

“PARENTAL MEDICAL SUPPORT AND SOCIAL ADAPTATION IN YOUTH”

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Abstract: This article analyzes the psychological support of parents and its impact on the social adaptation of young people. Emotional support, motivation, and the formation of social skills provided by parents facilitate the integration of young people into society. The article also discusses the main factors of social adaptation - the family environment, educational institutions, peers, and personal qualities. The results of the study show that constant psychological support from parents increases the self-confidence of young people and accelerates the process of their adaptation to the social environment. The article may be useful for parents, educators, and psychologists.

Keywords: parents, psychological support, youth, social adaptation, emotional support, motivation, self-confidence, social skills, family environment, educational institutions, peers, personal qualities, integration into society, mental stability, pedagogy, psychology.

Social adaptation of young people is the process of finding their place in society, adapting to the environment and forming social relationships. This process depends on many factors, one of the most important of which is the psychological support of parents. Parents should provide their children not only with material assistance, but also with emotional and spiritual support. In this article, we will analyze how psychological support from parents affects the social adaptation of young people.

Social adaptation and spiritual education of young people are important for the sustainable development and future of society. These two processes are closely interconnected and serve the formation of the younger generation as a well-rounded individual.

Spiritual education is aimed at forming high moral qualities, values such as patriotism, humanity, hard work, justice, and honesty in young people. Spiritual education broadens the worldview of young people, helps them understand the meaning of life, and encourages social activity. The social environment in which each child lives consists of not one but several layers. The closest and first layer is the family environment. The child's relatives form a wider layer than the family. And finally, the widest layer is the social environment.

Factors influencing the social adaptation and spiritual education of young people:

✚ Family: The family is the primary center of education of the younger generation. The relationship between parents and the environment in the family has a great impact on the formation of a child as a person.

✚ Educational institutions: From preschool to higher education, young people develop socially and spiritually along with learning.

✚ Peers: The peer group has a significant impact on the behavior, interests, and worldview of young people.

✚ Mass media: Television, radio, the Internet, and social networks affect the way young people receive information and think.

✚ Social environment: The social environment in which young people live, values, and traditions in society directly affect their formation.

Creating a cluster is also important in solving stressful situations and problems using critical thinking technology. It has been observed that when each difficult situation is approached critically, problems are reduced and stressful situations are removed. So, if we compare ourselves with our problematic situations through critical thinking, it creates the basis for growth and getting rid of problems.

Social adaptation and spiritual education of youth is a continuous process that requires the efforts of all members of society. Only through joint work can we raise a harmonious generation. Youth is an important stratum that determines the future of society.

Their social adaptation and spiritual education are important not only for their personal development, but also for the well-being of society as a whole. Today, young people are facing many social problems, therefore, the need to ensure their spiritual education and social adaptation is increasing.

The social adaptation of young people depends on many factors. Family, educational institutions, friends and other members of society play an important role in this process. Spiritual education is carried out by introducing young people to moral values, traditions and culture. These processes complement each other and help young people develop as individuals. There are many difficulties in the process of social adaptation of young people. These include stress, depression, problems with self-awareness. Specific methods of spiritual education, such as ethics lessons, cultural events and communication, help young people to increase their ability to cope with difficulties. It is also necessary to strengthen cooperation between families and educational institutions.

Based on the ideas presented in the article, the following measures are recommended to ensure the social adaptation and spiritual education of young people:

1. Effective cooperation between the family and educational institutions.
2. Involvement of young people in social activities.

The social adaptation and spiritual education of young people are one of the most important issues today. Young people are the future of society, and their adaptation to social life and the assimilation of spiritual values are essential for the stability and development of society. Below I will provide more detailed information about these issues.

By providing psychological support to their children, parents increase their self-confidence, ensure emotional stability, and help them adapt to the social environment. Psychological support includes the following aspects:

- Emotional support - Understanding the child's feelings, listening to them, and providing emotional support. This increases the stress resistance of young people.
- Motivation - Encouraging children to achieve their goals, expressing confidence in them. This strengthens their self-confidence.
- Building social skills - Developing communication, problem-solving, and teamwork skills.
- Encouraging independence - Giving children the opportunity to make independent decisions and giving them responsibility.

