

## THE MAIN CAUSES AND SOCIAL FACTORS OF YOUTH INFANTILISM

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**Annotation:** *The article systematically highlights the phenomenon of infantilism among youth, as well as its psychological, familial, and social causes. The tendency of young people to avoid social responsibility, their emotional and social immaturity, as well as problems within mass culture and the education system, are considered the main factors contributing to infantilism.*

**Keywords:** *Youth, infantilism, psychological immaturity, mass culture, responsibility, independence, social factors.*

In today's era of globalization and information technologies, the upbringing and development of youth have become urgent issues. In recent years, cases of infantilism among young people — that is, psychological, emotional, and social immaturity — have become widespread. Youth show reluctance in planning their lives, choosing professional paths, or playing an active role in society. This article aims to identify the main causes of this phenomenon and analyze the social factors that contribute to its formation.

It is natural to ask what infantilism actually means. Infantilism is the fear of making independent decisions or taking responsibility. An infantile person feels left behind in their developmental stages and often faces difficulties due to a lack of willpower. Among infantile youth, negative traits such as inability to make independent decisions, irresponsibility, weakness of will, indifference, and dependence on others are frequently observed.

Infantilism was defined by L.S. Vygotsky as a disruption in child development characterized by stagnation (involution). I.B. Shenil and M.I. Buyanov described it as a form of intellectual activity disorder that is part of a general developmental arrest of mental growth. V.V. Lebedinsky and E.P. Ilyin consider infantilism as arrested mental development. E.I. Isaeva and A.E. Lichko, on the other hand, define this phenomenon as a specific feature of adolescents' physical and socio-psychological development<sup>1</sup>.

There can be several causes and social factors of youth infantilism, including:

1. Psychological causes. Youth infantilism is primarily related to stagnation or sluggishness in mental development. These include:

- Emotional immaturity – young people cannot control their emotions and are intolerant to stress. They act based on feelings rather than reason. For example, a student preparing for university entrance may fail to get enough points to enroll, and as a result, spends several days in a depressed state. Many of them give up studying the next year as well due to fear of failure.

- Weak willpower – the ability to work according to a plan, be determined, and self-improve is lacking.

<sup>1</sup> Tatiana A. Podolskaya, Aleksey V. Utenkov. Detecting and overcoming infantilism in students at teachers colleges. Psychology in Russia: State of the Art Volume 11, Issue 1, 2018-yil 85-bet

- Often, they act without purpose or, fearing difficulties on the way to their goal, give up without trying.

- Avoidance of responsibility – fear of making independent decisions and choosing the easy way out. They expect others to make decisions on their behalf. Even simple daily problems cannot be solved independently without adult help.

2. Family factors. The family is the first stage of personal development. In some cases, parents' incorrect approaches lead to infantilism:

Overindulgence — excessive care and attention towards a child weakens their independence. When parents do the child's homework instead of the child themselves, it leads to excessive dependence on the parents and hinders the development of self-improvement skills. Not teaching children to work results in irresponsibility.

Abu Rayhan Beruni places special emphasis on labor in personal upbringing. According to him, life and happiness cannot be imagined without labor, and education through labor is the foundation of human life<sup>2</sup>.

- Lack of control or excessive control — in both cases, a sense of responsibility does not develop in the child. Parents need to supervise their children because they are still children and their knowledge is insufficient. They tend to believe everything they hear and see as truth and are easily influenced by others. Therefore, it is necessary to correct the child's mistakes and shortcomings in a timely manner. Excessive control can also negatively affect the child, causing fear of taking action and loss of independence.

3. Social and cultural factors. Modern society covertly supports infantilism:

- Mass culture encourages youth towards entertainment rather than responsibility.

The harmfulness of “mass culture” lies in its opposition to human thinking.

At first glance, “mass culture” may seem to support freedom of thought and human will, but if we examine its foundations and practical knowledge, it becomes clear that it contradicts human thinking and reasoning.

Thus, the main factor leading a person to maturity is morality. A person understands the interests of the nation as their own, and their own interests as conditional upon the nation's welfare. They see their duty in contributing to the nation's wellbeing and easing its hardships.

“Mass culture” is completely contrary to our spiritual and moral values and aims to destroy our national spirituality. Therefore, in the current era, it is extremely important for every person living in our country, especially the youth, to deeply understand the meaning and essence of the threat posed by “mass culture” and to stand against it<sup>3</sup>.

- “Ideal life” on social networks — denying real problems and indulging in illusions.

4. The role of the education system. There are situations where the education system fails to prepare youth for life:

- Reproductive education — emphasis is placed on memorization rather than independent thinking. In this case, a child quickly memorizes assigned tasks but soon forgets them. Students are encouraged not to think independently but to memorize and

<sup>2</sup> Q.Nazarov va boshq. Falsafa asoslari. O'zbekiston faylasuflari milliy jamiyati nashriyoti. T – 2018-yil 300-bet

<sup>3</sup> Qosimov S.A. Kasb-hunar maktab o'quvchilari ongida “ommaviy madaniyat”ga qarshi kurashishda mafkuraviy immunitetni shakllantirish omillari. ПЕДАГОГИКА И ПСИХОЛОГИЯ В СОВРЕМЕННОМ МИРЕ: ТЕОРЕТИЧЕСКИЕ И ПРАКТИЧЕСКИЕ ИССЛЕДОВАНИЯ. Published April 12, 2023 | Version v1. 120-bet

reproduce the given information. Since creativity, analysis, or problem-solving are less demanded, the ability to think independently does not develop well.

- Lack of personal choice — absence of freedom to choose makes them passive.

In conclusion, infantilism is not the immaturity of a person, but rather the unpreparedness to take responsibility for their own life. Addressing this issue requires a comprehensive approach: strengthening family upbringing, supporting independence in education, and promoting a responsible lifestyle in mass media are of great importance. Additionally, creating opportunities for youth to realize their personal potential is one of the main factors in overcoming infantilism.

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