

ортақ мүдделері қарастырылады. Автор талдайды, проблеманы дамымауының нысандарын отбасылық бос уақытын және назарын аударады, онда әр түрлі мәдени-демалыс қызметін тиімді жүзеге асырылады дәйекті қалыптастыру, тұлғалық қасиеттерін бала сияқты дербестік, құштарлығы, ұйымдастырушылық, общительность, сенімділік, табыстылығы және басқа да. Отбасылық құндылықтарын нығайтуына бос уақыт ықпал етеді де, жасөспірімдердің әлеуметтендіру дамуына әсер тигізеді. Ғалымдардың ғылыми еңбектері талданды, одан ересектер мен балалардың ортақ мүдделері туралы қорытынды шығарылды. Үйдегі және сыртта отбасылық демалыстың түрлері қарастырылады. Отбасылық қатынастарды сақтау және нығайту үшін жасөспірімдер мен ата-аналарды жағымды жағында біріктіретін мүдделер мен дәстүрлерді қалыптастырған жөн.

*Түйін сөздер:* отбасы тәрбиесі, отбасы, жеткіншек жас, тұлға мәдени - тынығу жұмысы, отбасындағы тынығу.

### Common interests of parents and adolescents

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#### *Abstract*

The article discusses the common interests of parents and adolescents, who have become significantly different in modern society with the advent of innovative technologies between the older and younger generations. The author analyzes the problem of underdeveloped forms of family leisure and take notice to the fact that in various types of leisure activities, the sequential formation of personal qualities of children such as independence, curiosity, organization, sociability, confidence, success and others is more effectively carried out. Family values are promoted by joint leisure, influencing the development of adolescents in socialization. The scientific works of scientists are analyzed, from which the conclusion about the common interests of adults and children follows. The types of family vacations at home and outside are considered it is worthwhile to form interests and traditions that unite adolescents and parents on the positive side. The author suggests synthesizing traditional and innovative forms of organizing family leisure activities in order to achieve common interests of parents and adolescents.

*Keywords:* family education, family, adolescence, personality, cultural and leisure activities, family leisure.

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### DIVORCE IN THE FAMILY AND ITS PSYCHOLOGICAL IMPACT ON THE ADOLESCENT

#### *Abstract*

The purpose of this article is to review and describe the psychosocial impact of divorce on children and adolescents facing divorce situations in their lives, as well as to provide psychological intervention for their emotional well-being. Recently, problems related to the family have become increasingly relevant in society. The modern family has undergone major changes: its size and number of children have decreased, the roles of the older brother and sister have not become so great, and the influence of the older generation is not unconditional. But the most important thing is that

the number of divorces has increased dramatically — almost every second marriage breaks up. But divorce is a strong shock for all family members, and first of all, for children. High divorce rates recorded in Kazakhstan, especially in cities, are one of the most serious consequences of the imbalance in family relationships. Finally, some suggestions were included regarding methodological considerations in conducting prospective research.

*Keywords:* Divorce; childhood; adolescence; family values; single parent family; psychological intervention.

**Introduction.** Divorce is becoming more and more common. Of particular importance is the question of its influence on the development of the adolescent's personality. According to many psychologists, the divorce of parents is the main negative event in the life of a teenager, the cause of uncertainty and traumatic experiences. The first emotional reaction of a teenager to the divorce of parents can include shock, fear, anxiety, uncertainty about the future, anger and irritation, feeling guilty for what happened, the need to adjust to the absence of one of the parents, jealousy and resentment. However, the consequences of divorce affect the child for quite a long time, appearing even in the first years of his adult life [1].

Recently, problems related to the family have become increasingly relevant in society. The modern family has undergone major changes: its size and number of children have decreased, the roles of the older brother and sister have not become so great, and the influence of the older generation is not unconditional. But the most important thing is that the number of divorces has increased dramatically - almost every second marriage breaks up. But divorce is a strong shock for all family members, and first of all, for children.

The high divorce rates projected in Kazakhstan, especially in urban areas, are one of the most serious consequences of the imbalance in family relationships.

