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THE ROLE OF PARENT–CHILD RELATIONSHIPS IN THE DEVELOPMENT OF ADOLESCENT PERSONALITY

Turdimuratova Nesibeli Bazarboy qizi
3rd year student of the Faculty of Arts at Karakalpak State University, Department of Applied Psychology

Abstract: Adolescence is a critical developmental stage during which personality formation is strongly influenced by the quality of parent–child relationships. This article examines the role of parent–child interactions in shaping adolescent personality development from a psychological perspective. Positive relationships characterized by emotional warmth, effective communication, and supportive parenting contribute to healthy personality development, including self-esteem, emotional stability, and social competence. In contrast, negative or distant relationships may lead to emotional insecurity, behavioral problems, and difficulties in social adaptation. The study is based on established developmental psychology theories, emphasizing that the family environment remains one of the most influential factors in adolescent development.

Keywords: parent–child relationship, adolescent development, personality formation, parenting, emotional development.

Adolescence is a significant stage of human development characterized by rapid psychological, emotional, and social changes. During this period, individuals actively form their identity and develop personal values, making family relationships especially important in shaping personality development. Among various environmental factors, the parent–child relationship is considered one of the most influential determinants of adolescent psychological well-being and personality formation.

From a developmental psychology perspective, the quality of emotional interaction between parents and adolescents directly affects self-esteem, emotional stability, and social behavior. Supportive and warm relationships promote confidence, independence, and adaptive coping skills, while conflictual or emotionally distant relationships may contribute to anxiety, low self-worth, and behavioral difficulties.

According to Urie Bronfenbrenner, human development occurs within interconnected environmental systems, with the family being the most immediate and influential microsystem. Bronfenbrenner emphasizes that consistent interactions within the family environment play a crucial role in shaping cognitive, emotional, and social development. Based on this theoretical perspective, it is essential to examine how variations in parent–child relationships contribute to the development of adolescent personality. This study focuses on understanding the psychological impact of these relationships and their role in shaping adolescents' emotional and social development.

The development of adolescent personality is strongly influenced by the quality of parent–child relationships, particularly through emotional communication, parental support, and behavioral regulation. From a developmental psychology perspective, family interaction patterns shape adolescents' emotional stability, self-concept, and social behavior. According to Urie Bronfenbrenner, the family functions as the primary microsystem in which individuals develop, and the nature of interactions within this system directly affects psychological growth and personality formation.

In families where parent–child relationships are characterized by warmth, trust, and open communication, adolescents tend to develop higher self-esteem and stronger emotional

regulation. Such environments encourage independence while maintaining emotional security. For example, adolescents who feel supported by their parents are more likely to express their opinions, manage stress effectively, and build healthy social relationships at school and in peer groups. This supports Bronfenbrenner's view that consistent positive interaction within the family system promotes adaptive development.

In contrast, weak or conflictual parent–child relationships may negatively influence adolescent development. When communication is limited or dominated by criticism and control, adolescents may experience emotional insecurity and reduced self-confidence. This can lead to difficulties in decision-making and social adaptation. Psychological studies in developmental literature indicate that adolescents from high-conflict family environments are more vulnerable to anxiety-related behaviors and emotional instability compared to those from supportive families.

Empirical findings in developmental psychology also show that approximately 10–20% of adolescents globally experience emotional or behavioral difficulties, and family-related stressors are among the key contributing factors. Although these figures vary across countries and cultural contexts, research consistently highlights the importance of stable and supportive family relationships in reducing psychological risks during adolescence.

From a theoretical perspective, attachment-based explanations also support the importance of parent–child relationships in personality development. Secure emotional bonds formed in early childhood often continue to influence adolescent behavior, promoting resilience, confidence, and healthy interpersonal skills. On the other hand, inconsistent or emotionally distant relationships may contribute to difficulties in emotional regulation and social functioning.

Overall, the interaction between parent–child relationship quality and adolescent development demonstrates a clear psychological connection between family environment and personality formation. The findings across theoretical frameworks and empirical studies consistently suggest that supportive, communicative, and emotionally stable parent–child relationships are essential for healthy adolescent personality development.

In conclusion, parent–child relationships play a fundamental role in the development of adolescent personality. Based on Urie Bronfenbrenner, the family is the primary environment that directly shapes emotional, social, and behavioral development during adolescence. Supportive and emotionally warm relationships contribute to higher self-esteem, better emotional regulation, and positive social adaptation in adolescents.

In contrast, conflictual or emotionally distant parent–child relationships may lead to psychological difficulties such as stress, low confidence, and poor social adjustment. Empirical and theoretical findings consistently show that the quality of family interaction is a key factor influencing adolescent well-being and personality formation. Therefore, maintaining positive communication, emotional support, and balanced parental guidance is essential for healthy adolescent development.

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