

## Experimental Study of Coping Strategies of Mothers of Teenagers With Deliverable Behavior

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**Abstract:** The Article Presents the Results of the Study of the Relationship Between the Coping Strategies of Mothers and Daughters With Delinquent Behavior, Conclusions Are Made. the Article Provides Interest For Finding Ways to Solve the Problems of Education of Deviant Behavior .

**ORGANIZATION and methods of the research:** The aim of the research is to study the features of coping strategies of mothers of delinquent teenagers. **Research hypothesis :** it is possible that there are differences in the choice of coping strategies of teenage daughters with delinquent behavior (alcohol abuse and petty hooliganism) and their mothers. The research was conducted in Tashkent. To solve the tasks, we used the following methods:

As a result of the conducted research using the questionnaire “ Coping strategies”, modified by I.M. Nikolskaya and R.M. Granovskaya , Table No. 1 presents the results of the choice of coping strategies of the group of Mothers and Daughters.

A comparison of the frequency of use of the main (9) coping strategies by children from three groups is given in Table No. 1.

**Table 1 Comparative analysis of the choice of coping strategies in three age groups in % ratio**

Age Coping - strategies	Mothers' groups		Group of daughters	
	Solution to the problem	20%	7	48%
Communication	53%	3	62%	1
Change of activity	61%	2	58%	2
The desire to relax and be alone with oneself	51%	4	54%	3
Avoidance	42%	5	43%	6
Negation	40%	6	53%	4
Fantasizing	76%	1	62%	1
Neurotic manifestations	8%	9	27%	7
Aggressive and affective manifestations	19.2%	8	24.8%	8

The columns on the histogram reflect the average percentage values of the 9 main groups of coping strategies obtained in different groups. The study showed that in the Mothers group, the most commonly used coping strategies were “fantasizing” - 76%. Mothers of delinquent girls are prone to fantasizing. It is difficult for them to accept reality. They invent or justify problems that arise with unusual excuses. Mothers see a way out of the current situation in changing the situation or "change of activity" - 61 %. At the same time, they are more dependent on communication. This type of behavior in a difficult situation leads to the need to relax and rest. From the conversation it was revealed that

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mothers of this group prefer to drink alcohol in 51% of cases. Further in a less stable position are such strategies as: avoidance, denial, problem solving. Problem solving is a necessary component of awareness of reality. Escape from reality is the main difficulty of the group of mothers. In this group, neurotic, aggressive, affective manifestations also take place. But they are in a more depressed state. That is, outwardly mothers pretend that there is no problem, but the problem of the formation of difficulties is already more pronounced.

- In the group of daughters of subjects with delinquent behavior (violation of public order rules under the influence of alcohol), the following characteristic features of the preference of the coping strategy were revealed - First orientation to communication and fantasizing (using lies to protect one's self), as a rule, the lack of communication skills leads to the fact that the mother is not oriented to communication within the framework of a given problem. She is not ready to talk heart to heart or about the problem, is not ready to listen to accusations or see obstacles. The daughters of the subjects accuse the mothers of cowardice, downtroddenness, dullness. They do not see them as an authority, they believe that they have low self-esteem. Next comes the choice towards changing activities and striving for relaxation (also towards drinking alcoholic beverages). Next comes Denial. The teenager tries to go into negativism, continuing to suffer from loneliness and hopelessness. Unlike the group of mothers, the daughters undergoing the test have a direction in the desire to solve the problem. In the event of failure to resolve the problem, many take a position of suppression and avoidance, and as a consequence, neurotic and affective reactions arise.

### Conclusion:

1. In conflict situations, the mothers being tested are oriented toward unawareness of the problem and a desire to escape into a world of illusions. The lack of opportunity to communicate becomes a difficult problem for the teenager. As a result of protracted conflict unresolved problems, neurotic and affective reactions arise.
2. It follows that the personality and its clinical and mental characteristics indicate immaturity, such as withdrawal from reality, avoidance of problem solving, desire for relaxation with an autistic spectrum (drinking alcohol as a tool for relieving nervous and mental stress). The presence of neurotic and affective tendencies.
3. Teenage girls with delinquent behavior have a need for communication, an active life position, and resolution of the situation. The absence and deprivation of these needs becomes the reason for further changes: drinking alcohol, breaking rules. Loneliness, isolation and, as a consequence, neurotic and affective reactions. The establishment of reliable statistical differences in the groups of test mothers (1) and test daughters (2) are presented in Table 2.

