

Scientific - Practical Recommendations on the Prevention of Shyness

Rakhimova Irodakhon Giyazjanovna

A teacher of the "General Psychology", department, TSPU in the name of Nizomi

Article Information

Received: February 06, 2023

Accepted: March 07, 2023

Published: April 08, 2023

Keywords: *Shyness, sincerity, self-esteem, empathy, self-image, communication.*

ABSTRACT

In order to prevent the development of shyness in a child beyond the norm, a parent should, first of all, strive to create a positive emotional environment, the formation of communication skills with the child.

In psychology, the family is understood as a system of interpersonal interactions that protects the individual from manipulative influences that may occur by society, adapts it to the lifestyle in this society, and provides the means to function normally. In general, the family is an important component of the social development situation of every human individual.

The role of the family in the fate of man and society is closely related to its psychotherapeutic function. After all, when the family fully fulfills this task, it ultimately strengthens the psychological foundation of the family as a whole, frees its members from the essentially negative interdependencies and psychological defenses that define negative pathological communication. Such a positive situation in the life of the family is of decisive importance for the mental state of its members, and for the development of the children growing up in it.

Of course, in reality, each parent will have a certain psychotherapeutic potential. The most perfect psychological support methods cannot compete with the emotional warmth and unconditional acceptance of the child by the parents. However, if the psychotherapeutic skills of parents, which are mainly acquired through life experience, are supplemented with methodological works and recommendations that are based on science and give effective results in practice, then they will be able to perform their tasks in this field more perfectly, without a doubt.

In order to prevent excessive development of shyness in a child, for the prevention of this process, experts recommend paying special attention to the following:

1. Development of positive self-acceptance in children. Don't let the child talk bad about himself, "never talk bad about yourself, your friends will do it for you." In fact, first of all, don't say negative things about your child yourself. Take it as it is and don't ask for more.

Psychotherapist and psychologist V. Levy outlined several rules for self-respect:

- ✓ do not compare yourself with others, because each person is an individual;
- ✓ do not try to evaluate yourself;
- ✓ accept yourself as you are.

Parents can change their children's self-image by guiding them in positive directions by following these principles:

Empathy is a person's desire to understand the experiences and feelings of the interlocutor by putting himself in the place of the interlocutor. Create a safe and warm atmosphere at home, and at the same time encourage him. So that he can freely talk to you about his interests or problems, give him the opportunity, be attentive and take the time to listen to him. These make the child feel that he is accepted as he is, that he has a place in the family. Because shy children are always afraid of being teased.

Positive attitude means accepting the child with all his shortcomings, not making him feel dissatisfied with himself, not changing him exactly in the direction we want. It is not necessary to understand the application of all the negative characteristics of this child, but to be aware of the character changes characteristic of each period, and to be ready to respond to it in time and prevent many negative events.

Do not rely on other people's opinions in the education of your child, because in many cases we trust the words of the teacher and neighbors, we beat and punish our child, and gradually we can forget what kind of character he actually has.

Sincerity - we should openly express our feelings, have a natural attitude. Analyze your relationship with your child. Of course you love him very much. But do you always show your love in your actions and communication? Do you often tell your child that you love him very much, not because of his work? Maybe your child lacks your love, attention, support, praise? Because parents usually pay attention to their children mainly when he makes some mistake or when his shortcomings are clearly visible. Shy children cause less anxiety to their parents than deaf and cheerful children. Adults should cultivate the ability to be attentive to their children not only when they ask for help, when they need their support, but also when they don't seem to need help.

2. Formation of self-confidence and adequate assessment.

Based on the "I" image, a child's self-evaluation system is formed, and this system can be different according to the image. Self-esteem can vary depending on various qualities and experiences of a person, and the achievements based on this experience.

Self-assessment can be not only realistic (adequate), correct, but also extremely low or high. But shy children have low self-esteem.

Low self-esteem can often be caused by excessive demands placed on the child by others, failure to meet them, various objections, failures in work, study, and treatment. Such a teenager or an adult is always depressed, tries to stay away from others, is in a mood of lack of confidence in his own strength and abilities, and gradually leads to the appearance of a number of negative qualities and behaviors in a person.

Parents' excessive demands on the child instills insecurity in the child. This in itself causes the child to be disappointed. For example: If a parent expects a child to be "the most talented child" in kindergarten, they expect this situation from him in school as well.

At the same time, psychological support is also one of the necessary factors. It is very useful for improving the relationship between adults and children. When there is little or no adequate

support, the child can become frustrated and indulge in all sorts of bad things. Supporting a child means believing in a child. Tells parents, verbally and non-verbally, that they believe in their strength and abilities. A child needs support not only when he is in a bad situation, but also when he is in a good situation, we must reiterate that the adults who support the children should be able to see not everything that the child is doing, but the specific positive aspects of this work for the child.

