

MAIN REQUIREMENTS: PSYCHOLOGICAL SERVICE FOR FAMILIES

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ABSTRACT

The article lists the basic requirements for providing psychological services to families. The necessity of psychological assistance, psychological counseling, taking into account the knowledge and skills about the family, is substantiated, the necessary recommendations are given.

Keywords: Family, classification of families, functions of the family, psychological service to the family, psychological counseling to the family.

INTRODUCTION

The family is a small unit of society, a hotbed of early education, the main wealth and support of the power of the Motherland. The state of society depends on what kind of upbringing a person will receive in the family, what moral convictions he will acquire, how favorable the conditions will be for the development of the personality in the family. The family is a kind of public institution, where interests are inextricably linked with the interests of society [3]. Also, the family can be represented as a single organism in which all life processes are interconnected and interdependent. When a family is full of vitality, filled with joy, open to the future, then each person inscribed in this organism, like a living cell, lives easily and freely, he has enough warmth and light, he feels safe and confidently looks into tomorrow.

In human society, the family is a natural primary unit, the most important social value. The role of the family in a person's life is so important that it is rightly regarded as the foundation of any society. After all, the family is a special sphere of social life, where the birth, formation and formation of a person takes place, who will live in society and become a citizen of the state.

The family is also called "a social institution, that is, a stable form of relationships between people, within which the main part of people's daily life is carried out, where their functions are performed: communicative, educational, reproductive, psychological, economic, recreational, sexual", etc. [2].

Also, the main functions of the family include: maintaining biological continuity through the birth of children and ensuring biological existence (food, housing, clothing); creation of cultural continuity, transfer of our heritage to a new generation. The material condition, parental education largely determine the future career of children; creating emotional comfort and security for its members, thus preventing personal disintegration.

In different periods of a family's life, the hierarchy of family functions changes: one or the other takes a priority place. While biological function is most important for a young family, emotional function is more important for an elderly one.

MAIN PART

In their unity, the listed functions represent a system of family relations, the emergence of dysfunction in this system, that is, a mismatch in their interaction as a whole, brings the system into an abnormal state. Ignoring, and sometimes a complete refusal of the family for one reason or another, from performing any function destabilizes the family way of life, there is a threat of its disintegration. Families whose social functioning is difficult for subjective or objective reasons are characterized as families of social risk.

There is also a typology of social risk, i.e. the identification of families where, due to objective or subjective conditions, social functioning is difficult, and they are practically inevitably in a state of difficulty in life.

At present, the social protection of the family, in contrast to the previously existing social security system, is a multifaceted activity, differentiated in relation to various groups of the population and structured across different ministries and departments, public organizations and institutions.

Unfortunately, in the context of globalization, problems arise in the family. This was initially reflected in family education: the sources of cultural and cognitive information, influencing the formation of people's worldview, expanded; the participation of parents in the upbringing process decreased, especially the influence of external factors negatively affected the life of families.

It should be noted that the nature and style of upbringing in the family changes dramatically in cases of parental divorce. Children are extremely sensitive to separation and breaking contacts with one of the parents. Divorce violates the old habitual relationship with the parents, poses a task beyond the child's ability to choose a new relationship with divorced parents, which is especially difficult in case of remarriage of one of them. In cases of parental divorce, children develop feelings of loneliness, restlessness, feelings of inferiority and inferiority. Based on this, it is necessary to conduct psychological services for the family. One of the types of psychological services is psychological counseling. When conducting psychological counseling, it is necessary to have knowledge and skills of working with families, first of all, their classification. Families are classified into the following types:

1. Complete, incomplete and reorganized (second marriage) families - on the basis of completeness.
2. Nuclear (parent and child) and multigenerational families (two or more generations live together) - by the number of generations living in the family.
3. Families without children, families with one or two children, families with more children - by the number of children in the family.
4. The family of workers, employees, entrepreneurs, farmers, etc. - by social origin.
5. By the degree of education of the spouses: secondary education, specialized secondary education, a family with higher education, and more.
6. Young family (families with 3-5 years old and 6-10 years of life experience), middle-aged family, family of the older generation - according to the "age" of the family.
7. Urban, rural, mixed family - on a regional basis.
8. According to the level of satisfaction with marriage: with a low level of satisfaction with marriage, with a high level of satisfaction with marriage.
9. According to the style of management, families are authoritarian, democratic, liberal and of a mixed type.
10. By nationality: international, families of the same nationality [5].

In modern conditions, all types of families above are in need of psychological assistance. Psychological counseling for a family imposes certain requirements on the counselor, without following which the work cannot be successful. First of all, he is responsible to the client, who is in a system of diverse relationships, therefore, the consultant is responsible also to the family members of the client, to the organization in which he works, and finally, to his profession. This responsibility makes it especially important to conduct psychological counseling and psychological assistance. It should be noted, taking into account this feature, at present in all countries attention is paid to the professional ethics of a consultant-psychologist, especially a family psychologist [4].

However, it is not so easy for a family psychologist to conduct psychological counseling, because there are some objective reasons:

1. It is difficult to adhere to the established standards of conduct in family counseling because each consultation object is individual.
2. Most counselors practice in specific institutions (clinics, centers, schools, private services, etc.). But in the case of psychological counseling to the family, the counselor psychologist faces a difficult choice.
3. A family counselor psychologist often finds himself in contradictory situations when, adhering to the requirements of one norm, he violates another [3].

CONCLUSION

Thus, when working with clients in family divorce, in suicidal intentions, in conflicts, in other negative situations, it is necessary to provide psychological assistance to families. During which it is necessary to try to ensure the safety of the client, not to violate his autonomy, to provide an opportunity for free self-determination, not to encroach on his personal dignity and values.

It is possible to formulate the following main problems in the conduct of family counseling by a psychologist: improper use of psychological knowledge, the impact of personal problems on professional activities, relationships with clients, the use of information received in the course of professional activities, consultation with clients recommended by another psychologist, the desire to give advice on a template, without taking into account the peculiarity of the relationship and the type of family.

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