

THE IMPACT OF FAMILY PROBLEMS ON ADOLESCENT BEHAVIOR**A.B. Ashirbekova**

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ABSTRACT

The purpose of this article is to study the problem behavior of children and adolescents. It was revealed that the problematic behavior observed in adolescents has a significant connection with family problems, and that the problematic behavior observed in adolescents is largely predetermined by the presence of family problems.

Keywords: *adolescence; schools; school problems; school climate; adolescent psychiatry*

INTRODUCTION

School is the main place for the academic and social life of a teenager. The academic performance of a teenager who cannot continue to study decreases, and social relations deteriorate over time. Many adults acquire an adult model of behavior, a point of view on life and close friendships in high school. Schools are the environment that has the greatest impact in this area, for example, rapidly developing value judgments, norms and everyday behavior in adolescence. Family disorders and violence, serious illnesses, alcohol and substance abuse or other mental disorders, financial difficulties and lack of an appropriate learning environment can also reduce a teenager's academic performance. If parents are overly worried about exams, children may not have a realistic idea of success at school, which can undermine a teenager's confidence. As a result, everyone should see themselves as "successful" and "admirable," especially in adolescence. A healthy school climate will always remain an indispensable element for achieving relevant goals.

Many teenagers today face problems and get into trouble. However, children have to face a lot of pressure from their friends and family. For some young people, this pressure includes poverty, violence, problems with parents and gangs. Children can also engage in some issues such as religion, sexual roles, values, and ethnicity. Some children may have difficulties with past traumas, such as abuse. Parents and their teenage children struggle between the need for parental guidance, on the one hand, and the desire for independence, on the other. Sometimes all these conflicts can eventually lead to behavioral problems.

These behavioral problems may represent adolescent behavioral disorders and crimes (theft, truancy, school fights, drug or alcohol use). Sometimes it's not easy for children to explain why they behave this way. They may be just as confused as adults, or they just think that bad behavior is the right way to deal with what they're going through. Parents and loved ones may experience fear, anger, frustration, or hopelessness. They feel guilty and wonder where they went wrong. All these feelings are normal, but it is more important to understand that there is an opportunity to help difficult children and their families.

How do I know if they are seeking help?

Every teenager gets into trouble from time to time. The big question for parents, whether it's a traditional family, a single parent, a stepfather or a grandparent, is how they find out that a teenager has big problems or his bad behavior is just "childish". Focus on what has become a habit, not on one event. In other words, is the behavior repeated despite attempts to change it?

Habits that signal the need for help include not only bad behavior of a teenager, but also other problems in the family and the presence of tension in the house. For example, problems in the marriage of parents or constant quarrels, or hostility between family members can also be included in the behavioral problems of a

teenager. Problematic behavior and other family problems can influence each other and fuel each other. Therefore, it is difficult to predict when it started.

There are also obvious signs of the need for an immediate and effective response, for example, when violence is committed against other people or animals, or when the parties are involved in harmful processes, such as crime, absenteeism, drugs. Or one of the parents may have an instinctive feeling that something serious is going on. An important step in figuring out what's going on is trying to talk to the teen and other family members about what's going on, possible causes, and potential solutions. Other people who know the teen and his family, such as teachers and caregivers, can also provide information about the teen's mood or behavior outside the home to help us assess the severity of the problem.

Although many factors create a risk of juvenile delinquency for young people and their families, they are not always the cause of crime. The factors in question include problems with attention and hyperactivity, as well as learning difficulties in young people, capricious temperament and even early onset of puberty and sexual development. All these factors influence the feelings and actions of a young person, as well as the attitude of peers, family and society towards him. Similarly, parental problems such as depression, substance abuse and domestic violence negatively affect the development of delinquency among young people. Such factors do not provoke crime, but lead young people into an environment of increased risk, dragging them into a funnel and ultimately complicating the transformation of these processes for the better.

What types of treatments work?

From the moment you realize that you or your loved ones need help, you will discover many forms of treatment. First, there are popular group programs, boarding schools, and life experiences with limited success, such as survival camps and outright panic programs. Studies show that the most effective types of treatment are family and multi-system programs and treatment methods, even for very difficult young people. This means treatment applicable to the young person and his family, as well as to other aspects of their lives, such as the school system, neighborhood, peers, juvenile justice system, and even employers. In other words, it is a form of treatment that focuses on all aspects of a young person's life, shapes his view of the world and focuses on supporting family and parents.

Family-oriented therapy also helps adults develop their own parenting skills, cope with stress, and work on marital relationships. Many parental benefits have shown promising results. Specialists, such as family therapists, provide youth and family with the opportunity to understand and solve relationship dynamics and background issues that may affect the problem.

CONCLUSION

Based on all of the above, it can be noted that teenagers at this age are easily influenced. They are quite fragile, and if they are not supported in time, they can have a huge number of complexes. Also, family problems play an important role in the life of a teenager and affect the deterioration of his behavior. Therefore, you need to be able to support a teenager, and not scold and reproach, point out mistakes. Instead of telling you what to do, be able to show it by personal example. And also let them do what they love, whether it's drawing or playing the piano, and not give up their choice.

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