

STRONG SHOULDERS, STRONG THOUGHTS, KIND WORDS

Shaamirova Starkhan Kabiljanovna –

Candidate of Pedagogical Sciences, Associate Professor

Daughter of Umarova Ziyada Akhat-

Namangan State Pedagogical Institute,

Stage 1 independent researcher

Annotation: The article examines important aspects of raising a son in a family, including the roles of fathers and mothers, their relationships with the child, their responsibilities, as well as the problems of the transitional period.

Base phrases: Spiritual heritage, honor, pride, mission, attitude, duty, fulfillment of promise.

Аннотация: В статье рассматриваются важные аспекты воспитания сына в семье, включая роли отцов и матерей, их отношения с ребенком, их обязанности, а также проблемы переходного периода.

Опорные слова: Духовное наследие, честь, гордость, миссия, отношение, долг, выполнение обещания

Annotatsiya: Ushbu maqola oiladagi o'g'il bola tarbiyasining ahamiyatli tomonlari, unda ota, ona vazifalari, ularning bolaga nisbatan munosabarlari, vazifalari, o'tish davri muammolari haqida.

Kalit so'zlar: Ma'naviy meros, or-nomus, g'urur, vazifa, munosabat, burch, so'zning uddasidan chiqish.

Another important issue that always makes us think is the etiquette of our guys, behavior, character, health, culture of treatment, responsiveness, in a word - the perfect guy. These are issues related to the guy's worldview.

Today The Times are changing rapidly. Who makes these changes feel more than everyone else-guys. Let the guys be in harmony with the demands of their time. But at the same time, do not forget about oneself.

In his speech at the conference on "ensuring social stability, preserving the purity of our holy religion – the demand of the era", President Mirziyoyev said: "...let the call to who we are, what descendants of the great ones, always resonate in their hearts and encourage them to remain

true to themselves. What do we achieve this at the expense of? At the expense of upbringing, upbringing and only upbringing,” he noted.

Zero in recent years, in all accepted regulatory documents on education, the idea of educating citizens who have matured in every possible way, adapted to society, marriage, can feel their responsibility to society, the state and the family has been put forward. Harmonious youth in all respects determines the future prosperity of the country. We want to approach this problem in a special way. That is, the guys of today are perfectly formed? We turn to the opinions of our thinkers.

At the same time, it should be noted that in this regard, the rich spiritual heritage of the thinkers of the Great East regarding the upbringing of children and its effective use serve as a great spiritual resource, while giving a great positive result.

As for the image of a perfect human being, he says:”let anyone who says that I will learn knowledge, start it at an early age, have good health, good morals and decency, get out of their word, be saved from bad deeds, know all the laws, be knowledgeable and eloquent, respect the



learned and wise, spare the world of knowledge and wealth from the people of knowledge, have knowledge of all material things". From these points it is seen that Farabi paid special attention to the education and upbringing of young people as a perfect person, in particular, in

mental – moral, physical education, in his belief, knowledge, enlightenment, of course, should be decorated with good morals, otherwise the expected goal cannot be achieved, the boy is not enough to be mature, proud, single-minded.

In the same context, Ibn Sina comments on the methods of raising and raising a boy; “raising a boy as a real boy is the main goal and task of the parents. A parent capable of correcting their own shortcomings can be an exemplary educator. The most important goal in moral education is to be in one - on - one conversation, to be an example and exhortation to a boy, without touching his ego, pride, to educate him as a true yugit,” Ibn Sina said.

In the same context, Ibn Sina comments on the methods of raising and raising a boy; “raising a boy as a real boy is the main goal and task of the parents. A parent capable of correcting



their own shortcomings can be an exemplary educator. The most important goal in moral education is to be in one - on - one conversation, to be an example and exhortation to a boy, without touching his ego, pride, to educate him as a true yugit,” Ibn Sina said.

Alisher Navoi pays special attention to the strength and power of upbringing in the maturation, maturation of the child and believes that as a result of upbringing, the child will grow up to be a useful and mature person. "It is necessary to raise a young child from a very small age. Upbringing helps a person to form good habits and qualities in himself. He argues that a person's personality is made up in a relationship with people, especially as a result of the spiritual spiritual spiritual influences that people have on each other".



The Zoroastrian religion, which has left its influence on the history, socio-economic life, culture, spirituality and values of many millennia of our ancestors, places great importance on family and child relations, the first kurta of the community.

