



## Specific features of childhood

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### Abstract

*Childhood is one of the most important and sensitive periods of human life, during which the basic physical, emotional, cognitive, and social skills are formed. During infancy, rapid development takes place, laying the foundation for future learning, behavior, and health. In this article, the specific characteristics of infancy, the main laws of development, as well as the factors affecting the development of a child during this period are widely covered. The article analyzes sensory and motor skills, language development, emotional and social relationships, and highlights the crucial role of family and environmental influences during infancy. Recent behavior genetic studies are also reviewed, examining the covariance among common childhood psychopathological conditions and testing specific hypotheses regarding both common and broadband-specific underlying features of childhood psychopathology. These studies emphasize how genetic predispositions interact with environmental factors to shape developmental outcomes. Understanding the genetic and environmental contributions to early development is essential for identifying at-risk children and implementing early and effective interventions. Furthermore, emotional security, stable attachments, and stimulation-rich environments are shown to significantly influence the trajectory of child development. Proper understanding of the period of infancy and recognizing its critical importance is vital for promoting the child's future mental health, academic success, and overall well-being. Early efforts and interventions can have a lifelong impact.*

**Keywords:** *Infancy; sensory and motor development; language development; emotional relationships; social environment; family influence.*

### INTRODUCTION

Infancy covers the first two years of a person's life, and during this period, a child's development occurs at the highest rate. During this period, a child develops rapidly physically, emotionally, cognitively, and socially. A correct understanding of the infancy period and its importance is essential for the child's future development. This article extensively discusses the specific features of infancy, the basic laws of development, and the factors that influence the development of a child during this period.

### LITERATURE ANALYSIS AND METHODS

Psychologists who have observed the mental development of a child (L.S. Vygotsky, P.P. Blonsky, A. Vallon, J. Piaget, etc.) have determined that there are specific

(sensitive-favorable) periods of this maturation, which are directly related to the place occupied by the individual in the environment in which he lives (kindergarten, family), cognitive processes, specific characteristics, states, the level of growth of his personality and consciousness.

According to researchers, the development of the personality of a developing child, like the laws of nature and society, has its own laws. These laws are included in the subject of a special branch of psychology-child psychology. The field of ontogenetic psychology follows the methodological and phenomenological principle that the human psyche develops, improves and changes not only quantitatively, but also qualitatively. (Rhee et al., 2015) Lilienfeld (24) suggested that the disposition toward negative emotionality, or the

pervasive disposition to experience unpleasant affective states of many kinds, is a common underlying feature that increases the risk for both internalizing and externalizing disorders.

Just as each science has its own subject, child psychology also has its own area of investigation and research methods.

If general psychology is the science of the psyche and its manifestation, the laws of development, then the psychology of adolescence or ontogenesis is the science of the psychic development of people of different ages (sexes), their psychic characteristics, and their specific factors, criteria, and mechanisms. It also studies only the specific characteristics of people of a certain age. Therefore, ontogenesis psychology occupies a special place in social life, education and upbringing, in groups and communities, in production, and in family relations. The problem of the formation of the human personality and the development of cognitive processes cannot be rationally solved without taking into account the laws of the development of the psyche of the individual. Therefore, by the 21st century, the issue of the "human factor" has become a topical issue.

Ontogenesis psychology is a science that studies the laws and characteristics of the development of the human psyche and the stages of this development. It then focuses specifically on resilience capacity, an individual-level factor defined here as one's perception of their ability to successfully face future challenges, including perceptions of one's personal qualities, such as self-confidence, adaptability, and ability to withstand stress (Choi, Stein, Dunn, Koenen, & Smoller, 2019; Mancini & Bonanno, 2006). If resilience capacity were simply the direct inverse of psychological distress, data on psychological symptoms would be sufficient to understand the impact of maltreatment on adult capacity to respond to future stress. Whereas pretrauma distress may predict the development of psychopathology in the face of later adversity (Sayed, Iacoviello, & Charney, 2015).

The main task of ontogenesis psychology is to determine the laws of personality maturation and the characteristics of the interaction of mental activity, states and conditions that arise in people of different ages. as resilience capacity is expected to be able to change within a person, and is not an inherent, fixed trait. Resilience capacity is closely related to but distinct from the more process-focused construct of trauma coping self-efficacy (Benight et al., 2015). If resilience capacity were simply the direct inverse of psychological distress, data on psychological symptoms would be sufficient to understand the impact of maltreatment on adult capacity to respond to future stress (Nishimi et al., 2020). o in this case it focuses on one's perception of their ability to utilize coping strategies for stress-related demands. In contrast, resilience capacity refers more to one's own perception of successful adaptation to future adversity. Resilience capacity may be one of many factors that contribute to the process of resilience after adversity. Because resilience capacity can reduce the risk of negative outcomes after future adversity.

