

THE INFLUENCE OF PARENTAL RELATIONSHIPS ON CHILDREN'S BEHAVIOR

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Abstract: *This paper examines the impact of parental relationships on children's behavior from both theoretical and practical perspectives. The family serves as a primary environment shaping a child's emotional, social, and psychological development. Drawing on the works of Bowlby and Ainsworth's attachment theory, Baumrind's parenting styles, Gottman's research on interparental conflict, and Siegel's neuropsychological approach, the study highlights how parental interactions influence emotional regulation, social skills, and behavioral adjustment in children. Additionally, the contributions of Uzbek scholars such as Karimova and Ashurov are analyzed to illustrate how cultural and family dynamics affect children's everyday behavior and social adaptation within the local context.*

Keywords: *parental relationships, child behavior, attachment theory, parenting styles, emotional development, interparental conflict, social adaptation, child psychology, neuropsychology.*

INTRODUCTION

Family represents one of the most influential environments shaping a child's psychological, emotional, and social development. Emotional interactions between parents whether involving warmth, conflict, or emotional withdrawal—are quickly perceived by children and reflected in their daily behavioral patterns. Understanding how parental relationships influence children's behavior is essential for promoting positive emotional, social, and cognitive development.

The aim of this paper is to examine the impact of parental relationships on children's behavior from both theoretical and practical perspectives. Special attention is given to the Uzbek context, where cultural and family dynamics shape children's emotional and social adaptation (Karimova, 2007; Ashurov, 2010). By integrating international theories with local research, this study seeks to provide a comprehensive understanding of parent-child interactions and their outcomes.

This study is structured based on theoretical foundations, local research, and practical recommendations, providing a comprehensive examination of the relationship between parental relationships and children's behavior.

“Parental Relationships and Child Development: Theoretical Perspectives”

Parental relationships play a central role in a child's psycho-emotional development and behavior. According to John Bowlby's attachment theory (Bowlby, 1982), the emotional bond between a child and a caregiver has long-term effects on the child's social and emotional development. Mary Ainsworth's “Strange Situation” experiments (Ainsworth, Blehar, Waters, & Wall, 1978) further demonstrated that secure and insecure attachment styles are directly linked to the family environment.

Research by Diana Baumrind (1991) on parenting styles also identifies parental behavior as a key factor influencing children's conduct. According to her findings, authoritative parenting—a balance of warmth and structure—promotes positive behavior, social skills, and psychological stability, while authoritarian parenting may increase fear, aggression, and compliance-based behavior.

John Gottman's studies (Gottman, 1997) show that interparental conflict heightens children's stress responses, which may manifest as aggression, anxiety, or dysregulated behavior.

Dan Siegel (2012) highlights the critical role of the family environment and emotional connection in shaping the developing brain. From a neuropsychological perspective, parental relationships directly influence a child's capacity for emotion regulation, communication, and behavioral control. Siegel argues that a child's behavior is not merely a result of temperament but reflects underlying neural processes and the quality of relational experiences.

Uzbek scholars have also contributed significant insights to this field. In her textbook *Oila psixologiyasi (Family Psychology)*, V. M. Karimova (2007) provides an in-depth analysis of how family dynamics influence children's behavior, socialization, and emotional stability. Ashurov (2010) similarly emphasizes that children's everyday behavior, emotional responses, and social adaptation are primarily shaped by the nature of parental interactions.

Overall, these theoretical sources demonstrate that parental relationships are among the most influential and scientifically supported factors affecting children's behavior and psycho-emotional development.

“Parental Influence on Children's Emotional and Social Skills: Practice and Observations”

Parental relationships directly influence children's emotional and social development. Warm and consistent parenting fosters a secure family environment, supporting children's social skills and stress adaptation (Baumrind, 1991; Gottman, 1997). For example, in families where parents regularly engage in sincere communication, children exhibit cooperation, emotional expression, and patience in challenging situations.

Conversely, in families characterized by frequent parental conflict, children's stress responses increase, potentially resulting in aggressive, fearful, or anxious behaviors (Gottman, 1997). Furthermore, Bowlby and Ainsworth's attachment theory (Bowlby, 1982; Ainsworth et al., 1978) indicates that secure attachment enables children to feel confident and succeed in social relationships.

Uzbek scholars have also provided significant insights in this area. V. M. Karimova and Ashurov (2007; 2010) emphasize that children's daily behavior, emotional responses, and social adaptation are strongly linked to the nature of parental interactions. This integrated analysis connects theoretical knowledge with practical observations, demonstrating a robust link between parental relationships and children's behavior.

Additionally, Dan Siegel (2012) highlights that a child's behavior is not solely determined by temperament but is shaped by neural processes and the dynamics of parent-child interactions. According to Siegel, parental relationships directly influence a child's ability to regulate emotions, develop social skills, and avoid undesirable behaviors. His

recommendations therefore offer practical strategies that can be applied to strengthen children's behavioral and emotional development.

CONCLUSION

As demonstrated by the analysis and theoretical foundations, parental relationships play a decisive role in children's psycho-emotional development and behavior. Warm and consistent parenting fosters a secure family environment, supporting children's social skills, while parental conflict increases stress and aggression.

Therefore, parents should engage in regular sincere communication, combine warmth with discipline, assess their parenting approaches, and pay attention to their child's needs.

Research and practical experience show that secure attachment and a positive family environment improve children's behavior and contribute to successful social relationships in the future (Bowlby, 1982; Ainsworth et al., 1978; Karimova, 2007).

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