**Research methods.** In recent years, our country has seen an increase in the number of divorces. In General, 137,797 marriages were registered in the first half of 2020, including 54,797 thousand divorces. It is noted that the number of marriages and divorces varies depending on the type of locality of the Republic of Kazakhstan. For example, 95,964 marriages were registered in urban areas, 41,122 of them were divorced, and 41,833 of them were 13,675 divorced in rural areas [2]. The increase in the

number of divorces and the processes taking place with the institution of marriage, make us conclude that the collapse of marriage as a result of divorce has not lost its relevance.

Family is the most important thing that a child has, it meets the basic needs of children in love, communication, and security. From the first days of birth, the child feels attachment to parents, learns to feel, love and trust. A teenager uses the example of his parents to learn how to build further relationships, perceive good things, and experience crisis situations. This attachment, the idealization of parents and their relationships shows the need for the development of a child in a full-fledged family. Therefore, the destruction of the family affects the psychological state of the child and his further life. According to estimates of adolescents, among life events that cause stress, the divorce of parents is in 4th place after the death of parents, siblings, and close friends [3].

Incomplete divorced family - a family in which the parents for some reason did not want or could not live together. A child who grew up in such a family gets psychological trauma, causes feelings of inferiority, fear, and shame. Therefore, the natural desire, especially for small children, the hope for reunification, the restoration of marital relations between father and mother.

Most modern researchers consider divorce an extremely traumatic event in a child's life and identify a large number of possible negative consequences in the short and long term, among them: slowing down the child's mental development and temporary return to previously passed stages (O.G.Kulish, A.S.Spivakovskaya, etc.), adaptation disorders (R.E.Emery, P.R.Amato, B.Keith), the formation of negative character traits (N.A.Kruglova, E.G.Yakushenko, etc.), the emergence of external and internal conflicts (M.M.Bezruki, D.Vidra, A.Green et al.), difficulties of gender

role identification (A.I.Zakharov, G.Figdor et al.), problems of child-parent relations (O.V.Nekrasova, A.S.Spivakovskaya et al.) [4]. The listed consequences can be observed both for short periods of time (during the divorce period and immediately after it), and years and even decades later (J.S.Wallerstein, 2004) [5].

To date, Kazakhstan's psychological science has already started and is conducting experimental research aimed at solving the most pressing problems of the modern family.

Among the first works devoted to the study of various aspects of family and marital interaction, socialization in the family, we can name the works of Z.M.Balgimbaev [6], A.Zh.Davletov [7], K.A.Aidarbekov [8], M.P.Kabakova [9], A.B.Valieva [10].

**Discussion.** The analysis of the above works from the point of view of the system approach, according to which the family is an independent psychological system consisting of the main subsystems: «spouse – spouse», «parents – children», «siblings (children)» closely interrelated, revealed the specifics of each.

It is noted that the psychological trauma is caused not by the divorce itself, but by the previous situation in the family. In turn, E.M.Hetherington and V.G.Klingempel compared three groups of children for 26 months — from ordinary families, from divorced and remarried families. It was found that children in families that did not survive a family crisis (divorce and remarriage) were more competent and had fewer behavioral problems compared to other groups. The harmonious type of upbringing in all groups provided the best indicators of social adaptation of the child.

Different scientists interpret the concept of divorce in their own way. For example, F.Rice states that «divorce is often accompanied by mourning» [11]. Teenagers have feelings of loss, sadness, and depression. After all, after a divorce, you have to adapt to the absence of one of them.

The results of research by D.Baumrind, who studied the response and experience of children and adolescents of parental divorce, allowed us to identify the following factors that affect the nature of children's experience of divorce: the

gender of the parent, the gender and age of the child, and the behavior of parents in the post-divorce period.

Single-parent families differ in the type of relationship, there are four of them:

1. The Mother does not talk about the father, pretends that he never was.

2. The mother is trying to devalue the father to put in a bad light in the eyes of children.

3. The mother says about the father as another person with its own advantages and disadvantages.

4. If the father did not leave, but died, then the idealization of his image is more common.

The best option is to tell the children everything as it was, as it is. You do not need to impose on them your attitude to the deceased spouse, your vision and understanding of the situation. Children will grow up and make their own conclusions.

