

THE ROLE OF FAMILY VALUES IN OVERCOMING PSYCHOLOGICAL  
CRISES DURING ADOLESCENCE

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**Abstract:** This article examines the psychological crises of adolescence and the role of family values in overcoming them within the context of modern globalization, rapid digitalization, and the transformation of traditional family structures. It analyzes key crisis indicators in contemporary adolescents, including identity and emancipation crises, emotional instability, and device dependency in the digital world. The theoretical framework of the study is based on T. Parsons' structural-functional model, U. Bronfenbrenner's ecological systems theory, A. Giddens' concept of ontological security, and the views of Eastern scholars. The paper systematically explores the distribution of values across various parenting styles (authoritative, authoritarian, permissive, and overprotective) and their direct impact on adolescent personality stability, concluding with practical recommendations for modern families.

**Keywords:** Adolescence, psychological crisis, family values, digital world crisis, ecological systems theory, ontological security, parenting styles, cognitive map, emancipation, digital hygiene.

In today's era of globalization and rapid informatization, an increase in material-consumerist attitudes and a transformation of traditional family values are being observed in the worldview of the younger generation. Adolescence is characterized by its systemic crises and the restructuring of the subjective "Self-concept". In such conditions, providing a scientific and theoretical basis for the role of family values in ensuring the psychological stability of an adolescent's personality is of urgent importance.

The theoretical basis of the research consists of T. Parsons' structural-functional model (AGIL) and U. Bronfenbrenner's ecological systems theory. According to the Bronfenbrenner model, the family is a microsystem that directly influences the adolescent's personality, and healthy relationships within it create the initial foundation for the individual's adaptation to social life. Based on Anthony Giddens' approach, the family provides the adolescent with "ontological security" (a point of support) in protecting against the risks and dangers of the modern world. The views of Eastern scholars, such as Al-Farabi and Al-Ghazali, also emphasize that the moral standards formed within the family environment are the main norms regulating adolescent behavior.

Family values serve as a "cognitive map" and a psychological "protective factor" for the adolescent in filtering external real-life and virtual information. The correct integration of national and universal values in the family parallelly develops both social responsibility and a creative subjective position in the adolescent. To eliminate emotional instability and crisis situations occurring in adolescents, it is necessary to establish an "environment of sincere communication" and emotional solidarity in every family.

Modern adolescents (often representatives of generations "Z" and "Alpha") face a digital world crisis in addition to the biological changes of the body and psyche. The main signs of today's crisis include:

- Identification (Identity) Crisis: The adolescent searches for answers to questions like "Who am I?" and "Who will I be in the future?" between virtual and real life. Due to "ideal bubbles" (images of an ideal life) on social networks, the feeling of self-dissatisfaction is high.

- Emancipation (Striving for Independence) Crisis: The strong need to break free from adult control and establish personal boundaries. This is often manifested in conflicts with parents.
- Accentuation and Emotional Lability: Sharp mood swings, susceptibility to depressive states, feelings of loneliness, and increased aggression.

