



Social Psychological Conditions of Formation and Development of A Young Family

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ABSTRACT

The main factors of preparing young people for family and their psychological characteristics are described in the article, these factors were empirically researched, psychological analysis was given, conclusions and recommendations were developed based on the results.

Keywords:

family, family formation factors, perceptions, family life, family relationships, family formation motives, family formation age, family health, family environment

The processes of modernization of the country affect the whole system, economic, social, spiritual and ideological foundations of the family, which is an important institution of civil society. Currently, there are more than 7.5 million families in Uzbekistan¹. The real processes in these families, in particular, marriage, separation, birth, death, reproductive institutions of the population, i.e. the desire, desires, real income, migration, etc., are the factors that determine the demographic situation in the country.

In our republic, attention to family and family relations has risen to the level of state policy. The Constitution of the Republic of Uzbekistan adopted on December 8, 1992 and the Law of the Republic of Uzbekistan approving the Family Code of the Republic of Uzbekistan were adopted by the Oliy Majlis on April 30, 1998.²

¹ Шоумаров Ф.Б. Оилавий муносабатларнинг ижтимоий психологик омиллари. // «Аёл – маънавият гулшани» Республика илмий-амалий конференцияси материаллари тўплами. Жиззах ПИ, 2015 йил 15-16 май. -488-489-б.

² Ўзбекистон Республикасининг Конституцияси. – Т.: «Ўзбекистон», 2005. –39-б.

We know that currently in our country, great attention is paid to young people, their education and professional development. While it is an objective phenomenon for every young man or woman to study in educational institutions and acquire a specialty, it is also an undeniable value for him to start a family at a young age.

In our opinion, in researching the family problem, first of all, special attention should be paid to the issue of preparing today's youth for family life. Because in many cases, insufficient knowledge about the subtle aspects of the relationship between two young married people, not having the necessary skills and qualifications, as well as the lack of formation of adequate ideas about the distribution of family roles and the two young people have a negative effect on the positive progress and dynamic development of their relationship. It is very important to study and research the psychological characteristics of preparing young people for family life. Because through this, it is possible to determine the ways to make the current Uzbek family strong and

happy. Therefore, this topic is the most urgent issue.

Statistics show that the number of marriages in Uzbekistan is increasing every year. For example, in 2007, the number of marriages was 254,200, and in 2014, it was 296,100, which is an increase of 16.5%.³ It can be said that the reason for this is, on the one hand, the increase in the number of the population, primarily young people, and the positive change in their attitude towards the officially established family institution, and on the other hand, it is the result of the effective efforts of the public, community activists, and governments to reduce the cases of establishing paternity.

When the reasons for divorce are studied, in most cases it is primarily the fact that the bride and groom are not ready for family life, disagreements between spouses, incompatibility of character, jealousy, the bride and her mother-in-law and other close relatives do not go out, the man indulges in harmful habits (alcoholism, drug use, etc.), financial difficulties (mainly husband's inability to work, inability to manage the family independently), in-laws' disagreements after the wedding. These problems were compounded by the fact that the husband went to other cities in search of work and did not return, and that he started a new marriage with another woman. Priority areas of socio-psychological preparation of young people for family life: foreign scientists E. Aleshina, N. Kh. Safina, T. Yu. Sorokina, Uzbek psychologists M. G. Davletshin, G'. B. Shoumarov, E. G'. Goziev, V. M. Researched by Karimova, N.A. Soginov, B.M. Umarov, N.Kh. Lutfullaeva, M. Umarova, F. Saifnazarova, M. Kh. Fayzieva and others. This article aims to study the psychological features of preparing young people for family life. For this, 60 young people studying at Tashkent State Pedagogical University named after Nizami were studied about family life, thoughts, attitudes. The research was conducted in 2014 on 30 female students

studying at the faculty of pedagogy and psychology and 30 male students studying at the history faculty. determined the psychological characteristics of imagination and developed the necessary recommendations for young people.

In family psychology, the issue of factors and conditions of marriage is important, and the following factors can be included in the factors of marriage:

1. Maturity for family life.
2. Marriage age.
3. Motives for starting a family.
4. Dating period until the family is built.
5. Terms and conditions of marriage.
6. Young people's ideas about family life⁴.

