

# PSYCHOLOGICAL PREPARATION OF YOUTH FOR FAMILY LIFE

## FEATURES

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**Annotation:** The number of family conflicts in society is increasing nowadays. One of the reasons for this is that young people's perceptions of family life are not sufficiently formed. This article describes the problem of psychological preparation of young people for family life. The views of oriental thinkers and modern approaches to the formation of ideas about the family, as well as socio-psychological issues of the family were discussed.

**Keywords:** family, values, family preparation, society, family psychology.

## ПСИХОЛОГИЧЕСКАЯ ПОДГОТОВКА МОЛОДЕЖИ К СЕМЕЙНОЙ ЖИЗНИ ОСОБЕННОСТИ

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**Аннотация:** Количество семейных конфликтов в обществе в настоящее время увеличивается, одной из причин этого является то, что у молодежи недостаточно сформированы представления о семейной жизни. В данной статье рассматривается проблема психологической подготовки молодежи к семейной жизни. Обсуждены взгляды восточных мыслителей и современные подходы к формированию представлений о семье, а также социально-психологические проблемы семьи.

**Ключевые слова:** семья, ценности, семейная подготовка, общество, семейная психология.

# YOSHLARNI OILAVIY HAYOTGA TAYYORLASHNING PSIXOLOGIK XUSUSIYATLARI

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**Annatsiya:** Hozirgi kunda jamiyatda oilaviy nizolarning soni ortib bormoqda bunga sabablardan biri sifatida yoshlarni oilaviy hayot haqidagi tasavvurlarini yetarli darajada shakllanmaganligi keltirish mumkin. Ushbu maqolada yoshlarni oilaviy hayotga psixologik tayyorlash muammosi bayon qilingan. Oila haqidagi tasavvurlarni shakllantirishga oid sharq mutafakkirlarining qarashlari va zamonaviy yondashuvlar, shuningdek, oila borasidagi ijtimoiy - psixologik masalalar muhokama qilingan.

**Kalit so‘zlar:** oila, qadriyat, oilaga tayyorlash, jammiyat, oila psixologiyasi.

## INTRODUCTION

Today, 63 percent of Uzbekistan's population is made up of children and adolescents, compared to 30 percent young girls under the age of 18, and some of them are young families reaches Young families are a socio-political, economic, cultural and spiritual community is one of the important subjects of renewal and growth and takes place in social life in influencing the complex processes that are taking place, and in development plays an important role in mobilizing. So young at the moment formation and development of the spiritual, moral and spiritual world of families In-depth and comprehensive analysis is of great scientific and practical importance. In this context, the formation of strong families, motherhood and childhood are social was physically fit and mentally strong in the families creating favorable conditions for the birth of children, effective between families

and the community in the process of organizing family upbringing issues of establishing strong cooperation at the level of public policy attention is being paid. In February 1993, he was awarded the Order of the Healthy Generation establishment and adoption of the State Program "Healthy Generation" is a shining proof of our point.

Psychologically preparing young people for family life and activities effective organization contributes to the positive solution of a number of social problems shows the effect:

- Ensures the social and spiritual development of society;
- at a high stage of socio-economic development of society is important;
- to form strong families, to create a healthy psychological environment in them decision-making, effective organization of family upbringing, in the upbringing of children achieving certain successes, preventing family conflicts, divorces prepares the ground for.

A.Avloni: "Education is for us either life or death, salvation or destruction, It's either a matter of happiness or a matter of disaster", he said should not fall. Because, as before, the old man treats the young man well and young people calling for morality, respecting them and following their teachings is disappearing. Everyone who casts their eyes upon it, wants a go.

SV Kovolyov on the concept of family and marriage in adolescents and girls It's important that they have. The concepts of marriage and love are 13-15 years old it is observed that children have opposite concepts, i.e. they love and they understand that marriage is an opposite concept. Life in students. The concept of love in choosing a partner is only in 4 places, namely, respect, trust, stands after qualities such as understanding each other. Young people take the family seriously they do not. As a result, you make a lot of mistakes and later get married psychologically recognize the importance of. Our main task is to help teenagers the value of the

family, love, the importance of the role of love in the marriage family, and it is long and happy is the key to life.

