

Mental Characteristics Of Experience Teenagers From Labor Immigrant Families Who Feel Lonely

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Abstract

The article discusses the actual issues that arise when young people's violent behavior is combined with feelings of loneliness. The study of the experience of loneliness is the subject of a theoretical review of scientific research. These psychological mechanisms of personality are examined empirically, and the findings are explained.

Keywords: Experiencing feelings of loneliness, adolescence, empirical research, psychosocial factors, correlation analysis

Introduction

Many Uzbek families are accustomed to the idea that a guy migrates as a laborer, makes a living, and sends money home. In accordance with official data published by the Agency for External Labor Migration, 568,492 women make up the 2.3 million Uzbeks who are currently employed overseas. The family's financial stability was a beneficial circumstance at the same time that the younger generation's spiritual development and upbringing were a negative one.¹

Children are especially affected by migration. They must grow up in an incomplete family or in the family of a guardian, which has a detrimental effect on the child's social position, education, health, and emotional well-being. Nearly 33% of respondents report feeling depressed and lonely, while 21% report having continual anxiety.²

One of the most pressing issues of our time is man's isolation from the rest of the earth. The area of interpersonal communication and interaction between people is affected, among other things, by rapidly changing living conditions,

unpredictability and instability of the political and socioeconomic situation, dividing not only social groups and subcultures, but also their representatives.³ Adolescence is when the loneliness issue shows up most obviously. It has an impact on the child's personal growth, which has an immediate impact on his future. There is a search for the purpose of life at this age, and a person aspires to self-determination of himself and his place in this world. At this age, the issue of choosing life values arises, and an internal position is created in connection to oneself, to others, and to moral ideals. Because of this, the subject of loneliness is still relevant today.

The emergence of introspection leading to self-deepening, introspection, the emergence of a special interest in one's experiences, dissatisfaction with the outside world, withdrawal into oneself, which is expressed in the isolation of a teenager, his desire for loneliness, a tendency to indulge in dreams, and opposing himself to those around him, carrying conflicts with him, are characteristics of adolescence.⁴

On the one hand, loneliness is viewed as a feeling that impacts a person's emotional condition when they are either compelled or willingly choose to be alone. On the other side, a person who has experienced misinterpretation, rejection, or rejection from others views loneliness as an existential experience. Adolescence, which serves as a transitional stage between childhood and maturity and coincides with the actualization of reflexivity and personal identity, is of particular interest to study psychologists in this regard.

Teenagers' active personal development, abrupt physical growth, and crisis experiences all have an impact on how they view themselves and the world around them.

According to psychological research, adolescence is the time when a person feels rejection the most acutely. This feeling arises in a teenager not only in response to other people's refusal to communicate with him, but also in cases of misinterpretation and disrespect toward him, disregard for his opinion, and frequently betrayal by both peers and adults. As we all know, communication and forming friendships with peers, family members, and strangers play a crucial part in adolescence. Interpersonal communication aids in the development of a teen's personality, including his sense of self-awareness, self-respect, and self-acceptance. Teenagers' loneliness and sense of personal isolation are exacerbated when they experience miscommunication and rejection in their social circle.

Depression is a type of mental illness that can be brought on by emotional events.

Each adolescent experiences a desire for communication as well as a want to be alone, retire, and think about himself, the changes he is going through, others, the new relationships he is forming, how to act in this or that circumstance, and how to react to this or that occurrence. He also needs his alone time since it reflects his growing capacity for thought and self-awareness. The dominance of the urge for isolation over the need for contact, according to many scientists, is a "disturbing" indicator. "A teenager's continual

desire to be alone, avoid connection with others and social interaction with peers, may be a symptom that not everything is right in his interpersonal relationships and possibly in his inner world."⁵

This is psychologically risky for a kid if the craving for seclusion is brought on by strained or unpleasant relationships with peers. Teenagers who experience the loneliness of such a strategy feel their segregation from other people and sense of remoteness from them. As a result, peers in particular lack communication, focus, love, warmth, and support from other individuals. Loneliness is an emotion that is accompanied by grief, bitterness, anger, and a fear of being rejected due to a lack of love, support, warmth, and respect as well as a sense of separation from others. We can see that there are a variety of causes for the sense of loneliness to emerge in adolescence.

The socio-psychological variables connected to inter-family interactions and the psychological climate in a teen's family constitute a unique category. For a developing child, a family serves as a microcosm that prepares him for life in the macrocosm, where he will encounter individuals who are very different from one another, who are individually unique and have their own "issues," but who you must learn how to form connections with. Families with discordant relationships (regular disputes, poor communication practices, a lack of respect and trust among family members, and physical abuse) develop views about the unexpected risk of interpersonal interactions that are better avoided in order to feel less unhappy and upset.

