

EDUCATIONAL AND PSYCHOLOGICAL FACTORS OF PREPARING YOUNG PEOPLE FOR LIFE IN THE SYSTEM OF FAMILY RELATIONS**Qodirova Guzal Jalilovna**

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Annotation: This article analyzes the role of the family in the process of socialization of a person, the main problems in the process of family relations.

Also, the preparation of young people for family life, the role of the family before society, the specific features of parental relations in the formation and stabilization of a healthy environment in the family are presented.

Keywords: educational system, family, family upbringing, social relations, marriage, family environment, healthy generation, personal development, bride and groom, healthy lifestyle, family function, family members.

Аннотация: В статье анализируется роль семьи в процессе социализации личности, система семейного воспитания и основные проблемы в семейных отношениях.

Также рассматриваются аспекты родительских отношений в подготовке молодёжи к семейной жизни, долг семьи перед обществом, формирование и стабилизация здоровой семейной среды.

Ключевые слова: система образования, семья, семейное воспитание, социальные отношения, брак, семейная среда, здоровое поколение, личностное развитие, жених и невеста, здоровый образ жизни, функция семьи, члены семьи.

As is known, in the process of socialization of a person in society, the most important among social institutions is the family, which has a special place. Because the family is, first of all, a developing structure, which is characterized by age-related laws. Family education should be paramount, since the child's spiritual and personal development is of primary importance in the early years. The child first encounters the cultural life of his character in the family, learns national traditions, develops speech, and begins to form his thinking.

Family education comprehensively protects the child and creates physical and spiritual opportunities for him. In preparing young people for family life, the role of the family is, first of all, important. The Uzbek home has always been a sacred place that embodies national values, such as spirituality and enlightenment, mutual respect, and kindness. However, the life of one family is not the same as another. The intermarriage of representatives of two families with different temperaments creates a "new family" in society.

As is known, not everyone has complete knowledge and understanding of the structure and characteristics of their own body. If, before reaching adulthood, young men and women enter family life and get married, they have information about each other's character traits, they will overcome difficulties and disappointments in life with perseverance and understanding of each

other. Sometimes there are situations when young people who are getting married are not psychologically ready for life. This situation can lead to coldness between the young bride and groom, and even to the breakdown of their marriage. After two young people are firmly convinced that they will get married together, they should prepare for starting a family [1]. When preparing to start a family, it is necessary to know what a family is, and to seek help and advice from experienced people who have been married for many years, especially parents.

If we look at the system of family relations, one of the main problems in new families is the economic problems and the issue of mutual solidarity. First of all, let's take the economic side of family life. Economic life is the foundation that holds spiritual life, and with even a little indifference to it, a great need can be created for the spiritual side. It should not be forgotten that no matter how much you try, no matter how much you walk side by side, after getting married, a different life begins. Family life is fundamentally different from the first days when a young man and a girl express their love for each other. Those who think carefully about this can easily digest family worries, while those who do not think carefully suffer.

After a girl becomes a bride, new dreams and desires awaken in her. She becomes more delicate, and she compares herself to other brides. After a young man becomes a groom, his youthful pride and self-esteem rise, and he wants to be seen among his friends as if he had just gotten married. A mysterious, delicate relationship that never existed before arises between a young couple. All of this is closely linked to a certain economic basis. If difficulties arise after the wedding, both the bride and groom are devastated. Previously, they used to talk openly about everything, but now they become bitter and suffer from it. Finally, in times of great hardship, inner pain and resentment arise. All of this negatively affects the relationship between husband and wife.[2]

In the midst of such problems, in order to prevent negative situations in the system of family relations and coldness between husband and wife and to guide them in the right direction, the advice of parents and elders is very important. It is necessary to prepare them for life based on the laws and regulations of each family, and to give them advice. Similarly, both the young man and the girl must prepare themselves for the family. The ability of a girl to cope with household chores, as well as raising children, and the culture of dealing with family members are so important that girls often do not think about this when they get married. Wise, prudent parents teach their daughters these things from a young age. If, for some reason, a girl has not learned the necessary things for a family by the time she reaches adulthood, she should learn the simple rules and requirements of family life, even if it is necessary to postpone the wedding for a while. Among the girls who have reached puberty and are getting ready for marriage, there are those who can't even iron, let alone cook delicious food.

