

## **SOCIAL PSYCHOLOGICAL ASPECTS OF PREPARING GIRLS FOR FAMILY LIFE**

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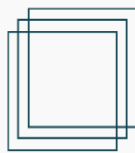
### **Abstract**

This article talks about female students, their psychological preparation for family life, factors influencing the formation of their perceptions of family life, values and traditions typical of Uzbek families.

**Keywords:** Uzbek families, students' girls, family, society, relationship, family values, position, independent life.

Uzbekistan Republic President Sh.M. Mirziyoyev No. 81 dated 01.03.2022" Family and women with work, neighborhood and the luminaries support system improvement measures about". In his decree women education and professional skills increase, in areas to women displayed medical service quality increase, pressure encountered to women criminal-legal, psychological help show, of women right and legal interests to provide state of politics main directions reached set to give this of the problem very importance and from relevance proof will give.

From the research conducted to study family problems in preparing girls for family life, it became known that family problems are disagreements in mutual relations, lack of self-control, lack of behavior culture in young people, satisfaction with spouse. It originates from the behaviors and character traits of family members such as laziness, boring life, division of family duties, quarrelsomeness, extreme arrogance, imperfection in behavior, material difficulties, and selfishness. We are sure that man is looking for an ideal person. We found out that in many cases, spouses are not satisfied with each other (dissatisfaction with work duties), suspicion, criticism, rebuke, etc. cause many problems. The family members believed that it was a lack of mutual understanding in the family, and that their character traits did not correspond to each other. It became clear that the root cause of family problems is the lack of pedagogical and psychological knowledge in families. To do this, it is necessary to carry out extensive work in this regard in the neighborhoods, to implement neighborhood gatherings in cooperation with families, to prepare girls for family life, first of all, it is necessary to solve the issues of increasing the psychological literacy of their mothers, increasing their trust in psychologists and pedagogues. In preparing our girls for family life, it is necessary to teach them that there are ups and downs along with the beautiful sides of family life, and that it is possible to find a solution to various difficult situations with sweet words and beautiful treatment. For example, if they are introduced to the problems encountered in many families, they will not be confused when they face difficulties



when they step into adult life, they will be able to choose a reasonable way to get out of this situation[13].

It is also worth noting that it is worth mentioning the family values that should be instilled in our daughters who are on the verge of marriage:

- meaning that is important for every member of the Uzbek family - every family should know need and love;
- mutual respect in the family - accepting the thoughts, feelings and passions of another person;
- honesty, purity - if there is no such value in the family, it means not respecting the person of another person;
- mutual forgiveness - it is important to learn to forgive people who have made a mistake;
- mutual responsibility - this value is necessary for other family members to be calm, because they know that there are people they can trust;

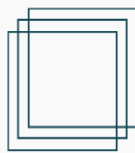
Based on this, every girl getting married should have psychological literacy, acquire communication skills, be able to positively solve family problems, create a healthy psychological environment for her spouse and children under any circumstances, and be exemplary in family relationships. They should make their contribution to the child's education[14].

After a girl's marriage, her role in the social environment changes radically, and her attitude towards others and herself changes. The culture of communication is very important for a girl who can build confidence in herself regarding such a change and can find her place in her new family in a short period of time. One of the main motivating factors for a girl's self-confidence in starting a family is self-guidance, that is, the all-round development of readiness for a family. New in the future family bride position adaptation of course, experience and to knowledge is based on. To these according to, any marriage to build to his age enough girl his own achievements and disadvantages in his thinking mentally analysis by doing himself daughter in law after done which increases behavior can imagine need[15].

Article 63 of our Constitution states that "Family is the main link of society and has the right to be under the protection of society and the state". Nevertheless, many families have problems on various issues. These are:

- family problems are one of the problems studied by scientists since time immemorial. Many pedagogues and psychologists have puzzled over the solution of family problems. As a proof of this, the methods and tests created by them can be cited as an example. On the basis of these methods, problems of conflicts in the family are studied, diagnosed, and on this basis, measures are taken to eliminate the studied problems;
- family problems to the wrong way of family relations

is determined by placing. Such relations are more often seen in disagreements between spouses, inability to go out, lack of communication, inability to agree, lack of mutual respect, family reputation. At the same time, cases of mutual misunderstanding



between parents and children, cases of disagreement in mother-in-law relations; disagreements in family relations constitute the largest part of family problems;

- most of the problems in the family are caused by material shortage. Inability to financially support the family leads to a bad situation, nowadays there are conclusions that the reason for many rulings is material shortage. Such problems have a serious impact on children's education. A child who has understood the reason for quarrels in the family changes his relationship with his parents, and this situation also creates another problem;

- in the research, we were convinced that young families have a different attitude towards life and family. They take life and family lightly. It is necessary for them to live together with mother-in-law, father-in-law and other family members in order to increase their life experience, and to solve the problems in the family together;

- one of the reasons for many problems in the family is the fact that many families live with them (father-in-law, mother-in-law, brothers-in-law, sister-in-law, cousins). Mutual inconsistencies in the family, inability to get along, are caused by living together with many people;

- equality in the family, the right to equality in the life of married couples is not equally acceptable to everyone. Discriminating, disregarding, not seeing women in their place, not taking their opinions into account in some families causes problems, at the same time, women's dominance also causes problems.

