

PSYCHOLOGICAL DISORDERS IN CHILDREN.

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Abstract

This article examines the various psychological disorders that are prevalent among children today and their causes.

Keywords

Child psychology, genetic factors, biological factors, psychological factors, social factors, autism

The history of the emergence of child psychology as a science is a long and complex process, its roots go back to such areas as philosophy, medicine and pedagogy. Child psychology as an independent science was formed at the end of the 19th century, but the main ideas and observations that motivated its development appeared much earlier. The ancient Greek philosophers Plato and Aristotle expressed their views on the upbringing and development of children. Plato believed that children should be educated by the state, while Aristotle emphasized the importance of family education. In ancient Rome, Quintilian wrote about methods of educating children in his work on the art of speech.

In the Middle Ages, children were viewed as miniature copies of adults and their individual characteristics were ignored. However, some thinkers, such as St. Augustine, wrote about the sinful nature of children and emphasized the need for their moral upbringing. Interest in children increased during the Renaissance. Erasmus of Rotterdam defended the right of children to education. John Amos Comenius argued that education should be universal and accessible and that it was necessary to take into account the age characteristics of children.

John Locke, who made a significant contribution to the development of child psychology during the Enlightenment, described the mind of children as a "clean slate" (tabula rasa) and emphasized the role of upbringing in the formation of personality. Jean-Jacques Rousseau argued that children have natural goodness and should be given the opportunity to develop freely.

In the 19th century, child psychology began to take shape as an independent discipline. In the 20th century, child psychology developed rapidly and various

directions emerged. Sigmund Freud created psychoanalytic theory and emphasized the role of children's early childhood experiences in the formation of personality. John Watson created behaviorist theory and focused on the study of children's behavior. Jean Piaget created the theory of cognitive development and identified the stages of children's mental development. Lev Vygotsky created sociocultural theory and emphasized the role of the social environment in children's development.

Today, child psychology continues to evolve, and new research is being conducted to better understand and help children develop.

Psychological disorders, as defined in child psychology, are deviations from the normal development of a child that cause problems with their behavior, emotions, thinking skills, and social relationships. These disorders can occur for a variety of reasons, such as genetic factors, complications during childbirth, traumatic experiences, family problems, and more.

The most common psychological disorders in child psychology are:

1. Attention Deficit Hyperactivity Disorder (ADHD): Characterized by difficulty concentrating, impulsivity, and hyperactivity.
2. Autism Spectrum Disorder (ASD): Characterized by difficulty with social interaction, repetitive behaviors, and restricted interests.
3. Learning Disabilities: Difficulty in learning reading, writing, math, or other academic skills.
4. Conduct Disorder: Aggression, stealing, lying, breaking rules, and other antisocial behaviors.
5. Emotional disorders: Depression, anxiety, fear, obsessive-compulsive disorder (OCD), and other emotional problems.
6. Eating disorders: Anorexia nervosa, bulimia nervosa, and other eating disorders.
7. Sleep disorders: Difficulty falling asleep, sleep disturbances, night terrors, and other sleep-related problems.
8. Speech disorders: Speech delay, stuttering, pronunciation problems, and other speech-related problems.
9. Enuresis and encopresis: Inability to control urine or stool.
10. Post-traumatic stress disorder (PTSD): Anxiety, fear, nightmares, and other psychological problems that occur after a traumatic event.

Causes of Psychological Disorders:

Genetic Factors: Some psychological disorders can be passed down from generation to generation.

Genetic factors play an important role in the development of psychological disorders in children. Many psychological disorders, including autism spectrum disorder (ASD), attention deficit hyperactivity disorder (ADHD), schizophrenia, depression, and anxiety disorders, have been found to have a genetic predisposition. This means that if a child has a family member with these disorders, they are at higher risk of developing these disorders themselves.

How do genetic factors influence the development of disorders?

Genes: Certain genes can affect brain development and function. Mutations or changes in these genes can lead to psychological disorders. For example, many genes have been identified that are associated with ASD, including the genes neurexin 1 (NRXN1) and shank 3 (SHANK3).

