***МРНТИ 15.41.21*** *https://doi.org/10.51889/2022-2.1728-7847.40*

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## RESEARCH CONCERNING THE INFLUENCE OF PARENT-CHILD RELATIONSHIP ON THE SELF-INJURIOUS BEHAVIOUR OF MINORS IN THE PANDEMIC PERIOD

*Abstract*

The article studies the relationship between self-injurious behaviour in minors and the characteristics of parent-child relationships during a pandemic. Online research in collaboration with the Department of Education of the Almaty Region involved 1164 persons. This research as conducted through psycho-diagnostic study –

«Resource» system for diagnosing children mental state, registered with the Department of Intellectual Property Rights (copyright certificate No. 2174, 28/09/2017). Methodology used: (I) test questionnaire for measuring parental attitudes and reactions (PARY E. Schaefer), (II) a questionnaire of aggressiveness (A.Bass and A.Darky), (III)Taylor manifest anxiety scale (adaptation of T.A.Nemchinov); (IV) method of studying personal predisposition to conflict behavior (K.N.Thomas test).

The outcomes of this research showed that the perception of children of parental educational strategies as patronising, over-controlling ones, concentration on their own experiences, the lack of trusting relationships with family members are the main prerequisites for self-injurious behaviour of minors.

***Keywords:*** self-injurious behaviour, «risk group», program, minors, parenting style, anxiety, hostility, aggressiveness, pandemic.

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## ИССЛЕДОВАНИЕ ВЛИЯНИЯ ОТНОШЕНИЙ РОДИТЕЛЕЙ И РЕБЕНКА НА АГРЕССИВНОЕ ПОВЕДЕНИЕ НЕСОВЕРШЕННОЛЕТНИХ В ПЕРИОД ПАНДЕМИИ

*Аннотация*

В статье исследуется связь между самоагрессивным поведением несовершеннолетних и особенностями детско-родительских отношений в период пандемии. В онлайн-исследовании совместно с Департаментом образования Алматинской области приняли участие 1164 человека. Данное исследование проведено посредством психодиагностического исследования – системы диагностики психического состояния детей «Ресурс», зарегистрированной в Департаменте по правам интеллектуальной собствен- ности (авторское свидетельство № 2174 от 28.09.2017). Используемая методика: (I) тест-опросник для измерения родительских установок и реакций (PARY E.Schaefer), (II) опросник агрессивности (A.Bass и A.Darky), (III) шкала манифестной тревожности Тейлора (адаптация Т.А.); (IV) метод изучения личностной предрасположенности к конфликтному поведению (тест К.Н. Томаса).

Результаты данного исследования показали, что восприятие детьми родительских воспитательных стратегий как покровительственных, сверхконтролирующих, концентрация на собственных переживаниях, отсутствие доверительных отношений с членами семьи являются основными предпосылками самоагрессивного поведения несовершеннолетних.

***Ключевые слова:*** самоагрессивное поведение, «группа риска», программа, несовершеннолетние, стиль воспитания, тревожность, враждебность, агрессивность, пандемия.

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## КӘМЕЛЕТКЕ ТОЛМАҒАН ЖАСӚСПІРІМДЕРДІҢ АГРЕССИВТІ МІНЕЗ-ҚҦЛЫҒЫНА ӘСЕР ЕТКЕН АТА-АНА МЕН БАЛА ҚАРЫМ-ҚАТЫНАСЫН ПАНДЕМИЯ КЕЗІНДЕ ЗЕРТТЕУ

