



PROBLEMS IN EARLY MARRIAGE AND FAMILY RELATIONSHIP SYSTEM DURING ADOLESCENCE

Abdullayeva Jangil G'afarovna

International Innovation University

Teacher of the "Psychology and physical culture" department

Urolova Madina Utkirovna

2nd year student of psychology education International Innovation University

Abstract: This article analyzes the impact of family formation, early marriages on the fate of young people and its social, psychological and economic aspects. Also, the problems in our society regarding family and marriage and issues of managing this process are described.

Key words: Adolescence, early marriage, family, social influence, psychological state, youth, responsibility, education.

Аннотация: В данной статье анализируется влияние формирования семьи, ранних браков на судьбу молодежи и ее социальные, психологические и экономические аспекты. Также описаны проблемы в нашем обществе относительно семьи и брака и вопросы управления этим процессом.

Ключевые слова: Подростковый возраст, ранний брак, семья, социальное влияние, психологическое состояние, молодость, ответственность, образование.

It is known that as human society progresses, both people themselves and their mutual relations, especially family relations, which are the most intimate and closest among interpersonal relations, improve and become becomes complicated in a special way. In the system of interpersonal relations, the stages of personality development and its formation change in each period of development and gain their own importance. One of the most important and unique periods of personality development is adolescence.

Adolescence is one of the most delicate and complex stages of human life, a period of physical and mental changes. In this period, studying the consequences of decisions on family building, positive and negative effects on the life of teenagers is one of the urgent tasks facing the society. In recent years, early marriages and divorces have increased in the family relationship system, causing many problems and conflicts in the society. Therefore, since many negative consequences of early marriages are observed today, it is necessary to carry out scientific research on the solution of this issue.

Social Aspects of Adolescent Marriage: Adolescent marriage is an individual's assumption of the responsibility of starting a family before reaching the mature stage of age and physical development, and the social aspects of this situation require extensive discussion. The social consequences of such marriages include not only problems within the family, but also complex issues that affect the entire society.

Impact on education and career development: Early marriage stunts the educational process of adolescents. Often, girls are forced to drop out of school, which limits their future career opportunities [1]. An increase in the number of uneducated youth in society has a negative impact on economic development and increases the level of poverty.

Gender inequality and restriction of rights: Early marriage often violates the rights of the girl child. They are forced to take on family responsibilities at a young age and are deprived of opportunities for their

own development. This situation increases gender inequality in society and prevents women from becoming active in social life.

Impact on social stability: Many marriages formed during adolescence do not last. Inadequate understanding of responsibility, financial difficulties and inexperience in family management often lead to family conflicts, divorces and, as a result, disruption of social stability.

Influence of traditions and stereotypes: In some societies, early marriages are formed as a result of customs and traditions. Such stereotypes limit the personal life decisions of young people and cause serious problems among them.

Demographic and Economic Consequences: Early marriages lead to rapid childbearing among young people, which increases the rate of demographic growth. However, such families are often in a difficult economic situation, which creates an additional burden of social support on the state. The social aspects of marriage during adolescence affect not only that individual or family, but the entire society. In order to solve the current problems of this issue, education, raising social awareness, and strengthening public policy are important.

Regarding psychological factors and youth development, psychological factors are directly related to the decision to start a family during adolescence and the impact of this decision on youth development. Adolescence is one of the most delicate stages in a person's life, during which physical and mental development is not yet complete [2]. At this stage, the psychological burden and responsibility arising from marriage significantly affects the personal and social development of young people.

One of the causes of conflicts in family relations built in this period among young people is their lack of psychological preparation. One of the main problems is that teenagers are not ready for marriage and family responsibilities in terms of mental development, because at this age, the ability to make personal decisions is not yet fully formed, so they are not independent enough to solve family conflicts or manage financial problems. .

Secondly, they have increased mental pressure, i.e., new responsibilities after marriage, having children and managing a family, which lead to mental stress.

Third, another condition during this period is psychological stress: teenagers often feel insecure about themselves, which can cause mental health problems.

The fourth important aspect is the cessation of the developmental process: Adolescence is an important stage for personal development, educational and professional direction. Early marriage can stop or limit these processes. In the process of personal development, adolescents are deprived of the opportunity to develop their abilities, self-awareness and find their place in society. Also, young people who are separated from the educational process due to marriage will not be able to succeed in their professional field in the future.

The fifth important aspect is the disturbance of emotional stability: the emotional burden caused by marriage during adolescence affects the mental stability of young people:

- Marital conflict: Marital conflict worsens the mental health of adolescents.
- Social Isolation: Feeling withdrawn from friends and peers, leading to loneliness and depression.

Sixth, psychological problems of young parents: Another psychological aspect of early marriage is the insufficient formation of responsibility of young parents. This situation causes problems in the process of raising children:

• Inexperience in raising children: As a result of improper upbringing of children, social problems may arise in the future.

• Mental exhaustion: Young parents can become stressed and depressed due to neglect of their physical and mental needs [3].

Seventh, the need for psychological support during this period: In order to overcome the psychological problems caused by early marriage, it is important to:

- Counseling services: Psychologists and counselors help young people adjust to family life.
- Education and informed decision-making: Providing adolescents with adequate information about marriage and its responsibilities will help them make informed decisions.
- Social support: Assistance to young families by state and public organizations reduces mental pressure. Psychological factors indicate that adolescents are not sufficiently prepared before entering into

marriage. This condition negatively affects their mental health, education and personal development. Therefore, it is an important task for society to psychologically support young people and create conditions for their healthy development.

Based on the above opinions, the conclusion is that the issue of starting a family during adolescence is complex and multifaceted, its social, psychological and economic aspects and negative consequences require a wide discussion, and it is important to prevent early marriage as much as possible. is the main way to avoid the mentioned problems. A comprehensive approach to this issue and support of young people is the main duty of every parent, and it is one of the necessary factors to take measures to properly prepare them for family relations. Programs implemented by the state, changes in legislation and reforms in the education system, and state support of young families are important factors in ensuring the well-being of family relationships of young people.

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