



THE CONSEQUENCES OF MENTAL INJURY IN SCHOOL STUDENTS

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Abstract:

This article describes the elimination of mental stress in preschool children, as well as their elimination of negative consequences after psychological trauma.

Keywords: mental stress, family environment, aggression, consequences of mental stress.

In recent studies of modern psychology, information about "psychological trauma" is often highlighted. As for the psychological classification of mental injury, it is understood as a strong dominance caused by a negative influence on the psyche of a person. Dominance is strong excitation in the brain, and under the influence of excitation, the dominance of one nerve center is the inhibition of other nerve centers. It is on the basis of this strong arousal that a mental injury occurs and manages all the activities of a person under its influence. The reason why this situation is complicated among teenagers is that it is inextricably linked with the state of transition in them, and it is often noticeable that it leads to negative consequences. If we pay attention to the post-traumatic condition, we can see that there is a latent (hidden) period in most cases.

Bomrind, another foreign psychologist, has conducted a lot of research on children's psychology. He says that parents often approach child education in three different ways. These are: respectful, authoritarian and liberal methods, which have a positive, and in some cases negative, effect on the child. In his opinion, the 1st method, i.e. respect and dignity, gave the best results in raising a child. So, in the process of education, the teacher's respect and reputation also leads to a positive result, without a doubt.

In Scheler's research, people with their own "I" are described as people who can say "no". The period of saying "I", formed in the third year of life, is called the age of stubbornness. "I" does not appear in our mind, but it is directly experienced and assimilated. This acquisition and perception is deeper than the "I" of our mind. It is directly related to our psyche and emotions. It exists even when we do not think about it, it does not disappear. Acceptance of "I" as a concrete reality appears in a child around the age of 10. It increases during pre-puberty. During this period, the child feels his personal "I" as a deep disaster, a tragedy separated from the outside world. Only when puberty is reached, the old "I" begins to be replaced by the new one. Perceived as "I am free and free", "I am volitional", the will in this urges me to strive for the emergence of "I".

Mental stress in preschool children includes cases of aggression.

Factors affecting the emergence and development of aggressive behavior include:



1. Unhealthy family environment: - lack of affection in the family;
- feeling superfluous and unnecessary in the family;
- feeling indifference to their feelings;
- turmoil in the family, beatings, quarrels.
2. Relationships of adults:
- negative communication with children;
- many orders, accusations and threats;
- criticizing and insulting the child;
- going against the wishes of the child, not taking them into account.
3. Television: - military films; - cartoons.
4. The relationship of the child with peers in preschool educational institutions:
- position in the group;
- dissatisfaction with peer relationships.

From the above cases, it is clear that in most cases, family relations are considered the cause of aggression in children. To eliminate aggressive attitudes and behavior in children, it is necessary to start with studying family relations and cooperation with parents. Working with the parents of an aggressive child is a difficult process. The main reason for this is that those parents were also aggressive children at the time. Mental difficulties also have a negative impact on children. Therefore, it is recommended that a psychologist of a preschool educational institution starts the work by conducting psychotherapeutic work with parents.

It should be remembered that during the development of the child's emotional world, his activity can legitimately increase. Usually, during this necessary stage of mental correction, which is carried out with the help of adults, the child can master communication that corresponds to the reality that surrounds him. Eliminating a child's mental trauma should begin with identifying its cause. If the aggression is not due to the disturbance of the emotional world, the corrective work should be focused not on its elimination, but on mitigating aggressive behavior that leads to negative consequences and preventing its manifestation. The child's mental disorder should be directed to the child's unreinforced aggressive behavior by the parents. They can be affected as follows:

- Ignoring the tendency to stress, not drawing the attention of others to it.
- To improve the mental state of the child, include activities in the content of the game and give it a new emotional content. In this way, to release the child's tendency to mental stress without harming those around him.

CONCLUSION

During psychological growth, sharp turns occur in the psyche of children. We can see these manifestations in "deviations" in their character, and these deviations are affective arousals that tend to "explosion" and aggression (aggression) in their behavior. This condition is often hidden in the disorder of social adaptation. In most cases, family conditions, parental alcoholism, and their immoral behavior have a negative impact on the personality formation of children with severe behavior.



Tips for parents of children with behavioral disorders: Play with your child, let your child release negative emotions through play. Do not belittle your child, do not insult. Tell about his achievements and positive qualities. Do not put too many barriers on the child, do not raise your voice. Try to control the situation, explain the situation calmly. Do not use physical punishment. Tell your child that you love him, don't spare your loving eyes and sweet words. Allow others to care. Be more attentive to your child, feel his emotional fear. Learn to listen to your child, answer his questions. Try to end aggressive relationships in the family.

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