EMOTIONAL STABILITY AND PSYCHOLOGICAL ADAPTATION OF ADOLESCENTS RAISED IN SINGLE-MOTHER FAMILIES: SPECIFIC CHARACTERISTICS

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Abstract. *This article analyzes the specific characteristics of emotional stability and the process of psychological adaptation in adolescents raised in single-mother families. The complex psychological features of adolescence, the influence of the family environment, as well as social and pedagogical factors affecting their mental development are examined. The results of the study indicate that adolescents raised in single-mother families are more likely to experience emotional instability, anxiety, and difficulties in social adaptation.*

Keywords: *single mother, adolescence, emotional stability, psychological adaptation, socialization, family environment.*

Introduction

In modern society, the increasing number of incomplete families, particularly those headed by single mothers, poses new and urgent challenges for the fields of pedagogy and psychology. Socio-economic factors, migration processes, rising divorce rates, and demographic changes have significantly increased the proportion of such families. This, in turn, directly affects adolescents' socialization, emotional development, and psychological adaptation processes.

Furthermore, the Law of the Republic of Uzbekistan "On Guarantees of the Rights of the Child" defines ensuring the comprehensive development of children, maintaining their psychological well-being, and providing social protection as key priorities of state policy. These normative-legal documents further emphasize the importance of the family, especially single-parent upbringing, in ensuring healthy psychological development of adolescents.

In addition, the Resolution of the President of the Republic of Uzbekistan No. PQ-4312 highlights the need to ensure the moral, ethical, and physical development of youth and to improve systems of psychological support. This requires strengthening pedagogical and psychological approaches aimed at developing adolescents' emotional stability.

Main Part

Adolescence is one of the most complex and responsible stages of human development. During this period, biological, psychological, and social development occurs rapidly. Adolescents strive for self-awareness, independent thinking, and determining their place in society. At this stage, their emotional sphere undergoes significant changes: emotional sensitivity increases, mood swings become frequent, and responsiveness to external influences intensifies.

At the same time, self-esteem is actively formed, and adolescents attempt to understand their abilities and personal value. The need for social interaction increases, and communication with peers becomes particularly important. However, since psychological stability is not yet fully developed, stress resistance remains relatively low, which may lead to internal and external conflicts.



Adolescents raised in single-mother families demonstrate specific developmental characteristics. Due to the absence of a father, an important social role model may be lacking. This may lead to difficulties in gender identity formation in boys and in developing relationships with the opposite sex in girls. Additionally, the mother often bears a dual responsibility—both caregiving and financial support—which can affect her psychological state.

As a result, children may receive insufficient attention or, conversely, experience excessive control. The imbalance between control and affection directly affects adolescents' emotional state and may lead to internal conflicts.

Psychological Characteristics of Adolescence

Direction	Key Characteristics	Problems	Positive Solutions
Psychology of adolescence	Increased emotional sensitivity; development of self-esteem; strong social needs	Low stress tolerance; emotional instability	Emotional support; motivation
Single-mother family factors	Mother performs dual roles; lack of role model	Lack of attention or excessive control; internal conflicts	Balance between care and control; positive communication
Emotional stability	Development of emotional regulation	Anxiety, aggression, withdrawal, depression	Psychological support; supportive environment
Psychological adaptation	Desire for socialization; peer interaction	Low self-confidence; social isolation	School and social support; group activities
Pedagogical-psychological approaches	Educational and developmental system	Inconsistent upbringing; attention issues	Training; psychological correction; individual approach

Emotional stability is an important psychological characteristic of adolescents, reflecting their ability to manage emotions, maintain balance, and respond adequately in stressful situations. Adolescents raised in single-mother families often exhibit higher levels of anxiety, which may be linked to insecurity, uncertainty about the future, and underdeveloped coping mechanisms.

Some adolescents may display aggressive behavior, while others tend toward withdrawal, reduced social activity, and isolation. Additionally, there is an increased risk of depressive moods, loneliness, and psychological distress. However, a supportive and warm family environment significantly enhances emotional stability.

Psychological adaptation refers to the successful integration of adolescents into their social environment. Adolescents from single-mother families may face difficulties in peer relationships, often feeling different from others and experiencing self-doubt influenced by social stereotypes. This can reduce their participation in social groups and increase the risk of isolation.

Nevertheless, support from schools, teachers, psychologists, and the broader social environment can significantly ease this process. A positive communicative environment, encouragement in the learning process, and an individualized approach help strengthen adolescents' self-confidence.

Pedagogical and psychological approaches play a crucial role in enhancing emotional stability and supporting psychological adaptation. Creating a healthy psychological environment in the family, based on trust, respect, and open communication, is essential. Listening to adolescents and considering their emotions is particularly important.

Engaging adolescents in social activities such as sports, arts, clubs, and group projects promotes their socialization. Collaboration with school psychologists, psychological training, stress management programs, and emotional intelligence development activities also yield positive results. Psychocorrective work helps reduce internal conflicts and improves adaptation.

Conclusion

In general, the development of adolescents raised in single-mother families is a complex, multifaceted, and unique process. Their psychological development depends not only on individual factors but also on social, economic, and pedagogical conditions.

Such adolescents often experience emotional instability, anxiety, low self-esteem, and difficulties in social interaction, which complicates their psychological adaptation and integration into society. The absence of a father figure may also negatively affect identity formation.

However, with appropriate pedagogical and psychological approaches, a supportive environment, and coordinated efforts between family, school, and society, these challenges can be effectively addressed. This ensures the development of emotionally stable, socially adapted, and well-rounded individuals.

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