

THE PSYCHOLOGICAL INFLUENCE OF THE FAMILY IN PERSONALITY
FORMATION

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Abstract: This scientific article analyzes the psychological influence of the family on personality formation, its main mechanisms, and its role in the process of socialization. It also highlights, on a scientific basis, the impact of parenting styles, the family's psychological environment, emotional relationships, and communication processes on personality development. Furthermore, the changing role of the family in modern society and the factors that have both positive and negative effects on individual psychology are examined.

Keywords: personality, family, socialization, psychological environment, parenting styles, emotional development, parents, communication, values, social role

Main part: The issue of the psychological influence of the family in personality formation is one of the most relevant and fundamental directions in psychological science. A human being is born with certain biological potentials; however, the formation of a fully developed personality occurs under the influence of the social environment, especially the family. The family is the first social institution in a person's life, where a child not only learns how to live but also begins to understand themselves, establish relationships with others, manage emotional experiences, and internalize the norms and values existing in society. Therefore, the family can be considered one of the primary psychological environments in personality formation. The concept of personality in psychology has a broad meaning and is defined by an individual's place in the system of social relations, their conscious activity, motives, needs, and values. The process of personality formation is complex and develops step by step, involving not only hereditary factors but also social influences, particularly family upbringing. A child acquires their first social experience within the family; therefore, their дальнейшее development largely depends on the family environment. The psychological climate within the family directly affects a child's mental development. If love, mutual respect, trust, and support prevail in the family, the child feels secure, develops a positive self-image, and grows into a socially active, independent, and responsible individual. Conversely, conflicts, emotional coldness, neglect, or violence within the family can negatively affect the child's psychological state, leading to fear, insecurity, aggression, or difficulties in social adaptation.

The relationship between parents and the child is one of the central factors in personality formation. The quality of these relationships determines the child's self-attitude, self-esteem, and ability to communicate with others. Children raised by caring and attentive parents are usually self-confident, open, and socially active. In contrast, children raised by neglectful or overly demanding parents may develop internal conflicts, low self-esteem, or aggressive behavior. Parenting styles also have a significant impact on personality development. For example, in an authoritarian parenting style, strict control and demands dominate, depriving the child of the opportunity for independent thinking. In such conditions, children may develop a lack of initiative or, conversely, internal resistance and rebellious behavior. The democratic parenting style is considered the most effective, as the child's opinion is respected, independence is encouraged, and at the same time certain boundaries are maintained. This contributes to the development of a socially mature, responsible, and balanced personality. The emotional climate



within the family plays an important role in emotional development. A child learns to express their feelings, understand the emotions of others, and show empathy within the family environment. If the family has a positive emotional climate, the child grows into an emotionally stable individual capable of managing their feelings and building healthy relationships. A negative emotional environment, on the other hand, may lead to neurotic conditions, stress, and social problems.

The family plays a special role in the process of socialization. Initially, the child perceives themselves as a member of the family and later begins to interact with other social institutions. The values and behavioral norms acquired within the family influence the individual's behavior throughout their life. Therefore, the role of the family in socialization is invaluable. In modern society, the role of the family in personality formation is becoming more complex. Technological development, the increasing flow of information, parents' busyness, and various social problems influence the family environment. As a result, in some cases children do not receive sufficient attention, which negatively affects their psychological development. In addition, the expansion of the virtual environment also impacts children's real social interactions. Moreover, family conflicts, divorces, and unstable environments are among the factors that negatively affect personality formation. Children raised in such conditions may experience insecurity, anxiety, and difficulties in social adaptation. Therefore, creating a healthy family environment is not only an individual concern but also a matter of social importance.

The quality of communication within the family is also crucial for personality development. Open, sincere, and constructive communication between parents and children fosters the development of thinking skills, the ability to express opinions freely, and problem-solving abilities. Conversely, a lack of communication or ineffective communication patterns negatively affect socialization. The psychological influence of the family on personality formation is not limited to childhood. This influence continues throughout a person's life. Experiences, values, and relationships formed during childhood play an important role in later stages of life. Therefore, special attention should be paid to the educational function of the family. In conclusion, the family is one of the most important and fundamental factors in personality formation. The psychological environment within the family, parenting styles, emotional relationships, and communication patterns directly influence personality development. A child raised in a healthy, stable, and loving family environment grows into a socially active, independent, and psychologically mature individual. Therefore, studying and improving the psychological influence of the family remains an important scientific and practical task today.

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