

## FEATURES OF EMOTIONS IN THE UPBRINGING OF CHILDREN

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### Annotation

This article provides information on the specific features and types of emotional experiences in children and their psychological impact on the upbringing of children.

**Keywords:** empathy, emotion, sympathy, the phenomenon of sympathy empathy, attraction, cultural and social context.

**Анотация:** В этой статье представлена информация об особенностях и типах эмоциональных переживаний у детей и их психологическом влиянии на воспитание детей.

**Ключевые слова:** эмпатия, эмоция, симпатия, феномен симпатии, эмпатия, влечение, культурный и социальный контекст.

### Relevance of the topic.

The role of the family in nurturing positive emotions in children is important. Especially in today's globalization process, it is necessary to pay special attention to the issues of emotional education. It is a fact that different information flows are continuous and that they affect the child's psyche. At such a time, it is necessary for parents to focus primarily on cultivating positive emotions in their children. For this, of course, it is necessary to have a healthy environment. It is relatively easy for positive emotions to form and assimilate in children who grow up seeing parental understanding and support for each other.

At the age of 1.5-2 years, the simplest moral emotions begin to form, the beginning of the formation is activated by significant adults with the help of praise or censure and is expressed in the ability to distinguish between good

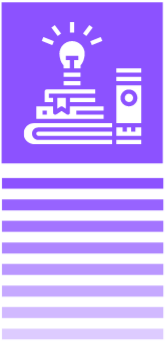
and bad. Also, the emotions of children under the age of 2 are based on situations of success or failure of their objective activity, their manifestations can be observed in relation to: the object of the forthcoming action, the situation in which they have to act, or in relation to their own actions and their result [1].

As noted above, children and adolescents are increasingly receiving incoming information through television, radio, and the Internet. Scenes of savagery and violence on TV lead to the formation of negative emotions in children and the disappearance of feelings of care, compassion and pity in them. For example, if we watch children watching scenes of torture and violence on TV today, we can see that in such scenes they laugh instead of feeling sorry. Therefore, when cultivating emotions in the family, parents should pay special attention to these aspects and not allow their children to watch such scenes. Nowadays, computer games also have a negative effect on the child's psyche. After playing such games, the child develops aggression and the child begins to lose feelings of empathy, pity and compassion. To prevent this situation, it is necessary for parents to teach their children to use the Internet and computers for the right purposes, so that they can be more interested in computer games that increase their intellectual potential than such games. at the same time, parents should not neglect their children and be an example to them.

Sympathy (derived from the Greek word *sympatheia*) is a positive attitude toward someone or something (other people, their groups, social realities), a positive, stable attitude that helps to show pride and attention.

The structure of emotional well-being includes the following components (according to GG Filippova): 1) the emotion of pleasure (displeasure) as the content of the predominant background of mood; 2) the experience of comfort as the absence of an external threat or physical discomfort; 3) the experience of success (failure) in achieving goals; 4) the experience of comfort in the presence of other people and situations of interaction with them; 5) the experience of evaluating the results of the child's activity by others [2].

The causes of sympathy can be understood and misunderstood. The former is characterized by a generality of views, ideas, values, interests, and moral ideals, while the latter is characterized by external attractiveness, character



traits, manners, and attraction. A.G. According to Kovalev, sympathy is a tendency of one person to have a less understood attitude towards another. The concept of sympathy was also in the focus of the ancient Greek philosophers, who saw sympathy as a spiritual objective unit of all things that led people to sympathize with one another. For many centuries, sympathy was seen as empathy. Such views of sympathy and its interpretation as empathy still exist to this day.

In defining the nature of sympathy and antipathy, the American psychologist Jacob Moreno hypothesizes that the sources of sympathy and antipathy are innate and are the result of the mysterious attraction or repulsion of tele- people. According to Jacob Moreno's assumptions, defined people have a social talent that will be given to them in advance. These perceptions of his are criticized. Critics argue that the main factor that determines sympathy and antipathy is a person's behavior, moral values, and ideas when interacting with other people. In this view, there are specific shortcomings. As Laroche-Foucault points out, "if some people have good qualities and can't attract the attention of others, some people can attract people even if they have a lot of flaws." To explain the nature of sympathy, the phenomenon of charm, attraction, the concept of attraction is now used instead of Jacob Moreno's TV.

The English word attraction is translated as "charm", "attraction", "inclination". In psychology, this term describes the result and process of the formation of a positive emotional relationship. Attraction is the presence and evaluation of feelings towards another person. The peculiarity of sympathy and antipathy is that they are not established by other people but are suddenly caused by a number of psychological reasons.

Although children show their choices from an early age, it is still unclear why children feel sympathy for some people and try to distance others from them. While the mechanisms by which sympathy develops remain a mystery, this makes it difficult for educators to raise children and create a positive social environment in groups of children. A.A. Royak points out that if children don't like kindergarten, the educator doesn't have a chance to find out the reasons for it and arouse sympathy for that child in other children. Understanding the mechanisms of sympathy formation allows us

to identify the factors that affect attraction. L. Ya. According to Gozman, they include:

- Criteria of the object of attraction;
- Criteria of the subject of attraction;
- The relationship of the criteria of the object and subject of the attraction;
- Interaction features;
- Features of the communication situation;
- Cultural and social context;
- Time (dynamics of development of relations over time).

Therefore, the emergence and development of attraction and sympathy is determined by the specific social conditions associated with the characteristics of the object of sympathy, as well as the characteristics of the subject who feels sympathy.

V.P. According to Trusov, the descriptive function of emotional indicators (sympathy, antipathy) in the study of political choices in foreign social psychology has been identified. The emotional appraisal of a candidate gave him or her a clear fit for the actual voting results.

Empathy Empathy is the ability to understand the other person's feelings, not with the "mind" but with the "heart." It is clear that both of these qualities play a key role in communication between people in everyday life. The above qualities may not be present in everyone, but if one wants to improve one's relations with others, one must also possess these qualities in order to create one's own individual style of communication. In the process of communication, a person can play any of the roles such as transmitter, receiver, transmitter of communication. Therefore, it is important that a person's attitude towards the interlocutor changes during the reception of information.

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