Imagine that a guest has come to the newlywed's house, and the bride should greet him with courtesy, treat him with delicious food, and look after him with kindness. If the house where the bride is staying is tidy, clean, and free, and if she herself is cheerful and open-minded, the guest will leave happy and grateful. If there is no order in the house, if the dishes and plates are not washed, the blankets and pillows are not folded, and things are scattered, and on top of that, if the food she cooked is spilled, the guest will be hurt and regret coming, and in turn, coldness will develop between the mother-in-law and her husband and the bride. These scenes may seem simple and insignificant, but in reality they are events that determine a person's value and affect his reputation among people. In most cases, when it comes to the breakdown of marriage as a

result of third-party interference in the family, it can be observed that divorces are caused by the breakdown of the relationship between the mother-in-law and the daughter-in-law due to such unpleasant circumstances, as well as in disagreements between husband and wife, when the groom blames the daughter-in-law for being unfaithful and not being able to keep the house tidy [3]. In fact, it is possible to think about these things and learn things you do not know before the wedding. Therefore, in the process of preparing young people for family life, it is extremely important to also prepare the mother-in-law of the bride and groom, and help them form strong psychological qualities in relation to their children.

Before starting a family, it is necessary to prepare young people spiritually. Because the spiritual basis of the family, like its economic basis, requires young people to possess certain qualities. Therefore, it is necessary to teach both young people in advance that after marriage they are responsible for the fate of another person along with their own fate, and that when they have children, they will also be responsible for them, and to instill thoughts about this in their minds.

It is no secret that the increasing number of divorces from year to year is due to the lack of sexual, spiritual, psychological upbringing, medical culture, economics and education in the family. In psychology, there are various approaches to working with parents. One of them is the educational-informational approach created by I. V. Grebennikov based on youth and pedagogical psychology. Based on the content and essence of this approach, in some countries, mass education programs for families have been developed to provide parents with continuous and systematic assistance. Based on these programs, it has been possible to activate the role of the family in raising children. However, these programs were carried out anonymously. Any activity is undoubtedly effective when it is directed towards a specific goal and purpose. Therefore, it is advisable to identify families in need of specific socio-psychological assistance based on psychological diagnosis and provide them with real assistance, that is, to form a psychologically healthy lifestyle in the family and to provide children with proper upbringing[4]. Because it is precisely the family diagnosis that plays an important role in family education. In diagnosing the need for pedagogical and psychological training of parents to maintain a healthy lifestyle in the family, it is necessary to pay more attention to the following:

- goal setting, i.e. identifying the achievements made in the family and, based on them, determining what opportunities parents still have and what help they need;
- algorithm of actions, i.e. distributing psychological questionnaires to establish a family diagnosis among parents, receiving and analyzing responses, dividing parents into small groups according to their characteristics and familiarizing them with the results of the diagnosis;
- organizing psychological trainings based on the diagnosis, drawing up plans for implementing psychological services.

In addition, in order to ensure the implementation of paragraph 3 of paragraph 6 of the Decree of the President of the Republic of Uzbekistan No. PF-5325 dated February 2, 2018 “On measures to radically improve activities in the field of supporting women and girls and strengthening the family institution”, the establishment of the “Innovative School of Brides and Grooms” is of great importance in preparing young people for family life. In this school, exemplary families (5-10 years, 20-30-40-50 years) that have been living together in an exemplary manner are invited to training sessions, and young people are encouraged to share

their achievements in life and what life and family are, suggestions are received from young people during each training session on how to effectively conduct these training sessions, social surveys are conducted based on questionnaire questions, family education is promoted based on videos, an encyclopedia-like booklet called “Guide to a Strong Family” is distributed to each couple. distribution, training, and other activities that prepare teenage girls for independent life and marriage, household chores, and becoming all-round wise family heads, etc. contribute to the formation of strong families in young families.

Based on the above considerations, we can conclude that the main foundation of social development is the upbringing of youth, for this we can achieve the formation of a healthy environment in every family, the upbringing of a harmonious generation, and the birth of healthy children from a healthy mother.

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