The most famous of the muhaddis, the pride of the Islamic world – the works of Abu Abdullah Muhammad ibn Ismail Al-Bukhari, pay special attention to the issues of loving upbringing and treating children in the family in the same way. There are many examples of this from the spiritual



heritage of Eastern thinkers. Apparently, the issue of problems in and around the family was paid special attention to by Eastern thinkers and enlightened intellectuals. Their works show the holiness of the family, its role in the life of society, important national-cultural and national – psychological factors that determine the peace and well-being of the family. It is especially proven that the father and mother, which form the

basis of the family, have formed high human qualities, faithfully fulfill their family duties and duties, be kind and forgiving to each other, depend on the maturation of children brought up in the family. Today, the role of women in the press and television, in the fields of education, science, sports, art is noticeable and sufficient. All problems, that is, the upbringing of girls in the family, the role of women in society, the appearance of women working in a state organization, the problems as they say, the upbringing of schoolgirls, student girls, are raised to the level of Public Policy. There are very heavy loads on the delicate shoulders of a woman, responsible Affairs, and politics is no exception. That's all, of course, good, but, the upbringing of the guys(or do they not need upbringing?), the role of fathers in the family and their duties (will Mothers replace the father, and will he also admire his duties?) will Female teachers teach male students in schools? Where did the guys come from, who sell women's and girls ' underwear, whose chest is like a shield, their fists are like bricks? Are they Our Uzbek guys? Are they ready to protect women and babies when the temple is invaded? Do fathers in the family talk sincerely with their sons, teach them ways to

solve life problems? Such questions can be cited unfortunately many. It all goes back to Family, Educational Institutions and educational programs.

In our centuries-old national upbringing, such problems are less often raised. The family was headed by a father, two did not speak, the Valiant, the right word, the tough, the women obeyed them and the families did not break down, the children were not orphans alive.

Boys of the generation of our great ancestor Amir Temur also taught male teachers and taught life lessons in horsemanship, Fencing, World Science, Science, After reaching 7yosh. How should we act now? What techniques should we use in education? Because where are the skills of riding, fencing, marksmanship taught today and Where Are they used? We turn to the problem of raising guys.

Education is the process of personality formation. Mothers and fathers shape a little man in different ways: according to the public, male upbringing is based on toughness, accuracy and iron discipline, and female upbringing on the basis of a lot of emotions and the absence of severe punishments. Men's education applies not only to boys - fathers often apply these principles to girls as well.

At this stage, the parent may experience difficulties in parenting and risk ceasing to be friends with the child. The fact is that the disagreements that arise between them inevitably lead to conflict situations.

In order to maintain a trusting relationship with your child, you should not carefully criticize his behavior. It is better to show with your own example how to behave correctly in society.

What changes do boys experience in adolescence?

Parents should notice any changes at different stages of the child's development. If strange behavior or age does not suit, you should immediately seek help from an adult or a psychologist. Brain and body of a teenager.

Under the influence of sex hormones, the child's body grows and develops rapidly. By the age of 16, the young man will already be well developed physically. Memory and logical thinking work great. The brain quickly learns new skills.

Emotional and behavioral changes.

Adolescence is characterized by an unstable emotional state. The son can suddenly become weak and sensitive. The place of peace can be replaced by an explosion of anger and increased irritability. This is explained by the imbalance of hormones responsible for the mood: norepinephrine, serotonin and dopamine.

Aspirations and actions. A 14-year-old child seeks independence and wants to be responsible. She is persistent and wants to earn money on her own so as not to depend on her parents. Work increases self-esteem and brings small income.

Attention! You should not resist part-time work and express your opinion. This can inadvertently ruin the personality of a teenager. It is better to discuss these issues with your child. After all, he can find himself a part-time job that is not completely legal, regardless of himself.

First love. At the age of 15, boys begin to communicate with girls, preferably. First love gives new feelings. Parents should give a competent sex education to their growing son.

Friendship. Friendship plays an important role in adolescence. When communicating with peers, the child will want to understand his image and what he likes and does not like. Usually he moves away from large companies and begins to make friends selectively.

Advice! You should not limit the guy's communication with friends. On the contrary, you should often talk to him about how to build friendly relationships correctly. This is one of the difficulties in raising a teenage child.

The child's adolescence is Stormy and problematic. A growing child becomes uncontrollable, misguided, or, on the contrary, somehow restrained. Often the son moves away from his parents.

The difficulty of Raising Boys is that he does not notice prohibitions and cannot be forced into anything. There is no benefit from shouting and shouting. This will only worsen the situation. You need to accept such personal changes, understand and try to be his friend.

Raising teenage boys-recommendations and tips:

Psychologists and educators provide advice and advice on raising a teenager to help parents of children maintain or build friendly relationships.

