



## Socio-Psychological Factors Of Preparing Girls For Independent Family Life

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### ABSTRACT

The article provides practical and theoretical advice on the socio-psychological factors of preparing girls for family life in Uzbek families. The national values and spirituality of Uzbek families are radically different from those of other nations. These factors in our nation are radically different from those of other nationalities in the upbringing of Uzbek girls in our nation. Over the centuries, the importance of preparing our daughters for family life has not lost its relevance in educating them for independent living. The research of foreign and domestic scientists in the field was used to cover the topic of the article. The results from the article can be used as a theoretical recommendation in psychology classes.

**Keywords:**

Family, Upbringing, Family Life, National Values, Spirituality.

**Introduction.** One of the most pressing issues for the Uzbek people is child rearing. Of course, it is a big mistake to separate children into boys or girls, but they need a special approach. The most important thing is to prepare children for family life and to encourage them to take the right approach so that they do not make mistakes.

**Analysis of the literature on the subject.** There are different approaches to raising girls in family life. Many of our educators and psychologists have done research on this topic. In particular, Z.F.Mirtursunov, A.Munavvarov, G.Shoumarov, V.Karimova, O.Musurmonova, M.Inomova, N.Soginov, M.Kholmatova, D.Khalikov, A.Mukhsiyeva and others can be cited.

One of the brightest researches on this topic is Doctor of Pedagogical Sciences M.Mahmudova in her monograph "Folk pedagogy and family education", in her research works, articles and theses she tried to scientifically and practically substantiate the

pedagogical aspects of raising girls in family life. According to the scholar, "the issue of raising girls in the family has been neglected until the mid-1980s. The preparation for the process was to hear from "foreign" friends and others, to educate her blindly, the lack of advice for girls, the lack of manuals, the influx of Europeanized family life "The media is having a negative impact on our national way of life, and our girls are being exposed to foreign influences in this area."

In his research, G. Shoumarov, Doctor of Psychology, described the peculiarities of Uzbek families, the psychological basis of family conflicts.

Pedagogical scholar O.Musurmanova states in her research that family upbringing has risen to the level of national pride, and that the government of the Republic of Uzbekistan pays special attention to its maturity, peace and well-being, protection of human rights. made. The main goal of the policy "For a Healthy Generation" pursued by our government is to form a healthy mother, a healthy child and a

healthy society, to increase the activity, responsibility and role of all existing institutions in society. emphasis on the expansion of education and strengthening its material and spiritual base. Psychologist V. Karimova in her research works and articles studied the characteristics of the Uzbek woman, such as the socio-psychological status of the family in the family, the impact of marital relations on the upbringing of girls and their place in the family. In this field, not only pedagogues and psychologists, but also philosopher M. Kholmatova philosophically studied the moral, physical, aesthetic, spiritual, spiritual and sexual aspects of raising girls in the family, as well as the peculiarities of using national and universal values of our Eastern traditions.

Doctor of Pedagogical Sciences, Professor Malika Inomova's dissertation, textbook, methodological recommendations studied the role of the family in the upbringing of girls as spiritually mature people in the conditions of independence, the content, nature and methods of family education from a national point of view. In his research on family pedagogy, A. Munavvarov analyzed the level of parenting in the upbringing of girls in family life, lifestyle, character, professional activities on the basis of convincing facts. Family psychologist Yu. P. Azarov highlights the pedagogical and psychological aspects of the development of adolescent girls. The scientist's recommendations are an important basis for raising girls in family life. Doctor of Psychological Sciences E. Gaziyeu analyzed the psychological aspects of adolescent girls. Candidate of Pedagogical Sciences A. Mukhsiyeva in her research has sufficiently analyzed the peculiarities of national upbringing in the upbringing of children in the family. Z. Dadanov and Sh. Salimova in their article "Child upbringing in the family"<sup>1</sup> described the tasks facing parents in the formation of moral qualities in girls:

- Creating conditions for the growth and development of girls from the first day of life;
- To develop in girls the skills of enthusiasm, composure, humility, self-interest;

- Creating a sense of duty in girls. We want to see kindness in girls. Such a person is open-minded, honest, and sincere. He treats others with sincerity and courtesy. In agreement with the authors, it can be said that there is no doubt that girls who embody such qualities as politeness, discipline, and a sense of responsibility will be able to build a strong family in the future. As G. Haydarov, a researcher at the Family Research Center, points out in his article, "Girls' personal maturity is an important factor in maintaining a strong family," "... A special approach to the formation of the personality of girls growing up in their educational activities is required," she wrote. Researcher R. Turakulova in her article "A strong and healthy family in the imagination of girls" analyzed the age at which girls enter the family life, one of the main conditions for the formation of a strong and healthy family. In order to study the perceptions of girls about healthy motherhood and family life, he conducted a survey among girls on the basis of special surveys and methodologies. In the article "At what age do you think girls will be ready to get married?", 51.9% of high school students and 16.1% indicated college student girls will be ready for marriage at the age of 19-20 student girls, (School and Life Journal, 6/2012, pages 3-4)..

O. Turaeva and S. Ergashev in their book "Education of girls in the family" emphasize that the upbringing of girls requires patience and sensitivity from parents to be both kind and demanding to girls (57, p. 108). Researcher G. Sultanova in her article "Effective ways to bring up girls in family life" showed that in addition to raising girls in the family, it is to prepare them for an independent family. To achieve this goal, it has identified a number of tasks:

- Preservation of the sanctity of families;
- Preparing young people, especially girls, for family life;
- To study the preparation of girls in the family for independent marriage as a pedagogical necessity;
- Planning and implementation of the process of preparing girls for marriage on the basis of a healthy lifestyle;

- The use of effective methods and tools of education in preparing girls for marriage in the family

"Preparing girls from an early age in the family should be the basis for creating a family budget and creating a healthy social, economic, psychological and pedagogical environment in the family," he said.

The booklet "Strong Family Spirituality" prepared by A. Abdusamedov and others provides guidance and recommendations on ensuring family stability, creating a physically healthy, spiritually strong and mentally mature generation. Published by Akhunjon Safarov and Mels Mahmudov, "Family Spirituality", the book examines the historical foundations of the spirituality of Uzbek families in the family and society, the health of the spiritual environment in the family, the role of family traditions in solving the problems of raising girls in terms of the ideology of independence.

Experienced educator Abdulahat Usanov tried to analyze the role of family traditions in the upbringing of girls in family life in the textbook "Family Pedagogy".

According to the pedagogical scientist M. Mahmudova, girls are a group that forms a social life and a certain family in material and spiritual production, and have their own characteristics in bringing them up in family life. This is a period full of peculiarities and contradictions. This is because the girls brought up in the family form a mature citizen of the society, a physiologically and socially mature person. Accordingly, girls have a unique character and responsibility in the upbringing of family life, and girls form their own way of life, their own personal style. It reveals their unique lifestyle, agenda, interests, and personal forms of communication. This leads to the need for an in-depth analysis of the scientific and practical situation of raising girls in family life.

In conclusion, the most delicate aspect of preparing girls for family life is that they need to choose the right approach to age. The main responsibility lies with the mother in the family. The role of the mother is to "copy" the girl. Therefore, mothers should be educated first.

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