

ANALYSIS OF PSYCHOLOGICAL SCIENTIFIC WORKS ON THE ISSUES OF PREPARING YOUNG PEOPLE FOR FAMILY AND MARRIAGE RELATIONS

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Abstract:

This article covers important issues in preparing young people for a family through the research of scientists, and it is stated that a comprehensive study of the psychological readiness of young people for family life, special scientific research is of urgent importance.

Keywords: Family, family and marriage relations, preparing young people for a family, ideas about the family.

Introduction

YOSHLARNI OILA VA NIKOH MUNOSABATLARIGA TAYYORLASH MASALALARIGA OID PSIXOLOGIK ILMIY ISHLAR TAHLILI

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Annotatsiya:

Ushbu maqolada yoshlarni oilaga tayorlashda muhim bo'lgan masalalar olimlar tadqiqotlari orqali yoritilgan bo'lib, yoshlarni oilaviy hayotga psixologik tayyorligini kompleks o'rganish, maxsus ilmiy tadqiq qilish dolzarb ahamiyatga ega ekanligi bayon etilgan.

Kalit soʻzlar: oila, oila va nikoh munosabatlari, yoshlarni oilaga tayyorlash, oila haqidagi tasavvurlar.

In the scientific works of Uzbek pedagogues and psychologists, family and marriage issues are among the well-researched and studied fields. Prominent psychologists such as M.G. Davletshin, G.B. Shoumarov, E.G'. G'oziev, V.M. Karimova, N.A. Sog'inov, R. Samarov, F. Ro'ziqulov, M. Salaeva, X. Karimov, Yo. Nu'monova, and others have paid attention to these issues.

The upbringing of children in Uzbek families and the manifestation of ethnopsychological characteristics through this upbringing have been studied by several psychologists, including M.G. Davletshin, G.B. Shoumarov, E.G'. G'oziev, V.M. Karimova, N.A. Sog'inov, and M. Yo'ldoshev, among others.

The motives behind marriage in Uzbek families, as well as their social and ethnopsychological characteristics, have been explored in the scientific works of V.M. Karimova, N.A. Sog'inov, R. Samarov, F. Ro'ziqulov, M. Salaeva, X. Karimov, and others.

The research conducted in the doctoral dissertation of Doctor of Psychological Sciences, Professor V.M. Karimova, is also focused on the analysis of family-related socio-psychological concepts such as gender socialization, gender differences, male and female traits, and the social-psychological aspects of the formation of perceptions regarding parent-child relationships.

The works of V.M. Karimova and F.A. Akramova emphasize the importance of focusing on family institutions when organizing socio-psychological services, highlighting the role of the family environment in socialization, the significance of interpersonal communication in human development, and the psychological aspects of human interaction and communication. Their research also discusses the psychology of effective influence. Meanwhile, the works of G.B. Shoumarov analyze family structures and the conflicts that arise in family relationships, such

as those between spouses, mothers-in-law and daughters-in-law, and parents and children.

One of the significant contributions of G.B. Shoumarov to family psychology is the identification and study of factors that cause incompatibility before marriage and in the formation of young families. According to the scholar, one of the main factors influencing conflicts is the characteristics of the parental family. The primary cause of such conflicts is the incorrect role-playing behaviors of spouses that were adopted in their parental family.

E.G'. G'oziev's works provide insights into the views of Eastern philosophers on family matters. Additionally, they comprehensively examine the practical aspects of communication within human activities.

Uzbek psychological science has extensively studied interpersonal communication issues within family relationships. The works of N.A. Sog'inov, R. Samarov, M. Utepbergenov, and F. Ro'ziqulov have specifically focused on the psychology of interactions among spouses, parents and children, and other family members.

N.A. Sog'inov's scientific works examine the impact of husband and wife relationships on family stability in Uzbek families, the ethnopsychological characteristics of potential conflicts in relationships, and their effects on children. M. Yo'ldoshev's book *"Oilada ruhiy muhit va uning tarbiyaga ta'siri"* (*"The Psychological Atmosphere in the Family and Its Influence on Upbringing"*) addresses several issues, including the necessity of considering age stages in child upbringing, the psychological aspects of education, and the influence of educational institutions on personality development.

In recent years, a number of scientific studies on family psychology have been conducted by psychologists from various regions of the country, analyzing the pedagogical, ethnic, and socio-political aspects of family relationships. Notable among these are Sh.Sh. Juraeva's research *"The Socio-Psychological Characteristics of Marital Satisfaction in Tajik Families"*, X.K. Karimov's work *"The Socio-Psychological Characteristics of Conflicts Between Spouses in Uzbek Families"*, R.S. Samarov's study *"The Social Ethnopsychological Characteristics of Marital Conflicts in Tajik Families"*, M.N. Salaeva's research *"The Ethnopsychological and Regional Features of Uzbek Families"*, and M.A. Utepbergenov's study *"The Social and Ethnopsychological Characteristics of Karakalpak Families"*.

An analysis of contemporary research in the field of family psychology reveals the detailed study of family-related issues, such as the significant influence of parental families on the formation of young families, the presence of ethnopsychological characteristics in the marital relationships of Uzbek, Karakalpak, and Tajik families, and the ways in which conflicts between spouses in Uzbek families manifest. Researchers have also found that in both urban and rural areas, the pre-marriage acquaintance period is often minimal, which contributes to conflicts between spouses and the mismatch of their expected roles and functions in the family.

