



Social-Psychological Features Of Preparing Girls For Family

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Annotation: This article covers important issues in preparing girls for family life through research by CIS and Uzbek scientists, and it is stated that a comprehensive study of the psychological readiness of girls for family life, special scientific research is of urgent importance.

Keywords: family, education of girls, morality, profession, ideas about the family.

QIZLARNI OILAGA TAYYORLASHNING IJTIMOIIY- PSIXOLOGIK XUSUSIYATLARI

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Annotatsiya: Ushbu maqolada qizlarni oilaga tayorlashda muhim bo'lgan masalalar MDH va o'zbek olimlari tadqiqotlari orqali yoritilgan bo'lib, qizlarni oilaviy hayotga psixologik tayyorligini kompleks o'rganish, maxsus ilmiy tadqiq qilish dolzarb ahamiyatga ega ekanligi bayon etilgan.

Kalit so'zlar: oila, qizlar tarbiyasi, axloq, kasb-xunar, oila haqidagi tasavvurlar.

Preparing girls for future family life is an important stage in their development and formation as individuals. The transition from childhood to adulthood requires special attention to issues of self-awareness, social adaptation and the development of interpersonal relationships. Knowing one's own identity and values is the basis of successful family relationships. It is important to help girls understand themselves, their desires, dreams and teach them self-respect based on respect for themselves and others. Girls should be explained the roles



and responsibilities of each family member, taught to share responsibilities and maintain a balance between career and family. Preparing a girl for family life requires attention to her personal development, social skills and understanding the characteristics of family relationships. Parents play an important role in shaping a positive image of a mature family life in their daughters, and their support, participation and advice help prepare girls for a responsible and happy family future.

In recent years, scientific research has been carried out to strengthen the family institution, to prepare young people for the family, to study the role of women in the family, the level of influence of mutual understanding, emotional closeness and interpersonal relationships of spouses on the strength of family relations. In the conditions of increasing incidence of family breakdown in people's lives, the era requires finding solutions through a special approach to strengthening the family institution, through a special practical, innovative and new approach to studying the psychology of family relations, family values, and ethnopsychological characteristics of the motive for starting a family, and to conduct scientific research on a wide scale. Therefore, a comprehensive study of family relations, the socio-psychological impact of interpersonal relationships in the family, and the psychological readiness of girls for family life, as well as special scientific research, are of urgent importance.

This topic has been studied in detail by pedagogical and psychological scientists from the CIS countries, and the tasks and directions set for the family in preparing young people for family life are indicated as priorities.

I.V. Grebennikov believes that the following aspects should be taken into account when preparing the growing younger generation for family life:

1. To reveal social and state policy within the framework of family, marriage and demography, in which the role of the family, family values, the social role of parents and spouses is understood.
2. Morality, education includes the following: friendly attitude towards a representative of the opposite sex; respect and attention to elders; demandingness in raising children; responsibility, trust, honesty, concessions; a sense of responsibility towards one's spouse and children; culture towards delicate, romantic feelings.
3. To get acquainted with the foundations of legal, marriage and family legislation; to know one's rights, the responsibilities of spouses to each other, children and society based on marital status;



4. Psychological, to form ideas about marriage and family life based on psychological foundations in acquiring communication skills.
5. Physiological-hygienic, includes the physiological characteristics of female and male organisms; sexual relations, personal hygiene, etc.
6. Pedagogical, includes the formation of views on the role of the family in raising a child, its pedagogical potential, the specifics of family upbringing, the educational tasks of fathers and mothers, ways to improve the pedagogical culture of parents.
7. Economic, armed with knowledge about the family budget, household culture, household chores, etc.

This interpretation of his is consistent with the main functions of the family given in the manual "Family Psychology" edited by the Uzbek psychologist G.B. Shoumarov.

V.A. Sysenko distinguishes the following main areas of preparation for family life:

- 1) moral (understanding of marriage, children and other values);
- 2) psychological (possession of the necessary psychological knowledge in marital relations);
- 3) pedagogical (possession of abilities and skills in raising children);
- 4) sanitary-hygienic (life and marital hygiene);

Research conducted to study family problems in preparing girls for family life has revealed that family problems stem from behaviors and character traits inherent in family members, such as disagreements in relationships, lack of self-control, lack of cultural understanding among young people, dissatisfaction with their spouse, boring life, division of family duties, quarrelsomeness, excessive arrogance, imperfection in behavior, financial difficulties, and selfishness.