Gene activity can be altered by environmental factors. These epigenetic changes can affect brain development and lead to psychological disorders. For example, stress in early childhood can cause epigenetic changes and increase the risk of depression.

Family: Genetic factors not only influence the development of disorders, but can also affect the family environment. For example, parents with depression may be less likely to care for their children, which can negatively affect their children's development.

Biological factors: Brain damage, chemical imbalances, and other biological factors can lead to psychological disorders.

Biological factors play an important role in psychological disorders in children. They are related to the genetic, neurobiological, and physiological characteristics of the organism and include:

1. **Genetic factors:** Psychological disorders can often be associated with a familial predisposition. That is, if there is a mental illness among parents or other close relatives, the child is more likely to experience the same problems.

2. **Neurotransmitter imbalance:** An imbalance in brain chemicals (such as serotonin, dopamine) can affect mood. When these chemicals are disrupted, depression or anxiety can occur.

3. **Brain structure and function:** Some psychological disorders, such as autism spectrum disorders or attention deficit hyperactivity disorder, involve the development or function of certain areas of the brain.

4. **Problems during pregnancy and childbirth:** Viral infections in the mother's body during pregnancy, exposure to toxins, stress, or lack of oxygen during birth can affect the child's brain development and ultimately lead to psychological disorders.

5. **Hormonal changes:** Changes in hormonal balance during the child's development, especially during adolescence, can affect mood.

Biological factors, usually along with environmental and social factors, interact in a complex way to cause psychological disorders. Therefore, it is important to consider biological, psychological, and social factors together in treatment.

Psychological factors: Traumatic experiences, stress, family problems, and other psychological factors can lead to psychological disorders.

1. **Family environment and upbringing** The psychological environment of the family in which a child grows up, relationships with parents, and upbringing style have a great impact on the psychological state of the child. For example, violence, lack of attention, and constant conflicts between parents can lead to disorders in the child's mental state.

2. **Stress and traumatic situations** Stressful situations in a child's life (for example, parental divorce, loss of a loved one, difficulties at school) can cause psychological disorders.

3. **Personality traits** A child's temperament, self-confidence, and social skills affect their psychological state. For example, low self-esteem or social fears can lead to mental disorders.

4. **Learning and educational difficulties** Learning problems at school, negative relationships with teachers, or difficulties in adapting to friends can also cause a child to develop mental problems.

5. **Influence of the social environment** Friends, relationships in society, social pressure, and contradictions affect the psychological state of children.

6. **Internal psychological conflicts** Internal conflicts in a child, such as difficulties in self-awareness, conflicting interests, and aspirations, can lead to mental disorders.

Social factors: Social isolation, violence, poverty, and other social factors can lead to psychological disorders.

1. **Family social environment**

- Conflicts between parents, divorce, domestic violence, or neglect can cause mental disorders in a child.

- Financial difficulties, the socio-economic level of the family can also affect the psychological state of the child.

2. **The influence of the school and educational environment**

- Relationships with teachers at school, relationships with friends, discrimination, or violence can exacerbate psychological problems.

- High demands or difficulties in education can lead to stress and anxiety.

3. **Social pressure**

- Children and adolescents face social pressure to be accepted by their peers, which can lead to problems with self-esteem and behavior.

- Misinformation or false norms, influenced by technology and social media, negatively affect mental health.

4. Relationships with friends and peers

- Deterioration in relationships with peers, rejection among friends, or feelings of loneliness can lead to psychological disorders.

5. Cultural and social norms

- The values, cultural traditions, and norms of society affect children's mental health, especially when they cannot express themselves freely, which can lead to stress and depression.

Identification and treatment of psychological disorders: Early identification and treatment of psychological disorders is very important for the future of the child. Psychological tests, observations, and interviews are used to identify psychological disorders. Psychotherapy, medications, and other methods are used to treat psychological disorders.

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