Not so long ago, Western scientists introduced a new term—the binuclear family. This is the name of unions that broke up as a marriage, but survived as a family. That is, the spouses maintain a normal relationship with each other, one of them wants to see their children, and the other allows them to do so at any time. Experts believe that such families are incomplete only formally.

The gender of the parent with whom the child remains living influences the effectiveness of overcoming the divorce situation. A significantly higher number of behavioral problems were found in cases when children remained in a family with a parent of the opposite sex. However, in families with teenagers, regardless of their gender, the number of problems always increased sharply if the children stayed to live with their father. A possible explanation for this is the assumption that due to the greater workload, the father is less controlling of the behavior of children than the mother, and this leads to an increase in behavioral problems.

According to I.S.Cohn, teenagers who grew up without a father often have a lower level of claims, they have a higher level of anxiety, neurotic symptoms are more common, boys have difficulty communicating with their peers, do not learn true male roles, but hypertrophied

some male traits: rudeness, pugnacity. Often the child begins to rebel against extreme dependence on the mother, or grows up passive, lethargic, physically weak [12].

The withdrawal of parents unwittingly forces the adolescent child to look very differently at himself and his parents, now living apart. The adolescent's own «I» suffers very much in the situation of parents' divorce. He begins to blame himself for the breakup of the family and criticize himself. It was because of him, in his opinion that this happened. It is obvious how teenagers who find themselves in such situations usually cope with stress: they do things that involve risks to their health: they eat chickens, drink alcohol, and take drugs. This is also done in order to restore their own respect, which has suffered so much due to the disintegration of the family. Often, family divorce or negative relationships within the family cause adolescent suicide.

There are factors which determine how much a divorce of parents affect the personality of the teenager - the behavior of parents, the climate in the family, experiences parents, or neglect toward the child before and after the collapse of the family the circumstances and causes of the divorce, the degree of involvement of the child in conflict between parents, the issue of custody. The warmth of relationships, the style of parental care, and the climate in the family are evaluated more positively by adolescents who did not deal with the divorce of their parents [13].

Psychotherapists found a crucial pattern: an unconscious tendency to repeat the pattern of their parents' relationships in their own family. The child learns their future marital role by identifying with their parents of the same sex. For a boy, the experience of communicating with his father and moreover the experience of observing the behavior of the father in relation to the mother is of great importance. It is very important for a girl to learn the ways of mother's behavior to her father [15].

As for the parent of the opposite sex, his image is very important when choosing a future partner (the choice can occur according to different criteria-similarity or opposite).

Girls are affected by their father's absence during adolescence. Good fathers are able to teach their daughters to interact with members of the opposite sex appropriately (Lamb, 1979; Parke, 1981)

If boys behave based on a ready-made model of their father's behavior, then as a result, his behavior and psyche become more stable.

They say: the mother teaches the child to live in the house, the father helps him to go out into the world, in other words, the mother has emotional attachments and the father. If there are constant conflicts in the family or one of the parents is absent, the child does not receive the necessary education [15].

A teenager who has experienced a divorce from his parents may experience difficulties in adapting to everyday life, changing their ideas about loyalty, love, and what the family should be like. In the future, he begins to value less family cohesion, and cannot develop the skills of constructive conflict resolution with the opposite sex. It is even more difficult for a teenager to get used to the absence of one of the parents in their native home, in everyday life and etc. If a divorced parent remarries, which is usually the case, then the teenager faces the need to adapt to a stepmother or stepfather. To make it easier for a teenager to experience the breakdown of a family, you need to openly talk to them about it, remembering that the teenager positions himself as an adult, and wants to be treated properly.

The situation when parents try to involve the child in a conflict and take sides is the most traumatic. If the parents act in concert, the likelihood of children being involved in their conflict is low, even if the teen is in a close relationship with both parents. If the divorce process is peaceful, it can have a positive impact on both parents and children, reducing the level of conflict in the family. The absence of a father or mother in the family affects the gender-role identification of a teenager. Boys raised by their mothers are indistinctly aware of their male role in the family and society, feel insecure in communicating with their peers, rarely show aggression, and are prone to dependence on others. If a teenage girl is raised by her father,

she identifies more or less with the male sex and loses her femininity, and in the future she may have problems in close relationships with the opposite sex [15].

