

Forms Of Youth Infantilism And Methods Of Elimination

Jabborov Elbek Eshpo'latovich

Independent researcher (PhD,

Karshi State University

E-mail: jabborovelbek880@gmail.com

Abstract. Today, youth infantilism is a pressing problem that significantly impacts societal development. The low ability of young people to make independent decisions and actively participate in social and economic life limits their adaptability to life and negatively affects their level of preparation for the future labor market. This article analyzes the main forms of youth infantilism, including the concepts of social, psychological, and economic infantilism.

The article provides practical recommendations for reducing the level of youth infantilism and increasing their adaptability to society. In particular, it proposes comprehensive approaches to teaching young people to independently choose their life path, creating the necessary conditions for them to achieve economic and professional independence, and increasing the social activity of young people.

Key words: Youth infantilism, social infantilism, psychological infantilism, economic independence, youth education, education system, labor market adaptation, youth policy, government programs, youth activity.

Introduction

In modern society, the process of adaptation to life for young people is becoming increasingly complex. Changing socio-economic conditions, the acceleration of technological progress, and certain shortcomings in the education system are affecting the ability of the younger generation to achieve life independence. In particular, infantilism is widespread among young people, which is a lack of readiness to make independent decisions, take responsibility, and overcome difficulties in real life. This problem is not only a matter of individual personal development but also one of the factors affecting the stable development of society as a whole.

The formation of infantilism among young people, its causes, and methods of elimination are associated with various social, psychological, and personal factors. Infantilism is formed as a result of young people avoiding taking responsibility in life, independent thinking, and decision-making. This situation mainly arises due to factors such as protective parental upbringing, social conditions, delays in personal development, and constant reliance on external assistance.

Material and Methods

Youth infantilism can manifest in various forms. In some cases, it is related to indifference to social life and the lack of a formed active citizenship position, while in others it appears as a psychological inability to be independent or a lack of desire for economic independence. Various factors play an important role in the emergence of this situation – family upbringing, shortcomings in the education system, the excessive influence of modern technologies, and young people's lack of real-life experience.

Forms and causes of youth infantilism. Youth infantilism can manifest in various forms. The most common forms are:

Results

Social infantilism – This is a state where a person feels like a young child, avoids taking responsibility, and stays away from dealing with life's difficulties. This concept is often used to describe people's lack of independence and decision-making skills. Signs of social infantilism include burdening others with one's own needs and problems, difficulty managing one's own behavior and decisions, and a tendency to shift responsibility to others.

Social infantilism is often associated with various social and economic factors in society, parental upbringing, or the influence of the education system. This, especially among young people, creates difficulties in being ready to make responsible decisions and in planning their future. **Psychological infantilism** – This is a state in which a person exhibits emotionally and cognitively immature, unstable, and volatile reactions that are not appropriate for their age. This is usually associated with a delay or incompleteness of psychological development. Some signs of psychological infantilism include a lack of self-control, avoidance of taking responsibility, emotional instability, and difficulty with self-awareness. In this case, a person prefers to burden others with their psychological needs and experiences difficulties in independent thinking or managing stress. Psychological infantilism can be caused by improper upbringing, social conditions, or developmental delays, and therapy and self-awareness are necessary to eliminate it.

Economic infantilism – This is a state associated with the difficulty of a person or society in managing their economic situation, taking responsibility, working independently, or making decisions. Such individuals often avoid achieving financial independence, managing their expenses, and financial planning. They may be inclined to satisfy their needs through others, avoiding responsibility.

Economic infantilism can also manifest in broader sections of society. For example, a state or various social groups may become accustomed to receiving economic assistance or subsidies. This is reflected in the fact that individuals or societies lose the initiative needed to ensure their economic development or rely solely on external resources.

Some signs of economic infantilism include needing help with financial planning, having difficulty making decisions, and a lack of fear or enthusiasm in engaging in independent economic activity. This situation is usually associated with improper upbringing, social conditions, or changes in economic conditions.

The factors influencing the emergence of infantilism include several factors that are based on psychological, social, and educational aspects:

1. **Parental Upbringing:** Overly protective or decision-making parents limit a child's ability to achieve independence and manage their own life. If parents constantly support the child and make decisions in their place, the child will have difficulty thinking independently and taking responsibility.
2. **Social Conditions:** The presence of a social protection and support environment in society can hinder a person's development of independence. If a person gets used to receiving constant support from society or family members, they prefer to shift responsibility to others. This situation does not allow the person to feel free and responsible.
3. **Personal Development:** Delays in psychological and cognitive development can also lead to infantilism. A child or adult may have difficulty with self-awareness, managing

their emotions, or approaching problems. This, in turn, creates difficulties in resisting change and accepting responsibility.

4. Habituation to External Assistance: Constant reliance on social and economic assistance leads to a person's lack of preparation for independent living. The assistance provided by society or the state does not teach the person to manage themselves, make decisions, and take on financial responsibility. This, of course, develops infantilism, as the person becomes accustomed to relying on external resources.

