

WAYS TO DEVELOP EMPATHY AND SYMPATHY IN CHILDREN

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Abstract

This article analyzes the theoretical foundations of the development of empathy and sympathy in children, the stages and factors of development depending on age. Also, the importance of forming these emotional-social qualities through pedagogical approaches and effective methods is highlighted. Empathy and sympathy play an important role in the development of children as individuals, in the development of social relations and in the strengthening of kindness in society.

Keywords

Empathy, sympathy, child rearing, emotional-social development, pedagogical methods, social skills.

Enter

In modern society, social relations between people are becoming more and more complicated. In such conditions, not only the intellectual development of a person, but also his emotional and social development is important. The formation of empathy and sympathy in children is one of the most urgent issues. Empathy is the ability to understand the feelings of others and empathize with them. Empathy is not being indifferent to the plight of others and trying to help them. These two qualities play an important role in the development of children as individuals. This article describes the theoretical foundations, factors and effective pedagogical methods of developing empathy and sympathy in children.

Concepts of empathy and sympathy

Empathy is interpreted in psychology as the ability of a person to feel the inner state of others. It consists of emotional, cognitive and behavioral components, where emotional empathy refers to feeling the feelings of others, cognitive empathy refers to understanding their thoughts, and behavioral empathy refers to practical help. Sympathy is a practical form of empathy, which expresses a person's willingness to help others. Although these qualities are innate to a certain extent in children, they are developed through upbringing and environment.

Stages of development of empathy in children

Empathy in children develops gradually depending on age. Early children, from birth to three years old, are sensitive to other people's moods, for example, if another child cries, they may also cry. Preschool children gradually begin to understand other people's feelings, but cannot distinguish them completely. Children of elementary school age develop more empathy, and they seek to help others. During adolescence, cognitive empathy increases, the child understands the thoughts of others, and social awareness develops. In this way, the formation of empathy and sympathy takes place gradually, through social and emotional experiences.

Factors of development of empathy and sympathy In children, these feelings are formed under the influence of family environment, educational institutions, social environment and

personal experiences. Parents should be an example for the child through their kindness, attention and behavior. The child repeats what he sees more, so the parent's kindness and willingness to help others will form the same attitude in the child. Kindergarten and school teachers play an important role in the development of children's social skills. Various activities, discussions and group activities strengthen children's ability to understand the feelings of others. Friends, society, and the media also influence children's emotions, so it is important for a child to always be in a warm and supportive environment. At the same time, the child's own experiences shape his attitude towards others, for example, when he is helped or when he tries to help other children, empathy and sympathy deepen. Develop empathy and compassion methods

One of the effective methods of forming these important qualities in children is the personal example of parents and teachers. When a child sees others helping others, treating them with kindness and showing gratitude, he will repeat it. Teaching a child to name emotions increases emotional literacy. Through role-playing, the child experiences different situations, for example, by helping a sick friend or supporting a new child, empathy develops in practice. Works of art and fairy tales form empathy in children, after the story or fairy tale, pedagogues ask questions and help the child to understand the feelings of the hero. Joint activities, team games, projects and support actions strengthen mutual understanding and develop social skills in children. By discussing life situations, the child learns how to relate to others, which deepens empathy and compassion. Encouragement and recognition help to strengthen the child's positive behavior. Involving children in volunteer activities, such as helping the elderly or animals, teaches them a little social responsibility.

Pedagogical approaches

Person-centered education is important in the development of empathy. Taking into account the emotional needs of each child and providing an individual approach helps to build empathy and compassion. Inclusive education organizes learning together with children of different abilities, which further enhances empathy and compassion. Active learning methods, discussion, debate and role-playing allow children to practice social and emotional skills.

Problems and their elimination

Some children may not have developed enough empathy. The reasons for this include parental neglect, an aggressive environment, and improper upbringing. In such cases, it is possible to eliminate problems by creating a loving environment, individual approach and psychological training. In this way, the development of empathy and sympathy serves not only to develop children as individuals, but also to strengthen social stability and kindness in society.

Summary

Empathy and sympathy are one of the main factors that shape the quality of children's humanity, and their upbringing is a joint task of parents, teachers and society. These important qualities can be formed in every child through the right approach and effective methods. At the same time, the development of empathy and sympathy helps to strengthen children's relationships, improve the social environment, and increase respect and kindness in society.

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