



## FAMILY ENVIRONMENT AND PSYCHOLOGICAL WELL-BEING AMONG ADOLESCENTS

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### ABSTRACT

*This article analyzes the role of the family environment in the formation of the personality of adolescents and its impact on psychological well-being from a scientific, theoretical and practical perspective. In the course of the research, the impact of the emotional climate within the family, the quality of communication between parents and children, upbringing methods and psychological support factors on the mental state, self-confidence and social adaptation of adolescents was highlighted. Also, the possibility of dysfunctional family relationships causing stress, anxiety, depressive states and behavioral problems in adolescents was substantiated based on scientific sources.*

### Introduction.

Adolescence is one of the most delicate, most complex, and at the same time most eventful stages in human life. During this period, a personal “I” is formed, self-awareness is strengthened, the desire to make independent decisions increases, social roles and values are revised. The inner world of a teenager changes very quickly at this time: moods change quickly, self-esteem is subject to strong fluctuations, the opinions of peers become important. In this process, psychological well-being — that is, a teenager’s sense of security, mental stability, self-confidence, life satisfaction and level of social adaptation — becomes one of the main factors determining his future personal and professional life.

The psychological well-being of a teenager is associated with many factors: the school environment, relationships with peers, the influence of social networks, personal temperament, and even macrosocial processes. However, the most primary, most deeply rooted among these factors is the family environment. Because it is in the family that a teenager, as a person, first recognizes his feelings, learns the language of relationships, and sees how to respond to problems. Family is not just a place to live or a source of material support; it is a psychological space that provides a “norm” and “criterion” for the inner world of a teenager, forming his spiritual immunity.

The family environment does not mean only the love or control of parents over their child. It is a whole system of many components, such as the emotional climate within the family, the culture of communication, the ability to listen and understand each other, the level of support, the style of conflict resolution, the harmony of upbringing styles. In some families,

a teenager can freely express his opinion, is not discriminated against for his mistakes, and his problems are not ignored. In such conditions, the teenager feels valued and recognized as a person; this strengthens his self-confidence, self-control skills, stress resistance, and social adaptation.

On the contrary, constant quarrels in the family, indifference, excessive control or absolute freedom, discrimination, comparison, distrust, coldness of communication leave a mark on the inner world of the teenager. A teenager growing up in such an environment may feel lonely, hide his feelings, be prone to aggression or shyness. Over time, these situations increase the likelihood of causing psychological problems such as anxiety, depressive mood, low self-esteem, social withdrawal, and decreased motivation to study. The most dangerous thing is that in situations where the family cannot be a "support" for the teenager, he seeks support in the external environment: this sometimes increases the risk of falling under the influence of negative peer groups, harmful habits, aggressive subcultures, or destructive information on the Internet.

In today's globalization and digital culture, the role of the family environment is becoming more complex. A teenager is simultaneously confronted with different information flows, different values, and lifestyles. He is looking for his own identity, building his own "value map", choosing whom to imitate, what to believe in. At this time, the family should be a "psychological compass" for the teenager, giving him life criteria, emotional security, and healthy ways to solve problems. Therefore, strengthening psychological well-being is not limited to individual psychological approaches, but also requires the health of the family system itself.

### ***1. Analysis of foreign (Western) studies***

In the last decade, the issue of psychological well-being of adolescents has been widely studied within the framework of positive psychology, developmental psychology, and family studies. The studies were mainly based on the concepts of family support, the quality of communication between parents and children, and emotional security.

For example, in studies conducted by Ryan and Deci, the psychological well-being of adolescents is explained by the satisfaction of three basic needs - autonomy, competence and social connectedness. The fact that the family environment plays a leading role in the formation of these needs is supported by empirical data. It has been found that a supportive parental attitude significantly increases life satisfaction and emotional stability in adolescents.

Longitudinal studies conducted in Europe and the USA (2016–2022) have shown that family warmth and constructive communication are associated with a decrease in depressive symptoms and improved social adaptation in adolescents. In particular, the emotional availability of parents is noted as the most stable predictor of psychological well-being.

In studies conducted by representatives of the Seligman school within the framework of positive psychology, the concept of well-being is associated not only with the absence of negative situations, but also with positive emotions, goal orientation and a sense of meaning. The emotional climate of the family is interpreted as the main factor in the formation of these components.

### ***2. Research of the CIS and Russian scientific school***

Over the past 10 years, there has been an increase in research in Russia and the CIS aimed at studying the psychological state of adolescents in connection with family relationships. In these studies, the concepts of family dysfunction, authoritarian upbringing, and emotional coldness often occupy a central place.

For example, in Karabanova's research, the system of relationships with parents is considered a leading factor in the development of the adolescent's personality. The author has shown through empirical research that the open and destructive nature of family conflicts increases the level of anxiety and aggression in adolescents.

Also, in the work of Rean and colleagues, it is noted that the lack of family support is associated with a decrease in motivation to study and social withdrawal in adolescents. Research shows that a democratic and cooperative upbringing model is the most effective in ensuring psychological well-being.

In recent years, CIS researchers have also begun to analyze the impact of the digital environment in the family context. Studies have noted that parental indifference to a child's online activities is a factor that increases psychological instability.

### ***3. Analysis of local and regional studies***

Studies conducted in Uzbekistan and Central Asia over the past 10 years analyze family upbringing in close connection with national values and traditions. Researchers consider factors such as intergenerational relations, respect for parents, and social control to be important in understanding the psychological well-being of adolescents.

