

THE ROLE OF REFLECTIVE LISTENING IN STRENGTHENING EMOTIONAL BOND BETWEEN PARENTS AND CHILDREN

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Abstract

This article explores the psychological essence and practical significance of the reflective listening method in strengthening the emotional bond between parents and children. Reflective listening is not merely the act of hearing words but a process of paying active and empathetic attention to the speaker’s emotions, feelings, and inner state. The research highlights how this method enhances mutual understanding, empathy, and trust within family communication. Moreover, the article analyzes the role of reflective listening in developing emotional intelligence, reducing stress levels, and fostering children’s ability to express their thoughts and emotions clearly. The study holds theoretical and practical value for professionals in family and child psychology.

Keywords: Reflective listening, emotional communication, parent-child relationship, empathy, communication culture, psychological support, trust, emotional intelligence, family psychology, children psychology.

Introduction

In modern psychology, family relationships, in particular the emotional connection between parents and children, play a central role in the formation of the human personality. The family is the first social environment for the child, where the child learns how to behave, how to express emotions and how to interact with other people. Therefore, the culture of listening of parents, their emotional attitude to the child, in particular, reflective listening skills, is the basis of the child's psychological development.

By its essence, the method of reflective listening includes attentive listening to a person, understanding the emotions behind the words he says, reacting to him



with empathy. Such an approach allows you to feel not only words, but also the inner evenings, worries, joys of the child. Through this process, the child feels valued, understood, and accepted. As a result, he gets closer to his parents, openness and trust in communication increases.

Nowadays, the issue of effective communication with children is becoming relevant. Because the spread of digital technologies, the Internet and virtual forms of communication are leading to a decrease in the number of live, intimate conversations in the family. As a result, children often fail to express their feelings openly or do not notice that someone is genuinely listening to them. In this aspect, the reflexive listening methodology allows parents to establish a truly emotional connection with their children.

Psychological research shows that a parent's listening culture significantly increases a child's self-confidence, emotional stability, and social engagement. If a child is carefully listened to by his parents, he will learn to express his opinion freely, to control his emotions and also to understand the feelings of others. And this is an important factor in his future social adaptability and the formation of a healthy individual.

The introduction also covers the psychological and pedagogical aspects of reflective listening. This methodology is based on the theory of the "human-centered approach" put forward by K. Rogers. According to him, the principles of sincerity, empathy and unconditional acceptance are considered important in listening to a person. These principles are especially important in the parenting process, as the child often cannot fully explain his feelings, but the parent can also perceive his inner state from his tone, body language, and facial expressions. In this way, reflective listening is seen as an active form of psychological support, not just listening.

Currently, psychological training, family therapy and special classes on the development of reflective listening skills in the process of counseling are conducted. As a result, in many families, the quality of communication is improving, emotional bonds with children are strengthened, and mutual trust is restored in the family environment. Therefore, this methodology is recognized as one of the most effective approaches in modern family psychology.

BASIC SECTION

Emotional connection between parents and children is one of the most important pillars of human psychic life. The feelings of the child, the style of behavior, the

level of confidence, even the future personal relationship largely depend on the emotional environment within the family. In this context, the reflexive listening technique is not only a means of communication, but also a powerful psychological mechanism that ensures mental stability. Through it, a person understands the other more deeply, feels his inner feelings and begins to communicate on the basis of empathy.

◆ The Psychological Essence of Reflective Listening

Reflective listening is the process of the listener actively paying attention to the emotions, thoughts, and state of the interlocutor. This method involves understanding, reflecting and rephrasing, not just hearing. For example, if a child says, "The teacher at school today was unhappy with me," the parent, through reflective listening, will reply: "So that seems to have upset you, right?" Through these simple words, the parent recognizes the inner state of the child, accepts it. This instills confidence in the child that "they understand me."

The main elements of reflective listening are active listening, empathy, reflection, and nonverbal communication (eye contact, body language, tone of voice). When they work together, the child participating in the conversation feels valued, important, and heard. This method is so powerful that even a short intercourse can cause a child's mood swings.

Psychologist K. Rogers called reflective listening "the art of fully accepting a person." According to him, the listener should seek to understand the feelings behind the words, without judging the speaker, fully accepting him. This approach builds mutual trust, strengthens emotional intimacy, and fosters a positive communication culture.

◆ The role of parents in reflective listening

Parents often think that their children are listening, but in fact their attention often stops only in the external words. A child, on the other hand, communicates through emotions more than words, especially at a young age. Therefore, when parents learn reflexive listening, they begin to "hear" their child not only words, but also his feelings.

For example, if a child says, "I'm afraid of my teacher," a normal parent gives a limited response: "Don't be afraid, everything will be fine." And a parent who knows how to listen reflexively will say, "So it looks like he spoke to you a little harshly, so you feel uncomfortable." In this way, the child feels that their feelings are being recognized, which strengthens their mutual trust.

Reflective listening also helps parents foster a culture of positive communication with their children. By this method, they show patience, attention and sincerity in the process of listening to the child. As a result, the child grows up in an environment where he or she can listen and understand.

◆ The link between emotional communication and reflective listening

Emotional connection is an inner closeness formed between people through emotions. For such a connection to form, both parties need to be able to listen to each other, share and accept each other's feelings. In this respect, reflective listening is the foundation of emotional connection.

