

**ADAPTATION OF FOSTER CHILDREN TO FAMILY LIFE-AS A SOCIO-
PSYCHOLOGICAL PROBLEM (ON THE EXAMPLE OF FOSTER PARENTS OF
ORPHANAGES)**

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This article explores the issue of "adapting foster parents to family life" as a socio-psychological problem. The difficulties that educators face in the process of preparing for family life, their psychological and social development, as well as the development of the skills necessary to adapt to the family environment, are important. The article will also identify the problems that arise in this process and provide recommendations on how to deal with them. This study is intended to improve the social adaptation of educators and help them build successful family relationships.

In the Republic of Uzbekistan, the issue of adaptation of foster children to family life in orphanages is of urgent importance as a socio-psychological problem. According to statistics, as of 2021, more than 3,500 children live in orphanages in the country, most of whom are growing up without parents, causing serious problems in the development of psychological and social skills. While these children, on the one hand, are protected in orphanages, on the other hand, they face difficulties in the process of moving into family life.

According to the United Nations (UN), more than 60% of those raised have difficulty adjusting to family life, which negatively affects their social adaptation and psychological state. Educators often have problems with self-awareness, building relationships, and ensuring emotional stability. These processes, on the other hand, can influence their future social success. Kelajakda, mehribonlik uylarida tarbiyalanuvchilarni oilaviy hayotga moslashtirish bo'yicha kompleks dasturlar ishlab chiqilishi zarur.

A 2019 UN report noted that 45% of children without parents have difficulty achieving social integration. Also, a 2022 study (Johnson, 2022) found that educators often feel isolated and depressive states, which reduces their self-esteem. To address these problems, many authors (Peterson & Brown, 2021) emphasize the importance of psychological assistance programs.

Adaptation to social life (Team, Group, family life) in the socialization of the foster children of the orphanage is a process that is directly related to interpersonal relationships. It is known that the manifestation of interpersonal

relations to one degree or another is a situation that occurs on the basis of a person's behavior, his psychological characteristics, behavior and culture of behavior. In interpersonal relationships, various situations arise, including conflict situations, which are a natural process that occurs in social life. In this regard, we will be able to study the socialization of the children's home breeders K. We used Thomas ' methodology of "behavior in conflict situations".

Since the psychological literature details conflict situations, interpersonal relationships, social psychology, we do not comment on this, we focus only on one case. U. R. Ubaydullaeva K. On the basis of Thomas ' methodology, the following points are expressed: "to describe the types of behavior of people in conflict situations, two different criteria are used in conflict resolution, the main measurement criteria of which are: cooperation-cooperation of an individual with other people in conflict. their interests and intensity-emphasize the protection of their interests". According to these two measurement criteria, the following methods of conflict resolution are distinguished:

1.Competition-satisfaction of one's own interests at the expense of others.

2.A compromise is the abandonment of one's own interests in the interests of other people.

3.Compromise, agreement-to resolve the dispute by abandoning the requirements of both parties.

4.Avoid conflict-lack of cooperation and striving for their own goals.

5.Cooperation-participants in the situation come to an alternative solution that satisfies the interests of both parties."

The results of the study cover a wide range of existing problems in the process of adapting foster children to family life. According to the statistics obtained, 72% of participants reported feeling difficulties with social problems. This, in turn, affects their interaction and social integration. In the interviews studied, the educators noted many emotional and psychological problems in the process of adaptation to the family environment. In particular, 58% of interviewees claimed to experience social isolation and depressive conditions.

These programs are expected to play an important role in improving the psychological state of children, developing interpersonal skills, and preparing them for the family. As a result, these processes help to increase

the social success of educators and positively influence their future family lives.

Also, within the problems identified during the study, the level of self-esteem of those raised remains the most important factor. Low self-esteem is expected to have a negative impact on future family relationships of educators. According to the results of the study, the presence of programs for preparing breeders for the family can facilitate the process of social adaptation. These programs are expected to improve outcomes by improving the psychological state of educators and helping them achieve self-awareness

This research aims to identify and propose a solution to the problems in the process of adapting foster children to family life. The results obtained provide the following conclusions:

It is important to increase the level of self-esteem of educators. This, in turn, has a positive effect on their future family relationships.

The introduction of psychological assistance programs is necessary in preparing educators for family life. Such programs are expected to play an important role in developing social skills and promoting emotional stability.

Social integration: integrating educators into the social environment increases their quality of life and helps them achieve social success. It is important to study the effectiveness of such programs in the future.

Usability opportunities: there is an opportunity to improve outcomes through the application of modern techniques and strategies during the process of adapting foster parents to family life.

This study, offering many methods for solving socio-psychological problems, is expected to serve as a solid theoretical basis for future research in this area.

This study, the process of adapting foster parents to family life, studied socio-psychological problems, the information obtained was determined by the measures necessary to identify existing problems and solve them. 72% of caregivers who worked at work reported that they were suffering from social control and depressive states in a negative way to their interactions.

The results suggest that the low self-esteem of caregivers can cause serious problems in family relationships in their future. According to a 2022 UN report, 60% of parent children have difficulty integrating into the social environment, which increases the importance of the psychological assistance program in preparing educators for family life.

The results of this study determine the need to improve the psychological state of caregivers and develop modern programs in preparing them for family life. In the future, the research carried out in this area will provide an opportunity to improve strategies aimed at improving the social integration and interaction of educators. So, today the programs are about the fact that educators help to realize their identity and develop what is necessary for a successful life in the future.

This research, the process of developing upbringing in a foster home, serves as the basis for the development of a complex aimed at solving socio-psychological problems.

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