When studying the negative moral traits observed between couples in Uzbek families, it was recognized that impatience, lack of understanding of others, inattention, jealousy, lust, illiteracy, ignorance, carelessness, indifference, rudeness in a husband or wife arise, and in some families they manifest themselves due to frivolity, tastelessness, shamelessness, hypocrisy. Unfortunately, young people who have acquired negative qualities (defects) in real life also start families along with all citizens. It was observed that previously acquired negative moral defects in a young man or woman lead to a change in family stability, conflicts, disagreements in it, and even the breakdown of families. Studying the socio-psychological foundations of negative moral



qualities formed in individuals, identifying the causes of their origin, and analyzing the laws of development from a scientific point of view helps to prevent disagreements and conflicts in the family, protect the family from breakdowns, and further strengthen its stability.

F. Akramova, Z. Bilolova's research on the topic "Socio-psychological directions of preparing young people for strong family relationships" analyzed the experience of many developed foreign countries in educating young people in the basics of family life before marriage, according to which, in Latvia, free 24-hour training courses are offered on what to expect from family life before marriage, planning a family budget, how to raise children, introducing various legal aspects into the family, and finally, how to build healthy relationships. During the training, experts jointly teach couples who are planning to start a family knowledge and skills in all the subtleties of family life. In Latvia, for several years now, efforts have been underway to develop a program consisting of several modules that would include lessons on the psychological and spiritual-moral aspects of the family, as well as on building a proper sex life. However, due to the emergence of many contradictory arguments, the implementation of this program has been delayed. In Singapore, free initial training on the basics of family life is provided before marriage, as well as extended paid training courses on this topic. In schools and colleges in the United States of America, curricula for teaching family life are offered, which are mainly focused on issues of preparation for marriage, responsibility for pregnancy, and sex education. Here, the accumulation of theoretical knowledge about marriage and intimate relationships, and then practical skills and their application in practice, are of paramount importance. The essence of these works is, first of all, the development of skills for establishing successful family relationships. Namely:

- effective formation of interpersonal relationships between couples;
- mastering non-traditional means of resolving conflict situations;
- promoting a sense of loyalty, devotion;
- developing the ability of young brides and grooms to take care of their personal lives and support them in every way;
- teaching young brides to sincerely, openly, and freely express their personal feelings and thoughts, to be able to reasonably defend their personal beliefs, and not to provoke conflict situations in the family.

In the Russian Federation, various programs have been developed on the topic of preparing young people for the family, which are implemented in the form of



formal and optional education. Courses on teaching the basics of family life, called "Fundamentals of Religious Culture and Secular Ethics", are strictly established at the state level among secondary school students. In turn, in some educational institutions, author's programs are also used to ensure high-quality preparation of other age categories of students for family life. In particular, classes are held on the basis of such programs as "I am not just a child, I am a future family builder", "My happy family" for children of junior school age, and "Educating a future family builder", "Ethics and aesthetics of family life" for senior students. In addition, in the process of active pedagogical support of the family sphere and premarital education, the courses "Ethical Foundations of Family Life", established by the Orthodox Church in the style of "School of Spirituality", are of great importance. For students of vocational colleges, courses such as "Family" ("Sem Ya"), "Growing Up", and in specialized educational institutions, such training courses as "Ethics and Psychology of Family Life for 9th Graders of Special Boarding Schools", "Educating the Future Family Builder in an Orphanage" are being implemented. In Russia, when implementing the state standard of preschool education in practice, kindergartens conduct educational activities in close contact with the families of their students. In this case, successful experiences of family education are popularized, the content of education is associated with traditional family events, interesting historical values, and traditions. Special attention is paid to the participation of parents in this process and the effectiveness of their activities.

Education in schools aimed at the formation of family values is carried out within the framework of lessons and extracurricular activities. Since 2012, the modular courses "Fundamentals of Religious Culture and Secular Ethics", established within the framework of history and other social sciences, provide an understanding of the family as a part of society and teach children how to build their own family dynasties.

The formation of family values for students in higher educational institutions is one of the main directions of the social sphere. In particular, measures are being developed and a number of programs are being implemented to strengthen family traditions and the spiritual unity of generations, to promote family values, to form a positive image of the family, and to provide spiritual and moral education. As part of the training courses, modern problems of the family institution (family relations, informal marriage, single-parent families,



preservation of family traditions, etc.) and "Family Law" lessons based on the norms established by the Family Code of the Russian Federation are taught.

