

PREPARATION FOR FAMILY LIFE AS AN IMPORTANT FACTOR IN THE PROCESS OF ADAPTING GIRLS TO FAMILY LIFE

Raykhan Razzakova

Lecturer, Department of pedagogy and psychology, Pedagogical Faculty
Urgench State University, Urgench, **UZBEKISTAN**
E-mail address: rayhonpsixolog@mail.ru

ABSTRACT

It requires the formation and consolidation of marriage and family relationships throughout the community and the creation of a strong family in each particular situation, as well as certain knowledge, skills and abilities that are part of the family. The strength of the family and marriage depends largely on the personal qualities of their partner, their social maturity, their social-psychological literacy and harmony, their knowledge of the patterns of human communication, and their sophistication. This article deals with issues of preparation of girls to adapt family life.

Keywords: behavior, marital maturity, ethical development, physical maturity, ethical and psychological training, motivational preparation.

INTRODUCTION

In our country family relations, first of all, carries out the principle of free consent of marriages, free will of marriage registration, and these principles are the basic conditions for marriage registration, based on family code and many international legal agreements. In them, the union of men and women is based on love and respect - regardless of material accounts. Valid only marriage registered in the registry office. In this case, the spouses will have equal rights and duties, In our country, most marriages are based on parental consent or love.

However, even feeling of love does not mean that young people are ready for marriage, that is, adopting new rights and responsibilities for each other and the process of adapting to family life for children after creating a family.

Another important issue that always makes us think. This is what morals, behavior, in short, the worldview of young people, today is changing rapidly. Those who are most affected by these changes are youth. Let the youth meet the requirements of their day. But at the same time they should not forget about their personality. The thoughts "who are we?", "How great were our descendants" will always encourage them to remain true to themselves. How to achieve this? Only with education, education and education" said President of the Republic of Uzbekistan Shavkat Mirziyoyev.

Marital maturity is also a very complex and relative concept. Because a person is always progressive, constantly gaining new heights in his career and moral and ethical development. If we talk about the "full maturity" of a person in a particular action, this means that he has reached a certain limit and cannot develop further. From this point of view, "maturity" serves as an indicator of a certain level of stages, phases and quantitative characteristics of the transformation of boundaries. The problem of the marital status of a person and family life is an indefinable indicator that cannot be measured by a strictly reasonable principle.

Premarital factors may include: the family life of young people who are building this family; their family motives; the terms of each other's familiarity (how long they know each other) before marriage; their ideas about future family life

For example, when it comes to marital maturity, a distinction can be made between the physical, sexual, legal, economic, spiritual, moral and matrimonial characteristics of the younger generation. Among them, legal, gender-sensitive indicators are sufficiently explicit signs, and if there are many relevant information in the relevant legal, medical and psychological literature, economic, moral and psychological aspects it is somewhat sophisticated, with a strong indicator that does not have a limits.

MATERIALS AND METHODS

Russian scientists TV Andreeva, I.V. Grebennikov and V.A. Sysenko emphasize three main stages of preparing young people for marriage:

1. Physical maturity. The beginning of marriage is considered as the end of a person's physical development. This means the ability to have children without risk to the health of young people. girls have abilities to give a birth to a healthy baby. Adolescence is one of the most important foundations of marriage, but it is not only a sign of social and psychological readiness in marriage, but is a preparation for sexual life in it. Family life needs moral and economic training, basics skills for ubringing children and self-discipline. Therefore, there are some difficulties in getting married.

2. Social Security. Among the indicators of social readiness of the family, these authors provide information on the beginning of a career or the continuation of higher education, self-employment. Socio-economic preparation for marriage is closely related to them, the ability of young people to provide themselves and their families financially. At the same time, some young people between the ages of 18 and 19 get the financial support from their parents. Dependence on such support makes it difficult for young people to have marriages.

Among other things, social preparation for marriage also implies responsibility for each other, in general, for the family and for future children.

3 Ethical and psychological training for marriage .The main precondition for marriage and family solidarity is moral and psychological preparation for marriage. They include interrelated and interconnected factors: family ideals, a clear view of the purpose of marriage, the intentions and mutual expectations of marriage, as well as family and parental responsibility. Married couples in future should work together and make conscious efforts to comfort each member of family.

A.N. Syzanov differs socio-spiritual, motivational, psychological and pedagogical training in the concept of "readiness for family life":

1.According to the author, social and spiritual training based on the age of civil perfection (for girls aged 20-22 years, for boys aged 23-28), education, vocational, economic independence, forms an ethical consciousness. Specific spiritual understanding implies that young men and women are aware of the social significance of the family, the sense of responsibility, mutual respect, and the realization of all rights and obligations within the marriage relationship.