**"Reliability of statistical differences" Table No. 2**

	Average values		U- criteria Mann-Whitney	Level of statistical significance (p)
	1 group of mothers	2 group of daughters		
Solution to the problem	5	14	247B	rdo,05
Communications	13.3	18		rdo,05
Aggressive and affective manifestations	4.8	7.2		rdo,05

The significant differences between the indicators of the tested mothers and daughters with delinquent behavior are presented in Table No. 3.

"Establishing reliable statistical differences in groups"



**Table No. 3**

	Average values		You criteria Mann-Whitney	Level of statistical significance (p)
	Mothers being tested	Subjects daughters		
Neurotic manifestations	8	1		p < P-5

To determine the statistical significance of differences in the use of coping strategies by children of three age groups, the nonparametric Mann-Whitney criterion was used. The results from Table 2 showed significant differences ( $p < 0.05$ ) in the use of coping strategies “problem solving”, “communication” and “aggressive and affective manifestations”:

1. "Problem Solving" #1 - Mann-Whitney U is 247 at  $<0.05$

Significant differences regarding this strategy may indicate that adolescents are more likely to think about solving the problem. That is, an unpleasant situation that has arisen. It is known that psychophysiological changes occur during this period. However, in percentage terms (table No. 1), teenagers prefer the strategies: “fantasying”, “change of activity”, this means that at this age they move away from solving problems, switching to activities that are more interesting to them.

2. "communication". The 1J-Mann-Whitney criterion is 72.5, with  $p \leq 0.0$

We can assume that this difference indicates that mothers more often use avoidance and denial strategies and try and take the initiative to switch attention from an unpleasant situation by communicating with others (relatives, friends, etc.) and, perhaps, believe that this form of behavior is more effective for overcoming a difficult situation.

Of course, such a tendency occurs due to growing up, a teenager in a difficult life situation (conflict with the law with society) increasingly needs communication, with his parents or other close adults, but also with peers. Many, noting the strategy of "I talk to someone" next to attribute and specified with whom exactly: I would like to with my mother, but she does not understand.

3 "Aggressive and affective manifestations", the Mann Whitney criteria is 268.5, with  $p < 0.05$ . Since the adolescent subjects have not developed coping strategies. For them, it is typical to choose different forms of behavior, and when they get into unpleasant situations, they use socially unapproved strategies in order to relax and relieve stress. By the way, this behavior pattern is also inherent in their mothers. The effect of their use most likely occurs due to the replacement activation of expressive behavior and emotional release.

From Table 3 we see that in the groups, significant differences are present only in the use of one coping strategy "neurotic manifestations", the 1J-criterion of Mann Whitney is 247.5, at Perhaps this is due to the fact that this coping strategy is less effective and is used very rarely, while it is still typical to try to use socially disapproved strategies. According to various authors, it is known that the manifestation of such elementary stereotypical behavioral acts aimed at one's own body (sucking a finger, swinging, biting nails, pulling out hair, etc.) is very common at this age.

According to the results of a comparative analysis of the younger age group of 8 years and the older age group (table M 4), reliable differences in the following coping strategies were revealed:

1 "Problem solution", y - Mann-Whitney criteria is 150.5, at

$P \leq 0.05$  This difference indicates that older children are more capable of comprehending and rationalizing the current situation<sup>10</sup>, using the strategy of "thinking about it", that is, they use intellectual methods of protection, and also more often use the strategy of "doing something similar", which indicates that they take the solution to the problem of getting out of an unpleasant situation into their own hands. Which certainly indicates the manifestation of responsibility and is directly related to the age-related maturation of their speech, motor and thinking functions.



2 "Avoidance". The Mann-Whitney criterion is 212.5. at  $p < 0.05$  "Negation", the Mann-Whitney criterion is 235, at  $P \leq 0.05$

In general, it can be noted that the most popular coping strategies in the two groups are "communication", "change of activity" and "avoidance", "fantasying",

"Communication". Among the most used strategies "communication" a number of ineffective, which was revealed during the study of the authors of the questionnaire, Possibly . This is due to the fact that children, when they find themselves in an unpleasant or stressful situation, can speak and communicate only if the conversation does not promise additional troubles and mental anguish. Thus, many children in the questionnaires specified next to the strategy "I talk to someone": with a friend, with a sister, with a brother, with a grandmother, very few of those who wrote with mom or dad, since most problems in early school age ooze from conflicts in the family.