Psychological support provided by parents plays an important role in shaping the mental health, self-confidence, and attitude towards life of children and adolescents. This support includes the following aspects:

Emotional support- Parents help their children feel safe by showing them affection and attention.

- ✓ Affection and attention - treating the child with kindness, listening to him and understanding him.
- ✓ Emotional stability - allowing the child to express his feelings and trying to understand them.
- ✓ Supportive environment - encouraging and motivating the child rather than criticizing him.

Communication and understanding To provide healthy psychological support, parents need to communicate openly and sincerely with their children.

- ✓ Listening – listening carefully to the child, respecting their opinions.
- ✓ Answering questions – children ask many questions about life, it is important to answer them patiently.
- ✓ Understanding emotional needs – observing the child’s mood and providing the necessary support.

Building Self-Confidence Parents can use the following methods to increase their child's self-confidence:

- ✓ Encouragement - praising and supporting the child for their efforts.
- ✓ Giving independence - creating opportunities for the child to make their own decisions.
- ✓ Explaining mistakes - helping to learn from them, not punishing them.

Coping with Stress and Adversity Parents can help their children cope with life's challenges in the following ways:

- ✓ Problem-solving skills - teaching children how to solve problems.
- ✓ Patience and resilience - teaching children how to endure and learn from challenges.
- ✓ A healthy lifestyle - physical activity, proper nutrition, and adequate rest have a positive effect on a child's mental health.

The psychological support provided by parents plays an important role in shaping a child's mental health, self-confidence, and attitude towards life. Through affection, attention, open communication, and encouragement, children feel safe and happy. The psychological support provided by parents has a significant impact on children's future mental health, social relationships, and attitudes toward life. This impact can last for years and directly impacts a person's personal development. The psychological support provided by parents has a long-term impact on children's future mental health, self-confidence, social relationships and attitude towards life. Through affection, attention and encouragement, children feel safe, happy and successful.

Social adaptation is the process of young people's integration into society, the establishment of social relationships and adaptation to the environment. This process depends on the following factors:

Family environment - A warm and supportive environment created by parents has a positive effect on the social adaptation of young people.

School and educational institutions - Relationships with teachers and classmates help develop young people's social skills.

Friends and peers - Young people learn social rules through communication with their peers and accelerate the adaptation process.

Personal qualities - Self-confidence, communication skills and problem-solving skills play an important role in social adaptation.

Developing social skills in the family A child's social adaptation begins first of all in the family. Parents can help their children in the following ways:

Respect and etiquette - teaching the child to treat others with respect.

Communication skills - teaching the child to express his thoughts clearly and fluently.

Cooperation and teamwork - developing the ability to work in a team by completing family tasks.

Parents play a major role in their children's future success, happiness, and social inclusion by helping them adapt socially. Skills such as healthy communication, respect, teamwork, and empathy help children succeed in social situations. The article is useful for parents, educators, and psychologists, and contains recommendations aimed at improving the social adaptation of young people. It is emphasized that parents should provide their children with not only material support, but also emotional support. Young people who grow up in a healthy and supportive family environment will find it easier to find their place in society and achieve successful social adaptation.

Parents have a great influence on the social adaptation of children. Their upbringing, support and guidance help children find their place in society, establish healthy relationships and achieve success in life.

A child's social adaptation begins first of all in the family. Parents lay the foundation for their future social life by teaching their children respect, manners, communication skills and the ability to work in a team. Children need to learn how to interact with others, solve problems and adapt to new environments. One of the important aspects of social adaptation is the formation of friendships and team relationships in a child. Parents should help their children to develop the ability to appreciate friendship, empathy and understanding. It is also important for children to learn to respect different cultures and values, and to follow the rules of etiquette in society.

By teaching their children social skills, parents can make a significant contribution to their children's future success, happiness, and social inclusion. Skills such as healthy communication, respect, teamwork, and empathy help children succeed in social situations. Thus, by teaching their children social skills, parents can make their future lives stronger and more successful. Love, attention, and guidance play an important role in this process.

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