In the process of reflective listening, the child's senses are not only heard, but their value is recognized. This is important to the child because he or she feels that his or her feelings are "important." For example, when a child is crying, instead of saying, "Don't cry, it's not a small thing," saying "I understand you, this situation really hurt you" is an acknowledgment of the child's feelings. In this way, the child learns to express their senses in a healthy way instead of suppressing them.

Through emotional communication, the child feels loved, appreciated, understood. Such positive emotions increase his self-confidence, have a positive effect on his studies and communication with friends.

◆ Reflective Listening and Emotional Intelligence

The concept of emotional intelligence is becoming increasingly important in modern psychology. Emotional intelligence is a person's ability to perceive one's own and others' emotions, manage them and correctly express them in communication. Reflective listening, on the other hand, is the most important component of this intelligence.

Parents develop emotional intelligence in children by practicing reflective listening skills. For example, a child learns to correctly express his feelings, to understand the feelings of others. In this way, he will be shaped into a socially resilient, patient and empathetic person in the future.

Psychological research shows that children raised by their parents on the basis of reflective listening tend to be less aggressive, more tolerant, and more positively thinking. They can listen to others, be patient in exchanging opinions and express themselves correctly.

◆ Practical Practices and Results

Recent studies have found that reflective listening training significantly improves parents' communicative skills. During the trainings, parents learned the importance of tone of voice, body language, pauses and facial expressions when listening to their children. As a result, they are bred as individuals who pay more attention to their children, correctly understand emotions.

And in terms of children, reflective listening from parents reduced their stress, increased their self-esteem and increased social activity. In such families, children express their thoughts freely, do not need to hide their feelings.

The effectiveness of reflective listening is that it has a positive effect not only on the child, but also on the parent himself. Because open and sincere communication with the child provides psychological relief to the parent, reducing the level of stress. This process makes the family atmosphere calm, trusting and warm.

◆ Pedagogical and psychotherapeutic value

The technique of reflective listening is widely used not only in family life, but also in educational institutions, psychological counseling centers and in therapy processes. For teachers, this method can improve communication with students, helping to identify their emotional needs.

Reflective listening in psychotherapeutic processes helps to open up the inner world of the client, help them to become self-aware and feel emotional relief. Therefore, this method is successfully used in many areas of psychotherapy, in particular humanistic, cognitive, and family therapies.

◆ Harmony with national values

Uzbek family values have always been based on such concepts as kindness, respect and patience. Reflective listening, on the other hand, harmonizes these values with the modern psychological approach. Listening to the child, paying attention to him, appreciating his feelings — in fact, plays an important role in our national upbringing.

However, in today's fast-paced lifestyle, parents often do not have enough time to listen to the child. Therefore, it is important to teach them to listen reflectively through psychological enlightenment. It not only ensures family harmony but also preserves the mental health of the children.

Suggestions

1. Organization of psychological training for parents: Special seminars and trainings with the participation of psychologists should be held in order to teach reflective listening skills. In these trainings, parents will master the skills of listening, identifying feelings, reflecting and conducting positive communication.
2. Introduction of courses on "Culture of reflective communication" in educational institutions: School and college teachers should also know this method. Because the right communication with the reader has a powerful effect on his psychological stability and the process of self-awareness.
3. Expand the activities of family psychological counseling centers: Through psychological services that teach reflective listening, it is possible to reduce communication problems in families, overcome emotional coldness and restore confidence.
4. Strengthening educational work through the media: Increased educational programs about family communication, listening culture and empathy in TV, social networks and the press will increase emotional literacy in society.
5. Introduction of practical lessons in reflective listening for students studying psychology: This will give future specialists a deeper understanding of the human psyche, forming an effective approach to working with the psychology of parents and children.

Conclusion

The emotional connection between parents and children is the foundation of human life. Through this communication, the child becomes self-aware, learns to control emotions, builds healthy relationships with those around him. The technique of reflective listening plays a critical role in this process. Because it forms true human understanding not only by hearing words, but also by understanding, accepting, and reflecting emotions.

Reflective listening is a tool that creates a mental connection in the process of communication, not "I heard" but "I understood you." In this regard, it fosters peace, trust and mutual respect in the family environment. A parent's attentive listening to the child increases the child's self-esteem and teaches him to express himself freely. Such children grow up to be more open, kind, socially active and stable in relation to adults.

Psychological analyses show that parents who have mastered reflective listening are able to perceive their children's emotions faster, respond accordingly to their needs. As a result, emotional balance is restored in the family. This process reduces family conflicts and relieves stress and tension. Most importantly, the child grows up in an environment where he or she is loved and understood.

The effect of reflective listening is that it is a two-way process that enriches not only the child, but also the parent himself. The child learns to control his emotions, develops empathy and patience, listening to the child. In this way, family communication is based on mutual understanding and respect, rather than one-sided command and control.

Today, due to technological development, busyness, and lack of time, family conversations are cut short and emotional connection weakens. This will increase mental emptiness, insecurity and emotional isolation in children. Reflective listening, therefore, is a means of restoring human connections in modern society. This method teaches family members not to "learn to listen to each other" but to "feel each other."

A culture of reflective listening as an integral part of family psychology needs to be developed in every society. If each parent learns to truly listen to his child, it will become easier to create an atmosphere of love, trust and warmth in families. Thus, the reflexive listening technique is regarded as the surest way to achieve spiritual harmony in personal, family, and social life.

In this context, the ideas highlighted in the article need to be widely introduced not only at the level of psychological theory, but also in practical life. The happiness of every family, the happiness of the child—depends on the ability to listen to each other. To listen to a person is to show him the highest form of love.

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