



The Importance Of Emotional Communication With Adults In Childhood Development And The Negative Consequences Of Emotional Deprivation

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Annotation: This article explores the role of adults, especially the mother, in the formation of a child's psyche during infancy, as well as the importance of emotional communication and the negative effects of its deficiency (emotional deprivation) on a child's mental health. The issue is also analyzed based on the scientific views and research findings of psychologists.

Keywords: infancy, psychological development, emotional communication, emotional deprivation, attachment theory, maternal care, child psychology, love and affection, social development, Bowlby's theory, Spitz's studies, early childhood.

Introduction. Infancy is the period when a child turns from a defenseless, inactive, and unresponsive child into a very rapidly developing, active, fast-moving, mobile, and cheerful child. The first year of a baby's life is called infancy. The presence of unparalleled opportunities to acquire human behavior and new experiences is one of the main characteristics of children in infancy. Early infancy is the period when a child turns from a defenseless, inactive, and unresponsive child into a very rapidly developing, active, fast-moving, mobile, and cheerful child. A child in infancy develops very quickly, both physically, mentally, and socially. In a short time, he establishes relationships with adults, learns to grasp and use objects.

Main part. During infancy (0-1 year), a child's psychological development is shaped primarily by the emotional connection established with their caregiver - their mother or primary caregiver. During infancy (0-1 year), a child's psychological development is shaped primarily by the emotional connection established with their caregiver - their mother or primary caregiver. This



connection is beneficial for both the mother and the child. Its beneficial aspects include the following:

- **Forms a sense of security - the child feels protected and important.**
- **Serves as a basis for social relationships - later the child develops qualities such as communication and trust.**
- **Stimulates cognitive development - through communication with adults, the child activates the language, thinking, memory and sensory systems.**
- **Creates emotional stability - the child learns to manage his emotions.**

In infancy, a child's life depends on his emotional relationship with adults. This directly affects the child's well-being. Starting from 4-5 months, the child begins to distinguish his parents and other family members from strangers. Emotional relationships are the main leading activity of children in infancy and are the basis of the child's psychological development. The habit of adults constantly being with the child and paying attention to him can lead to a decrease in his interest in toys.

According to psychologist John Bowlby's "attachment theory," the emotional bond a baby forms with its mother influences its social and mental health throughout its life. Situations such as insufficient interaction with the baby, neglect, and lack of affection can lead to deprivation in the child.

Results and Discussion. Deprivation (Latin: *deprivatio* - deprivation, loss) is a psychological concept that describes the state of deprivation of an individual's important psychological or social needs. In psychology, this term is usually used to describe the state of a person or child who is deprived of factors such as affection, attention, freedom, and social contact. This condition has a negative impact on mental and physical development.

In psychology, there are the following main types of deprivation:

1. Sensory deprivation - not receiving enough information through the senses (for example, staying in a dark, quiet environment for a long time).
2. Emotional deprivation - lack of affection, care, warm relationship (often found in infants and children).
3. Social deprivation - limited opportunities to communicate with people (for example, isolation or loneliness).
4. Cultural deprivation - lack of opportunities to gain knowledge, get acquainted with cultural values.



Deprivation, especially emotional deprivation, poses a great threat to the healthy psychological development of a child. Meeting a child's emotional needs in a timely manner and maintaining constant, warm, and stable communication with him is one of the most important factors in raising a healthy personality. Therefore, among these types of deprivation, we will consider emotional deprivation.

Emotional deprivation is a condition in which a child or individual's emotional needs, such as love, affection, warmth, and emotional connection, are not met. This condition has negative consequences, especially during infancy and childhood.

The main causes of emotional deprivation:

- **Absence of a mother or caregiver**
- **Cold upbringing or neglect**
- **Growing up in orphanages and institutions**
- **Psychological neglect**
- **Violence or strict discipline-based upbringing**

Emotional deprivation in infancy leads to the following negative consequences:

- **Slow development of language and speech**
- **Emotional instability (crying, aggressiveness, shyness)**
- **Difficulty in social adaptation**
- **Low self-esteem, lack of confidence**
- **Depressive states, anxiety, feelings of loneliness**
- **Growth retardation (Spitz syndrome)**
- **Loss of appetite**
- **The baby cries often, has difficulty calming down**
- **Weakening of thinking and memory**

Conclusion. Infancy is one of the most important and delicate stages in human life. During this period, the child's psychological, emotional and social development largely depends on the love, attention and emotional communication of adults, especially the mother. Research shows that a warm relationship between the baby and the mother forms a sense of security, trust and interest in social activities in the child. On the contrary, if the child is deprived of emotional contact and affection, that is, if he experiences emotional deprivation, this has a negative impact on his psychological development. Such children develop problems such as delayed speech and thinking development,



social isolation, instability, anxiety, aggression or lack of self-confidence. The results of emotional deprivation are not only in infancy, but also become a factor determining the child's personality and place in society as he grows up. Therefore, providing the child with love, constant attention, emotional closeness and a safe environment during infancy is the most important condition for healthy psychological development. The cooperation, awareness and responsibility of parents, educators and professionals in this matter are invaluable. The emotional support provided in infancy is the key to a child's internal stability, success in social relationships and mental health at all stages of his life.

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