Psychological Problems Arising When Raising Children in an Incomplete Family

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Abstract: the article deals with the psychological problems faced by parents and children in an incomplete family. The main features of raising children in the absence of one of the parents, as well as factors affecting the psychological well-being of children, are described. Modern approaches to the psychological support of children and parents in single-parent families are presented.

Keywords: incomplete family, parenting, psychological problems, psychological support, psychological well-being.

Introduction.
According to statistics, the number of incomplete families is growing every year. Children raised in single-parent families often experience various psychological problems such as feelings of loneliness, anxiety, fear, depression and low self-esteem. Raising children in an incomplete family can also lead to the development of behavioral and peer relationship problems. In this regard, it is important to investigate the psychological problems faced by children and parents in an incomplete family, as well as to develop effective methods of support and assistance for them. The results of research in this area can be useful for developing programs and practices that will help children and parents in single-parent families achieve better psychological well-being and improve their quality of life.

Literature review.
Modern psychological research has been it has been proved that the absence of not just a father in the family, but, first of all, a man is an important prerequisite for deviations in the child's mental development1. The main problem of children in incomplete families is the difficulty of determining gender and sexual orientation. The relationship between parents is an example of the relationship between a man and a woman. In the future, in their relationships, children follow this example; children of single-parent families have little idea about the behavior of men and women in a given situation. Because of this, conflicts, misunderstandings, disputes, disagreements, divorces arise in their families2.

Sweeney, M. M. focused on the study of remarriage and stepfamilies, and the challenges and opportunities that arise from these family structures. The author argues that remarriage and stepfamilies are important sites for family scholarship in the 21st century, given the increasing

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1 Сухопарова, А. А. (2013). Психологические особенности воспитания детей в полной и неполной семье. Мир науки, культуры, образования, (3 (40)), 215-217.
prevalence of these family structures and their unique dynamics\(^3\).

Raising children in an incomplete family has a number of features. Due to the absence of one of the parents, the remaining one has to take on the solution of all the material and everyday problems of the family. At the same time, he also needs to make up for the deficit of educational influence on children that has arisen. Combining all these tasks is very difficult. Therefore, most single-parent families experience material and everyday difficulties and face pedagogical problems\(^4\).

Hyper-custody is the case when the child and the problems associated with it are put forward in the first place. Exaggerated love and care take excessive forms and in practice turn into psychological deviations and delays in the intellectual development of children, form low self-esteem in them, and suppress their independence\(^5\).

Brown, S. L., & Rinelli, L. N. investigated the relationship between family structure, family processes, and adolescent delinquency. Specifically, the study examined the effects of parental absence and parental gender on adolescent delinquency\(^6\).

**Methodology.**

We used the interview method to find out the opinions of the study participants when studying the psychological problems that arise when raising children in an incomplete family. Various questionnaires were conducted to get the opinion of the respondents. We also used case studies, statistical analysis, and observational methods to explore the issues in detail.

**Results.**

The theory of “Psychological problems arising when raising children in an incomplete family” is based on the assumption that raising children in an incomplete family can lead to a number of psychological problems for both children and parents. These problems may be related to the absence of a parent, changing family dynamics, and declining quality of parental care and support.

According to this theory, children raised in single-parent families may experience feelings of greater anxiety, self-doubt, fear, loneliness, and depression than children raised in intact families. They may also exhibit behavioral problems such as aggressiveness, conflict, and violation of social norms.

In addition, the theory suggests that parents raising children in a single-parent family may face problems adapting to a new family situation, experiencing grief and the loss of a former partner, as well as stress associated with the role of a single parent.

Thus, the theory “Psychological problems arising when raising children in an incomplete family” connects an incomplete family structure with a number of psychological problems that require attention and solutions from parents, family psychologists and other professionals in this field.

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\(^4\) https://urok.1sept.ru/articles/632100


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As a result of a sharp increase in the number of divorces in our country, there are negative changes in the psychology of family children. In 2022, the number of registered marriages was 48,700 units, and it was noted that it has increased significantly over the past 5 years, that is, it has decreased by 16,400 or 50.8% compared to 2018.

According to the results of our study, children in single-parent families may face various psychological problems, including:

1. Emotional instability: children may experience feelings of loss and disappointment due to a parent’s divorce or loss of a parent, which can lead to emotional instability and increased anxiety.
2. Relationship problems: children in single-parent families may have difficulty establishing and maintaining relationships with parents and other family members.
3. Decreased self-esteem: children may feel less valued or not loved enough due to changes in the family situation.
4. Adjustment Problems: children may have difficulty adjusting to new living conditions such as a move, a new school, or new friends.
5. Mental health risk: children in single-parent families have an increased risk of developing mental disorders such as depression, anxiety and behavioral problems.
6. Behavioral Problems: children may exhibit behavioral problems such as aggressiveness, defiance, and disrespect for authority.
8. Risk of Substance Abuse: children in single-parent families have an increased risk of substance abuse due to the emotional and social problems they face.

According to our research there are several ways to address and eliminate psychological problems that may arise in the upbringing of children in single-parent families. Some of these ways include:

- seeking professional help: single parents can seek the assistance of mental health professionals to help their children cope with the challenges of growing up in a single-parent household. This may involve individual therapy, family therapy, or support groups.
- building a support network: single parents can build a network of supportive family

Diagram 1. Number of registered marriages and divorces, thousand units.

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- building a support network: single parents can build a network of supportive family
members, friends, or community members who can provide emotional and practical support. This can help alleviate some of the stress and pressure that comes with being a single parent.

- maintaining open communication: single parents can maintain open and honest communication with their children to help them express their feelings and concerns. This can help prevent feelings of isolation and can also help the parent understand the child's needs.

- fostering positive relationships: single parents can foster positive relationships between their children and other positive adult role models, such as teachers, coaches, or mentors. This can help provide additional support and guidance to the child.

- providing stability and structure: single parents can provide a stable and structured environment for their children by establishing routines, setting boundaries, and providing consistent discipline. This can help children feel safe, secure, and supported.

It's important to note that every family is different and what works for one family may not work for another. Therefore, it's essential to find the right approach that works for the individual family's needs.

Conclusion and suggestions.

In conclusion, it can be stated that the issue of psychological problems arising when raising children in an incomplete family is a complex and multifaceted one. The available literature shows that children from single-parent families face a range of psychological challenges, including emotional and behavioral problems, academic difficulties, and social adjustment issues. However, it is important to note that not all children from single-parent families experience these problems, and factors such as the quality of parent-child relationships, family stability, and social support can play a significant role in mitigating the negative effects of family structure.

Based on the findings of this research, it is suggested that interventions and support services should be provided to families with single parents and their children to address the psychological problems that can arise in these situations. Such interventions could include parenting programs, counseling services, and access to social support networks. Additionally, schools and other community organizations can play an important role in providing resources and support to children from single-parent families.

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34. https://stat.uz

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