Based on these conclusions, the following recommendations were developed:

- the solution of family problems depends on the creation of a healthy psychological environment in the family;

- one of the solutions to family problems is to equip family members with sufficient pedagogical and psychological knowledge;

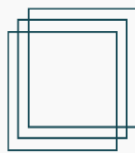
- to ensure psychological mutual agreement of both parties who caused the problem in the solution of family problems;

- it is the most important issue to establish family and community cooperation in solving family problems;

- creation of interpersonal equality in the family ensures family strength and stability.

Our Uzbek people have long been a family-loving, child-loving people, family values have been instilled in the young generation by adults since childhood. Our girls, who have been brought up in the spirit of fairy tales, Indian films, novels, legends, and stories since childhood, do not always have the right ideas about family life. There are many cases of one-sided, only positive interpretation of family life in the materials provided by mass media, TV shows, and radio broadcasts on preparing young people for family life. Like this cases are also in young people family life about of imagination wrong formation reason to be can.

The majority especially our daughters successful in families education found girls, family to build on the eve of will be they are mostly cases their own future family their lives for own his parents making his family ideal they get Because they are that's it in



the family will be brought up they remember \_ from acquaintances since » of his parents arguing those who argue, each other disrespectful what they did remember they can't . In such families parents are also theirs mutually in relations unpleasant aspects to their children they try not to notice . Or theirs mutually in their relationship happened to give possible has been controversial moments, to each other adaptation processes of marriage in the beginning, yet their children to the world from not coming before being past gone \_ Children while they are of marriage only good, peace, harmony, to each other relatively compassionate, instructive aspects only informed will be So family to build imagination did our youth, family from what they built after themselves as expected marriage sorry if not, marriage initial the most delicate, complex, difficult, new social situations, conditions, roles adapt to each other adaptation in processes surface came difficulties, obstacles, problems in front in awe stay, family from their " mistakes" in construction suspicious stay can.

Or vice versa of his parents constant quarrels, disagreements inside grew up children in the future own the pair in finding suffering in them different gender representatives relatively negative relationship wake up possible and in the future them family life about right imagine not forming as a result of his parents mistake repeating to put cases are also observed . That's why for young people family to life in preparation family life about them form an adequate assessment of life beautiful sides with one in line that there are also complications right explain them \_ patience satisfaction gratitude in the sense of our growth it is necessary. Girls independent to life in preparation family and public between creative cooperation decision find and this cooperation based on activity organize to do word being held of the problem positive to the solution have to be guarantees . Uzbekistan Republic of independence initial the government of the Republic by families strength provide well- being increase, family environment in every way mature, perfect a person bring up of issues state of politics priority from directions one as determination this about series positive things done to increase possibility will give.

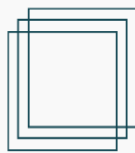
Our daughters independent to life preparation regarding family and public cooperation the following in directions take going positive to the solution have to be provides :

In families girls education organize reach, in them socio-ideological, moral, economic, legal, ecological, aesthetic, hygienic and health storage regarding theoretical knowledge increase is also practical skill and qualifications formation enable giver sources with provide, methodical help show.

Certain in matters expert advice and practical help ( for example, lawyer, psychologist, pedagogue, economist and medicine employees by displayed help) . organize.

Parents \_ in the presence of the girls independent to life bring up problems dedicated conversation, meeting, seminar, lecture and debates organize to achieve

In girls ingenuity, wisdom, agility, perseverance, initiative such as feelings, as well as feelings of sophistication to educate help giver different choices transfer.



Girls independent to life preparation regarding advanced experiences publicize \_ Family and public in the middle surface came of cooperation sure to the goal orientation, topic within surface came problems own on time according to get them \_ own on time solution to do aspiration, specific problems solution in reaching solidarity show, perfect work developed program based on activity conduct, from one very long and to people differently requirements to put are concepts[16].

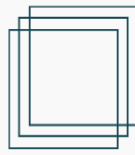
Summary by doing so to speak student the girls family to life preparation present in time current from problems one considered, society this is the development of the country of the parable the solution with depend \_ According to one of our lexicographers, Abu Abdullah Rudaki, "If you want to destroy a nation, take out their daughters, mothers-to-be, from education." If you want to elevate any nation, teach their daughters - their future mothers to good education and good morals" is not in vain.

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