Practical experience in household management is studied and put into practice at roundtables held in educational institutions. In the field of economic relations, young family clubs are effectively operating, aimed at forming a sense of duty and responsibility between parents and relatives in the family, acquiring knowledge, skills and abilities, and developing a culture of marital relations.

The activities of young family clubs are organized on the basis of youth policy institutes in cities, districts and districts of the Russian Federation. These clubs are engaged in information and education, information and advice, information and consulting, propaganda, psychological and legal assistance. It is noteworthy that in Russia, the Order and Medal "Fatherly Glory" have been established as state awards. In addition, in order to increase the responsibility and encourage the merits of fathers of many children in the worthy upbringing of their children and strengthening family values, the awarding of the regional medal "Fatherly Valor" ("Otsovskaya doblest") has been enshrined in law. The Russian media play a major role in promoting the preservation and preservation of family values. State policy aimed at strengthening the family institution, raising the status of large families, projects and events implemented in the regions are widely covered on the basis of in-depth analysis.

At the same time, the online education system on the basics of family life is widespread in the Russian Federation. A correspondence school called "Basic Principles of Family Building" is operating, with the help of which you can learn in a short time in all matters, including psychological ones. In Belarus, the optional training program "Preparing students for family life" has been launched for students in grades 10-11.

In preparing our girls for family life, it is necessary to give them knowledge that, along with the beautiful aspects of family life, there are also ups and downs, and that various difficult situations can be solved with kind words and gentle behavior. For example, if we introduce them to the problems that many families encounter, when they face difficulties when they step into adulthood, they will be able to choose a rational way out of this situation.

Today, in Uzbek families, creating conditions for girls to acquire a profession and study in higher education is considered one of the important tasks in preparing them for family life. An educated, skilled girl, with her profession and knowledge, first enriches her parents' household, and later, in the family she has



built, she can take a responsible approach to seriously engaging in the education and upbringing of the future generation. Muhammad, peace and blessings be upon him, said about this: "Educate your children, for they were born for a time that is not yours." So, every parent should not be indifferent to the child's mastery of the sciences of his time.

Every girl should be taught skills that are useful in family life - listening and expressing her own thoughts, tolerance for the points of view of others, the ability to resolve conflicts and reach compromises are considered very important. Understanding and managing her emotions prepares girls to build healthy relationships in the family. Talking about feelings, expressing them without aggression, and finding alternative ways to resolve conflicts are important aspects of learning.

Family life is about working on relationships and cooperation. The ability to communicate effectively is a key skill in any relationship. It is important to remember that helping girls learn to listen actively, express their opinions clearly, and respect the views of others is one of the key factors.

Family education is considered very important for girls' future families. In this regard, preparing girls for the family properly includes important suggestions for their life. Therefore, preparing girls for the family is reflected as an important and urgent issue.

Girls' health and wellness issues are among the most important recommendations for the family. These issues include teaching girls to value themselves and protect their physical and mental health. For example: Good and regular nutrition ensures girls' physical development and provides them with energy. This process also teaches them health and strength.

Sports and active activities encourage girls to be physically active, which helps prevent diseases and achieve their goals. Exposing girls to effective self-study and work through interesting activities helps them to gain new information, experiment and develop creativity.

Family life, good rest and opportunities for girls to participate in society are important experiences for their communication with society, improving their capabilities and developing their social skills. The current issues of preparing girls for family life and their health, health protection, effective self-study and work are of paramount importance. These issues help them to form and develop themselves personally and help them achieve success in society.



According to our national traditions, in most cases, the social environment surrounding girls has a great influence on their family formation. Family psychology experts emphasize that girls who are building their confidence in starting a family will find it easier to achieve positive results if they implement the above plan in writing, taking into account their circumstances.

A girl who is getting married will first need to be able to cultivate her willpower. It should not be forgotten that willpower needs training and practice. It would not be wrong to say that the importance of willpower in maintaining the strength of the family and not letting the family secret out is incomparable. Only a girl who deeply understands the role of the head of the family in creating a healthy and prosperous life will be spiritually ready to start a family.

After a girl gets married, it is natural that her attitude towards others and herself will change based on a fundamental change in her position in the social environment. Having built up self-confidence in response to this change, a girl who can quickly find her place in her new family. Adapting to a new position is, of course, based on experience. Therefore, a girl should mentally analyze the successes and shortcomings of those who have held the position of bride before her and imagine the actions she will take when she becomes a bride.

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