*Аңдатпа*

Мақалада кҽмелетке толмаған жасҿпірімдердің ҿз-ҿзіне зиян келтіру ҽрекеттері мен пандемия кезіндегі ата-ана мен бала арасындағы қарым-қатынастың ерекшеліктері зерттеледі. Алматы облысының білім басқармасымен бірлесіп жҥргізілген онлайн зерттеуге 1164 адам қатысты. Бҧл зерттеу психодиагностикалық зерттеу – балалардың психикалық жай-кҥйін диагностикалаудың «Ресурс» жҥйесі арқылы Зияткерлік меншік қҧқықтарын қорғау департаментінде тіркелген (авторлық куҽлік № 2174, 28.09.2017) арқылы жҥргізілген. Қолданылатын ҽдістеме: (I) ата-аналардың қарым-қатынасы мен реакциясын ҿлшеуге арналған тест сауалнамасы (PARY E. Schaefer), (II) агрессивтілік сауалнамасы (А.Басс жҽне А.Дарки), (III) Тейлор манифесттік мазасыздық шкаласы (Танемчиновтың бейімделуі)); (IV) жанжал мінез-қҧлқына жеке бейімділікті зерттеу ҽдісі (К.Н.Томас сынағы).

Бҧл зерттеудің нҽтижелері ата-ананың тҽрбиелік стратегиясын балаларды қамқоршы, шектен тыс бақылаушы ретінде қабылдауы, ҿз тҽжірибесіне шоғырлануы, отбасы мҥшелерімен сенімді қарым- қатынастың болмауы кҽмелетке толмағандардың ҿзіне зиян келтіретін мінез-қҧлқының негізгі алғышарттары болып табылатынын кҿрсетті.

***Түйін сөздер****:* аутоагрессивті мінез-қҧлық, «тҽуекел тобы», бағдарлама, кҽмелетке толмағандар, ата- аналық стиль, алаңдаушылық, дҧшпандық, агрессивтілік, пандемия.

The whole world suffers the consequences of COVID-19. The conditions of the pandemic affected the life of the majority of the world's population, all countries found themselves in a lockdown, which led to escalation of family conflicts and to an increase in cases of self-injurious behaviour of minors. Just in our country, according to the Investigation Department of the Ministry of Internal Affairs of the Republic of Kazakhstan, during the period from quarantine, compared to the same period in 2019, the number of suicide cases among minors increased by 41.7%.

Parent-child relationships are a cultural-historical phenomenon, a socially changeable scene that is influenced by social norms and values. The family, as the basis of society and the state, enjoys all-round support in Kazakhstan. Nevertheless, today’s teenager often needs additional help, as they feel moral coercion of external circumstances - difficult parent-child relationships, the conditions of the coronavirus pandemic, bullying, cyberbullying, involvement in various kinds of religious and openly extremist organisations. The goals of these organisations are often contrary to the principles of full-fledged development, protection of life and health of future citizens accepted in the Republic of Kazakhstan. By instilling and cultivating ideas about the meaninglessness of life among children, they provoke and push children into self-injurious behaviour. Due to insufficient knowledge of adult family members about the children psycho-age characteristics, minors in difficult life situations do not receive the required help from their parents (guardians) that do not have pedagogical skills, and in this regard are often befuddled.

Currently, the family research is being a central subject of special study in various social sciences. Foreign and domestic researchers: V.N. Bushin, A.Ya. Varga, A.A. Bodalev, V.V. Stolin, D. Baumrind, S.M. Dzhakupov,

M.P. Kabakova [1-5] and others consider the psychological aspects of the influence of family relationships styles on the formation of children personality.

Styles of family relationships are divided into permissive, authoritarian, democratic overprotective. A wide range of studies shows that parental love is necessary for the self-esteem of a growing child, their good relationships with other people, and a positive image of oneselves. At the same time, its absence leads to nervous and mental disorders, signs of self-injurious behaviour [6].

**Self-injurious behaviour (further “SB”)** is one of the types of deviant behaviour, that can lead to the physical or mental self-destruction of the individual. This behaviour manifests itself at the cognitive, emotional and behavioural levels. According to modern psychologists, SB can act as a protective mechanism that fenders off a teenager from difficulties and problems. As a rule, SB manifests itself in two cases:

1. Deliberately, when a teenager does not see the purpose of life, has no goals, gives up, prepares for suicide, deliberately uses various methods of self-destruction, especially if there are family members who have had COVID 19;
2. Unintentionally, to attract due attention to oneself from the community, while they do not think that they may not have «tomorrow». Basically, demonstrative personalities try to get attention [7]. Such a character accentuation is characteristic of minors, in case they want to assert themselves, realise their potential or punish someone (most commonly *–* their parents (guardians)). But often these demonstrations lead to suicides, both complete and incomplete.

