

## Social growth; Psychological management of citizens and the missions of education

Mustafa Qalandari<sup>1</sup>

<sup>1</sup> Islamic Azad University of Minab, Iran

Correspondent author: [zazaza6037@gmail.com](mailto:zazaza6037@gmail.com) DOI 10.31150/ajebm.Vol3.Iss3.167

**Abstract:** Having the right social connections is one of the most important components of a healthy personality. Inevitably, the transcendent human being seeks the arrays of development in the individual and social spheres. Improving communication skills and abilities in the community and increasing psychological flexibility in today's multidisciplinary challenges and the role of education in this field is one of the important necessities. To study the creation of a wave of improving and redefining effective social skills Symmetrical with the needs of the day, compiling educational packages and educating the desired citizen and social empowerment of students, normative paradigms of citizenship education and the need to promote a flexible society in challenges and education and its basic view to teach psychological immunization propositions. Is. And at the end of the day, the art of being a good listener, choosing the polite and appropriate behavior of each person's personality, controlling and caring for emotions and promoting individual dignity as strategies for useful communication in society and showing the personality of desirable citizens and expressing their social development; has been mentioned.

**Keywords:** Social Growth, Psychological Management, Citizenship Rights, Education.

### Introduction

Humans are born into social groups and spend their entire lives in a part of a society, and therefore the element of society cannot be removed from the evolution of the individual. The ability

to communicate effectively, from the most valuable Life skills. Today, communication has become the most important part of human life, especially in the social sphere. In fact, the word means the transfer of information from one place to another, through speech, writing, mass media such as television, radio, magazines, books and publications, or non-verbally. The degree to which each individual is able to communicate with other members of society will be a function of the successful transmission and reception of information. Improving communication skills can help improve all aspects of personal life; From personal world to professional career life or social gatherings. Each person's ability to convey concepts correctly, clearly and completely is one of the most basic needs of social life for modern man, which will definitely be a necessity.

In order to have an effective social relationship, it is necessary to use appropriate methods and strategies to improve these relationships. In addition to their basic needs, human beings need to be present in society and accepted in social groups. This helps both to understand one's personal position and to move forward in one's life. Sometimes people with the right job opportunities can't grow much in their careers. The reason for this is very simple. Inability to communicate socially and incomplete information in the field. Therefore, it seems necessary to train desirable citizens to improve the correct communication skills and appropriate social education in order to properly meet the needs and challenges in the country's education system and cultural institutions; Ideas to be planned and implemented.

## Definitions and theoretical foundations

### 1. Social growth

Growth is a change that occurs regularly in a living organism and is accompanied by progress and development, and it has a specific purpose. Growth is all the changes that take place in a person from the time the egg cell is formed to the time it dies, and it is a series of physical and mental changes that, through these changes, keep the person in a state of physical and mental balance. Stay and reach perfection. Growth, that is, changes that are accompanied by progress and progress and have a specific purpose, these changes take place regularly in a regular plan in a certain plan. Some psychologists see growth as a process in which internal or physiological changes combine with psychological aspects and enable a person to cope with a new environment or situation (Hashemian, 2006). Goldstein (1973) considers skills related to social development, including communication

skills, skills related to feelings and emotions, skills related to aggression, stress and planning (Fatehizadeh, 2001). ).

Social behavior forms the basis of one's life, and social growth also causes one's intellectual growth to flourish. Social growth means the development of the individual in social relations so that he can be in harmony with the people of his society. Social development means changes that occur as a result of interaction with people, social conditions and organization in the individual, and in other words, a series of changes and developments that occur from birth to death in the social behavior of emotions, tendencies, values. Ha and... occur (Whitsman, Meyer, Klermeninger; theoretical translation, 2005). Socializing individuals means aligning them with group and social rules, values, and attitudes. In this process, individuals learn the skills, knowledge, and methods of adaptation and acquire the possibility of interrelationships in a continuous interaction (Tafti and Mousavi Brotherhood, 2007). Social skills are a set of learned behaviors that are the starting point for success and the continuation of positive social interactions such as; Helping, starting relationships, controlling mood and, in other words, social growth (Grisham, quoted by Barry and Erin, 2010).