By solving this task, ontogenesis psychology achieves practical goals: it helps to improve educational work, increase the efficiency of material production, improve interethnic relations, correctly direct interpersonal communication, create a positive psychological environment in the community, reveal the secrets of longevity, strengthen family relationships, and prevent divorces. Since this is the case, it is impossible to solve the above tasks without taking into account the age and sexual characteristics of a person during different periods of maturation. Ontogenesis is one of the methods widely used in psychology. With its help, the psychological characteristics of people of different ages, their attitudes towards things and events are studied.

The questionnaire is usually compiled in three forms. The first type consists of questions designed to identify perceived motives. In the second, several ready-made answers to each question are given. In the third type of questionnaire, it is recommended that the examinee evaluate the correct

answers written with points. The questionnaire is used to determine the abilities of people of different ages, their interests and abilities in a particular field, their attitudes towards themselves, their peers, and their elders and younger ones. The distributed questionnaires are collected and calculated on electronic computers, a detailed quantitative analysis is carried out, and then the research is finalized and conclusions are drawn in a scientific and practical way. The questionnaire method allows you to collect rich material for studying the human psyche. However, the information obtained in it is not always objective. To avoid this drawback, it is advisable to carefully develop the questions that perform the control function in the questionnaire. Typically, questionnaire questions are answered in full or briefly written as "yes" or "no"; they are marked with conditional symbols: (+) indicates confirmation, (-) indicates denial; only one of several answers given in a row is selected and underlined or the serial number is circled.

## RESEARCH RESULTS

Infancy covers the first two years of a child's life and the following key features are observed during this period:

1. Sensory and motor development: During infancy, a child's sensory (sensation) and motor (movement) abilities develop rapidly. For example, in the first months, the child becomes sensitive to sounds, light, and touch. At 6-9 months, the child begins to sit, crawl, and take his first steps. The development of the child's motor skills during this period helps him to explore his environment.
2. Language development: During infancy, the child's language development begins. In the first months, the child expresses his needs by making sounds. At 12-18 months, the child begins to say his first words. Language development plays an important role in shaping the child's social relationships.
3. Emotional and social relationships: During infancy, the child establishes emotional bonds with the people around him, especially the mother and family members.

The child's emotional development during this period lays the foundation for his future social relationships. For example, a child's attachment to his mother forms his sense of security.

4. Cognitive development: During infancy, a child's cognitive (perception) abilities develop. According to J. Piaget's theory, during this period, the child is in the sensorimotor stage and learns the environment through sensations and movements. For example, a child learns their properties by playing with toys.

Family-Functioning scale was used to survey dimensions of the childhood family environment. Each of the 15 factorial-determined scales of this questionnaire comprises five items. Scores on each scale can range from 5 to 20; high scores signify a strong presence of the given family characteristic (Kench & Irwin, 2000). There are different factorial aspects of the family environment, which are respectively labeled Cohesion, Expressiveness, Conflict, Family Idealization, Democratic Family Style, Detachment, Family Friendliness, Intellectual-Cultural Orientation, Active-Recreational Orientation, External Locus of Control, Attachment, Organization, Permissive Family Style, Religious Orientation, and Authoritarian Family Style.

The following factors affect a child's development during infancy:

1. The influence of family and environment: The role of the family, especially the mother, is important in the development of a child during infancy. The child's emotional attachment to the mother forms his sense of security and influences his future social relationships. In addition, a positive environment in the family helps the child's emotional and cognitive development.
2. Social environment: During infancy, a child's relationship with the social environment affects his development. For example, a child's relationship with family members, relatives, and people close to him helps to form his social skills.
3. Genetic factors: A child's genetically inherited characteristics influence their development. For example, a child's motor skills, language development, and

cognitive abilities may be related to genetic factors.

4. External conditions: A child's development during infancy is influenced by external conditions, such as health conditions, nutrition, sleep patterns, and other factors. For example, proper nutrition helps a child's physical and mental development.

The following factors influence a child's development during infancy:

1. Family and environmental influences: The role of the family, especially the mother, is important in a child's development during infancy. The child's emotional connection with the mother (attachment) forms his sense of security and influences his future social relationships. In addition, a positive environment in the family helps the child's emotional and cognitive development.
2. Social environment: A child's interaction with the social environment during infancy influences his development. For example, a child's interaction with family members, relatives, and people close to him helps to form his social skills.
3. Genetic factors: A child's genetically inherited characteristics influence his development. For example, a child's motor skills, language development, and cognitive abilities may be related to genetic factors.
4. External conditions: A child's development during infancy is influenced by external conditions, such as health conditions, nutrition, sleep patterns, and other factors. For example, proper nutrition helps a child's physical and mental development.