Therefore, the next stage of our work is an empirical study of the influence of parent-child relationships on the self-injurious behaviour of minors in a pandemic.

### Objectives and general pattern of the research

**Purpose**: to study the influence of parenting style on the predisposition to self-injurious behaviour of minors in a pandemic.

**Hypothesis**: Parenting style influences the teenager’s predisposition to self-injurious behaviour.

### General research pattern.

Our pilot study consists of three phases:

1. Collecting primary information using psychological methods: conversation, observation, testing using psychological methods:
* «Resource» system for diagnosing the psychological state of children;
* test-questionnaire for measuring parental attitudes and reactions (PARY E. Schaefer),
* test -questionnaire of aggressiveness (A. Bass and A. Darky),
* Taylor manifest anxiety scale (adaptation of T.A. Nemchinov);
* methodology for studying personal predisposition to conflict behaviour (K.N. Thomas test).
1. Qualitative and quantitative processing of data obtained as well as preliminary interpretation of the results. At this stage, the following **methods of mathematical processing** were used: S-test of the Jonkir tendencies, designated to identify the changes tendency in the level of the studied indicator when moving from sample to sample, the H-Kruskal-Wallis test for assessing differences in the levels of the studied indicator simultaneously between several samples to establish that the level of indicator significantly changes when moving from group to group, the Spearman rank correlation method - rs, designed to determine the strength and direction of the correlation between the two indicators [7-13].
2. Analysis and synthesis of all data and final conclusions formulation.

### Characteristics of persons under test

The study involved 1164 people in total, including: 912 students of grades 7-11 in schools in Tekeli city, Almaty region at the age of 11-18 and 252 adults, mothers of minors. All events were held online.

Initially, the automated «Resource» system for diagnosing the psychological state of children was used to identify minors from the «high risk zone» according to 1 test «Assessment of the relationship between a teenager and their family» (Rogov E.I., adapted by A.A. Davletova). The results analysis showed that 252 students out of 912 ones were identified for further work. In order to diagnose parental attitudes towards the process of raising children, the parents (mothers) of minors from the «high-risk zone» were tested. The women were offered a method for measuring parental attitudes and reactions (PARY).

A total of 252 women were tested, according to the test results they included the following cases: 39 persons demonstrated the presence of attitudes towards the guardian style of upbringing; 30 - towards a democratic style of relationships; 33 - towards a liberal one; 42 people were authoritarian and 108 people did not have any particular style (mixed type of upbringing).

In order to conduct an experimental study, the equal groups only required, so only the women who scored the highest scores in the PARY test for the factors: «Hyper-care» (30 people), «Dictate» (30 people), «Democracy» and «Connivance» (also for 30 people) were selected.

Following the parents testing, a WhatsApp video call was held to determine whether the test results corresponded to real behaviour and purposed to establish the presence or absence of problems in the relationship between parents and children in a pandemic. Thus, we got a unique opportunity to study the influence of parenting style on the SB of minors. Further, 4 experimental samples were formed, consisting of teenagers 13-15 years old. One sample included 30 teenagers from families with a democratic style of relationships. This group has been assigned the symbol «D». The second sample included 30 teenagers from families with a hyperprotective parenting style. This group has been assigned the symbol «H». The third sample included 30 adolescents from

families with a liberal style. This group has been assigned the symbol «L». Sample 4 included 30 adolescents from families with an authoritarian style. Symbol «A».

### Description of experimental procedure

The main tool was the automated program - «Resource» system for diagnosing the psychological state of children in the Kazakh and Russian languages, authors - Perlenbetov M.A., Davletova A.A. and Yessimbekova

A.K. Psychological tests used in this program:

1. Assessment of the relationship of the teenager with the family (Rogov E.I., adapted by Davletova A.A.);
2. Methodology for diagnosing the level of subjective loneliness (D. Russell and M. Ferguson);
3. Motivation for success and fear of failure (Questionnaire of Rean A.A.);
4. «Way out of difficult circumstances» (translation and adaptation of the Russian version by Vodopyanova N.E.).

