

CAUSES OF A FEEL OF FEAR IN CHILDREN

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ABSTRACT

In the article, the system of parental relations in the emergence of the feeling of fear, fear of the feeling of the analysis by psychologists, the situations that cause fear, the fear of negative consequences, as well as the aris is it from traumas that are important for the use of catalonia, valencia filets in the process of increasing. recommendations are given.

Keywords: fear, phobia, trauma, catalonia, valencia and materials, means of increasing reflects the attitude of types, warning, stress

АННОТАЦИЯ

В статье рассмотрена система родительских отношений при возникновении чувства страха, проведен анализ психологами чувства страха, ситуаций, вызывающих страх, негативных последствий страха, а также травм, возникающих из-за него. важны для использования родителями в процессе воспитания, даются рекомендации.

Ключевые слова: страх, фобия, травма, родители, средства воспитания, типы отношения, предупреждение, стресс.

Fear is a negative colored feeling that appears as a response to a threatening external or internal stimulus and helps to prepare the body for further actions. As in the primitive world, fear today suggests what to do when faced with a threat - to flee or resist. This is the basic feeling that a person is familiar with from infancy and accompanies him throughout his life, controlling the instinct of self-preservation.

Despite the negative sense, the fear that performs several important functions:

-alarm (warning) - life, health, gives the message about the threat that may be for the welfare, will help you to avoid problems;

-mobilization - instantly gathering, grouping in a dangerous situation helps to maximize all senses in order to assess how real the threat is and how best to resist it;

- organization - helps to adapt, determines the strategy of behavior when there is not enough information about what is happening and there is no time to think;

-educational - helps to remember events, objects, actions that can cause danger, pain, suffering, and takes into account possible risks when deciding how to behave.

The negative stereotypes of our family society cause the feeling of fear in social society. The reason for this is that they are used by parents as a means of education for children of preschool age and children of junior school age.

In our family life, parents use different ways and means of scaring the child to ensure obedience. In this process, it leaves a negative mark on the child's psyche and remains in the child's mind in the form of trauma.

Unreasonably, every child experiences a lot of fear. Some types of fear are temporary, others are instinctive, mostly innate, for example, fear of the dark, fear of heights, etc. But there are several categories of fear that appear in the process of bullying by parents.

In some situations, when you can't talk, you need to act very quickly. We think fear is the only thing that will help. For example, if a child goes into the path of a car, it should be emphasized that it is dangerous and that it will lead to scary consequences.

It has become a habit inherited from our ancestors and previous generations to instill fear in the family lifestyle from early childhood. There are certain psychological reasons behind the feeling of fear, tendency to bully, capriciousness in children. It is necessary to study the causes of the child's capriciousness before making him obey by bullying. With the help of fear, we try to force the child to submit to our wishes without taking into account the current situation.

By inventing scary characters that don't exist in life, we put the responsibility of education on the wild dog, doctor with a bad needle, angry uncle next door, various wrinkles, etc. We will have taken it.

Especially, parents who cannot guide the child try to scare them with certain professions. In particular, doctors, police officers, adults in the family, father, grandfather, grandmother, etc. use it.

Children of preschool age do not yet fully understand the rules and regulations of the society and the obligations that we have come up with in terms of age. They do not get away from strangers and dangerous situations because they are not fully aware of them. As a result of using intimidation as a tool of education, the next generation is raised to be low in self-confidence, fearless, timid, insecure, emotional. In order to prevent the formation of such negative characteristics, it is necessary to know the balance and not to pay attention to the child's psyche.

Before school age, a child believes what adults say. Even after making sure that the threats are not justified, the child is still afraid of them. Because these negative emotions are imprinted in the subconscious. In early childhood, children lack experience and critical thinking, so the child completely trusts adults.

That's why the child believes and is afraid of wrinkles and "cracks". However, adults think that fear does not allow the child to have any side effects, they hold it at the border. But in fact, they create a punishing image of these "creatures" in the child, which immediately appears when something bad is done in some way. Every time he makes a mistake, he is afraid that they will come. You see, with the strongest stress, these "creatures" begin to wait.

If parents share their fears with their children in time, it is possible to prevent mental injuries. Over time, these traumas in the psyche begin to show their reflection. These fears cause various nightmares and diuretic diseases, and cause various disturbances in the speech apparatus. A child who has not been diagnosed and corrected on time will become a person who is worried that someone will punish him if he makes a mistake in starting something. In childhood, this condition causes sleep disorders, eating disorders, and depressed mood.

Fear and sharp boundaries can cause all kinds of conflicts and emotional shocks in kindergarten and school. Adults cannot understand what is happening. Then, when the child grows up, he realizes that the creatures that the adults told him about his fears will not come. In this case,

adults are liars for the child. Later, they grow up not believing all their words. This is a very sad situation for child education.

Because sooner or later the child realizes that his mother and father lied to him. In addition to frustration, the child realizes that everyone can be fooled. Even adults.

What does a child feel when he is being bullied?

First of all, it should be noted that the main purpose of bullying is almost never realized: that is, the child does not consciously correct his morals and correct his bad behavior. What a child feels at the moment of such a threat is a vortex of fear.

This fear not only prevents you from focusing on something, but also brings hidden dangers. Another common misconception among parents is that fear teaches a child self-control. In fact, in a state of fear, the child cannot learn anything. He agrees only because he is afraid. He doesn't really understand the situation.

In addition to psychological trauma, which includes fear, the child receives a number of hidden disease complexes. This greatly complicates its further development. Even in adulthood, it affects the success of studies and work.

In addition, the feeling of mistrust of the surrounding people increases: first of all, to parents, and then to the whole world. Fear causes reactions (diseases) such as enuresis, stuttering, nervous tics or nail biting. These are naturally the result of such "educational" methods.

Regular use of fear as an educational tool causes the child to avoid conversations with adults and lack courage. Now think about why there is a need for communication, public speaking courses and motivators nowadays. These are the complications of a mental injury caused by fear at one time.

How to replace characters in horror stories?

First of all, it is necessary to warn the child only with things that will really harm his life, to explain that a scary event can happen. For example, electricity, hot iron, road, etc.

Secondly, as we have mentioned above, which can be really dangerous, it is necessary to scare with the presence of strangers, people with bad intentions (child thieves, pedophiles), adequate and normal. To prevent this, talk to the child, warn him, but explain it in a calm state, not in an aggressive state. If any "aunt" or "uncle", even a stranger, wants to give him sweets and invites him to his house, he should pretend not to agree.

Thirdly: it is necessary to warn of the danger without affecting the personality of the child. Parents can achieve certain expected moral outcomes without scaring the child in two ways:

1. Being a good example.
2. Establish reasonable rules in the family.

In conclusion, it is better not to use "intimidation" as a means of education. Imitation is one of the main types of activity in preschool children and children of small preschool age. Parents and family members are role models in all cases. From getting up early in the morning to communicating with different people, they should demonstrate the correct principles of behavior. At this age, children absorb information unconsciously. He imitates adults in everything. Therefore, examples and instructive stories are one of the most effective tools in education.

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