In order not to provoke an attack of anger in a guy, you need to devote more time to your son, but not to be indifferent. If the child does not want to follow the instructions of the elders, such as self-cleaning or, self-service, you should pay attention to the fact that he does not have maturity. The guy changes his attitude to his responsibility.

It should be remembered that boys of this age love freedom. Therefore, in no case should you set tight boundaries. This causes dissatisfaction. It is very important that the boy feels the care and affection of his parents. Therefore, do not be afraid to ask how the day went, what he did at lunch and with whom he spoke.

Interaction with father and mother. The father will help the child adapt to life. The boy talks about the world and opportunities when he grows up. Mother gives care and affection. The son

undoubtedly hides the need for his hugs and kindness, but the wise mother knows when to approach.

The subtleties of raising a teenage child: typical mistakes. Frequent mistakes parents make when raising their son:

- Inability to hear or understand what a teenager is saying.
- Ignoring the child's opinion, not respecting desires.
- Ignoring problems and failures.

If the child shares his problems with his parents, it means that he believes. You need to pay attention to him and listen.

Raising a teenage child will be successful if parents try to look at the world through the eyes of their offspring.

Observe your child carefully to get to know his interests and opportunities better. Friends, the occupation they love, the book they like(if it is), the place they choose for the holiday, the girl they like (the boy), the food they eat in love, the clothes they love, etc.k.... This will help you find a common language with the child faster and easier.

Children are our future. We can miss the future of ourselves and our children if we do not act in a planned and purposeful way. A woman is a man who makes a woman strong when she vibrates a cradle in one hand and the world in one hand. He must rule the world with his affection, intelligence, ingenuity, courage, guidance. This is why raising a boy is so important.

List of literature used.

1. Abu Nasr Forobiy. Fozil odamlar shahri. T.:Abdulla Qodiriy nomidagi xalq merosi nashriyoti. 1993,18-bet.
2. Rashidov H.F., Musurmonov R., Alixodjayeva S., Dars intizomiga salbiy munosabatdagi o'quvchilarga nisbatan konstruktiv ta'sir etish amaliyoti. Toshkent. O'zNIIPN., 2013.86-b.
3. Shaamirova Y.K. Yana bir bor komil inson haqida. Modern Scientific Research International Scientific Journal. 304-310 betlar. 2023-y.25-aprel. Belorussiya. <https://journalseeker.researchbib.com/view/issn/1817-0315>
4. Shaamirova Y.K. NamDU ilmiy axboroti. 1-son. 2016. Farzandingiz o'zingizdan uzoqlashmasin. 54-57-betlar.
5. Шоамирова, Ю. (2002). Ўзбек оиласи маънавияти тарихига бир назар. *Жамият ва бошқарув*.

6. Shaamirova, Y. K. (2020). Directing to do homework with effort of elementary school children. *Scientific and Technical Journal of Namangan Institute of Engineering and Technology*, 2(1), 278-283.
7. Shaamirova, Y. K. (2020). Some ways developing skills in analyzing literature works of elementary school pupils. *Scientific and Technical Journal of Namangan Institute of Engineering and Technology*, 2(2), 321-325.
8. Kabildzhanovna, S. Y. (2020). Formation of personality traits in school children. *Asian Journal of Multidimensional Research (AJMR)*, 9(3), 104-111.
9. Jo'rayeva, T. U. U., & Shaamirova, Y. K. (2019). The ways of communicative competence of the pupils of primary classes. *Scientific and Technical Journal of Namangan Institute of Engineering and Technology*, 1(12), 268-274.
10. Шоамирова, Ю. (2002). Ўзбек оиласи маънавияти тарихига бир назар. *Жамият ва бошқарув*.
11. Shaamirova, Y. K. (2020). Directing to do homework with effort of elementary school children. *Scientific and Technical Journal of Namangan Institute of Engineering and Technology*, 2(1), 278-283.
12. Shaamirova, Y. K. (2020). Some ways developing skills in analyzing literature works of elementary school pupils. *Scientific and Technical Journal of Namangan Institute of Engineering and Technology*, 2(2), 321-325.
13. Hayitov, A. I., & Azizova, S. (2023). Abdulla avloniy darsliklaridagi axloqiy sifatlar tahlili. In *Proceedings of International Conference on Educational Discoveries and Humanities* (Vol. 2, No. 3, pp. 101-105).
14. Kabildzhanovna, S. Y. (2020). Formation of personality traits in school children. *Asian Journal of Multidimensional Research (AJMR)*, 9(3), 104-111.
15. Jo'rayeva, T. U. U., & Shaamirova, Y. K. (2019). The ways of communicative competence of the pupils of primary classes. *Scientific and Technical Journal of Namangan Institute of Engineering and Technology*, 1(12), 268-274.