



IMPROVING THE PSYCHOLOGICAL KNOWLEDGE OF YOUNG PEOPLE ON THE VERGE OF STARTING A FAMILY

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Abstract

The article provides detailed information on the family and the relationships in it, as well as the views of psychologists on family relationships.

Keywords: Family, population, divorce, marriage, school, girl, boy, problem, difficulty, life, relationship, agreement, conflict, dispute, main factor.

Introduction

It is known that as human society develops, both people themselves and their relationships with each other, especially family relationships, which are the most sincere and closest among interpersonal relationships, improve and become more complex in their own way. The reason: the rapid introduction of new technologies and technical processes in all aspects of the national economy, the development of production relations, means, agriculture, industrial production, and in general, the human factor, who is the direct creator and participant of these processes, and the human personality, are placing unique, new demands on them. On the one hand, the development of production relations and society, on the other hand, the socio-psychological, physiological and other changes occurring in people themselves, are causing a certain limitation of the scope of people's communication relations, a certain violation of the naturalness observed in our ancestors, and, as a result, the emergence of maximum emotional and mental stress in the human psyche. The impact of this is also reflected in family life and the psychological climate in it. The role of families and the strength of families in the development of any society is incomparable. Because just as the health of a living organism depends on the health of each cell that makes up it, just as each cell has a proper place in the proper functioning of the whole organism, the family is a cell that makes up a whole organism called a state and society. The health of each family, the presence of a



positive psychological climate in them, the role of the family in the development of a person who is born in this environment, is a decisive factor in the development of the economy and social life of his country as a citizen of the country in which he lives, is incomparable. Why do we pay more attention to the family and the relationships that occur in it, why do we feel good and happy in the family, and why do we feel like our work is going well and our luck is running smoothly? Because the family is the most dear and sacred place in our lives! Only. Only in the family can a person be happy, feel needed by someone, or else feel oppressed and unsuccessful. Also, the family plays a significant role in the development of society, preventing it from reaching the expected level, in the emergence of forces that hinder its development and lead to its crisis. Family and marriage relations are a form of interpersonal relations, and in the family, relationships are based on social roles, the mutual relations of individuals. The family is a place where you can provide and receive help from a loved one. According to N. V. Malyarova, readiness for marriage is "a system of socio-psychological relations of a person that determines the emotional and psychological attitude to the lifestyle, values of marriage". According to E. Erikson, creating a family is the most complex socio-psychological process, the meaning of which is determined by the moral and spiritual maturity of a person, the ability to be sincere, the role of research in the development of New Uzbekistan and the factors of development in choosing a partner for physical, as well as spiritual and psychological intimacy. I. V. Dubrovina considers psychological readiness for marriage as an integral feature that ensures the establishment of relations between spouses in marriage and combines psychological motives, knowledge, skills, qualifications and personal characteristics, which are expressed in the following components [2]. The relationship between spouses in marriage is established and expressed in the following components: □ motivational (the need to successfully complete the task, interest in the activity, the desire to achieve success and show oneself from the best side); □ cognitive (understanding problems, tasks, assessing their importance, knowing the means to achieve the goal, reflecting on possible changes in the situation, the ability to understand, plan, choose, make decisions); □ emotional (a sense of responsibility, confidence in success, inspiration); □ behavioral - the characteristics of a person's specific behavior in conflict situations; According to I. V. Dubrovina, such specific approaches as cognitive, motivational, emotional and



behavioral should be established as a set of knowledge and skills in the implementation of the goal, taking into account external and internal conditions for the implementation of the life goal, and forming stable internal characteristics of the personality. According to E. S. Kalmikova, the most important component of preparation for marriage is the ability to constructively resolve interpersonal conflicts in a person, since these conflicts allow for the further development of relations between spouses [2;5]. The psychological state in the family and the relations between its members directly affect the activities of a person of any age, the fulfillment of social tasks, and the development of creative abilities. Sexual education, the preparation of young people for marriage and family relations, is one of the urgent and complex pedagogical problems. Family education as one of the forms of upbringing of the younger generation in society, according to V.A. Sukhomlinsky, includes the objective impact of the purposeful actions of parents, all family members and the role and development factors of everyday life and family relations in the development of New Uzbekistan. The teacher, analyzing the experience of family education of children, showed that “a family with existing relations between parents and children is the first school of intellectual, moral, aesthetic and physical education.” According to V. A. Sukhomlinsky's deep conviction, the family should be the main school for instilling moral feelings in children, and this means the formation of moral ideas and concepts, the development of moral feelings, the development of moral beliefs, and the formation of behavioral skills and habits. V.A. Sukhomlinsky, who made a great contribution to premarital education, considered that in most cases the main motive for marriage is “love”. However, when “love” is mentioned as a motive for marriage, young people give this word different meanings.[3] In conclusion, it would be expedient to organize extracurricular activities on a scientific basis and invite experts, community elders, and teachers to prepare young people for family life, to enrich their ideas about marriage. The moral and psychological readiness of young people for family life indicates their understanding of a number of behavioral norms, requirements, and duties. The concept of readiness for marriage, in our opinion, is a system of studying the attitude towards marriage, its psychological components are the acceptance of a new system of responsibilities towards a partner and future children in the family, understanding the rights and qualities of other family members, recognizing the principles of equality in human relations, understanding



family values, striving for cooperation and daily communication in the family, the ability to adapt to the habits and character of another person and understanding his mental state, motivation for marriage and the formation of a positive attitude to the demands and obligations of family life. A person's readiness for any activity depends on how well he is prepared for it. Preparing young people for family life begins, first of all, with the family. It is necessary to form family traditions, instill them in the hearts of young people, and to equally lead young men and women in order to preserve the fact that the family is a sacred institution and pass on its values to future generations.

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