**Objectives**: Psychodiagnostics to identify the mental state of minors in a pandemic; early detection of various forms of family trouble; prevention of SB in minors; Implementation of the primary collection and subsequent processing of information to take psychocorrectional measures and perform individual work with minors and their families.

The main advantage of this program is that the student can answer the questions during 25-40 minutes provided, and the system automatically calculates the results by which the mental state of the student can be identified and their family psychological portrait can be compiled using these results. When answering questions for each test, the program calculates the results and differentiates them by 3 colours:

* green color - mental norm;
* yellow is a «latent risk zone», a teenager and a family need psychosocial support;
* red color - «high risk zone», urgent psychosocial assistance to a teenager and a family is required;

As a result, the state of a teenager is determined by the answers to programmed psychological tests, which were highly appreciated by Kazakhstani and foreign experts, teachers, parents and students themselves. After identifying the risk group, in order to achieve the research goal and solve the assigned tasks, we chose the following methods:

1. Methodology for measuring parental attitudes and reactions of E. Schaefer (PARY). The purpose of the PARY questionnaire is to study the most common features of parenting techniques. It contains 23 scales, each of the scales has 5 questions. There are scales related to each other. Out of these scales, we selected those that are combined into factors of interest to us: «Hyper-care», «Democracy», «Dictate», «Connivance».
2. Bass-Darki questionnaire. This test is designed to study the aggression level and differentiate the signs of aggression and hostility.
3. Scale of anxiety signs by J. Taylor (adaptation by T.A. Nemchinov).
4. Methods for diagnosing the behaviour tactics in a conflict situation. Purpose: Determination of the behaviour style, the study of personal predisposition to conflict behaviour.

### Handling and analysis of experimental results

At the first experiment stage, the automated «Resource» system for diagnosing the psychological state of children was used, which allowed to identify 252 minors included in the "risk group" for further work out of 912 students.

Next, parents were interviewed and tested (PARY questionnaire) to determine the dominant parenting style and find out if their family members were sick with coronavirus.

At the second experiment stage, the present level of aggression and hostility, the level of anxiety and teenagers’ behaviour tactics in conflict situations in a pandemic were diagnosed. All initial data was processed in accordance with the developers’ recommendations.

**The Bass-Darki questionnaire data processing**. In the Bass-Darki questionnaire, we received 8 initial scales, based of which 2 main factors were identified:

1. **Index of aggressiveness.** This includes indicators of the scales - «Physical aggression», «Irritation» and

«Verbal aggression».

1. **Index of hostility.** This factor includes scales - «Offense» and «Suspicion».

In the future, we operated precisely with these indices. The obtained indicators are presented in table 1. Table 1. Indicators of aggression and hostility in four samples

|  |  |  |
| --- | --- | --- |
|  | aggression level | hostility level |
| No.. | D | H | L | А | D | H | L | А |
| Average | 11,9 | 16,3 | 19,8 | 25,5 | 5,6 | 6,4 | 6,9 | 11,7 |

According to the average estimates in Table 1, it can be determined that the level of aggression and hostility in adolescents of groups D, H and L is within the normal range.

In group A teenagers, the aggression and hostility indicators exceed the normative ones.

It can also be noted that the aggression and hostility level increases from sample to sample: the lowest level indices in teenagers in D group, followed by adolescents in group H, slightly higher indices in group L, and the highest indices of aggression and hostility show teenagers in group A. To make sure that the differences in aggression and hostility levels between the persons of the four samples are not accidental, we applied the mathematical processing methods to the data obtained.