## **2. Collect**

Resilience is a capacity for resistance to stress and disaster. Psychologists have always tried to increase this ability of human beings to adapt and overcome danger and hardship. Individuals and communities can rebuild their lives even after devastating calamities.

In the dictionary, the word has the meaning of elasticity, reversibility, and elasticity, but in mental health texts resilience is more expressive. The root of resilience is derived from the science of physics, which means jumping backwards. In fact, resilient people are able to pull back. They have the ability to survive and even overcome adversity. Resilience can help a person overcome adverse events and improve his or her social, educational, and professional competence, despite exposure to intense stress. Resilience is a trait that varies from person to person and can increase or decrease over time.

Resilience in the social sciences is assumed to be a "process of stretching and reacting to adversity" (Hunter, 2001). Connor (2006) defined resilience as a way to measure a person's ability to cope with stressful factors and factors that threaten a person's mental health.

Resilient people do not have self-defeating behaviors. They are emotionally calm and able to cope with adverse conditions. Bona (2004) considers the ways to achieve resilience to be stubbornness, self-growth, repressive confrontation, having a positive mood and emotions. To understand interpretations and methods related to resilience, we may need to differentiate between the likelihood of risk and examples of resilience.

### **3. The city**

The citizen is all people, men and women, young and old, of any religion, creed, ethnicity and social class who live in a society (Maleki, 2008 quoted by Saei Arasi, 2012). Citizen refers to the citizens of a city or country who consider the development and observance of examples such as: freedom, property, security, etc. for individuals. In the past, a citizen was told to live in a city and enjoy the benefits of the law. Today, citizenship is a term that is widely used in modern legal influences and new concepts and is synonymous with all citizens of a country, and its examples are freedom, property and security. Mixed citizenship rights are the duties and responsibilities of individuals towards each other, the city and the state. This set of rights and responsibilities is referred to as "citizenship rights" (Saei Arasi, 2012).

The term citizenship rights (in the new sense) was first coined in the Declaration of the Rights of Man and of the Citizen of France in 1789, which was adopted after the adoption of the Constitution in September 1791. The Universal Declaration of Human Rights, signed by the United Nations General Assembly in 1948, is inspired in many respects by the content of the Universal Declaration of Human Rights and the Citizen of France (Afandak, 2006 quoted by Mohseni, 2010).

### **Creating a wave of upgrading efficient social skills and redefining symmetry with the needs of the day**

Social growth means the maturation of the individual in social relations so that he can be in harmony with the people of his society. When a person is called a social person who is not only with others but also with them. In other words, socialization is a form of learning that depends on adaptation to society and the cultural environment. In general, social growth and development means that a person can establish social relationships or have the necessary development to establish social relationships. In other words, when a person learns to conform to the criteria of group, temperament, and tradition, and reaches a stage where he or she has been able to relate and

cooperate with his or her community, we can say that he or she has grown socially. Therefore, the feeling of community unity and the establishment of mutual relations between the members of a community and cooperation with others are among the characteristics of social growth and development. The fact that we all have to face and accept that what others think of us is not only important, but more important than it seems. If it weren't for that, he probably wouldn't be paying the price for a lot of behavior. If one analyzes all one's activities, one will see that in most cases social activity is done with the aim of gaining the approval and approval of others. Approval and approval are important in life, because social adjustment depends significantly on how important we are to others.

Is social growth achievable? The best way to get the right answer to the above question is to carefully monitor the behavior of people who you think lack social development. Careful behavior in children shows that they are dependent on their parents and other family members because of their disability. Children's lack of concentration is due to the fact that they cannot have fun with one thing for a long time. The inability to recognize and stabilize programs and the uncertainty of the boundaries of dreams and realities are all signs of underdevelopment. But it is possible to provide the conditions for social growth through indirect and direct education, although the opportunity to learn social rules is not the same for everyone. The role of parents in encouraging, facilitating, and even encouraging this stage is very important, but most parents think that the more they do their child's work, the more they have served him. And learn. Awareness of what may happen in a social situation can alleviate anxiety in children and parents. Knowing how to teach and how to act in social situations will make the task of parents easier, at least for a generation. Social customs seem to have been ignored in many homes.