➤ "Change of activity", we note that this strategy is very popular, and as the results showed; more than 60% of all children - 80, chose these strategies; "I watch TV, play something", "I sleep", These strategies - According to the authors of the questionnaire, are among the effective ones, So, the strategy "I sleep" is a manifestation of not only escaping from the situation, but replenishing physical strength. Also during sleep, the child's connection or in other words contact with the outside world is limited, At the same time, intensive psychological processes occur before thinking, processing the information received: creative processing, storing in memory, Ash has, like poison, a visual-sensory character, which subsequently includes the emotional sphere of the personality, which is important for the child, since other processes prevail . if left-hemisphere, A strategies like "I watch TV, play something" help children relax and switch their attention . turn on your imagination and refresh your thoughts.

It can also be argued that the frequency of choosing aggressive coping strategy and "neurotic manifestations" is significantly reduced from all the presented strategies in three age groups. This trend is characteristic of the group of healthy children. However , the indicator as a result of the study proves that some children choose this way of responding, as Nikolskaya and Granovskaya note, this strategy is among the ineffective ones. The child, using this strategy, is in a state of affect and is accompanied, as usual, by affect expressed mental, motor manifestations that do not change in the functions of internal organs. For children, the manifestation of affect of inadequacy (strong emotional experience) is characteristic, which occurs when the claims and desires of children, conditioned by their corresponding self-esteem, fail.

Conclusions: The study showed the presence of types of maternal emotional interaction. Especially anxious, suspicious, cyclical Personalities have a special effect on the formation of a person's emotional appearance. A study of the interaction of daughters with delinquent behavior (violation of rules of conduct in a public place due to alcohol consumption).

To sum up, we can state the fact that In recent years of development of modern society in the world many different events have occurred and are occurring: Covid-19 pandemic, various kinds of natural disasters, socio-political changes and disagreements around vital aspects, revision of the structure of the world. On the one hand, monetization, on the other hand, the realization of the spirituality of mankind, as one of the means of maintaining stability. Globalization of the world can become the beginning of progress only in the conditions of adoption of humanistic foundations of life security. In this direction, the development of reflexive processes is a necessary condition in the formation of the future generation and the need to solve acute problems of education and training. Education of teenagers at every time in every period of life is an important and difficult task. Adolescence is the age of formation of necessary life skills and abilities, on the one hand, and on the other hand, the period of breakdown of the main components of behavior. Change in delinquent behavior is inherent in adolescence. Delinquent behavior (Latin *delictum* - offense, English *delinquency* - offense, misdemeanor) - antisocial illegal behavior of a person, embodied in his offenses (actions or inactions), causing harm to both individual citizens and society as a whole. The concept of " delinquent behavior" is used by representatives of criminology, sociology, pedagogy, psychology, social pedagogy and other



fields of knowledge. The problem is especially relevant when it comes to issues of relationships in the "Parent-Child" system. The role of the mother in the life of the child is of particular importance, but in determining the relationship between the behavior of the mother and the behavioral reactions of adolescents, we must accurately identify the specifics of this relationship ( A.I. Zakharov ). This increases the responsibility of parents for the upbringing of adolescents on the one hand, but at the same time gives mothers the opportunity to work on themselves and solve their problems of personal growth. Hence the special attitude of society to the role of the mother.

Feelings and behavior and attitude to the world form the personality of the child. The lifestyle and relationship of the teenager with the mother determine the style and way of behaving in society, the ability to interact with others, in our views, values and beliefs, in our family life is reflected. Sigmund Freud, John Bowlby argues that the well-being of the child is based primarily on a healthy, secure attachment to the mother. American clinical psychologist Stephen Poulter and experienced family psychotherapist argues that the most important thing is to recognize that this influence exists. According to Stephen Poulter, it is necessary to recognize the "mother factor" impact, and learn to manage this factor consciously. Five styles of motherhood defined by Stephen Poulter :