1. To identify the tendency of changes in the level of aggression and hostility when moving from sample to sample, we used the **S-score of Jonckheere trend test**. Let us formulate experimental hypotheses

**Н0:** The upward trend in aggression and hostility level from sample to sample is random.

**Н1:** The upward trend in aggression and hostility level from sample to sample is not random.

Let's calculate S emp. separately for the tendency of the aggression level and separately for the hostility level. S-score for aggression:

S emp.= 438

138 p < 0,05 S emp. > S sc.0,01

S sc.=

195 p<0,01

S-score for hostility:

S emp.= 282

138 p<0,05 S emp. > S кр.0,01

S sc.=

195p <0,01

As we can see, the empirical values of the S-score for both aggression and hostility significantly exceed the critical value (at the confidence level of 0.01). It follows from this that the null hypothesis **Н0** about the randomness of changes in the studied features when moving from sample to sample is rejected. We accepted the hypothesis **Н1** stated that the tendency of an increase in the level of aggression and hostility when moving from sample to sample is not accidental.

The least aggressive are minors living in families with democratic relations, the most aggressive and hostile teenagers are those suppressed by the authoritarianism of their parents. Thus, we can conclude that aggression and hostility in teenagers increases with the transition from a democratic to an authoritarian parenting style, and such increase in anger is expectable, since it can be considered as a protest against parental dictate, intensified in a pandemic.

### Taylor manifest anxiety scale data processing.

According to the scale of J. Taylor, we received a single indicator characterising the general anxiety level.

These data are shown in Table 2.

Table 2. Anxiety level of the participants of four samples

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| No. | D | H | L | А |
| Average | 15,9 | 31,6 | 17,1 | 17 |

Based on the average scores in the table, the most disturbing teenagers are those from group D, whose parents hold to an overprotective parenting strategy. It is likely that the parents tend to be overly anxious, perhaps due to health problems, that is reflected on their children.

The most balanced and calm adolescents were those from group D, their parents respond to failures in adequate way, therefore they do not transfer excessive anxiety to their children. The conversation showed that no one in these families was sick with coronavirus. The second place in terms of anxiety is taken by adolescents from families with liberal parenting strategy. The third place is taken by teenagers from families with an authoritarian parenting style. It should be noted that members of these families have been ill with COVID 19.

In general, the average group indicators of anxiety in teenagers of groups D, L and A are within the zone of average anxiety with a tendency to increase. Average group assessments of adolescents in group D indicate a high

anxiety level. To assess the differences in anxiety levels simultaneously in four groups of teenagers, we used the **Kruskal-Wallis H-test**. It gives possibility to find out that the criterion level changes reliably when moving from group to group.

Let us formulate hypotheses:

**Н0**: Between groups D, H, L and A, there are only random differences in the anxiety level. **Н1**: There are non-random differences in the level of anxiety between groups D, H, L and A. Н emp.= 11,498

Н sc.= 7,815 p<0,05 Н emp. > Нsc.0,01 11,345 p<0,01

As we can see, the empirical value of the H-criterion exceeds the critical value (at a confidence level of 0.01). Consequently, the null hypothesis **Н0** concerning the randomness of differences in anxiety level when moving from sample to sample is rejected. We accepted the hypothesis **Н1** stated that the differences between the groups in terms of anxiety level are not accidental, that is, 4 groups of participants significantly differ in terms of anxiety level.

**3. Thomas test data handling.** The results of K. Thomas test are represented and analysed for each sample separately. 1. Sample H (attitude towards parenting style - «Hyperprotection»)

Table 3. Hyperprotection.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| No. | Competition | Cooperation | Compromise | Avoidance | Adaptation |
| Average | 4 | 5,1 | 6,7 | 5,8 | 8 |

As we can see from the table, the minors from families with a hyper-protective upbringing style prefer to adapt rather than defend their rights. Compromise, collision avoidance, cooperation and competition are next in terms of preference. Most likely, the parents of the teenagers of this group infuse to their children absolute obedience and adherence to the rules adopted in the family, which leads to adaptation, lack of initiative and suppresses natural aggression in teenagers.