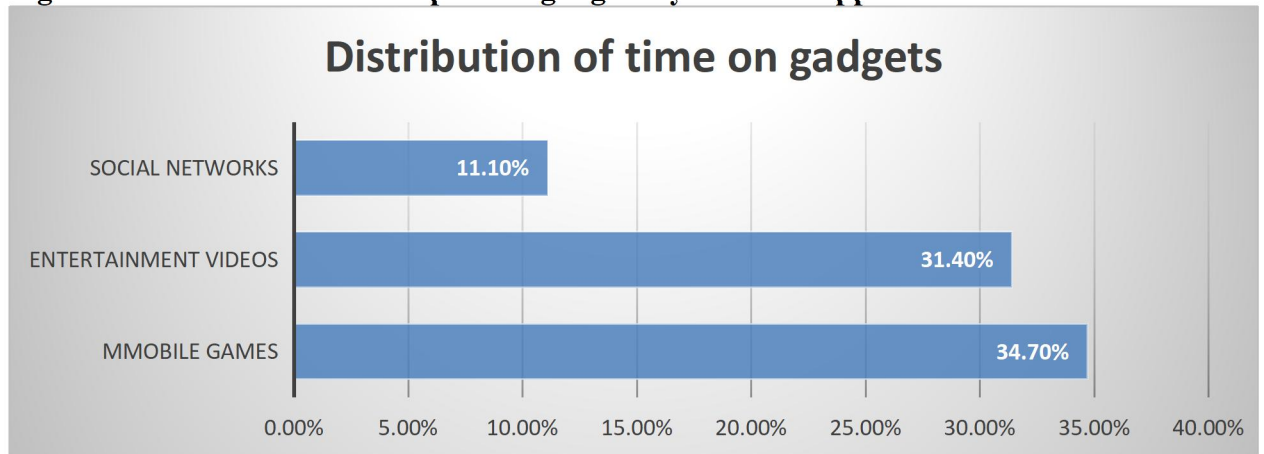
The family is considered the main socio-psychological buffer that protects the adolescent from stress and crises in the external world. Today, the role of family values manifests in the following systemic directions:

An adolescent is under constant evaluation and criticism in the external environment (at school, among peers, on the internet). If the value of unconditional acceptance (loving the adolescent as they are, with their mistakes, achievements, and failures) is a priority in the family, they recover faster from psychological trauma.

In modern family values, authoritarianism (absolute submission) must yield its place to democratic dialogue. Giving the adolescent the right to vote in family decision-making increases their sense of responsibility and ensures a smoother transition through the emancipation crisis.

Nowadays, it is frequently observed that family members sit in the same room but each on a separate gadget ("virtual distancing"). Having meals together, traditional conversations, and family trips evoke a sense of belonging in the adolescent, making them feel: "I am not alone, I am an important part of a group (the family)". Family values directly affect the adolescent's personality through the parenting style.

**Figure 1. Distribution of time spent on gadgets by sites and applications**



This indicates that the more time is spent on gadgets, the more instances of decreased communication within the family are observed.

The parents' worldview, moral criteria, and life priorities (values) constitute the psychological mechanism that determines how parenting reflects on and transmits to the child. At the core of each parenting style lies a specific system of values.

**Table 1. Family Parenting Styles and the Course of the Crisis**

Parenting Style	Basis of Family Value	Consequence of Crisis in the Adolescent
<b>Democratic</b>	Mutual respect, trust, open communication	Positive overcoming of crises, high self-esteem, independence
<b>Authoritarian</b>	Absolute obedience, strict control, punishment	Strong rebellion, running away from home, aggression or passivity, neurosis
<b>Liberal</b>	Absence of boundaries, indifference	Proneness to deviant behavior, loss of direction, nervousness

<b>Overprotective (Hyperprotection)</b>	Excessive care, overindulgence	Inability to make independent decisions, prolonged personal crisis
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**1. Authoritarian Parenting: The Value of "Hierarchy and Obedience"**

- **Core Principle:** In this style, the main foundation of the family is absolute power and discipline. Relations between parents and children are vertical (top-down).
- **Priority Values:** Unconditional obedience to adults, order, loyalty to traditions, external success, and strict fulfillment of family roles by its members.
- **Distribution of Value:** Here, the value is given to the child as a ready-made template without the right to choose. The parents' values stand at the center, while the child's personal interests and emotional needs are pushed aside.
- **Result:** When the child reaches adolescence, this distribution causes two types of reactions: either the child completely loses their "Self" and grows up unable to make independent decisions, or starts a sharp rebellion (protest) against family values.