## RESEARCH METHODOLOGY

This is the sanctuary of the so-called family, the strength of the 'family tower' to the characteristics of the premarital factors that form the foundation of the castle, which of them depending on how accurately and firmly it is placed. If this foundation is mature, if it's strong, the building on it is beautiful and bright convenience, tranquility, peace, tranquility to the occupants will dedicate. your family also has its own foundation. They are premarital factors that form the basis of the family. If this if the influence of premarital factors on the formation of the family is negligible, it is urgent, if it is empty and crooked, the wall of the family building on which it is built is also crooked and it will continue to be a deposit, and it will one day collapse and be destroyed is in danger of disappearing. Even if the building on such a foundation is not demolished or demolished, its occupants it cannot bring peace, tranquility, joy. They are always some kind of one they have to live in anxiety, fear, embarrassment, embarrassment. Well, that's it What are the foundations of marriage? Factors before marriage It is important to note that the factors that precede marriage are one thing or another many of the social, economic, biological, and other factors that led to marriage physiological, spiritual, moral, and most important for our day from a complex of multifaceted factors that incorporate psychological factors to the young people who are starting a family, to the family life that they are building to what extent they are "mature". This is the most important thing here to what extent young people can meet the requirements of family life and marriage is held.

## ANALYSIS AND RESULTS

The concept of maturity in marriage is also very complex and relative is a concept. Because man is a constantly evolving, improving profession regularly updated in their activities or in their spiritual and moral development is a creature that reaches the peaks. This or that of a man if he is talking about "full maturity" in the activity,

then it is known that a limit has been reached and no further development is possible indicates That is why a person is mature enough to marry or engage in any activity when it comes to, the concept of “maturity” cannot be appropriate in a narrow sense. That is why a person’s “maturity”, especially to marriage, to family life When it comes to ‘maturity’, there is a certain general acceptance of this concept standard, average norm, a certain conditional "unit of measurement", indicators and so on etc. are used only. For example, all educational institutions (schools, high schools, graduation exams for colleges, institutes) (system of state exams, diploma job security systems, etc.) and graduates the sum of the average knowledge and skills acquired by will be Which means it's about to be the most delusional time of the year, as well gives a certain right to work in the specialty. In this sense, "maturity" is a certain stage of development, phase, a qualitative and quantitative characteristic of maturity serves as an indicator of accuracy.

The issue of maturity in marriage and family life is very complicated, has an individual character that cannot be measured by any strict norm is an indicator of These are just some of the goal setting shareware that you can use showing that it is one of the most complex problems stands.

The social psychological problems of the modern family a variety of premarital factors in the psychological literature devoted to coverage shapes, appearances are different. Here are some of them Here's a few basic facts about a stomp pad: young people who are building: family maturity: their motives for starting a family: terms and conditions of their acquaintance before marriage (how long they have known each other): their future family life ideas about Of course, each of these factors is different young people can have different behaviors, but each of them is unique in turn differs into several other species. For example, when marriage is called maturity young people starting a family: physical (physiological), sexual, legal, economic, one can distinguish such aspects of maturity as spiritual-moral, psychological. Of these among the legal, sexual maturity indicators are sufficiently clear signs, have legal and medical, psychological, and psychological

characteristics. While there is a lot of information in the literature, the economic, spiritual, and psychological aspects are a bit more complex. Is characterized by the absence of. For example, a person's sexual maturity is unique factors.

In other words, they begin puberty. So, for this period as the material and spiritual interests of the children grow as well as sexual needs being a powerful source of personal activity, it is diverse psychological and social forms. 30 Sexual desire, the onset of sexual desire is the beginning of a person's biological development is the specific phase. They contribute to the development of the child's psyche, the formation of personality, has a profound effect on other aspects of life.

According to clinical observations, in modern girl's puberty is 12-14 years old and 14-16 years old in boys age. Of course, this maturity is early in some children, others in some it may happen later. These values vary by  $\pm 2$  years possible. Some medical scientists estimate that it will take another 2-3 years for children to reach full sexual maturity. Sexual maturity is a matter of strict sexual needs leads to the formation of Secondary sexual symptoms in children by this time begins to appear. The activity of the sex secretory glands increases. In girl's menstrual cycles (menstruation), polycystic ovaries begin to occur in boys.

## CONCLUSIONS AND RECOMMENDATIONS

In conclusion, we can say that today in our country emphasis on young people, their education and careers is given. But it is also a blessing in disguise for young people not enough to be, but psychologically from the lessons of family life to them providing comprehensive and sufficient information from knowledge and concepts has become a requirement of the time is growing. Because only in a family with a healthy psychological environment is it harmonious and it is possible to bring up the next generation that will serve the country. That's the point from this point of view, it is time for us to pay attention to this issue demonstrates its relevance in practical life experience. 2019 statistics According to the data, 30,000 families will be divorced in 11 months everyone has a common sense that the nation is a great threat to destiny and the future of the state is aware. Assuming that

every divorced family has 2 children, 60,000 children will grow up in single-parent families. This is the case of the child it is natural to have a very bad effect on the psyche. We are in school today and efforts to drastically reduce the number of children with special needs in society making our efforts ineffective.

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