2. Motivational preparation. The main reason for marriage is love. However, there are other reasons: it is to say (, "time to marry", "want to stay in town after graduating", " friends ", etc.); for financial reasons. Motivation preparations include independence (the availability of daily skills, material independence from parents, the ability to solve life's problems), and the sense of responsibility for the created family, the readiness for birth and education of children.

It is essential to feel responsibility in the process of adaptation to family.

Responsibility is, first of all, personal feature of humanity. It is ethical and legal features, which includes such qualities as honesty, fairness, certainty, reliability, diligence, willingness to take responsibility for human actions.

According to A.N.Syzanov, the psychological preparation for the family is reflected in the advanced skills of communication with people, the unity or similarity in the world or in the family, creating a healthy spiritual and environment in the family, and the character and emotional stability.

The culture of communication requires the understanding of the condition of other people. This is a very important skill for family life. Respect for the other person's emotions, expressing the feelings, showing care will lead to the development of trustworthy relationships. Tolerance and fairness are also important in assessing each other's actions.

RESULT AND DISCUSSION

Pedagogical preparation for family formation is related to pedagogical literacy, economic skills, and sexual education. Pedagogical literacy is the knowledge of the skills of the development of children and the characteristics of their upbringing and their abilities to care for the baby. Economic and economic skill is the ability to plan, distribute family budget, arrange leisure and recreation, make family life attractive. Pedagogical preparation for the family education includes pedagogical literacy, pedagogical training, sexual education, the correct view of relationships between genders, the acquisition of the knowledge necessary to know how to value your love.

Some aspects of preparing young people for family life are determined by The Adler's theory [4.34b]. The author also emphasizes that human activity is linked not only to the conscious interests, but also to the social phenomenon, which is "not contrary to the conscious mind." According to Adler, in order to be psychologically ready for love and marriage, first of all, it is necessary to achieve a sense of social responsibility and social adaptation. Together with these general conditions of readiness, person must prepare his sexual instinct from an early age to adolescence, the purpose of which is to learn how to properly satisfy his sexual relations in a family.

Talent, talentless, and inclination to marriage are included in the prototype formed in the early years of life. Examining the attributes of the prototype will allow people to predict the possible difficulties that may arise in their future lives. The nature of problems that arise in love and marriage has no difference with common social issues.

These relationships, like any other relationship, have the same challenges. It is a great mistake to accept love and marriage as paradise.. Every aspect of life defines specific tasks that must be met by taking into account the interests of others. Apart from the usual forms of social cohesion, love and commitment require a partner to feel more emotionally and to get acquainted with another person .

One of the reasons why unmarried couples neglect their thoughts, beliefs, and feelings is a marriage. According to Adler, people should be preparing for marriage from a young age, as in these very early days of childhood, the child develops critical thinking and creates samples and models for himself.

Thus, the character first develops through the influence of the family, and then in social life, adapting to certain social structures.

The issue of preparing young people for marriage and family life is synthesized differently, primarily in terms of ethics, legal and physical, and has a special spiritual meaning. It combines the peculiarity of the problem as the education and training of younger generation and adults.

Confidence in the willingness of young people to become married is a vital feature of their social maturity. At the same time, such trust is not guaranteed and does not reflect real commitment to marriage. However, the number of divorces is growing, and the tendency to mitigate the norms of behavioral relationships and their ideas are being observed everywhere. There is a growing number of families with dissatisfaction with the emotional and spiritual climate in the family.

CONCLUSION

Preparing for a family life has become a vital part of adolescence. Young people's readiness to marry is the character of young people, including family values as a social institution, special knowledge and skills in family relationships, smart housing, family pedagogy, interpersonal communication. Structurally, such training is characterized by emotion, knowledge, imagination, reality, and activity [5.44b]. The choice of these components in the readiness of the youth to have a family life is explained by the basic needs of the youth (the need for knowledge, emotion, activity and communication).

REFERENCES

- [1]. Shavkat Mirziyoyev 's speech at a conference on "Ensuring social stability, maintaining the purity of our holy religion - a requirement of today" held in Tashkent on 15 June.
- [2]. GS Shoumarov. "Semeynaya psikhologiya" .Tashkent - 2010y.
3. Adler, A. "Praktika I Teoria individualnoy psikhologii " - M .: Prosveshchenie, 1995.
- [4]. Andreeva, T. V. "Semeynaya Psikhologiya" T.V. Andreeva. - Spb .: Rech, 2005.
- [5]. Borman, R. "Molodezh i lyubov" R. Borman - M .: Progress, 1975.
- [6]. Golod, S.I. "Semya i Brak: Istoriko-Sotsiologicheskii analiz" - SPb .: Petropolis, 1998. - 272 p.