1. Sample A (attitude towards parenting style - «Authoritarianism»)

Table 4. Authoritarianism

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| No. | Competition | Cooperation | Compromise | Avoidance | Adaptation |
| Average | 8,7 | 5,2 | 6 | 5,3 | 4,1 |

As we can see from the table, the teenagers from families with an authoritarian upbringing style prefer competing patterns of behaviour, which often give rise to conflicts with others. Further, adolescents from this group prefer compromise conflicts resolution, followed by avoidance and cooperation. The adaptation takes the last place. This fact indicates that the children of authoritarian parents do not tend to adapt, they actively fight for their rights, even if it is fraught with conflicts.

1. Sample D (attitude towards parenting style - «Democracy») Table 5. Democracy

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| No. | Competition | Cooperation | Compromise | Avoidance | Adaptation |
| Average | 3,5 | 7,6 | 7,5 | 5,2 | 5,9 |

As we can see from the table, the teenagers from families with a democratic upbringing style prefer to cooperate and find a compromise in controversial and conflict situations. Then comes adaptation, avoidance, and competition. It can be assumed with a high degree of probability that teenagers from this group successfully copy the parental behaviour model; they respect the interests of the disputing parties and tend to peaceful conflicts settlement.

Sample L (attitude towards parenting style - «Liberality») Table 6. Liberality.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| No. | Competition | Cooperation | Compromise | Avoidance | Adaptation |
| Average | 5,9 | 4,4 | 5,6 | 7,7 | 6,5 |

As we can see from the table, the teenagers from families with liberal upbringing style prefer avoiding modes of behaviour that do not lead to problem-solving, and indicate the responsibility avoidance by these teenagers. Adaptation is the second most frequent choice, followed by competition and compromise. The last place is taken by cooperation. This suggests that the teenagers from this group do not tend to listen to other people’s opinions and find solutions of controversial issues that are constructive and beneficial to both parties.

The table below represents the generalised results of assessing the behaviour tactics in case of conflict situation in four groups.

Table 7. Ranking according to the degree of preference for the response types in case of conflict

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Range | D | H | L | А |
| 1 | Cooperation | Adaptation | Avoidance | Competition |
| 2 | Compromise | Compromise | Adaptation | Compromise |
| 3 | Adaptation | Avoidance | Competition | Avoidance |
| 4 | Avoidance | Cooperation | Compromise | Cooperation |
| 5 | Competition | Competition | Cooperation | Adaptation |

**Generalised handling of the results obtained.**

At the last stage of data handling in order to find the connections between the methods results, we used the

### Spearman rank correlation method - rs.

Correlation results.

1. Gender negatively correlates with the anxiety level rs = –0,332 (p <0.05). That is, teenage girls are more anxious than boys. Considering that women are in general more emotional and sensitive than men, this phenomenon is quite normal. In addition, girls grow up faster than boys, so it can lead to the excessive anxiety.

Gender is directly related to the aggression level rs = 0.400 (p <0.05). In other words, boys are more aggressive than girls. This phenol menon does not require any explanation, since the features of gender differences are well known.

1. The anxiety level is negatively associated with the aggression level rs = –0.313 (p <0.05). This correlation suggests that in case of an increase in the aggression level in minors, the level of their anxiety decreases. Conversely, the more anxious a teenager is, the less aggressive he is. In careful consideration of the causes of the discovered phenomenon, we turn to the developmental situation of our participants, especially in a pandemic. The most anxious in our study were the children of overprotective parents, who are at the same time less aggressive than other children (except for children from «democratic» families). Based on these facts, it can be assumed that the anxiety of teenagers from group H does not generate defensive aggression, but, on the contrary, suppresses the activity and courage of minors. On the contrary, adolescents from group A overcome anxiety when entering into conflicts and expressing their discontent outside.
2. The aggression level directly correlates with the hostility level rs = 0.685 (p <0.01). That is, an increase in hostility is followed by increase of aggressiveness, and vice versa, with a decrease in aggressiveness, hostility also decreases. Let’s remind that the hostility index includes the scales of «Resentment» and «Suspicion», and the index of aggressiveness - «Verbal aggression», «Physical aggression» and «Irritation». Based on this fact, we can assume that in this case the hostility factor is primary, that is, resentment and suspicion of a teenager generate their irritation, physical and verbal aggression. For a more reliable conclusion, it is necessary to study the personal and characterological aspects of teenagers, but this was not included into the objectives of our study.
3. The correlations with some behavioural tactics in a conflict situation were found. The «rivalry» type of behaviour is negatively associated with anxiety rs = -0.329 (p <0.05) and is directly related to the aggression level rs = 0.326 (p <0.05) and hostility rs = 0.385 (p <0.05). The types of behaviour «avoidance» and «adaptation», on