All of these together hinder a person's psychological, social, and economic development, resulting in the formation of infantilism.

Discussion

Methods of Eliminating Infantilism. There are a number of methods to eliminate infantilism. These methods help a person achieve independence, take responsibility, and manage their own life.

First of all, it is necessary to develop independence. Being independent in managing one's life and making decisions increases a person's self-confidence. Giving small tasks, teaching responsibility helps a person develop their own opinion and make independent decisions. For example, having a person do their daily tasks, create their own schedule, and teaching them to do things independently helps them gain experience in making decisions. Also, through new experiences and activities, a person learns to get out of their limited circle and feel independent.

Psychological development is also an important factor. Self-awareness and managing emotions increase a person's psychological resilience. Psychotherapy, counseling, or self-development training helps to improve a person's psychological health and increase stress management skills. Through self-awareness, a person identifies their true needs and desires and finds ways to achieve them. This, in turn, helps to eliminate infantilism.

Teaching to take responsibility is also very important. It is necessary to encourage a person to take responsibility for their actions. Learning to take responsibility from a young age leads to making mature decisions. Encouraging a person to do daily tasks, manage their time, and increase their skills to solve them effectively. This develops a sense of responsibility and reduces infantilism.

Developing financial independence is also very important. Teaching a person financial planning, budgeting, and developing skills such as managing income and expenses helps them to achieve financial independence. Learning these skills allows a person to gain confidence in making decisions in their life and take responsibility.

Reducing reliance on external assistance also helps to eliminate infantilism. If a person lives constantly relying on external assistance, difficulties arise in managing their own life and solving problems independently. It is important to gradually reduce external assistance and teach the person to satisfy their own needs. This increases their responsibility and helps to eliminate infantilism.

Developing a person's self-awareness is also an integral part of such a process. Identifying one's values, goals, and direction in life strengthens a person's psychological development. This helps a person to manage their life effectively and realize their potential. Through self-awareness, a person understands their true needs and develops clear strategies to achieve them.

When all these methods are used together, the person eliminates infantilism, becomes independent, and has the ability to manage their life effectively.

CONCLUSION

There are a number of effective methods to eliminate infantilism among young people. Methods such as developing independent thinking and decision-making, supporting psychological development, teaching responsibility, developing financial independence, and reducing reliance on external assistance ensure the formation of young people as independent and responsible individuals. By supporting self-awareness and personal development, young people develop the ability to manage their lives effectively.

The elimination of infantilism increases the social, economic, and psychological potential of young people, giving them the opportunity to find their place in society and lead successful lives. At the same time, the formation of young people as independent, responsible, and change-ready individuals makes a great contribution to the future development of society.

REFERENCES

1. Abramov K.V. Features of socio-psychological adaptation of youth in a transforming society: Abstract of dissertation ... Candidate of Psychological Sciences.- M., 2010. P-24.
2. Rasulev A.F., Ubaydullaeva F.A. Causes and socio-economic consequences of unemployment among youth. // Economy and finance, 2018, No. 4. B-7.
3. Davlatov, T. X., "Social and Psychological Education: Theory and Practice", Tashkent, 2021.
4. Sobirova, N. A., "Psychological Infantilism and Its Impact on Youth Development", 2022.
5. Mammadov, I. R. Self-Awareness and Personal Development, 2020.
6. Shuxratov, A. B., Psychological Problems Among Youth and Their Solutions. - Samarkand, 2021.
7. Yusupov, M. N., "Basic Concepts of Human Psychology", Tashkent, 2020.
8. Ergashev, F. R., "Infantilism and the Youth Development Process", 2022.
9. Abdullaev, J. X., Social Environment and Psychological Development of Youth. - Bukhara, 2021.
10. Akramovich H. I. THE INFLUENCE OF THE XV TH CENTURY SAMARKAND SCIENTIFIC SCHOOL ON THE DEVELOPMENT OF EASTERN AND WESTERN RATIONAL THINKING //European Journal of Interdisciplinary Research and Development. – 2023. – T. 22. – C. 93-96.
11. Hamdamov I. MIRZO ULUG ‘BEK–TEMURIYLAR RENESSANSI ASOSCHISI //Farg'ona davlat universiteti. – 2024. – №. 2. – C. 46-46.
12. Хамдамова Н. Влияние внешних факторов на эффективность производства животноводства //YASHIL IQTISODIYOT VA TARAQQIYOT. – 2024. – T. 2. – №. 1.
13. Turayevich U. R., Qahramonovich H. N. ZAMONAVIY DUNYONING AXLOQIY MUAMMOLARI-ZO ‘RAVONLIK FALSAFASI //Ustozlar uchun. – 2024. – T. 57. – №. 4. – C. 422-425.
14. Qahramonovich H. N. Worthy descendants of the samarkandians: enlighteners jadids //World Bulletin of Social Sciences. – 2022. – T. 13. – C. 37-40.