

## THE INFLUENCE OF THE FAMILY'S PSYCHOLOGICAL ATMOSPHERE ON THE CHILD'S DEVELOPMENT AS A PERSON

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### **Abstract**

This article analyzes the impact of a healthy psychological environment within the family on a child's personality development, emotional world, and socialization processes. It explores the influence of interpersonal relationships, parenting styles, and family conflicts on a child's self-confidence and behavior. The article also puts forth practical recommendations for creating a positive psychological climate in the family to foster a child's development into a well-rounded individual.

### **Keywords**

family psychological environment, personality formation, child psychology, parenting styles, emotional stability, socialization.

The foundation of an individual's personality, their worldview, moral principles, and emotional intelligence are formed within the family. From the very first days of life, a child begins to sense the environment around them and models their behavior on it. Therefore, the psychological atmosphere in the family – the relationships between family members, emotional connection, and the level of trust and security – is the most crucial factor determining not only a child's current behavior but also the kind of person they will become in the future.

In today's age of globalization and advanced information technology, the scope of external influences on child psychology has increased more than ever. Under such conditions, the protective function of the family and a healthy climate within it are becoming even more important. Modern psychological research shows that improper parenting styles, family conflicts, neglect, or, conversely, excessive demandingness (hyper-custody) can lead to the formation of various psychological traumas, self-doubt, and aggression in a child. In contrast, a child growing up in a family where mutual respect and support prevail becomes an emotionally stable, independent, and socially adaptable individual.

The purpose of this article is to analyze the direct and indirect mechanisms through which the psychological environment in the family influences a child's development as a person, and to highlight effective ways of establishing a positive psychological climate within families. The paper also examines issues of increasing the pedagogical-psychological literacy of parents and mitigating the negative impact of family crises on children.

In the development of a child as a person, the emotional environment within the family serves as a distinct foundation. Indeed, for a child, the family is not merely a place to live but the primary space of psychological security. The relationship between parents, their attitude towards their child, and the general emotional stability or tension in the household directly shape the child's inner world.

Several prominent figures in the field of world psychology have deeply researched the influence of the family environment on a child's personal development. Specifically, Diana Baumrind classified parenting styles (democratic, authoritarian, permissive, or neglectful) and proved that the emotional climate in the family is the primary factor determining a child's behavior and personality type. In his renowned "Attachment Theory," John Bowlby asserts that the initial emotional bonds between a child and parent—that is, a secure attachment—serve as the foundation for an individual's mental health throughout their life. Furthermore, while Urie Bronfenbrenner, in his "Ecological Systems Theory," analyzed the family environment and its emotional climate as a microsystem influencing a child's development within a broader social context, Murray Bowen, within the framework of "Family Systems Theory," studied how the overall emotional climate in the family and the system of emotional connections among members affect a child's personal individuation. Additionally, Albert Bandura, the founder of social learning theory, demonstrated that a child learns by directly imitating the emotional environment and behavioral models of their parents.

The emotional climate in a family is the composite of family members' communication styles, their attitudes toward one another, and the general psychological mood of the household. If this environment is healthy and positive—that is, if the principles of mutual trust, respect, open and sincere communication, and joint decision-making prevail—the child will value themselves, think independently, and be socially active. A child raised in such a positive environment develops self-confidence and trust in others, sincerity, openness, strong socialization skills and a readiness to communicate, as well as high psychological resilience in stressful situations.

Conversely, emotional abuse—such as constant family conflicts, arguments, coldness, indifference, belittling, and humiliation—as well as disregarding a child's opinion, creates a negative emotional environment in the home. A child growing up in such an unhealthy environment faces numerous problems in life. They are observed to develop self-doubt, a constant fear and apprehension of the outside world, aggression or excessive submissiveness, chronic mental strain, and various psychosomatic problems.

Ensuring a healthy emotional climate in the home largely depends on the parents' communication culture and emotional approach. Parents who listen to their child attentively, value their individuality, and resolve mistakes by explaining them rather than punishing them guarantee stability in the family. The prevalence of high spirits, humor, and positive communication at home encourages the child to think freely and independently. In contrast, frequently reprimanding a child, comparing them to their peers, and regularly condemning them lowers their self-esteem and holds back their personal development.

The emotional climate in a family is directly linked to its structural organization and the extent to which functional relationships are established within it. From a psychological perspective, the family is a single, integrated organism composed of subsystems (spousal relationships, sibling relationships, and parent-child relationships). Emotional changes in any part of this organism affect a child's personal development like a chain reaction.