Among the factors of matrimonial maturity, we will consider the characteristics of each of these aspects, including the spiritual maturity of young people for family life, their motives for starting a family, their thoughts about the age of marriage and their future family life. The concept of maturity for marriage is a very complex and relative concept. Because a person is a creature that develops and improves, regularly absorbs new things in its spiritual and moral development. When thinking about the maturity of a person, especially maturity for family life, this concept is used only as a conditional measure. When marriage is called maturity, it is possible to distinguish the physical (physiological), sexual, legal, economic, spiritual-moral, and psychological aspects of maturity of young people who are building a family.

Among them, the indicators of sexual and legal maturity have clear signs, but the economic, psychological, and moral aspects are not defined by a strict indicator. The sexual maturity of a person is characterized by the observation of the symptoms of puberty, the sharp manifestation of secondary sexual characteristics, and the activation of the endocrine glands. A person's psychological maturity is manifested in his ability to soberly assess various life situations and conditions. Psychological maturity observed in young

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<http://stat.uz/ru/index.php/interaktiv/demograficheskiedanny>

⁴ Оила психологияси. // Шоумаров Ф.Б. таҳрири остида. – Т.: 2007. -53-б.

people also means the spiritual qualities of a person, which can be manifested in the form of positive attitudes towards others: sympathy, mutual support, etc. These characteristics are decisive when young people start a family.

One of the pre-marriage factors is the marital motives that are the basis for marriage. There are several dozen motives for marriage in the construction of a family. But they can be broadly divided into three categories: 1. Building a family because of love. 2. Building a family based on material or other interests. 3. Building a family according to a stereotype.

The age of family formation is important for the stability of the family. Observations show that it is not advisable to start a family very early (16, 17 years old) and late (after 28, 30 years old). Starting a family early can have a negative impact on a young man's formation as a family head². As a result of the early involvement of the girl child in family work, she may have been assigned to the duties of a housewife, and physiologically, a mother. But the age of the man in the family is equal to the age of the bride, and the age of the young man affects the strength of the family. Because from the bride's side, it is imagined in the fate of her child and can lead to insufficient respect for the groom.

Starting a family late is also not a goal. It reduces the chances of starting a family, especially for girls. The number of criteria for choosing a spouse will increase, but the number of candidates will decrease. This, in turn, makes it difficult for a girl to start a family.

Therefore, the optimal age should not be missed. For this, it is better to choose the age of social, economic and spiritual maturity. This usually corresponds to the age of 20 years and above for girls and 24 years and above for boys.

Young people's visions of their family life are important, and how close they are to reality serves to strengthen the family. Unfortunately, young people's ideas about family life do not always correspond to reality, and in most cases, they are completely different from real life. Therefore, in preparing young people for family life, we should teach them that there are inevitably low and high, sweet and bitter,

pleasure and anxiety, dark and light sides observed in life, and we should be able to form adequate (correct) ideas about these sides.

From the psychological and life observations, it can be seen that the fact that those entering into marriage are younger than 20 years old, they have less life experience than 20-24-year-olds, and due to insufficient levels of socio-economic maturity, it can lead to separation or lack of understanding in families, and to various levels of conflicts in the family. Therefore, in our research work, we tried to determine the opinions of girls about the age of marriage and the age of marriage of boys among the questions included in our specially created socio-psychological questionnaire. For this we asked them "What should be the age of marriage for a girl child?" We asked the question.

It should be noted that none of the respondents chose to start a family after the age of 25 for girls. This, in turn, means that the Uzbek national approach to family formation has been established. Analyzing the obtained results (Table 1), it can be seen that unmarried young men prefer the marriage age of a girl child to be 16-17 years, this answer was given by 14.5 percent of young men.

The second age indicator is 18-19 years old, and the characteristic feature of the obtained results is that this age was chosen by most young men and women as the ideal age for starting a family (70.5% of young men and 65.5% of young women). At this age, they observe that their classmates, acquaintances, neighbors are starting families at this age, and as a result, they come to the opinion that this age is the most suitable age for marriage. Therefore, there may be a number of reasons for choosing the age of 20-21 to start a family life: firstly, those who start a family are well aware of the various tasks performed in the family: these tasks include educational, economic, communicative, sexual, psychological, reproductive, and others. A certain condition is necessary for the performance of each function in the family environment. For example, in order to properly fulfill the economic task, the person who started a family should occupy a certain field

and reach a level where he can provide money for the family by working. For the correct performance of the communicative task, it is required that the members of the family have the skills to establish relationships with each other. In the performance of the reproductive task, the health indicators of young people should be moderately developed. These aspects mean that it is preferable to choose 20-21 years as the optimal age for a girl child to start a family.