An adolescent's attitude toward themselves and the world around them is greatly influenced by the way their family has raised them, both as an attitude toward the kid and later the teenager. The lack of parental attention and care for the child (hypo-custody), the absence of emotional intimacy between the child and parents (emotional rejection), and other factors prevent teenagers from developing their communication skills normally. The child's perception of himself as unnecessary, "bad," and unworthy of love, as well as his

conception of himself as an incompetent and worthless person, are all influenced by excessive demands and control, lack of a positive attitude toward the child and recognition of his value as a person, lack of emotional, physical, and spiritual contact with parents and significant adults. As a result, a teenager lacks confidence in both himself and other people. He also doubts his ability to be useful and intriguing to others as a person, a friend, or a loved one. Such a teen retreats farther and deeper into his loneliness, closing in on himself.

As we can see, there are numerous causes of teenage loneliness as well as numerous effects that result from it. The length of the encounter determines how serious the effects are when teenagers experience loneliness. "The most serious implications for adolescents are the persistent experience of loneliness, as this might result in emotional and behavioral aberrations," J. Jong-Girveld and D. Raadschelders note⁶. Additionally, there are many different ways in which loneliness can exhibit itself, ranging from healthy to unhealthy behaviors. Other mental phenomena like depression, emptiness, and worry could accompany it.

The perception of one's existence as meaningless actualizes feelings of isolation, powerlessness, and terror. Teenagers sometimes resort to peers who are "not understood" by others when they are unable to obtain support and understanding through connections with adults. A teenager who is isolated from adults and law-abiding classmates, without comprehensive protection from outside claims, and being a part of an asocial group, immediately gains actual physical, psychological, moral, and even material support. His health is drastically improved as a result, and he gains confidence that no one in the group will be able to mistreat or persecute him. A minor gains access to a vast array of opportunities for self-affirmation, self-realization, and restitution for the failings that befell him in a society that upheld the law by becoming a part of a subculture

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with its norms and ideals. The adolescent's demand for independence is also fully satisfied in an asocial environment.⁷

Teenage loneliness is primarily brought on by:

1) Poor communication with family and friends, low degree of communication skill development;

2) The teenager's lack of acceptance by others;

3) Lack of self-awareness and awareness of one's inner world;

4) placing unreasonably high demands and expectations on others;

5) Irrational notions about how people interact⁸

When a kid exists in the real social sphere as well as the virtual one, which is mostly created by media like TV and computers, he is in a tough situation and a situation of broken links. Teenagers may therefore experience loneliness in both positive and negative ways. If loneliness were to have a negative, damaging effect on a teenager's personality, it would be able to prevent it by being aware of its characteristics as a subjective experience.⁹

We carried up an experimental study with 62 schoolchildren aged 13 to 16 (35 females and 28 boys) to examine the experience of loneliness in adolescence.

D. Russell and M. Ferguson's subjective loneliness approach was applied. According to the findings of a study on adolescents' experiences with loneliness, the low level of loneliness is 25.4%, the average level is 39.7%, and the high level is 33.9%.

The results of the study of the feeling of loneliness in adolescents using the method of subjective feeling of loneliness

Level	Number of participants	% ratio
high	18	33,9
medium	28	39,7
lower	16	25,4

Teenagers who experience less loneliness are therefore more outwardly focused and open than those who experience more loneliness. For teenagers who do not experience psychiatric problems related to feelings of loneliness and who have sufficient social contacts to enable them to participate in society to the necessary extent, average indications are normal. Due to the absence of attention from the nearby social environment, such youngsters only occasionally feel lonely.

Adolescents who experience feelings of loneliness acutely are those who report having a high level of subjective loneliness. Being alone is intolerable for youngsters because of how much this state can stress their lives. Adolescents who experience loneliness typically struggle to communicate, which happens during the period of active self-awareness formation, which affects the formation of attitudes and ideas about themselves. Loneliness also manifests as special interest in one's experiences, withdrawal, and a desire for independence and freedom in adolescents.

According to the study, adolescents are often known for their capacity to manage the unpleasant effects of feeling lonely. Adolescents who rate their loneliness as high and are unable to see its benefits are at risk for acting out and require psychological support.

We used youngsters raised in the families of labor migrants as test subjects for the training program on the development of sociopsychological systems.

Program goals include enhancing connections with parents and peers, learning to understand oneself and others, improving one's overall well-being, and resolving psychological issues for oneself (fears, anxiety, aggressiveness, indifference, etc.).

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