Adolescent boys in families where the father has left are more likely to actively take on the role of head of the family, and conflicts occur less frequently in such families than in those where the family has been left without a mother. And girls who find themselves in this situation begin to quarrel with their mothers more often, their self-esteem significantly decreases. However, many researchers agree that girls are easier to adapt to the situation of parental divorce than boys. Very important in an incomplete maternal family may be the lack of confidence and stability in social inclusion, since the father's profession is usually a real and symbolic base of economic support for the family, and its thoroughness is a guarantee of confidence.

**Results.** In the course of our research, we have identified a relationship between conflicts in the family and the propensity of adolescents to commit offenses, a decrease in motivation to study, and a low level of professional aspirations. Similarly, the divorce of parents has an impact on the future behavior of a teenager in his own family. Teenagers, whose parents are divorced, then divorce much more often than those who were raised in a full and strong family. Because in adolescence, family values are formed, and because of divorce, these values disappear in the eyes of a teenager. Teenagers from single - parent families have a reduced sense of responsibility in relation to their family, to their responsibilities. In addition, children who have gone through a divorce often enter into an early marriage, because they want to compensate for the lack of warmth, they want a strong family, find happiness. However, as research shows, this does not always end in a happy marriage. At the same time, some psychologists believe that sometimes divorce can be regarded as a blessing, if it changes for the better the conditions for the formation of a teenager's personality, puts an end to the negative impact on his psyche of marital conflicts.

In the course of our research, we identified

factors, which influence the success of adolescent adaptation after divorce.

With an emailed atmosphere before the divorce. If the divorce ends a long period of quarrels, difficult experiences, then it can even have a positive impact. Some teenagers indicated that they endured divorce more easily than the conflicts that preceded it, because before the divorce they were afraid of their parents' alternating quarrels and reconciliations.

The nature of divorce. Divorce in a relatively calm form, without mutual accusations, reduces the likelihood of suffering in the adolescent. The ability of divorced spouses to adapt to a new situation has a decisive influence on the adaptation of the adolescent, and Vice versa, the more anxious the parents are, the more seriously disturbed the mental balance of their children.

Relationships between former spouses. The need for parents not to involve children in scandals, not to clarify relations in the presence of the child. Drawing a son or daughter into a conflict, forcing them to take one side or the other, can cause serious problems – from loss of trust in parents to unexpected aggression.

The ability to meet with a teenager after a divorce. If after the divorce, the father (mother) is allowed to freely meet with their children, the negative consequences are minimized (provided that the negative impact on the children is not unpleasant).

Support of children. You need to constantly tell and show the child that he is loved, important and significant, that the family has not ceased to be a family — it's just that now it will be a little different. It is very important that the child does not become bitter, does not withdraw into himself, does not lose faith in his parents, knows that he is loved and is not to blame for anything.

**Conclusion.** Thus, based on the analysis of pedagogical and psychological scientific literature, we can say that divorce leaves an incorrigible imprint on the entire length of the future life of a teenager, as well as on his psychological and emotional States. Socialization of a teenager in families after divorce shows that the family is the most important source of development and

formation of the child's personality. The family can act as both a positive and negative factor of development. The positive impact on development is that only in the context of family education a full-fledged personality of the child is formed, and at the same time no other social institution can potentially cause as much harm to the child's mental development as the family is able to do. In the course of the study, we found a relationship between conflicts in the family and the propensity of adolescents

to commit offenses, a decrease in motivation to study, and a low level of professional aspirations [16]. Also, the divorce of parents has an impact on the future behavior of a teenager in his own family. Teenagers whose parents are divorced later get divorced much more often than those who were raised in a full and strong family. The study showed that a teenager needs a comprehensive work of a psychologist and parents for the successful adaptation of a child after a divorce.

