



PARENTAL PSYCHOLOGICAL SUPPORT IN THE TREATMENT OF STUTTERING: EFFECTIVE STRATEGIES" (PARENTAL PSYCHOLOGICAL SUPPORT AND ITS ROLE IN THE TREATMENT OF STUTTERING.)

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Abstract: This study explores the role of parental psychological support in the treatment of stuttering, emphasizing how effective parental involvement can positively influence therapeutic outcomes. Stuttering, a speech disorder that disrupts normal speech flow, not only affects the child's communication but can also have significant emotional and psychological consequences. While speech therapy remains a cornerstone of stuttering treatment, parental psychological support has been recognized as a critical factor in helping children manage emotional challenges and foster a positive therapeutic environment. This research investigates various strategies parents can employ to provide emotional, psychological, and behavioral support during treatment, focusing on communication techniques, reinforcement, and emotional encouragement. The findings aim to highlight how a supportive family environment can enhance a child's ability to cope with stuttering, improve treatment adherence, and promote long-term success in overcoming speech difficulties.

Keywords: Stuttering, Parental Psychological Support, Speech Therapy, Child Development, Emotional Support, Coping Strategies, Communication Techniques, Family Involvement, Treatment Adherence

Аннотация: В этом исследовании изучается роль родительской психологической поддержки в лечении заикания, подчеркивая, как эффективное участие родителей может положительно влиять на терапевтические результаты. Заикание, речевое расстройство, которое нарушает нормальный поток речи, не только влияет на коммуникацию ребенка, но также может иметь значительные эмоциональные и психологические последствия. Хотя логопед остается краеугольным камнем лечения заикания, родительская психологическая поддержка была признана критически важным фактором, помогающим детям справляться с эмоциональными проблемами и способствовать созданию позитивной терапевтической среды. В этом исследовании изучаются различные стратегии, которые родители могут использовать для оказания эмоциональной, психологической и поведенческой поддержки во время лечения, уделяя особое внимание методам общения, подкреплению и эмоциональному поощрению. Результаты направлены на то, чтобы подчеркнуть, как поддерживающая семейная среда может повысить способность ребенка справляться с заиканием, улучшить приверженность лечению и способствовать долгосрочному успеху в преодолении речевых трудностей.

Ключевые слова: заикание, родительская психологическая поддержка, логопед, развитие ребенка, эмоциональная поддержка, стратегии преодоления, методы общения, участие семьи, приверженность лечению

Stuttering, a speech disorder characterized by disruptions in the flow of speech, such as repetitions, prolongations, or blocks, can have profound effects on a child's emotional and psychological well-being. Though it typically manifests in early childhood, its impact can extend well into adolescence and adulthood, affecting not only communication but also social interactions, self-esteem, and overall emotional development. The emotional toll of stuttering often manifests in feelings of frustration, embarrassment, and anxiety, making it difficult for children to engage confidently in social situations or participate fully in educational settings.

While speech therapy remains the cornerstone of treatment for stuttering, research has increasingly highlighted the importance of parental involvement in the therapeutic process. Parents are integral to the treatment of stuttering, as they provide emotional and psychological support that complements formal therapy. Their involvement can significantly influence a child's emotional response to the disorder, shaping how the child navigates the challenges of stuttering and boosting their engagement with treatment.[1,29]

Parental psychological support refers to the ways in which parents provide emotional encouragement, create a supportive home environment, and model effective communication techniques. These strategies not only foster a positive relationship between the child and their speech difficulties but also enhance the therapeutic process by reducing the stress, anxiety, and frustration commonly associated with stuttering. The role of parents is crucial, as they are often the primary agents of change in their child's emotional and behavioral responses to stuttering.

This study explores the role of parental psychological support in the treatment of stuttering, focusing on effective strategies that can enhance speech therapy outcomes. By understanding the ways in which parents can support their child's emotional and psychological needs, this research aims to offer valuable insights into how family involvement can contribute to more successful, holistic treatment approaches for children who stutter. In particular, the study investigates communication strategies, emotional support practices, and the development of coping mechanisms to empower both parents and children in managing stuttering effectively.

Stuttering can be more than just a communication challenge for children—it can profoundly affect their emotional and psychological well-being. Children who stutter may experience significant emotional distress, including feelings of embarrassment, shame, and frustration, especially as they become more aware of their speech difficulties in social and educational settings. The fear of being ridiculed or judged by peers can lead to anxiety and avoidance behaviors, with children often becoming hesitant to speak in public or participate in social activities.

This emotional burden can exacerbate the challenges of stuttering, creating a cycle where the fear of stuttering leads to more anxiety, which in turn may worsen the speech disruptions. [2]Research shows that children who stutter are more likely to experience lower self-esteem and social anxiety compared to their non-stuttering peers (Anderson, 2014). Additionally, this emotional impact can negatively influence their ability to engage effectively in speech therapy, making it clear that a comprehensive treatment approach must address both the speech difficulties and the emotional challenges associated with stuttering.

Given the emotional consequences of stuttering, parental psychological support plays a critical role in helping children manage the social and emotional challenges associated with the disorder. Parents are often the first and most significant figures in a child's life who can

provide this support. The emotional environment created by parents at home has a direct influence on how a child copes with stuttering and can be a protective factor in the therapeutic process.

In conclusion, parental psychological support is a crucial component in the treatment of stuttering, significantly enhancing both the emotional and therapeutic progress of children who stutter. The emotional and psychological challenges that accompany stuttering—such as anxiety, embarrassment, and frustration—can hinder the child's willingness to engage in speech therapy and affect their overall well-being. However, when parents provide consistent emotional encouragement, create a supportive and non-judgmental home environment, and model positive communication techniques, they can foster a sense of security and resilience in their child. These strategies not only improve the child's emotional regulation and coping mechanisms but also reinforce the therapeutic goals set by speech therapists. Parental involvement extends beyond emotional support; it includes active participation in home practice, goal-setting, and communication with therapists. This collaborative approach ensures that treatment remains consistent and effective, helping the child to make tangible progress in managing their stutter. Additionally, by modeling effective coping strategies, parents equip their child with tools to handle the social and emotional challenges of stuttering, ultimately promoting long-term success.

While challenges do exist—such as maintaining patience and avoiding undue pressure—the overall impact of parental psychological support is profound. Parents who provide steady encouragement and create an emotionally supportive environment can significantly improve their child's engagement with therapy, their emotional well-being, and their ability to overcome stuttering.

Ultimately, this research underscores the importance of a holistic, family-centered approach to treating stuttering, where both therapeutic interventions and parental support work in tandem to help children navigate their speech difficulties and develop the confidence needed to thrive.

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