



PSYCHOLOGICAL PROBLEMS OF CHILDREN AND METHODS OF SOLUTION

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Abstract:

This article presents ideas about psychological problems of children and their types, prevention of these problems.

Keywords: psychological problems, aggression, anger attacks, lies and theft, hyperactivity, difficulty in communication.

Often, psychological problems in children arise from the lack of a reliable and close relationship with him. Also, if the parents demand too much from them or the parents react too harshly to the child's humor, it will have a strong effect on the child. It should be noted that all families face difficulties in education. The mistakes made by parents in the upbringing of children have a strong impact on human life later. It is not always possible to completely eliminate them. Often, a child's misbehavior corresponds to a certain age and developmental period. Therefore, it is necessary to treat these difficulties more calmly. But if they don't go away for a long time or don't get stronger, parents should take action. The most common psychological problems in children that many parents face [1].

Aggression can manifest itself in different ways. The child can be rude, often shouts and quarrels with peers. Parents should not ignore the very aggressive manifestation of emotions in the child. Aggressive children are often restless. It is difficult for them to communicate with their peers, they cannot compromise [2].

Tantrums-they get angry at some small thing, they fall to the ground in hysterics. Lying and stealing - parents often panic when they notice that their child is lying or stealing. It is difficult for them to understand why they do this, they are afraid of becoming criminals. But behind such actions is often a desire to attract attention. At the same time, the child gets satisfaction from the parents' attention in the form of both punishment and love.

Hyperactivity is often a problem for boys. Such children are characterized by inattention, they do not listen to the teacher in class, they are often and easily distracted. They never finish what they start. They are impulsive and cannot sit still. This behavior of the child is both social, intellectual, and emotional. Hyperactivity has long been associated with bad upbringing, irritability, and a diffusive state in the



family. Difficulty in communication - some children love to be alone. They will not have friends. As a rule, such children are unreliable. They need psychological help[3]. Running away from home is a psychological problem that lacks warm relationships and understanding of family members. Adults need to analyze the situation and think about why running away is happening. There is no point in punishing the child after he returns. You need to surround him with love and care and talk openly about what worries him. Problems ignored by parents increase with age. Therefore, it is necessary to take any difficulties seriously and try to overcome them. It will be appropriate if it is taken into account and resolved in time. Fear of school, absenteeism is often seen in children of primary school age. Reluctance to go to school comes from fear of certain subjects, teachers, and peers. Some children are afraid of not being able to do their homework and getting a bad grade. In order for this situation not to occur, parents should prepare their children in advance for such a situation. If the problem persists, it is necessary to find out what he is afraid of. But do not be too demanding and strict. You need to establish a close relationship with the child[4].

Unfortunately, peer violence is a real problem of modern schoolchildren. If a child is constantly discriminated against, he develops depression. Becomes defenseless, self-limiting, or shows aggression and anger. At the same time, parents often do not know what is going on and write off strange behavior as difficulties [5].

To prevent problems of a psychological nature in children, it is necessary to talk with the child about everything that worries him, always offer him help and protection. The sooner the problem is identified, the easier it will be to solve it and prevent the development of a serious complex. You need to observe how the child communicates with peers. His communication and behavior can tell a lot about the existence and nature of the problem. For example, if a child wants to win the love of his peers with all his might, this indicates that he lacks warmth and attention. In addition, it is necessary to always remember that each child is an individual, has his own characteristics, emotional characteristics that should be taken into account in the educational process.

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