Acquisition of social skills is one of the factors influencing social growth and adaptation. The main axis of social development is the formation of social relations, the quality of social interactions, social adjustment and even the mental health of the individual. The individual's behavior is shaped to play a role in his or her current or future role in society. The most important factor in socialization is the introduction of the family and other social institutions such as the school, which are examined in the form of social values and norms.

There is no doubt that children and adolescents who learn social rules and skills well, as well as have strong relationships with family members and community, are more likely to show a high level of social adjustment. They acquire good social skills and show more socially desirable behaviors, have a more positive meaning, and this allows them to more accurately assess, understand, and accept their limitations and abilities.

The psychological distress caused by the severe economic shocks and the increasing turmoil of the rapid social changes caused by the change in lifestyle and the spread of all kinds of physical and mental illnesses require citizens to be equipped with a level of individual and social life skills to increase capacity. Find per capita social tolerance and a flexible view of the events around them. What is most felt today is the need to create a media wave of feeling the need to improve the individual and social life skills index among citizens.

Development of educational packages for the desirable citizen and social empowerment of students

Today, in large countries of the world, a large part of research and resources are devoted to discovering what characteristics a desirable citizen should have and how these characteristics can be developed in different sections of society. In a study conducted with the participation of more than twenty countries in the world under the title of "Citizenship Studies". The importance of allocating the above is obvious. Unfortunately, little attention is paid to the basic education of the citizen. In this regard, we must first define citizenship and the criteria for being a good citizen. The citizen has a multidimensional concept and has different meanings, and this difference stems from the difference between the philosophies of each society and its values.

But the factor that sociologists are most interested in is adapting the definition of the city to the citizen. The results of studies have shown that the concept of citizenship includes at least four main elements: "national identity, social, cultural and transnational affiliations, an effective legal system and civic and political participation." These concepts have an internal connection and interaction with each other, and in fact four reflections of a reality, that is, the concept of citizenship. Considering that every society needs special citizens with special characteristics, considering its cultural and valuable fields, and this guarantees the survival and continuity of social life and the level of development and progress of the country, calculated educational planning should be planned. It has been widely considered for all sections of society, which can be traced back to the

country's most formal education system, education. There is ample evidence that students and scholars go to school and college without learning the knowledge, skills, and values that underlie responsibility for society and beautify a good citizen in the future. If we consider investment as investment for the future. Citizenship education is an investment for the future of the country in all its dimensions. We can talk about citizenship rights when the concept is recognized and fertilized with all its aspects and characteristics. We cannot expect young people to suddenly become committed and responsible citizens without prior preparation. Children should also learn to think, consult and know the necessary rules of life in the neighborhood and the city from preschool and childhood, along with environmental and tangible education with the participation of other children. Cleanliness of the city and living environment, respect for the rights of others, observance of traffic laws and priority in all matters of citizenship, public health education and proper disposal of waste, etc. are among the factors that should be institutionalized with education from childhood because After the growth and maturity of people, their habits are strengthened and stabilized, and it is impossible and late to change them to natural tendencies.

Chamblis (1997) writes: In any society, values, attitudes, insights, and skills, along with patterns and methods of participation in collective or civic life, are transferred in a special way, and the philosophy of establishing educational systems is nurtured. Such are the citizens. Many methods of teaching citizenship-related teaching can be incorporated into the curriculum of students and scholars. Countries that believe in the principles of democracy are more likely to teach democratic rights and values to counter the destructive effects of contemporary tensions, such as racial and cultural differences. Another group pays attention to the educational methods of citizenship education, such as the free classroom discussion of the survey of students in various sections of the curriculum, the method of group problem solving, thoughtful hypothesizing, and critical thinking. The other group is more sensitive to the active involvement of students and participation in the social and even political arena in civic education and citizenship.

For nearly four decades, the teaching of social skills has been considered worldwide since childhood, and this training course is divided into two general skill groups, including self-awareness, empathy, effective communication, effective interpersonal relationships, anger management, and coping with negative emotions. Learning to solve problems, decision making,

creative thinking, critical thinking and time management on the one hand and special skills such as negotiation training, group work training, pre- and post-marital training, crisis management, prevention of psychological and social harms. But in our country, for about a decade, this issue has been considered as a workshop, not at the macro level of the country, but more at the level of education. In fact, social skills are a set of abilities that lead to success in one's social life; In order to live a successful life in a society, each person needs other skills in addition to individual skills, which are called social skills.

