

PSYCHOLOGICAL FACTORS OF THE FORMATION OF EMOTIONAL-EMPATHIC ABILITIES IN ADOLESCENTS

Saidmuradova Sitora Nabijonovna

Independent researcher of Qarshi state university

Introduction

In today's era of globalization and digitalization, mutual respect, tolerance, and social cohesion are considered important factors for social stability. Particularly during adolescence, the emotional development of personality, integration into social relations, and communication with peers become more intensive. From this perspective, empathy – the ability to understand, share, and respond to the feelings of others – plays a crucial role in the personal development of adolescents. Research (Hoffman, 2000; Davis, 1994) has confirmed that empathy is a key psychological indicator that enhances socialization and the effectiveness of interpersonal communication. This article analyzes the psychological factors influencing the development of emotional-empathic abilities in adolescents.

Methods

The following methods were applied in preparing the article:

Theoretical analysis – a review of scientific literature on empathy, emotional intelligence, and personality development.

Questionnaires – the empathy tests of Mehrabian and Davis were used to assess the emotional sensitivity of adolescents.

Observation – empathic skills of adolescents were observed in classroom and informal communication settings.

Statistical analysis – collected data were summarized using percentages and mean indicators.

Results

The conducted analysis revealed the following findings:

1. Adolescence (12–16 years) is the most active stage in the development of empathy, with a noticeable increase at the age of 14–15.
2. Family environment – adolescents from families characterized by warmth, trust, and support showed higher levels of empathy.
3. School and peer group – collective activities, cooperation, and teachers' positive attitudes promoted the growth of empathy.
4. Psychological factors – self-awareness, emotional regulation, and positive self-esteem play a decisive role in the development of empathy.

Discussion

Adolescence is a transitional stage to psychological maturity in which empathy develops as an integral part of social growth. The findings show that adolescents' empathy development depends on a set of psychological and social factors: family environment, school climate, quality of peer interaction, and individual personality traits. These results are consistent with the views of Hoffman (2000) and Davis (1994), confirming that empathy is an essential quality for the future social adaptation of adolescents.

Conclusion

The development of emotional-empathic abilities in adolescents is a complex psychological process directly influenced by family upbringing, school environment, and personal factors. To promote empathy development, it is advisable to:

- strengthen the atmosphere of care and compassion in the family;
- organize group activities and role-playing in schools;
- conduct psychological training and exercises aimed at developing emotional intelligence among adolescents.

References

1. Hoffman, M. L. (2000). *Empathy and Moral Development: Implications for Caring and Justice*. Cambridge University Press.
2. Davis, M. H. (1994). *Empathy: A Social Psychological Approach*. Westview Press.
3. Mehrabian, A., & Epstein, N. (1972). A measure of emotional empathy. *Journal of Personality*, 40(4), 525–543.
4. Petrovsky, V. A. (2005). *Psychology of Personality*. Moscow: Academia.
5. Presidential decrees and resolutions of the Republic of Uzbekistan on supporting youth policy.