

DEVELOPING A CHILD'S EMOTIONAL INTELLIGENCE IN THE FAMILY

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Abstract: This in the article children's family in the environment emotional intelligence (EQ) development and his/her personal to progress impact analysis Research during parents' emotional support, child social adaptation and communicative abilities develop roads Children's feelings are studied. understand, manage and others with effective communication to do ability in formation parents place analysis The article scientific literature commentary, statistics analysis, psychological observation results and tables and histograms using clear information presented is being done.

Keywords: emotional intelligence, family upbringing, child spiritual development, emotional balance, psychological approach, parent role, social adaptation

Introduction. Child perfect in development not only intellectual potential, maybe emotional intelligence (EQ) is also important importance profession Emotional intellect is person's their feelings understand, manage and others with communication to do Research this shows that he has a high EQ children academic to achievements achieve with together, in society own instead also successful in finding they will be.

Emotional of intellect development following aspects with related:

Your feelings understanding and expression;

Stress and emotional pressure management;

Others feelings understanding and to them worthy answer give to take;

Social adaptation and communication abilities to form.

This in the article EQ development in children important factors, parents this in process place and family in upbringing effective methods analysis will be done.

Literature comment. From Uzbekistan of scientists from the research of A. Khojayev - children in education parents' emotional approach and this of the process child's personal to develop impact about research take D. Rakhimova - to the child 's psyche impact doer factors analysis so that parents supportive relations in the development of a child's EQ important place to hold showed CIS countries scientists from the research of LS Vygotsky - social development theory based on the child's emotional and cognitive development society and family under the influence formation proved. AN Leontiev - the child 's emotions understanding ability his/her social adaptation to the process directly impact to do emphasized. Foreign of scientists Daniel Goleman - emotional intellect the concept wide illuminate it, personal and professional success the impact scientific based on John Mayer and Peter Salovey - EQ main components separate, human in society social adaptation the impact These studies this shows that family upbringing child's emotional to develop directly impact does and this in the future his/her in society to the success reason will be.

Methodology. Research following methods based on take went to: Questionnaire survey - 150 people parents and educators between EQ development in children and educational approaches about request was conducted. Psychological observation - children emotional to develop impact doer factors observed. Experimental research - parents emotional support level children's behavior

how impact to do study for experience was conducted. Statistical analysis - obtained results tables and diagrams using generalized.

Analyses and discussion. Parents children's EQ development impact

Table 1.

Parents' children's EQ development impact according to thoughts

Impact factor	Parental approval rate (%)
Your feelings expression	80%
Stress management	75%
Social adaptation	85%
To himself was confidence	78%

The results show that parents place great importance on children's social adaptation and ability to express emotions. Social adjustment (85%). Most parents pay great attention to the social adjustment of their children, since one of the important aspects of EQ development is the individual's ability to find his place in society. According to Vygotsky's theory of social development (1934), a child develops through social interactions. If a child expresses his feelings right understand If not, he will be in society. effective adapt Social adaptation - in children empathy, sympathy and others with constructive communication to do of ability to the formation directly related. Your feelings expression (80%). The child's their feelings understanding and expression ability his/her spiritual health for important importance has. By Goleman (1995) working to the EQ theory developed see, your feelings right expression person's himself to understand, to manage and others with their relationship balanced in construction important role If a child expresses his feelings right express if not, aggression, stress and communicative problems to the surface arrival possible. To himself was trust (78%). Maslow's needs hierarchy theory (1943), personal growth and success for to oneself was confidence very important. Parents of their children to oneself trust formation for their their successes support, errors to understand opportunity to give and them encouragement must. To himself of trust high level in children difficulties overcome ability increases and personal development for motivation strengthens. Stress management (75%). According to Selye 's stress theory (1976), children from youth stress to manage to learn necessary, otherwise without this spiritual to problems take arrival possible. Parents to their children stress reduce strategies If taught, the child will be successful in life. to difficulties flexible become Stress management Ability to develop EQ important in terms of one be, the child is social in the environment stable and calm to be help gives. Parents children's social adaptation and feel them expression to the ability big attention They look at themselves. confidence and stress control EQ 's important components is considered and their development of the child's personality to the formation directly impact does. Parents to their children emotional support show through to develop their EQ help to give necessary.

Table 2.

EQ development methods efficiency

Parenting method	Efficiency (%)
Emotional support	85%
Stress reduction strategies	78%
Building communication skills	80%
Role games and group training	75%

These results suggest that emotional support and developing communication skills are the most effective methods for increasing EQ. Emotional support (85%). According to Bowlby's attachment theory (1969), emotional support from parents creates a sense of security in children. If a child feels cared for and supported in the family, his self-confidence increases and he can clearly express his feelings. Development of communication skills (80%). According to Bandura's social learning theory (1986), children develop emotionally through communication with others. Effective communication plays an important role in the child's social adaptation and EQ development. Stress reduce strategies (78%). Stress management according to trained strategies child's in life to difficulties durable to be help gives. Dweck's mentality theory (2006) that shows that children stress positive acceptance to do if they learn, they They strive for success.

Role games and group activities (75%). Montessori education according to the methodology (1912), role games and group training through children are real life to situations to adapt They learn. Such activities children's emotional understanding and others with each other attitude to do skills develops. Emotional Support EQ development the most effective method is considered. Communication skills develop and stress management Ability EQ in increasing important role Plays a role. games and group training through children to society flexible Parents to their children's EQ development attention their attention and them emotional in terms of support necessary.

Conclusion. Research results this shows: Family upbringing in children's EQ development solution doer role Plays. Expresses his feelings. understanding and management ability children's social adaptation and successful life to forgive impact does. Parents by emotional support children's to stress endurance increases and to oneself was trust strengthens. Communicative skills Developing EQ the most effective from methods one is considered. So so, parents children To develop EQ in education separately attention their attention necessary.

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