### **Normative paradigms of citizenship education and the need to promote a flexible society in challenges**

As Maasten (2001) puts it: When a catastrophe passes and basic human needs are met, then resilience is likely to emerge. The most important practical consequence of resilience research is that we can enhance people's abilities so that they can achieve a sense of identity and efficiency, decision-making ability, goal-setting, and belief in the future, and thus be able to meet needs. Put their basic human need for kindness, relationship with others, challenge, power, and meaningfulness in exhausting situations as the focus of any preventive, educational, and personal intervention (Togad and Frederickson, 2004).

We all live in today's complex and complex world, where it is vital to have a set of social skills to succeed and thrive in this world and to deal effectively with many of the problems we face. Social skills are a set of acceptable acquired behaviors that enable a person to communicate effectively with others and to avoid undesirable behaviors. One of the dimensions of human existence is his social status, which deserves attention in education. Children, like narrow streams, cannot always remain independent and inevitably one day enter the sea of society; Because their talents and abilities in the field of social life flourish. Hence, the social upbringing of children in the family educates them for a successful presence in society. The issue of upbringing is one of the most basic and most important and important needs of human life. In this way, Islamic education is doubly necessary for the Muslim man.

Education has existed since the beginning of human life and is not only effective in the moral, intellectual, behavioral and even physical development of the individual, but also a means to meet real needs and social interests. Therefore, it is safe to say that not only does a good and prosperous

society have a healthy and developed society, but it is also a living, constructive, and progressive system of education that is free, independent, and creative. And it is trying to save society from backwardness. Reducing the quality of the urban environment and increasing noise pollution, lack of resources, growth of social harms, disruption of sewage and waste disposal systems, informal development of metropolises, reduction of quality of life, housing and urban development problems in cities, It has intensified the city.

The need to create a culture in this area has made citizenship education a process and a process that can begin in childhood. One of the basic mechanisms in this regard is citizenship education. (Hemmati, 2008) Citizenship education is an important factor in the institutionalization of citizenship rights. Citizenship education leads to the consolidation and strengthening of the value system of citizenship skills in order to strengthen democracy and sustainable citizen participation. This component guarantees the survival and continuity of social life and the level of comprehensive development of industrial and developing societies. Such training creates a kind of social and moral confidence and responsible behavior from the very beginning of childhood; Another role of this component is to provide information and awareness about public issues in the local, national and global dimensions. Such teachings have civil and collective virtues and ethics, and are the search for equality. In fact, citizenship education in a society has made all members of society have a positive sense of national citizenship and, while enjoying national respect, enjoy certain social, political, economic, and cultural rights.

Learning the parameters of citizenship behavior education helps to increase the quality of collective life and strengthen social capital in life. Teaching citizenship behaviors is very effective in increasing the quality of performance of civil society organizations. These teachings will help strengthen the social ethics and expand the social solidarity of a society locally, nationally and globally. Citizenship education is part of the task of urban management. Legislators, national and local organizations, civic organizations, etc., will play a significant role in educating citizens through the teaching of citizenship rights and the skills of collective living and the recognition of the principles of urban management. Resilience plays a major role in social crises and the most well-known factor that is inversely related to social resilience is social vulnerability, so in any social

system, to face changes and threats, measures must be taken that can be optimally optimized. Confront and confront.

Resilience psychology, however, refers to social psychological processes that can involve a child's interaction with family, peers, educational settings, and other adults outside the home. Therefore, the combination of resilience with clinical, educational, supportive and counseling methods will be the bedrock and supporter of human growth and development.

Because people's beliefs about themselves are nurtured in social support. Social support can reduce the impact of wrong choices, bitter events, and natural disasters by strengthening the flow of growth and reducing the impact of harm, thereby helping to develop social resilience.

Increasing coping power facilitates the recovery of damaged social structures and behaviors and facilitates the improvement of the inherent mission of social resilience. If resilience is considered to be twofold with flexibility, the community or organization with it has the constant power to cope with change and adapt to its new needs. In this sense, we have already pointed to capacities that guarantee growth.