the contrary, tend to be directly correlated with anxiety and has inverse correlation with the level of aggression and hostility.

These data only confirm our assumption about the influence of parenting style on the personal predisposition of a teenager to SB in a pandemic: children of overprotective parents are the most anxious and less aggressive, therefore, in conflict they prefer to adapt, look for a compromise and avoid open confrontations. Children from families with an authoritarian upbringing style, on the contrary, are highly aggressive, low anxious and prefer open rivalry and competition, showing SB. We believe that one of the reasons for these manifestations is the medical state of their parents.

## CONCLUSIONS

1. The «Resource» diagnostic system has shown its high efficiency in identifying minors «at risk group». This program is a «domestic product», performed at a high scientific and technical level and can be recommended for widespread use, since it is designed for the benefit of the child’s personality, the family health and the prosperity of Kazakhstani society.
2. Hyper-protection increases anxiety and reduces aggressiveness, which, in turn, forces the teenagers to adapt in relationships with parents.
3. Authoritarianism increases aggressiveness and reduces anxiety, which prompts the teenagers to compete and SB in relationships with parents.
4. Democracy keeps indicators of aggressiveness and anxiety within the normal range, all this contributes to constructive interaction forms, teenagers choose cooperative behaviour tactics in relationships with parents.
5. Liberality slightly increases the indicators of anxiety and aggressiveness, which contributes to the development of a predisposition to avoiding behaviour tactics in relationships with parents and SB, which was acutely manifested in a pandemic.

Thus, minors from families with an authoritarian relationships between parents and children are the most predisposed to SB.

The best relationships of teenagers and their parents usually develop in case parents adhere to a democratic parenting style. This style is most conducive to fostering independence, activity, initiative and social responsibility.

So, the hypothesis of our research: «The style of parenting affects the predisposition of a teenager to self- injurious behaviour» was confirmed.

To the extent that we manage to timely identify and provide psychological assistance to teenagers in need, the statistics of child suicide in Kazakhstan will significantly decrease, and this will be our winning indicators.

## RECOMMENDATIONS

There is a wide variety of ways to resolve adolescent age interpersonal conflict with parents. But in all such cases of life, adults, in this case parents or teachers, should take the initiative in their prevention and elimination. In case of already existing conflict situation, as more reasonable and experienced people than teenagers, adults are obliged to behave towards minors in a more flexible and meaningful manner. Usually teenagers show self- injurious behaviour as a response to the claims and conflicting actions of their parents.

Adults are most alarmed by the activity and energy of minors, since movement restrictions during the quarantine have affected almost every family. Frightened and anxious parents surround their children with all kinds of inhibitions. But just the opposite is needed, teenagers need to be shown reasonable ways to transfer their energy into life. At the same time, they need love and sympathy. Only in case each person is considered as an individual and is appreciated by others, the real changes are possible. Would be appreciated if the parents feel that they are the sources of knowledge and goodness for their children. Teenagers, as they grow up, have the right to expect wise advice from their parents, and mutual trust is vital. They will not trust those elders who are insincere with them. Parents should not allow themselves to overstep certain boundaries in relations with their children; everyone has their own place and right to privacy.

We believe that the introduction of the «University of Parenthood» program in educational institutions of the Republic of Kazakhstan will help to increase the psychological and pedagogical culture of parents that will reduce the SB manifestation among minors.

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