**2. Democratic (Authoritative) Parenting: The Value of "Equality and Responsibility"**

- **Core Principle:** This is considered the healthiest and most constructive style in modern practical psychology. Here, boundaries exist, but they are built on mutual understanding and respect.
- **Priority Values:** Mutual respect, open communication, individual freedom, empathy (understanding feelings), and responsible independence.
- **Distribution of Value:** Values are formed collaboratively within the family. Parents do not simply dictate rules, but explain the reason behind them. For example, "You need to sleep early at night because it is important for your health" (The value of health and self-preservation). The child's opinion is heard and taken into account.
- **Result:** The child accepts family values not through coercion, but through internal willingness because they believe in their correctness and have high respect for their parents (identification occurs).

**3. Liberal (Hypoprotection) Parenting: The Value of "Absolute Freedom"**

- **Core Principle:** In this style, parents strive too much to be friends with their child, and as a result, they lose their parental position and educational boundaries.
- **Priority Values:** Individualism, unlimited freedom, conformity (avoiding conflicts), and lack of self-restraint.
- **Distribution of Value:** There is no clear and firm guiding system of values in the family. The distribution has a scattered and overly relaxed character. The child is forced to independently search for what is good and what is bad from the external environment (the street, the internet).
- **Result:** The absence of a systemic value support system triggers strong anxiety in the adolescent. They face difficulties adapting to societal rules and encounter a value crisis (loss of direction) much faster.

**4. Overprotection (Hyperprotection): The Value of "Absolute Security and Egocentrism"**

- **Core Principle:** This involves the parents protecting the child excessively from any hardships and life problems, creating a "greenhouse" environment around them.
- **Priority Values:** The child's comfort, security, dependence on the family, and absolute fulfillment of the child's desires.
- **Distribution of Value:** The axis of value is completely directed towards the child, forming a value of egocentrism (thinking only of oneself). The parents' personal needs and societal demands are devalued.

• **Result:** When the adolescent steps into the external world (school, university, peer environment), they see that others do not revolve around them like their family did. This leads to a painful social adaptation crisis.

In the current era (under the influence of virtual space and globalization), changes are occurring in the distribution of traditional family values. Parents often focus more on the values of "material success" and "providing all facilities," completely neglecting the distribution of "emotional connection" (spiritual-psychological values) with the child.

Psychological formula: Values are not given by words in a family; they are "transmitted" through relationships and actions. If parents do not show the value of respect in mutual communication, no matter how much they lecture the child about it, the distribution remains ineffective.

The correct distribution of values in family upbringing ensures the stable growth of the adolescent's personality and their resilience to external world crises (such as digital addiction and social pressure).

Today, when working with adolescents, psychologists put forward the following recommendations to families:

• **Changing the Form of Communication:** Moving from commands to dialogue – talking to the adolescent not as a (child) but as an equal individual. One should not dismiss them, ignore their feelings, or use phrases aimed at comparing the child to others.

• **Digital Hygiene and Shared Boundaries:** The culture of agreement – introducing family rules instead of threats. Not only the adolescent but also the parents themselves must comply with these established rules.

• **Developing Empathy and Emotional Intelligence:** Acknowledging feelings – creating an environment in the family where one can openly express their emotions. The adolescent must know that they will not be punished in the family for their sadness or anger.

• **Supporting Social Activity:** Providing direction – assisting in guiding the adolescent's energy correctly rather than condemning their interests. Successful activity positively resolves the identity crisis.

Family values serve as a primary socio-psychological buffer in mitigating systemic crises during adolescence and protecting individuals from the adverse effects of the digital environment. The research analysis indicates that parenting styles and the resulting relational climate directly dictate the self-esteem and social adaptation of adolescents. Specifically, while authoritarian practices and overprotection stifle independence or trigger severe behavioral rebellion, a democratic parenting style rooted in mutual trust and open dialogue fosters positive crisis resolution and self-reliance. In the context of contemporary virtual distancing and heightened gadget dependency, it is crucial for families to transition from command-based dictates to sincere interaction, enforce digital hygiene, unconditionally accept the adolescent, and nurture their emotional intelligence alongside social activity to facilitate a resilient developmental trajectory.

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