

Maxsus yordamga muxtoj bolalar oilalari bilan olib boriladigan**psixoterapevtik ish****Maxmudov Xurshid – “Maxsus pedagogika”****kafedasi o’qituvchisi****Logopediya yo’alishi talabasi Rahimjonova Sevinch**

Annotatsiya. Maqolada oila a’zolariga psixologik maslahat berish maqsadida oila a’zolari o’rtasidagi munosabatlar, ota – ona munosabatlari, ota – onalar bola bilan munosabatga kirishish ko’nikmalari aqida fikr yuritilgan.

Kalit so’zlar. Psixoterapiya, oilaviy munosabat, ota-ona vazifalari, nevrotik buzilishlar, ruhiy salomatlik, ikkilamchi nuqson.

Nimjon, kasal bolani tug’ilishi oiladagi psixologik iqlimni va yondashuvini o’zgartiradi. Oilaning barcha a’zolari va ayniqsa, ona hissiy stress holatida bo’ladi, oila a’zolarining ta’sirchanligini oshishiga olib keladi, buning oqibatlari er – xotin o’rtasidagi munosabatlarni murakkablashuviga sabab bo’ladi, bu bolaning ruhiy salomatligiga salbiy ta’sir ko’rsatadi. Bunday holatda ko’pincha bola tarbiyasida noto’g’ri variantlar tanlanadi, bu uni holatini chuqurlashtiradi va ikkilamchi nevrotik buzilishlarni shakllanishiga olib keladi.

Ota – onalardagi o’ziga ishonmaslik, yuqori hissiyot bosimning ortishi ichki qarama – qarshilik bolaning hissiy shaxsiy rivojlanishiga salbiy ta’sir ko’rsatadi, shuning uchun shifokor, psixolog va pedagog nafaqat bolani balki, barcha oila a’zolarini eng avvalo ota – onalarni davolashi va o’qitishlari kerak.

Oila a’zolariga psixologik maslahat berish maqsadida oila a’zolari o’rtasidagi munosabatlar; ota – ona munosabatlari yaxshilanadi. Ota – onalar bola bilan munosabatga kirishiga ko’nikmalariga o’rgatish va uni jamiyat ahloq me’riga mos ravishda tarbiyalashga o’rgatish ham psixologik masalaxat berish orqali shakllantiriladi. Asosiy psixoterapevtik ishni psixoterapevt olib boradi, ammo boshlang’ich bosqichlarida oilalar uchun ancha qiyin bo’lgan holatlarda psixoterapevtik ishni davolovchi shifokor, pedagogi, defektolog, logoped kabi

mutaxassislar oladi, ular haqiqatdan ham bemor bolaga birinchi bo'lib yordamga keladi.

Bunday ishlarni olib borishda oila a'zolarining har birini xarakter xususiyatlari, stress holatini aks ettirishi va holati albatta hisobga olinadi.

Psixoterapevtik ishlarning vazifasi oiladagi o'zaro munosabatni yaxshilash bolani muammosini to'g'ri va birgalikda tushunishga olib kelishi xisoblanadi. Eng avvalo onaki bolasini rivojlanishini diqqat bilan kuzatishiga o'rgatish, bolaga qarash tarbiyalash va o'qitishdagi ba'zi usul va metodlarni egallashiga yordam berishi kerak.

Oiladagi tarbiya xususiyatlarini taxlil qilish, oiladagi tarbiyaga xos parametrlarni aniqlash lozim. Rad etilishi, befarqlik, haddan tashqari avaylashlari, talabchanlik, turg'unlik, muxabbat kasallika bog'lanib tarbiyalash bolani shaxsiy rivojlanishiga va oiladagi psixologik iqlimga salbiy ta'sir qiladi.

Oila bilan psixoterapevtik ishlarni olib borish shuningdek, ota – onalar o'rnini oshirishga va ota – onalarni bola ta'limi va tarbiyasidagi rolini oshirishga ham yo'naltirilgan. Ota – onalar bilan psixoterapevtik ishda asosiy e'tibor ota – onalarga maxsus pedagogik dasturni ishlab chiqishiga qaratiladi. Hozirgi kunda ota – onalar bilan ishlash uchun turli psixoterapevtik dasturlar taklif etiladi, ularda guruxlik psixoterapiya o'tkazilishiga katta ahamiyat beriladi.

Oila o'zida turli xil ichki va tashqi ta'sirlarni his qiladigan o'ziga xos mikroijtimoiy muhit hayotda bir nechta insonlar tomonidan tuziladigan jamiyat oilaning muxim funktsiyalarni ichidan ijtimoiylashtirish funktsiyasi aloxida farqlanib, shaxsni rivojlanishi va ijtimoiy integratsiyalashuviga, shuningdek oilada, u oila a'zolari jamiyatda, mehnat sohasida o'rnini topshiga yo'naltirilgan.

Bola huquqlari to'g'risidagi konvensiya bizning mamlakatimizda 1990 yilda kuchga kirib unda oila jamiyatning kichik bir bo'lgan ekanligi, tabiiy muhitda oilaning barcha a'zolari, ayniqsa bolalarni o'sishi va kamol topshii uchun zarur himoya va xamkorlik mavjudligi ta'kidlanadi.

Oilada rivojlanishida nuqsoni bo'lgan bolani tug'ilishi, uni muhim ijtimoiy qiyinchiliklarni his qiluvchi oilalar darajasiga ko'taradi, ichki muammolarni ko'payishiga yoki paydo bo'lishiga olib keladi, oila a'zolaridan o'rtasidagi o'zaro munosabatlar o'zgaradi, ularning ijtimoiy aloqalarini buzadi.

Ota – onalarni bolalarning birlamchi nuqsonlarini bartaraf etish yoki kompensatsiyalashga va uni oqibatlarini oldini olish uchun uzoq yillar chidam va sabr bilan qilgan xarakatlari, bolaga nisbatan katta muxabatlari bevosita bola holatining yaxshilanishi natijasi bilan birga ijtimoiy ahamiyatga ega natija – bolaning ijtimoiylashuvi va uni jamiyatga integratsiyasi (jamiyatda o'z o'rnini topishiga) ham erishadilar.

Xulosa shuki, bugungi kunda rivojlanishida nuqsoni bo'lgan bolalar va ularning oilalari butun jamiyatning ijtimoiy va moddiy yordamga davolash va turli xizmat sohalari, Ijtimoiy tibbiy, pedagogik, psixologik yordam va ximoyaga muxtojdir. Faqat oila va jamiyatni o'zaro xamkorlikdagi faoliyat rivojlanishida nuqsoni bo'lgan bolalarni o'zlarning ijtimoiy muxitga reabilitatsiyasi va abilitatsiyasini ta'minlash mumkin.

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