This topic has been extensively studied by pedagogical and psychological scholars in CIS countries, with an emphasis on the tasks and priorities for preparing young people for family life.

I.V. Grebennikov suggests that preparing the younger generation for family life should involve the following aspects:

1. **Social and political** – explaining state policies on marriage and demography, including the role of the family, family values, and the social roles of parents and spouses.
2. **Moral and ethical** – fostering respectful relationships between genders, instilling respect for elders, ensuring responsibility in child upbringing, developing trust, honesty, compromise, and responsibility towards one's spouse and children, and cultivating a refined attitude toward romantic feelings.
3. **Legal** – familiarizing individuals with marriage and family laws, ensuring that spouses understand their rights and responsibilities towards each other, their children, and society.
4. **Psychological** – developing communication skills and psychological preparedness for marriage and family life.
5. **Physiological and hygienic** – educating individuals about the physiological characteristics of male and female bodies, sexual relations, personal hygiene, and related matters.
6. **Pedagogical** – understanding the role of the family in child upbringing, its pedagogical potential, specific parenting methods, and ways to enhance parental educational culture.
7. **Household and economic** – equipping individuals with knowledge about family budgeting, household management, and domestic responsibilities.

This perspective aligns with the main functions of the family presented in the *"Family Psychology"* handbook, edited by Uzbek psychologist G'.B.

Shoumarov.

V.A. Sisenko identifies the following key areas for forming readiness for family life:

1. **Moral aspect** (understanding of marriage, children, and other values);
2. **Psychological aspect** (possession of necessary psychological knowledge about marital relationships);
3. **Pedagogical aspect** (skills and competence in child-rearing);
4. **Sanitary-hygienic aspect** (household and marital hygiene).

According to V.A. Sisenko, when studying the phenomenon of preparedness for family life, it is important to analyze how strongly an individual is attached to marriage and to what extent they exhibit selfishness toward their spouse. Selfishness, in this context, is defined as directing one's attention solely to their own personal interests. Such a condition hinders cooperation and harmony between spouses in a family environment. The scholar states that "marriage and family life cannot exist without sacrificing one's personal interests and without self-discipline." A strong and stable family is built on altruism, humanism, and self-sacrifice. People who possess such qualities are usually able to create enduring and stable families.

B.S. Kruglov believes that within the system of preparing young people for family life, it is essential to instill an awareness of interpersonal relationships along with a sense of "civic responsibility" for their actions and legal rights as citizens.

L.B. Shnayder highlights the moral-ethical and educational-cooperative systems in preparing young people for family life. Some young individuals, despite being physiologically and socio-psychologically (in terms of interpersonal relationships) ready for marriage, often lack the necessary knowledge, skills, and competencies.

Modern students (young people) generally lack practical skills in managing household responsibilities and organizing family life, and within the family, they are often not assigned specific responsibilities.

Ye.I. Zritnev's research findings indicate that only one-third of students have a clear understanding of family budgeting and the challenges that may arise in family life.

V.S. Troxty outlines several important aspects of psychological readiness for marriage:

1. Readiness to take on new responsibilities concerning their spouse, future children, and their behavior.
2. Understanding and respecting the rights and dignity of other family members and recognizing the principles of equality in human relationships.
3. Willingness to fulfill shared and daily commitments, as well as demonstrating a high level of moral character by being considerate and supportive toward the opposite gender.
4. The ability to adapt to their partner's character traits and habits, as well as understanding their emotional and psychological state.

When analyzing the issue of preparing for marriage, V.S. Troxty introduces the concept of "marital competence," which encompasses the ability to care for another person, sincerely serve them, and continuously strive to do good.

Ye.S. Kalmykova includes the following aspects in psychological readiness for marriage:

- The development of a certain set of moral values, leading to an individual's willingness to take on new responsibilities toward their future spouse and children.
- Readiness for interpersonal relationships and cooperation.
- The ability to show selfless devotion to their partner.
- The presence of qualities that enable deep emotional connection—an empathy complex (the ability to sympathize and communicate effectively).
- The formation of high ethical and aesthetic behavior.
- The ability to resolve conflicts constructively, control one's psychological state, and regulate behavior.

Z.A. Yankova, Ye.F. Achil'dieva, and O.K. Loseva have conducted research on issues related to preparing young people for marriage, focusing on the influence of parental attitudes toward "marriage and family," young people's perceptions of their future social roles within the family, and their preferences regarding the number of children.

Scholars who have studied the issue of preparing young people for family life, such as S.V. Kovalev and V.A. Sisenko, propose organizing this process in the following four directions:

- Understanding the **social significance of the family** and its role in personal development;
- Cultivating **personal qualities necessary** for marital relationships;
- Forming **adequate perceptions** about marriage and family life;
- Acquiring **psychological and sociological knowledge** essential for marital relationships.

Thus, an analysis of the literature dedicated to the challenges of preparing young people for marriage reveals that psychological readiness for marriage requires attention to various family functions, behavioral patterns, and individual traits. Research in this area suggests that the level of preparedness and knowledge about family life directly influences how quickly young people adapt to marital relationships and understand each other.

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