When it comes to the age of starting a family, we ask, "What is the best age for a young man?" We also asked the question.

All participants chose 24-25 years as the optimal age for young men to start a family. In fact, at this age, young men acquire a specialty or profession, they are able to provide for their family economically and partially, and they are at the stage of physiological maturity. This leads to choosing this age as the most optimal age for them to start a family. Sometimes in the minds of young people who have not started a family, there is an idea that it is better to start a family in time, and they think that 22-23 years is good for a young man to start a family. In fact, as young men grow older, their chances of starting a family do not decrease, on the contrary, they increase, their social and economic status in the family increases, and as a result, they are perceived and respected by the bride as a spouse.

Therefore, it is true that the age of marriage is seen as a factor affecting the stability of marriage, as this age has its own optimal period for both girls and boys, so every person starting a family knows this period and starting a family will lead to the stability of his marriage. it is.

In our research, we wanted to determine the feelings of young people about their spiritual readiness for marriage. For this, we used the psychological readiness test known in psychology⁵.

As we can see, according to the results of the test, there are gender differences in the levels of spiritual readiness for marriage

among young people who have not built a family. A low indicator of spiritual readiness is observed more in boys, and an average indicator is found in almost all girls. This, in turn, is the fact that starting a family for girls at this young age is considered the most important value for them, suitors have started coming to their homes, they are completely devoted to their family duties, their acquaintances have already started a family, their relatives are saying a lot of thoughts about starting a family for a girl of this age, and they have this value. means to get used to it and to see it as a reality that needs to be. Young men seem to have the advantage that they should first see themselves economically and socially independent, realize themselves in order to build a family, and feel the importance of becoming professionals.

The results of the questionnaire and psychological test conducted among young people confirm the presence of ethnic, sexual and psychological characteristics in young people about their future family life. It was seen that young people's perceptions of family life depend on their age, levels of spiritual maturity, and different levels of social influence they have received in the family. The following conclusions were reached in this study:

1. Young people chose 20-21 years as the most optimal age for a girl child to marry, which in turn requires the family builder to have a good understanding of the various tasks performed in the family. These tasks include educational, economic, communicative, spiritual, social, psychological, reproductive and other tasks. According to young people, a certain condition of maturity is necessary for the performance of each function in the family environment.

2. 24-25 years was chosen as the most optimal age for young men to start a family. According to some young people, 22-23 years old can be taken as the optimal age for a young man to start a family.

3. For the majority of young men, it is desirable to build a family based on love. Most of the girls prefer to start a family according to their father's request. Through this, they show that they can count on their father's opinion,

⁵ Соғинов Н.А., Хабибуллаев Х. Оилани ўрганиш психологик тестлари тўплами. – Т., 1996. –34-б.

that they feel that their father gives a clear and correct opinion about their family life.

4. A low indicator of spiritual readiness for marriage is observed among young men.

5. The average indicator of spiritual readiness for marriage is typical for almost all girls.

6. It was seen that it is necessary to use pedagogical and psychological methods aimed at preparing young people for family life, because it was observed that youth period is an inevitable age period for some young people to start a family.

Based on the obtained results and conclusions, we consider it necessary to make the following recommendations:

- in preparing young people for family life, to achieve their spiritual, professional, i.e. professional, social, legal, psychological maturity. For this, pedagogues-teachers, parents, adults should teach and explain the importance of these aspects to young people;

- Conducting various roundtable discussions about family as an important value with the participation of specialists in this field: psychologists, pedagogues in "Family - Palace of Happiness" schools organized under academic lyceums and vocational colleges;

- through the "Universities of Parents" organized at community meetings, to teach young people how to organize conversations, to organize exemplary roundtable discussions with the participation of experienced, exemplary families through the column "Family - a holy place" for young people; organizing special conversations and discussions for young people about factors that ensure family stability, holding meetings with qualified specialists;

- regularly conduct dialogues on this topic in mass media;

- considering the work of preparing young people for family life as important, organizing conversations about the family; to be able to form a positive image of this problem by showing the exemplary aspects of the influence of the factors of marriage on the stability of marriage by means of life examples.

Therefore, in order to increase the effectiveness of education in educational

institutions, it is important to provide not only specialized subjects, but also psychological knowledge that will help a person to feel good about himself, feel free in interpersonal relationships with the people around him, and, moreover, to teach young men and women "the masterpiece of nature - the family." It is necessary to teach the specific rules and secrets of".

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