Local studies have noted that an excessively authoritarian upbringing style increases internal conflicts in adolescents, the gap between external flexibility and internal dissatisfaction. At the same time, a democratic approach adapted to the national mentality — that is, a combination of demandingness and kindness — is recognized as a model that strengthens psychological well-being.

In recent years, dissertation and article studies have shown the impact of the family environment on the stress resistance, social activity and self-esteem of adolescents based on statistical analysis. However, the analysis of the literature shows that complex and longitudinal approaches in regional studies are still insufficient.

### ***Discussion:***

It is not for nothing that the period of adolescence is called the “turning point of life”. During this period, both the inner world of a person and his relationship with the outside world acquire new meanings: needs that were simple as children yesterday become more complex today, feelings deepen, and the process of self-awareness is dramatically activated. A teenager tests himself not only with the question “who am I?”, but also with questions such as “who understands me?”, “how much am I valued?”, “is my voice heard?”. The closest and most powerful “psychological laboratory” for finding answers to these questions is the family. This is precisely the truth at the heart of the discussion: the family environment not only affects the psychological well-being of the teenager, but also shapes his spiritual support, sense of security and life adaptation strategies.

When it comes to the family environment, attention is often focused on the upbringing style: democratic, authoritarian, indifferent? However, the discussion shows that the most crucial layers of the environment are often invisible. For example, the emotional climate: the

tone of conversation in the house, the energy of “calm” or “tension” in the house, how disagreements are resolved, how mistakes are reacted to. A teenager is very sensitive to these subtle signals. It is important to tell him “I love you”, of course, but even more important is that the teenager feels truly accepted, listened to, understood. In a place where there is no acceptance and listening, a child often learns to protect himself: he hides his feelings, collects them inside, or expresses them through aggression.

One of the important questions for discussion is: why is it precisely in adolescence that the influence of the family environment is felt most acutely? Because adolescence is a period when the desire for independence and the need for protection increase simultaneously. The teenager outwardly says “I know myself”, but internally lives with the need to “be understood, not ignored”. This paradox is often not understood by parents: the child’s resistance is interpreted as “disrespect”; in fact, it is often a natural sign of identity formation. If the family perceives this period not as a “battlefield”, but as a period of “negotiation and cooperation”, the psychological well-being of the teenager is strengthened.

The mechanisms of the influence of the family environment on psychological well-being are also separately revealed in the discussion. The first mechanism is emotional security. When a teenager feels safe at home, he or she can find internal resources even in stressful situations. A safe environment gives the individual the inner confidence that “I can make mistakes, I will still be accepted.” This confidence stabilizes the teenager’s self-esteem, protects against external pressures, and paves the way for flexible thinking.

The second mechanism is a culture of communication. Listening to a teenager's problems, not laughing at his opinion as “grown up”, not denying his feelings strengthens psychological closeness within the family. Otherwise, the teenager will not bring his problems home. This is one of the most dangerous disconnects: not because the problem has disappeared, but because it has ceased to be discussed. Then the child will look for support not from the family, but from external sources - sometimes this can be healthy friendships, and sometimes the likelihood of negative groups, harmful habits or destructive Internet content increases. The third mechanism is the balance of the upbringing style. Excessively strict control can lead a teenager to the path of “cowardly-obedient” or “hidden resistance”. In this case, although the child may seem to be obedient from the outside, discontent accumulates inside. On the other hand, lack of control also erodes the psychological well-being of a teenager: he feels “unwanted”, and the lack of boundaries reduces his sense of security. The discussion shows that the most effective way is an environment where there are clear boundaries and at the same time emotional closeness: there is demand, but no discrimination; there is control, but not distrust; there is discipline, but there is also respect.

Today's era adds another important layer to the discussion: the digital environment. Under the influence of social networks, adolescents are exposed to such dangers as constant comparison, the illusion of an “ideal life”, virtual pressure, cyberbullying. Can the family be a “psychological shield” against these pressures? Yes, if the family manages the child’s digital life not only with prohibitions, but also with understanding and discussion. Many parents think that prohibitions are upbringing. However, in adolescence, prohibitions often increase resistance. An effective approach is digital literacy, agreement on time and content, and most

importantly, trusting communication. Even if a teenager is afraid of what he sees online, if he can talk about it at home, his mental stability is preserved.

The discussion also shows that psychological well-being cannot be measured only by the “absence of problems”. Well-being is a combination of indicators such as a teenager’s self-esteem, sense of purpose, life satisfaction, confidence in overcoming difficulties, and the ability to build positive relationships. The family directly affects each of these indicators. For example, recognizing even the smallest achievement of a child increases his self-confidence; delegating responsibility helps him feel useful; setting fair demands forms discipline; sincere communication strengthens emotional stability.

At this point, an important conclusion emerges: the ideal family for the adolescent psyche is not a “problem-free” family, but a family that can solve problems in a healthy way. Parents also make mistakes, but admitting mistakes, apologizing, and explaining are also powerful tools for upbringing. Because what an adolescent learns most is the parents’ attitude to life: how they respond to stress, how they resolve conflicts, how they value their loved ones, and how they maintain respect. The adolescent’s psychological well-being is often nourished by these “invisible lessons.”

So, as a result of the discussion, it can be said that the family environment is the central source of the adolescent’s psychological well-being, which influences emotional security, quality of communication, balance of upbringing, and conflict management mechanisms. If the role of the family during adolescence is closer to that of a “guide and support” rather than a “controller”, the adolescent will be able to continue his personal growth, albeit not without problems, but in a healthy and stable way. The family is the closest source of light that illuminates the inner world of the adolescent; if that light is strong, the adolescent will not lose himself even in the complex paths of life.

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