The amount of challenge that either the community can manage, control, or endure without compromising its performance may in some way represent the resilience of that community. Of course, the ability to react and improve or adapt to the time before injury or after accidents and natural disasters, in addition to having knowledge of crisis management, depends on and depends on resilience. In order to deal effectively with social and economic change, turmoil and social harms, resilience is essential, which can include organizing, enduring, and maintaining competencies in difficult situations, and ultimately the ability to observe and apply resilience. In this sense, we will find that social resilience will increase the power of foresight and planning for the future. However, in the resilience of societies, special attention has been paid to the level of economic growth and development, the preservation and development of social capital, the level of knowledge and information, and the enjoyment of communication and social cohesion.

Variety in economic and financial resources, civic participation and social support, the development of organizational links in the public and non-governmental sectors, and the emphasis on (collective action) are very important points in this regard. Variety in social and economic activities can be considered as a platform for developing creativity and increasing social capital and promoting

resilience. It is also necessary to strengthen scientific attitudes and pay more attention to local facts and social requirements in any special situation, which will provide an optimal platform for participation and will increase the population of stakeholders and will lead to social inclusion.

**Education and a fundamental look at the teaching of immunosuppressive propositions**

The importance of social growth and education; That forces the school and education officials to help guide children and adolescents in this area. The school should pay more attention to the community and remember that the community will provide its future members with what the school has gained over the centuries. Also, society gives all the novel wishes and ideas that it wants to put into practice to the school, and in this way, everything in the school has both an individual and a common aspect. On the other hand, any society will be stable and progressive only when it is constantly thinking about the development of its members, and in order to achieve this great goal, it has no positive and effective means other than school and educational institutions. does not have. The school should be a model and manifestation of the community outside for children, and the reforms that are being carried out in schools should be in line with the important changes and revolutions that have taken place in the society. To achieve this, the biggest problem is to understand social factors correctly, to understand their true meaning, and to always consider them in setting up curricula and developing principles of education. In order to achieve this goal, the best and most correct way is to turn our schools into a small real society, and the kind of activities and works that are the manifestation of a larger society, and the activities and actions that are impregnated with the true spirit of art, history and science. And let's establish it.

When the school educates the future member of the society in the same society, but only in a smaller way, cultivates the spirit of service in his institution and gives him the means of educating the independence of the vote and freedom, we can be sure that in the future the society will O we will have a desirable and orderly. Socializing and communicating with others is a skill that many people suffer from without realizing it. When it comes to skills, education and learning play a big role. In fact, the main reason for the lack of such vital skills is the lack of sufficient and necessary training in this field. If this essential and important skill is learned comprehensively and correctly in society at various levels, many communication problems and language and speech and even behavioral

disorders will be solved. After the important position of the family, schools are the most important and basic institution for educating and educating people.

Our education system, as its name implies, should be in schools in such a way that in addition to teaching scientific courses, in the field of education, it should put on the agenda the teaching of correct and moral socialization and important long-term programs in schools and even It should be one of the main lessons, because if a child grows up in poor conditions at home and away from morals, this gap will be largely filled by learning in school. If one has been trained in the necessary communication skills, social intelligence, and civic behavior, one does not resort to sarcasm and irony to solve one's problem, but where should one see this education except the family?

Unfortunately, our education system is such that it does not provide the necessary training for students in terms of education and ethics, because when we talk about education, it is expected that in addition to teaching and teaching scientific courses, in moral and behavioral education. Also be effective. How we talk and behave so that it is good and does not offend others should be part of the regular and regular programs of schools and even universities, which unfortunately schools do not have a plan for this issue. The Ministry of Education must provide programs that teach us civil behavior, and the role of government officials in education is very important in the development of civil and Islamic behavior and in social education.

The child's personality and intellectual development, which is formed at home, is consolidated in the completed school. School is the beginning of the separation of the child from the family! A child who has lived in a confined family environment with his parents for six years from the beginning of his life enters a larger community (school) at the age of seven, which consists of a principal, some teachers, and a group of children of the same age. A little bigger than yourself.

