

## PSYCHOLOGICAL PROBLEMS OF ORPHANS IN SUPPORTED FAMILY AND THEIR PARENTAL CARE FOR THEIR SOCIAL LIFE

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**Abstract:** *In this article we will consider the problems of orphans and the psychological well-being of children is profoundly and permanently impacted by the loss of one or both parents, which effects to their lives, including their ability to be healthy and learn.*

**Key words:** *inexhaustible energy, determination, depression, orphanage, custody, adoptive parents*

“It is always a great joy for me to meet with you, learn about your cherished dreams and plans, and hear your suggestions and initiatives. Seeing your determination and enthusiastic eyes, I get a charge of an inexhaustible energy. You possess a great power”- the President Mirziyoyev Shavkat Miromonovich has said.

Truly, we have a lot of knowledgeable youths. But we have bad situations. Currently, some children need care because of their orphanage. The death of a parent gives rise to emotional stress. The orphans are susceptible to psychological problems including depression, anger, anxiety, and feelings of sadness, and are inclined to withdraw and self-isolate.

The problems of orphans have faced scandals erupting in the social networks. Most experts believe that orphanages should be closed, and children should be sent to their own families and supported.

We consider the data and analyze how many orphans are there in Uzbekistan, why are they left without parents and is it easy to adopt a child. Our president said that independent and well-developed countries should not have orhantages.

According to the State Committee of the Republic of Uzbekistan on Statistics, almost 30 thousand socially vulnerable children are raised in 135 children’s institutions.

Uzbekistan has a network of institutions for orphans and children left without parental care: childcare homes, Mekhrionlik [Mercy] orphanages, children’s towns [orphanage institutions – Tr.], SOS Children’s Villages and family-type orphanages.

The number of childcare homes has not changed since the early 2000s. There are only 13 of them in the country. Healthy children under three years of age and children with

psychophysical development disorders under four years of age are admitted there with the possibility of staying until seven.

In addition to these institutions, there are also Muruvvat boarding schools for children with disabilities in the country. They are cut off from the outside world and repeatedly criticized. Today, about 2000 orphans are raised there.

**In statistics**, the most common reason children are sent to orphanages is when parents are financially or physically unable to raise a child.

The second are “other reasons”. Most often, these are cases when parents leaving to work in other countries send their children to grandmothers, grandfathers, relatives or acquaintances without properly registered custody or guardianship. According to the Uzbek legislation, if a child is left without parental care for six months, the custody (up to 14 years of age) or guardianship (14-18 years of age) must be registered.

As part of the institutionalization reform of the orphanages, from March 1, 2020, the state increased the amount of the allowance for each child taken into the foster family (foster care) by 1.3 times. Now, it is up to 820 thousand soms (about \$80) with a subsequent increase, not lower than the inflation rate.

In addition, potential parents will now be able to take children in foster care or in a family-type orphanage only upon completion of the special courses for adoptive parents.

These courses are organized by the district/city khokimiyats. Non-governmental institutions and individuals can also organize such courses, but only in coordination with the Ministry of Public Education and local khokimiyats.

Meanwhile, the demand for adoption is not decreasing. According to the Deputy Head of the Ministry of Public Education's department Suhrob Khalikov, 2,500-3,000 people are waiting for their turn for adoption only in Tashkent region.

Despite the high demand, adopting a child in Uzbekistan is not very easy. Adoptive mother from Tashkent told about the difficulties she faced seven years ago, when, after repeated and unsuccessful attempts to get pregnant, she decided to adopt a girl.

After addressing the Guardianship Department, she was provided with a list of documents that she needed to collect. There were about 15 of them. After collecting all the certificates, one was put on the waiting list for adoption.

One person waited about six months. Then, she had to collect the same certificates again, for the Guardianship Department of the Yunusabad district of the capital, where the children's home was located. After the regional khokimiyat gave permission, the person brought the full package of documents to the children's home. In the application, that person indicated what gender and age one wanted the child, after which some was put on a list again in this institution.

Eight months later, the director called the person and invited to come and meet the child. After that, she had to wait another eight months.

“They gave me a baby and said that if I like the baby, I can start registering the documents. Previously, khokimiyat issued all the permits, and it all took about a week, but by the time I wanted to adopt, everything changed. The civil court began to issue the permissions. It was terrible!” the person says.

In 2018, such violations accounted for 38% of all crimes in the field of human trafficking, in 2019 – 43%. In 2019, 72 people tried to sell children.

Some believe that the overly complicated and lengthy official adoption process causes this. However, one of the organizers of the volunteer movement of adoptive parents in Tashkent, believes that it is necessary not to simplify the adoption system, but to make it understandable and transparent:

“If you are not ready to spend your time on papers, then you are not ready to spend time on adopted child. I agree that the collecting the documents for adoption and the whole process is not easy, but this is the time to prepare, gain knowledge, meet the right people who can support you in the future.”

Often, the children who enter the family have experienced psychological trauma, violence, neglect, and exploitation. These children need help; they need strong, loving adults nearby who know how to help them. However, often, good kind people become helpless against the problems of the child's adaptation in the family.

Foreign citizens from the states that have their diplomatic missions in Uzbekistan can also adopt a child. To do this, they must personally be present in the country when considering adoption issues and submit a petition to the embassy or consulate, including the following information:

- date of birth,
- place of residence,
- full names of the future adoptive parents,
- information about the financial position,
- medical report on the adoptive parents' health (certificates from narcological, psychiatric, anti-tuberculosis and other institutions),
- moral and psychological climate of the family,
- recommendations for future adoptive parents (from the embassy or consulate)

We see the most effective solutions to the orphanhood problem in providing professional assistance to families in crisis, at risk. The family, which for various reasons is not able to provide care for their baby, is the source of the orphanhood problem, the root of it. A foster family should be an exception, but not a rule for resolving the orphanhood issues.

Shavkat Mirziyoyev: The greatest wealth of our country is the youth. It is true that, bright future of Uzbekistan depends on educated youth. The future of our planet depends on them and our main task is the necessary conditions for young people to show their potential. Our head of Republic created many opportunities for young people and they should make stable families. Their children ought to be happy, energetic and knowledgeable. Only happy and healthy children can create healthy government.

Orphans often suffer from significant emotional trauma due to the loss of their parents. Providing emotional support through counseling and therapy is essential to help these children process their grief and develop resilience. Access to trained professionals who can offer guidance and support is crucial in helping orphans cope with their loss and adjust to their new circumstances. Creating safe and nurturing environments is another key aspect of protecting the psychological well-being of orphans. Orphanages and foster homes must provide not only physical safety but also emotional security. Ensuring that children have access to education, healthcare, and recreational activities is vital for their overall development and well-being. A supportive environment helps children feel stable and secure, which is critical for their mental health. Community involvement is essential in supporting orphaned children. Local communities can provide a network of support that helps children feel valued and integrated into society. Mentorship programs, social support groups, and community-based activities can offer orphans a sense of belonging and help them build positive relationships with others.

To reduce the number of orphans, it is essential to strengthen family support systems through economic aid, healthcare, and education. Promoting adoption and improving foster care systems can provide stable homes for children. Addressing root causes like poverty and conflict is crucial in preventing orphanhood. For the psychological well-being of orphans, emotional support through counseling is vital. Creating safe, nurturing environments and involving communities in mentoring and support helps children feel valued. Governments should enforce policies to protect children's rights and collaborate internationally to tackle the issue effectively. Continuous monitoring and evaluation ensure that these efforts lead to meaningful improvements. By addressing both prevention and support, we can reduce the number of orphans and ensure their psychological health and well-being.