These findings indicate that childhood and adolescence are key periods of personality development, and offer a rough sketch of what this development looks like. A more complete picture, however, will require additional work. Studies that begin in the first decade of life (where personality research has been less common), examine development year by year (to capture rapid and curvilinear developmental trends), and continue into adulthood (to further clarify differences between youth vs. adult development) will be especially valuable (Soto & Tackett, 2016).

## DISCUSSION

Foreign psychologists consider tests as a means of determining the level of a person's talent. However, the test is not considered a psychological criterion of the phenomena being examined. As is known, the search for a solution to a problem is carried out using various psychological tools. Foreign testologists constantly change the objects of research and try to study abilities, thinking, knowledge, endurance, skills and qualifications in a variety of ways. They do not take into account the emotional state and mental experiences of the test takers related to their health during the test. but if resilience capacity were simply the direct inverse of psychological distress, data on psychological symptoms would be sufficient to understand the impact of maltreatment on adults' capacity to respond to future distress (Arola et al., 2017). The test used by psychologist K.M. Gurevich, V.A. Krutesky and others are based on a fundamentally different principle. They tried to make the tests an indicator of thinking and achieved certain successes. They also use tests, guided by the rule that it is impossible to shed light on the essence of abilities without knowing the qualitative characteristics of the thinking process.

Among the rare tests of our time, we can include examples of the work of psychologists G. Rorschach, S. Rosensweig, R. Cattell, D. Wexler, G. Mayley, G. Eysenck, A. Anastasi, D. Raven, G. Murray, R. Amtscher, M. Rokich, D. Rotter, M. Lüscher, D. Guilford and others. The most common tests include achievement (goal attainment) tests (they are given in textbooks and are aimed at assessing the level of knowledge and skills), intelligence tests (intended to measure the level of mental development), personality tests (consisting of diagnostic methods aimed at assessing a person's will, emotions, interests, motivation and behavior), personality "project" (projective) tests (one specific answer to the questions is required, and the answers are analyzed to develop a "project" of the personality trait).

In ontogenetic psychology, the sociometric method of research is a method of measuring

interpersonal relationships in small groups adapted to the conditions. In this method, the subjects are asked direct questions and, by answering them sequentially, the process of selecting group members is created. The characteristics and dynamics of relationships between preschool educational institutions, school classes, student relationships, vacation spots, higher education institutions, labor collectives and employees of various institutions, the causes of interpersonal conflicts are studied using this method. Various needs, motives, interests, aspirations, actions, etc. are coordinated and systematized according to a certain procedure and rule, and information is obtained about their socio-psychological and general psychological roots. At the same time, the clear, precise point of view of individuals in groups, groupism, prejudice, contradictions, emotional tension, group cohesion, compatibility, motives of relationships, the structure of the ground and magic of communication between the sexes are revealed with this key.

In general, the sociometric method can be used effectively in studying psychological patterns in groups of people of different ages, of different sexes, and of different levels. In general, sociometric methods can be used effectively in studying psychological patterns in groups of people of different ages, different genders, and different levels. Adolescent personality traits also show strong associations with psychopathology and health. For example, adolescents who are low in agreeableness, low in conscientiousness, and high in neuroticism show higher levels of externalizing psychopathology (characterized by antisocial, aggressive, and rule-breaking behavior), whereas adolescents who are low in extroversion and high in neuroticism show higher levels of internalizing psychopathology. In addition, children who have little experience with academic language outside of school can benefit from explicit and direct academic language instruction in school, especially in the early years. Explicit instruction includes helping children identify when academic language is used, when it is valued, and how to develop it in reading,

writing, and speaking (Matricardi et al., 2019).

## CONCLUSION

Infancy is one of the most important and sensitive periods of human life, during which basic physical, emotional, cognitive and social skills are formed. During this period, the child's sensory and motor skills, language development, emotional and social relationships develop rapidly. A correct understanding of the infancy period and its importance is important for the child's future development. The family, social environment, genetic factors and external conditions have a great influence on the development of the child during infancy. Therefore, the correct approach to the child during this period and support for his development is the main task of every parent and educator.

In addition, the high sensitivity of the criteria in adults together with the low proportion of children meeting the criteria suggests other factors that may contribute to the low sensitivity. One possibility is that the criteria rely too heavily on evidence of glandular dysfunction, which takes time to develop and is therefore less apparent during childhood (Basiaga et al., 2021). This view of early adolescence is reminiscent of the popular conception of the period as one of storm and stress (Berndt, 1982).

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