Support is based on building self-confidence of a person, overcoming life's difficulties together with a person important to him.

Adults should teach children to study, play, go for a walk and do other things in a practical way, in terms of the proper distribution of their time, and family members and others should treat him not like a young child, but as a special individual who has his own duties and obligations and can be respected according to the results of his activities. as a person, in the family and in the system of human relations, the child takes a new place that counts and consults with him, as a result of which it is possible to see that the child begins to understand his place in his family, class and other communities.

Increasing the child's self-esteem begins with encouragement:

A. Rules for correct praise of a child. Encouragement of the child by adults is based on seeing the child's abilities and possibilities in a positive light. In some cases, adults do not like the child's behavior. At the same time, adults should be able to show that children "do not support this behavior, but respect him as a person." Praise the child for his achievements, big or small. It is important that adults learn to accept the child as he is, take into account his achievements and shortcomings, gestures, tone of voice.

B. Rebuke and support. One of the important aspects is that children often ignore the content of adults' prohibitions and reprimands and are very sensitive to their tone, regardless of the content of criticism, they perceive the situation of being criticized as a negative attitude of adults. As an example, we can cite the following: It is better to say, "It's late, go to bed" than to say, "Sleep for a while, you are still small." It is better to say, "You can't yell at people," than to say, "Don't yell at him."

At the same time, psychological support is also one of the necessary factors. It is very useful for improving the relationship between adults and children. Supporting a child means believing in a child. Tells parents, verbally and non-verbally, that they believe in their strength and abilities. A child needs support not only when he is in a bad situation, but also when he is in a good situation, we must reiterate that the adults who support the children should be able to see not everything that the child is doing, but the specific positive aspects of this work for the child. It should not be forgotten that support is based on gaining self-confidence of a person, overcoming life's difficulties together with a significant person.

3. Development of communication skills in children.

In order to develop communication skills in children, parents are advised to pay attention to the following:

- 1) develop the ability to arouse interest in the surrounding people, understand them and empathize with them;
- 2) development of communication skills in various life situations based on non-violent behavior model;
- 3) formation of skills of free use of non-verbal means in communication;
- 4) to develop the ability to self-manage when demonstrating emotional states during communication;

- 5) forming a patient attitude towards other people's opinions;
 - 6) development of positive character traits and correction of traits that destroy the effective communication process.
4. It is necessary to educate the child's strong, important, quality characteristics.

It is necessary to explain to the child by adults that a person has not only negative qualities, but also positive qualities. A parent's task is to find his child's strengths and help him to see them. Through this, a shy child begins to realize many positive aspects of himself, strong aspects of his character, which he did not even notice before. Parents should teach their children that they should be able to use the positive qualities of their character properly, not to dwell on their existing shortcomings and weaknesses, but to continue to act with their strengths in mind. One of the important aspects is that children often ignore the content of adult bans and reprimands and are very sensitive to their tone, regardless of the content of the criticism, they perceive the situation of being criticized as a negative attitude of adults. The most important thing is that prohibitions by parents should be expressed in a way that does not humiliate the child's dignity.

Another effective way to integrate shy children into the community is to organize joint activities with younger children. Usually, shy children are not ashamed of younger children and can easily fulfill the role of "experienced adult" and it is pleasant for them, because this role creates difficulties for children in communication with peers.

In such a situation, a shy child who feels superior to small children helps the little ones to overcome their various difficulties and willingly teaches them the behavior and skills that he has learned. A child who imitates an educator or other adult enjoys the opportunity to play an unusual active role in the communication process and uses many communication skills that he could not use in communication with adults and in games with peers.

In some cases, adults do not like the child's behavior. At the same time, adults should be able to show that children "do not support this behavior, but respect him as a person." If the child cannot control himself among people, then adults should help the child and explain this situation.

Therefore, based on the content of the presented scientific and practical recommendations, it is possible to form the following main conclusion: in order to prevent the development of shyness in a child beyond the norm, parents should, first of all, strive to create a positive emotional environment in communication with the child.

References:

1. Zimbardo F. Shyness (what it is and how to deal with it). - St. Petersburg: Peter Press, 1996
2. Zimbardo F. Shyness: / Per. from English. - M.: Pedagogy, 1991.
3. Zimbardo F., Radl S. Shy child: how to overcome childhood shyness and prevent its development / [Trans. from English. E. Dolinskaya] - M.: AST: Artel, 2005.
4. Dubrovina I.V. Psychocorrective and developmental work with children // Under the editorship - M., 1998.
5. Galiguzova L.N. Psychological analysis of the phenomenon of child shyness // Questions of psychology. - 2000 - No. 5.
6. Shishova T. Shy invisible. - M., 1997 Horney K. Our internal conflicts. Constructive theory of neurosis. – Cover design by A. Lurie. - St. Petersburg: Lan, 1997. - 240 p.