**"Five Styles of Motherhood According to S. Poulterim "Table 1**

Name	Characteristic	Strengths	Emotional legacy
" Perfectionist " -	As a rule, this is an over-controlling, fearful and anxious woman, for whom the main thing is the external side of life: she needs to make an impression, maintain an image. Her children tend to criticize themselves and engage in self-criticism, they feel their inadequacy and emotional emptiness.	Responsible , in your relationships, you can be relied on in everything. They value persistence and hard work.	In this case, doubts that make it seem like the opinions of others are more important than their own. You live with the feeling that the whole world is watching you and is ready to judge you.
"Unpredictable Mother"	Restless, irritable, overly emotional, she is unable to control her feelings, and her changeable mood determines her parenting style. She creates problems and crises in her head and then transmits this agitated state to her children.	They have well developed empathy , they work well with people. They always support their surroundings.	As a teenager, you grow up with a deep-seated need to care for people and their emotional problems, but you can also be overly irritable and prone to depression. Teenagers learn to read people and situations from an early age, and this helps them cope with other people's outbursts of anger or indignation.
Best friend	She communicates with the child as an	You understand the importance of	The teenager feels forgotten and



	<p>equal, unconsciously wanting to avoid responsibility for him. Instead of an adult capable of caring and protecting, the child is offered a bosom friend, a partner, an interlocutor, but at the same time he is effectively deprived of his mother. HER emotional needs are so great and all-consuming that she herself has to rely on the child to satisfy them.</p>	<p>boundaries between parents, children, friends and relatives. You often realize that you take the lead in your relationships and assume a responsible adult role.</p>	<p>deprived of attention, experiences fear of rejection. Such feelings are bida, indignation, a feeling that he is not loved and underestimated.</p>
"I'm first"	<p>One of the most common styles of motherhood. Such a woman is unable to see a child as a separate individual, she is egocentric and unsure of herself. HER offspring from an early age are used to illuminating her life and remaining in the shadows.</p>	<p>Talented to support others, good at sensing and understanding people in all types of relationships. Loyal, responsive, able to take other people's needs to heart and solve other people's problems.</p>	<p>You doubt your ability to make decisions. It is difficult for a teenager to trust his own in any situation, because his mother's opinion has always been more important and significant for him.</p>
Ideal mother	<p>These mothers make up 10%. The Perfect Mother combines the best features of the other four styles. She is emotionally balanced, sees her children as unique individuals, and helps them grow into independent people. She is not perfect, but no matter what her life circumstances, she cares for her children consciously and with great desire.</p>	<p>Feeling the love and acceptance of the mother, they are ready for risky decisions and changes in life without fear of being misunderstood and rejected.</p>	<p>A teenager is able to accept and respect other people's points of view. You are emotionally autonomous from your mother, you are emotionally autonomous from your mother and can cope with the difficulties of independent life.</p>

Stefan Poulter emphasizes that mothers most often have at least two specific styles, rather than just one. But one of them still dominates. It is important to look at the mother's style detachedly, without criticism and indignation. Only in this way, from the position of an adult, not a child, can we understand the true role of the mother and her influence on the teenager. An adult approach implies a



willingness to share responsibility for the relationship, and the realization that they are not fixed once and for all. According to the psychotherapist, an adult is able to change and consciously manage this process. However, when working with a teenager, it is important to realize the need to work with mothers. In this direction, it is possible to study the personality of mothers and their relationships. A. V. Zakharov offers the following methods for working with mothers: the Maternal Neuroticism Scale, A. V. Zakharov. Survey: Eysenck Questionnaire . Minnesota Multidimensional Personality Inventory; Cattell's questionnaire (form A and C), Rosenzweig's method, Luscher's method , Unfinished sentences method, T. Leary , PARI questionnaire. Methods of measuring intelligence, Proverbs questionnaire, Questionnaire for parents' assessment of children's character and behavior.

### CONCLUSIONS:

1. The relationship between the influence of the personality of the maternal style on formation of the psycho-emotional appearance of a teenager.
2. In expanding the possibilities for prevention and warning of delinquency, it is necessary to take into account the role of the mother in the life of adolescents.
3. The modern image of delinquent behavior has emerged from the demand for creative, risky behavior in social networks and the media space.
4. It is necessary to analyze the specific characteristics of both the personality of mothers and the personality of adolescents with delinquent behavior.

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