligence is considered an important factor in a person.

Family upbringing is the primary source of formation of a person's personality and spiritual world, the most important source of life values, moral standards and emotional culture. It is in the family that a child first becomes acquainted with emotional qualities such as love, attention, patience, and forgiveness. This plays a decisive role in the formation of his emotional intelligence.

Emotional intelligence is not only the ability to understand and manage emotions, but also an internal compass that helps a person understand themselves and others, and function successfully in a social environment. Parental kindness, patient communication, emotional stability, and respectful attitude towards the child are the main factors that determine the direction of this compass.

Therefore, by being attentive to the emotional world of their child, appreciating their feelings, and creating a healthy communication environment, each parent will not only raise a happy child, but also an emotionally mature person who will be useful to society in the future. After all, a generation rich in emotional intelligence is one that will not only change their own lives, but also the lives of those around them in a positive way.

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