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### Отбасындағы ажырасу және оның жасөспірімге психологиялық әсері

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#### *Аңдатпа*

Бұл мақаланың мақсаты-ажырасудың балалар мен жасөспірімдерге психоэлеметтік әсерін қарастыру және сипаттау, сонымен қатар олардың эмоционалды әл-ауқатына психологиялық араласуды қамтамасыз ету. Соңғы уақытта отбасыға байланысты проблемалар қоғамда өзекті бола бастады. Қазіргі отбасы үлкен өзгерістерге ұшырады: оның мөлшері мен балалар саны азайды, аға-інілердің рөлі өзгеріске ұшырады, аға буынның ықпалы сөзсіз болмады. Бірақ ең бастысы, ажырасулар саны күрт өсті-әрбір екінші неке бұзылады. Бірақ ажырасу-бұл барлық отбасы мүшелері үшін, ең алдымен балалар үшін үлкен соққы. Қазақстанда, әсіресе қалаларда ажырасудың жоғары көрсеткіштері-отбасы қарым-қатынасындағы теңгерімнің бұзылуының ең ауыр салдарының бірі. Соңында, перспективалық зерттеулер жүргізу кезінде әдіснамалық ойларға қатысты кейбір ұсыныстар енгізілді.

*Түйін сөздер:* ажырасу, балалық шақ, жасөспірім, отбасы құндылықтары; толық емес отбасы; психологиялық араласу.

Развод в семье и его психологическое влияние на подростка

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Аннотация

Цель данной статьи рассмотреть и описать психосоциальное воздействие развода на детей и подростков, сталкивающихся в своей жизни с ситуациями развода, а также обеспечить психологическое вмешательство для их эмоционального благополучия. В последнее время проблемы, связанные с семьей, приобретают все большую актуальность в обществе. Современная семья претерпела серьезные изменения: уменьшился ее размер и количество детей, не столь велики стали роли старшего брата и сестры, не безоговорочно влияние старшего поколения. Но самое главное то, что резко возросло количество разводов – распадается почти каждый второй брак. А ведь развод – это сильное потрясение для всех членов семьи, и в первую очередь, для детей. Высокие показатели разводов, фиксируемые в Казахстане, особенно в городах – одно из самых серьезных последствий нарушения баланса во взаимоотношениях семьи. Наконец, были включены некоторые предложения, касающиеся методологических соображений при проведении перспективных исследований.

*Ключевые слова:* развод, детство, подростковый возраст, семейные ценности; неполная семья; психологическое вмешательство.

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**СЫНЫПТАН ТЫС ДЕНЕ ШЫНЫҚТЫРУ ЖҰМЫСТАРЫНДАҒЫ ҰЛТТЫҚ ОЙЫНДАРДЫҢ ПЕДАГОГИКАЛЫҚ, МЕДИЦИНАЛЫҚ ЖӘНЕ ӘЛЕУМЕТТІК МАҢЫЗЫ**

Аңдатпа

Мектептердегі дене шынықтыру сабақтарында ұлттық спорт түрлері орташа спорттық көрсеткіштермен және бұқаралық сипатымен ерекшелінеді. Мұндай деңгейдегі ұлттық ойындар дене шынықтыру сабақтарында немесе бос уақытта өткізіледі. Бұның ерекшелігі – өскелең ұрпақтың бос уақытты дұрыс та, салауатты өткізуін ұйымдастыру, денсаулығын шыңдау, белсенді демалысын тыңғылықты өткізгенде маңызы өте жоғары болмақ, яғни, тұрақты айналысқанда ғана сауықтырушылық әсер алуға болады. Осы мақсатта қолданылатын басқа әдістермен салыстырғанда, олар ағзаға жоғары талаптар қояды, сондықтан да, өзіне жоғары да байсалды көзқарасты талап етеді. Қатаң тәртіпте түсірілген белгілі бір жүйемен жүргізілген сабақтар, негізінен, әртүрлі ұлттық ойындардың жаттықтырушылары, кей жағдайда, қоғамдық бастамамен істейтін жаттықтырушы-нұсқаушылардың басшылығымен жүргізіледі. Өскелең ұрпақтың спорттық дайындығын және оның құрылымдық тәртібін спорттық база мүмкіндіктерімен, спорттық жабдықтар қорымен және басқа да жағдайлармен байланысты ретке келтіріледі. Қазақтың ұлттық спорт түрлері және ойындары классикалық спорт түрлері мен ойындары сияқты жарыс әрекетін, оларға арнайы дайындықты, санат мөлшерлері мен жетістіктерін қажет етеді.

*Түйін сөздер:* сыныптан тыс дене шынықтыру жұмыстары; ұлттық ойындар, әдістер.