In particular, the nature of the relationship between spouses serves as the primary filter that determines how a child perceives the world. If there is constant tension or hidden or open conflicts between the parents, the child feels constantly under threat. Research conducted by E. Cummings and his colleagues shows that children who directly witness parental conflict experience a sharp increase in cortisol (the stress hormone). This lays the groundwork for the decline of a child's cognitive functions (attention, memory, thinking) and the formation of affective behavior. The child may begin to feel like a "victim" in an attempt to resolve family tension or may be forced to defend one parent's position, which disrupts their process of personal individuation (differentiation).

Analyzing D. Baumrind's theory through a modern lens reveals that parents' emotional approach and the level of demands they place on their child can fundamentally alter the personality model.

In an authoritarian parenting style, the emotional climate is cold and based on strict control. Although children raised in such an environment often appear disciplined on the outside, they grow up with high levels of anxiety, latent aggression, and low self-esteem. They do not develop the skill of making

independent decisions because the criteria for "right and wrong" are always determined by external forces (parents).

In a permissive (overly lenient or neglectful) environment, emotional closeness may exist, but the absence of boundaries causes social adaptation problems for the child. Such children tend to become egoistic, impulsive (unable to control their emotions), and have difficulty adapting to societal rules.

The democratic (authoritative) style, however, is the supreme example of a positive emotional climate. Here, a high level of emotional support is integrated with clear and fair rules. The child can express their opinion freely, and their emotions are not dismissed (based on the principle, "If I were in your shoes, I would be upset too; let's think of a solution together"). As a result, the child forms a "Positive Self-Concept."

As shown in the research of J. Bowlby and M. Ainsworth, the emotional climate during infancy creates the "matrix" for the social connections a person will form throughout their entire future life. When a mother (or a primary caregiver) responds to a child's emotional and physical needs in a timely and adequate manner, it fosters secure attachment.

A child who has formed a secure attachment grows up to see the external environment as a safe place worth exploring. They are able to build healthy relationships, are not afraid of intimacy, and do not perceive the risk of rejection as a tragedy. Conversely, children who grow up in an environment of emotional coldness, frequent parental mood swings, or indifference develop anxious or avoidant attachment styles. In the future, such individuals suffer from problems like distrusting people, constant suspicion, emotional dependency, or, on the contrary, complete self-isolation from others in society, at work, and in their personal lives. A negative emotional climate in the family stifles a child's emotional intelligence (EQ), which limits their ability to understand and manage their own feelings.

The negative emotional indicators of a family environment are reflected not only in the child's psyche but also in their physical health. Research in the field of psychosomatics confirms that chronic stress, yelling, and emotional pressure within the family are direct causes of allergic reactions, gastrointestinal disorders, frequent colds (due to a weakened immune system), and neuroses (such as restless sleep, stuttering, and enuresis) in children. The child's body "demonstrates" the internal pain and fears they cannot express in words in the form of illness.

As A. Bandura noted, the family is a laboratory of communication. If problems in this laboratory are solved through aggression, manipulation, or silence (emotional punishment), the child will exhibit these same behavioral patterns in the

social environment (at school, among peers). They will not know how to resolve conflicts constructively and will respond to any difficulty with either aggression or a depressive state.

In conclusion, the emotional climate in the family is not just an abstract concept, but a dynamic system that governs the child's neurobiological, psychological, and social development. To raise a healthy individual, creating an environment of not only material but also high-level emotional security and support within the family is a primary necessity.

**Conclusion:** The scientific-theoretical and practical analysis conducted shows that the psychological and emotional climate in the family is of decisive importance in a child's development as an individual. The family is not merely the initial stage of a child's socialization, but the primary laboratory where their future life strategies, self-esteem, trust in the world, and psychological stability are formed. As confirmed by the theories of renowned psychologists and proponents of the systems approach, the culture of parental interaction and types of emotional connection directly determine a child's behavioral models.

While a healthy, supportive, and mutually respectful democratic environment fosters high emotional intelligence, independence, and social adaptability in a child, a conflict-ridden, cold, and authoritarian environment, by contrast, leads to personal crises, psychosomatic problems, and maladjustment to society. A child directly absorbs the emotional attitudes and conflict resolution methods they witness in the family and applies them in their own future life.

Based on the research findings, it is advisable to put forward the following practical recommendations for raising a healthy generation in our society:

1. Enhancing parents' psychological literacy: Expanding the activities of systematic training sessions and counseling centers for young parents on child psychology, parenting methods, and the principles of emotional communication.
2. Preventing family conflicts: Minimizing the negative impact of family tension on children's psyche by developing a system of family mediation and psychological services within society.
3. Creating an environment of emotional security: Promoting a culture of upbringing in families based on the principles of valuing the child's individuality, listening to their opinion, and explaining instead of punishing.

In final conclusion, it can be said that the moral and social health of a society depends on the stability of the internal environment within each family. Ensuring a positive psychological climate in the family is not just the internal affair of a single family, but the most effective strategic path to building the foundation of a prosperous society composed of healthy and well-rounded individuals.

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