

THE SOCIAL-PSYCHOLOGICAL AND MEDICAL FACTORS IN THE UPBRINGING OF A CHILD TO BE WELL-ROUNDED AND PHYSICALLY HEALTHY IN THE FAMILY.

Bahronova Mavluda Otkir qizi

Assistant at Bukhara Innovative Educational
and Medical University

bahronovamavluda92@gmail.com

Abstract: Raising a child to be well-rounded and physically healthy is one of the primary responsibilities of a family. This thesis emphasizes that for this process to be successful, it is essential to consider various social, psychological, and medical factors. The development of a child involves not only acquiring certain knowledge and skills but also the proper formation of their personality, behavior, and health. Only by ensuring this can we raise the children we dream of.

Keywords: Family, child upbringing, behavior, mentally and physically healthy, social factors, psychological factors, medical factors, future generation.

Main part: Raising a well-rounded child is the goal of every family, and this process is influenced by numerous social, psychological, and medical factors. Every factor in the family, society, and environment affects a child's development. The role of social-psychological and medical factors in raising a child is very significant because these factors shape the child's worldview, ethical and aesthetic values, and also determine their psychological state. Let us examine each of these factors.

1. Social Factors Affecting Child Upbringing:

We will discuss the influence of social factors on child upbringing.

- **Social-economic status of the family:** The social and economic status of the family directly affects the upbringing and education of the child. Timely access to medical care, education, and other services ensures the psychological and physical well-being of the child.

- **Ethics and value system of the family:** The moral norms and traditions within the family directly affect the upbringing of the child. Mutual respect, love,

and hard work in the family teach the child self-confidence and a positive attitude toward life.

- **The educational influence of society:** The environment, culture, traditions, and laws of society play a crucial role in child upbringing. The role of educational institutions in society is significant in ensuring the proper socialization of children.

2. Psychological Factors Affecting Child Upbringing:

- **Psychological state of the parents:** The mental state of the parents and their approach to raising the child greatly influence the child's development. For example, parents' love, patience, and imagination help the psychological development of the child. The mental state of the mother during pregnancy also impacts the child's character. If the mother is emotionally supported and free from stress, the child grows up mentally profound, kind-hearted, and optimistic about life. If the mother is emotionally distressed, the child will likely adopt similar characteristics. After the child is born, the responsibility of the parents increases. The saying "A bird does as it sees in the nest" reflects this well. Parents should serve as personal examples and role models for their children. Demonstrating behaviors rather than just instructing children is more effective.

- **Personal characteristics of the child:** Parents may say, "I see things through one eye," but each child has unique temperaments, character traits, abilities, and individual psychological characteristics. Every child is distinct, and each has their own world. Therefore, the upbringing of children requires an individualized approach. One child may seek affection, while another might not want it. One may prefer to act freely according to their wishes.

- **Social activity of the child:** A child's friends, the environment at school, sports, and other social activities help their psychological development. Social interactions impact the child's self-awareness, ability to communicate with others, and their ability to find their place in society. The character of a child's friends

also influences them. We must help our children in selecting and testing their friends carefully.

3. Medical Factors:

The medical factors in the physical and healthy development of a child are crucial. Some of their distinctive aspects include:

- **Healthy nutrition:** Proper nutrition is vital for a child's physical development. Nutrient-rich foods, including vitamins and minerals, are essential for the child's healthy growth.

- **Physical activity:** Physical exercise, sports, and other activities are necessary for a child's physical development and health. Physical activity strengthens muscles and improves overall health.

- **Medical supervision:** Regular medical check-ups and vaccinations are essential for the child's health. Parents should continuously monitor the child's health and consult doctors when necessary.

- **Psychological and medical consultations:** If a child faces psychological or physical issues, consulting specialists is beneficial. If there are psychological concerns, seeing a psychologist is helpful.

Conclusion:

In conclusion, it is important to emphasize that raising a well-rounded and physically healthy child requires the combined effort of social-psychological and medical factors. As parents, family members, society, and the healthcare system, we must all contribute to ensuring the healthy and well-rounded development of children. This process not only supports the child's physical development but also aids their psychological, spiritual, and social growth. If all factors are considered, our children will grow up to be healthy, well-rounded, and happy individuals.

References:

1. Jabborov Khazrat Khusenovich. "Psychological Patterns in the Formation of National Education Among Youth." *Oriental Renaissance: Innovative, Educational, Natural and Social Sciences*. Volume 2, Issue 1. ISSN 2181-1784, Scientific Journal Impact Factor (SJIF) 2021: 5.423.

2. Bahronova M.O. "The Importance of National Education in Raising a Well-Rounded Child in the Family." *Inter Education & Global Study*, 2025. No. 2
3. Bahronova M.O. "Ways of Raising a Well-Rounded Child in the Family." *Science Shine International Scientific Journal*, Issue 1, Volume 1. ISSN 3030-377X. January 15, 2025.