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FACTORS OF FAMILY CONFLICT IN ADOLESCENCE

Annotation. This article analyzes the main factors that cause family conflicts during adolescence. Adolescence is one of the most complex and responsible stages of human life, during which significant changes are observed in the psychological, social and emotional development of a person. As a result, misunderstandings, contradictions and conflicts may arise in the relationship between parents and adolescents. The article scientifically highlights the fact that factors such as adolescents' desire for independence, the formation of personal opinions and views, the influence of peers, as well as different upbringing styles in the family can cause family conflicts. At the same time, the possibilities of preventing such conflicts by establishing healthy communication between parents and children, strengthening mutual respect and trust are also considered. The results of the study are important for creating a positive psychological climate in the family environment and helping adolescents develop as well-rounded individuals.

Keywords: adolescence, family conflicts, parent-child relationships, psychological factors, upbringing style, social environment, personal development, mutual understanding, climate in the family environment.

The family occupies a special place as an important social institution in the development and sustainable development of society. The family is not only the first place of upbringing of a person, but also an important factor in his spiritual, moral and social formation. Especially in the process of growing up, the family environment, relationships with parents and upbringing styles directly affect their personal development. From this perspective, adolescence is one of the most complex stages in family relationships, with a high probability of various contradictions and conflicts.

Adolescence is characterized by significant psychological and social changes in human life. During this period, adolescents' worldview expands, the ability to think independently is formed, and their own personal views and values begin to emerge. At the same time, adolescents strive to demonstrate their freedom and independence. However, many parents may not always correctly perceive such changes in their children. As a result, misunderstandings, arguments, and various levels of family conflict arise between parents and adolescents.[4]

Today, globalization processes, the widespread use of information technologies, and the introduction of social networks into the lives of young people also have a significant impact on the worldview and behavior of adolescents. In such conditions, adolescents are often open to new ideas and views and strive to express their opinions freely. In some cases, this situation leads to a mismatch of views with parents, which leads to disagreements in the family. Also, the severity of the upbringing style in the family, excessive parental control or, conversely, a lack of sufficient attention, create the basis for the emergence of conflicts during adolescence.

Conflicts that arise in the family environment can negatively affect not only the mental state of adolescents, but also their social activity, attitude to study, and personal development. Therefore, studying family conflicts during adolescence, identifying the causes of their occurrence, and developing effective methods for their elimination are one of the current scientific issues.

This article analyzes the main factors affecting the occurrence of family conflicts during adolescence. In particular, psychological, social and educational factors and specific aspects of communication between parents and children are covered. Scientific considerations are also made about the possibilities of preventing such conflicts by creating a healthy psychological climate in the family environment, developing relationships based on mutual respect and trust. The results of this study serve to ensure stability in the family environment and help adolescents develop as well-rounded individuals. Adolescence is one of the most important and complex stages in human life. This period usually covers the period from 12 to 18 years and is characterized by dramatic changes in the psychological, social and biological development of the individual. It is during this period that adolescents' worldview expands, they begin to understand their "I", think independently and seek to find their place in society. However, such changes often cause various misunderstandings and conflicts in relationships with family members, especially with parents. Therefore, it is important to scientifically study the factors that cause family conflicts during adolescence.[1]

First of all, one of the main factors in family conflicts that occur during adolescence is related to psychological changes. During this period, adolescents' emotions increase, they become easily influenced, and sometimes even violent. Adolescents tend to defend their opinions and often do not want to accept advice or criticism from adults. Parents, on the other hand, may not fully understand such changes in their child. As a result, mutual misunderstandings arise, which creates the basis for the emergence of family conflicts.

The second important factor is the desire for independence of adolescents. Adolescents gradually leave the childhood period and begin to form their own views and life decisions. They often try to limit excessive parental control. Parents may increase control in order to protect their child or guide him in the right direction. This situation leads to the emergence of conflicting opinions and creates tension in the family environment. If there is no mutual respect and open communication between parents and children, such disagreements can be further exacerbated.[5]

Another important factor in family conflicts is related to parenting styles. Each family has a different approach to raising children. Some parents are very strict and demanding, while others may give their children too much freedom. An overly strict parenting style can create a mood of discontent and resistance in adolescents. Conversely, insufficient control can also lead to adolescents making bad decisions. Therefore, it is important for parents to use a balanced approach to the upbringing process.

Peer influence is also considered an important factor during adolescence. At this age, young people pay great attention to communication with friends and classmates. Sometimes adolescents may prioritize the opinions of their peers over the advice of their parents. As a result, a conflict of views arises between parents and children. For example, the style of dressing of a teenager, how to spend his free time, or the choice of friends can cause arguments in the family. If parents, without listening to their child's opinion, limit themselves to prohibitions, this can increase the teenager's sense of resistance.

The development of information technologies in modern society also has a significant impact on the lives of adolescents. The Internet, social networks and various digital platforms

play an important role in shaping the worldview of young people. However, in some cases, the excessive involvement of adolescents in the virtual environment causes concern among parents. As a result, disagreements may arise regarding the use of the phone, Internet or computer. If this issue is not resolved through mutual communication and understanding, the likelihood of conflicts in the family increases.

Economic and social factors also play an important role in the emergence of family conflicts. The financial situation of the family, the employment of parents, or stressful situations in the family can also affect relationships with adolescents. For example, excessive work on the part of parents leads to insufficient attention to the child.

This can cause a teenager to feel lonely or neglected. As a result, he tries to solve his problems not with his parents, but through the external environment.

The psychological environment in the family is also important in the development of adolescents. If there are constant arguments, tense relationships, or mutual disrespect in the family, this negatively affects the mental state of the teenager. In such conditions, adolescents may resist in order to protect themselves or prove their independence. Therefore, it is an important task to create a positive psychological environment in the family, to develop relationships based on mutual respect and trust.

A number of pedagogical and psychological approaches can be used to reduce family conflicts that arise during adolescence. First of all, parents need to correctly understand the age characteristics of their child. It is also important to listen to the opinions of adolescents and allow them to freely express their views. At the same time, parents should explain their requirements and rules in an understandable and reasonable way.[6]

Also, creating an atmosphere of open and sincere communication in the family plays an important role in preventing conflicts. If a teenager can freely talk to his parents about his problems or thoughts, disagreements will not turn into sharp conflicts. Instead of criticizing his child, parents should try to understand him and approach his feelings with respect.

Another important aspect — is to support the social activities of adolescents. Participation in sports, art, scientific circles or various social projects contributes to the positive development of adolescents. Through such activities, young people have the opportunity to demonstrate their abilities, which increases their self-confidence.[3]

The main causes of family conflicts that arise during adolescence are associated with psychological changes, the desire for independence, differences in upbringing styles, peer influence, and the influence of the modern information environment. Also, the psychological environment in the family, the attitude of parents to raising children, and the level of communication play an important role in the emergence of conflicts. If sufficient attention is not paid to the atmosphere of mutual respect, trust, and understanding in the family, such disagreements can become even more intense.[2]

Therefore, the pedagogical culture and psychological approach of parents in dealing with adolescents are of particular importance. Parents should conduct open and sincere communication with their child, taking into account the age characteristics of the child, and respect his or her opinions and views. Such an approach helps to form a sense of trust and responsibility in the teenager.

In conclusion, the emergence of family conflicts in adolescence is associated with many factors, which are inextricably linked to psychological, social and educational aspects. By deeply analyzing these factors and strengthening mutual understanding between parents and children, it is possible to make the family environment healthier. This will have a positive effect on the formation of adolescents as well-rounded individuals and finding their place in society.

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