Indeed, the role of school in raising children is vital. That's why parents and teachers need to be in close contact with each other and help each other raise the child. Adolescence and youth are also very important. During this period, there is a change in the body and soul of adolescents, including independence, futurism, passion, love, hope, vitality, mobility, daring, imagination, effort and curiosity, and young people in this In times of crisis and turmoil, an experienced, benevolent, compassionate, and prudent guide is needed to understand his or her sensitive situation, emotions, and inner desires, and to share the results of his or her experiences with him or her. The Ministry

will accept him - as stated in the hadiths - to help him solve the problems of life. Social education, including self-sufficiency, self-expression, independence, self-concept, self-leadership, competition, collaboration, altruism, identity-seeking, self-identification, and dozens of other educational components that somehow shape children's social personality. It is in this school period that it is realized.

Thus, it can be said that despite the division of labor in the modern education system, the role of the school and the developed educational content in educating students has not only not decreased, but also due to the influx of unfavorable cultures on the minds and thoughts of the new generation. Teachers and education have become heavier; Because the future of a society and a nation is in the hands of the school and the education policy. And if education fails to educate people who are useful and in line with the goals of society, it will destroy a nation.

The best institution that can fill this gap and rush to the aid of young people in this sensitive situation is the school. School is an important place and it has a heavy responsibility. The work of the school is not limited to educating students and transmitting some scientific and classical concepts, but this institution has a heavier task, which is the psychological and moral training of students and the prevention of deviations and corruption. The school has accepted this great divine and conscientious responsibility and must work hard to do it.

### **Results and Solutions**

Social communication is one of the most important pillars of personal and social progress and success in the present age. Knowing the factors that affect the strengthening of social relations and learning ways to improve this skill enables every human being to be able to meet his various needs and also to be effective and useful in his social relationships.

Improving the circle of social relations has direct results in the progress of every human life. It should be noted that communication does not only include speaking, writing and reading, debating and verbal communication, but also behavioral, moral and personal characteristics and even the social status of each person in the type of communication. They have direct effects on individuals and their continuity.

Everyone can find their common ground with others with a little care and effort, and by finding a better understanding of the behaviors of others, they can better communicate and expand their relationships.

#### **The art of being a listener**

To better understand human speech and behavior, we need to learn listening skills. Listening to what is being said will have some beneficial consequences.

- A better understanding of what people mean
- Creating a sense of trust and respect
- Creating a context for better cognition and mutual dialogue

In addition, to better understand what is being heard, one can ask various questions in detail. This kind of questioning convinces the other person that you are attracted to the conversation and that it helps to strengthen your social connections.

#### **Choose the polite and appropriate behavior of each person's personality**

Always take care of your behavior in front of others when you are in public and always ask for the best for those around you. Don't worry about your personality, because being polite and respecting the rights of others is always a great sign from the point of view of all human beings, and in addition, it has extraordinary effects on social relations as well as social personality.

#### **Emotion control and care**

Be careful not to overdo it when it comes to emotions. Sometimes it is necessary to express your anger or dissatisfaction in a certain subject, but be careful not to lose your voice while expressing reasonable dissatisfaction, controlling your behavior or speaking loudly. Don't get confused. Even in showing your passion for something, be careful that your feelings are not too much, because it makes it look artificial and fake.

#### **Promoting individual self-esteem**

Here are some simple techniques to boost your self-esteem:

- Let's become aware of the intricacies of introspection through in-depth research.
- Realize our shortcomings.
- Examine our own orientations in the face of various events and people and conditions, and think about correcting them.

With the help of the value and respect we give to ourselves, we give ourselves more choice, which significantly improves our relationship with others.

## References

1. Amini, Ebrahim, Islam and Teaching and Education, Bustan Institute, Qom, p. 153
2. Shaari Nejad, Ali Akbar; (2006), Developmental Psychology, Tehran: Information Publishing, 19th Edition, 2009
3. Saei Arsi, Iraj (2012). Social Studies Training (in elementary school), fourth edition, first edition, Tehran, Bahman Borna.
4. Mohseni, Reza Ali (2010). Dimensions and Analysis of Citizenship Rights; Strategies for Educating and Teaching Citizenship Rights, Quarterly Journal of Political Studies
5. Hemmati, Mojtaba (2008). Citizenship Education, Journal of Constitutional Law, Year 7, Issue 9.
6. Gates, A.L., and others (1948). Educational psychology.3th. New York. P.124.