

**PSYCHOLOGICAL FACTORS OF PREPARING STUDENT GIRLS FOR FAMILY LIFE**

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**Abstract:** this article talks about female students, their psychological preparation for family life, factors affecting the formation of their perceptions of family life, values and traditions typical of Uzbek families.

**Key words:** Uzbek families, female students, family, society, attitude, family values, position, independent life.

In the Decree of the President of the Republic of Uzbekistan Sh.M. Mirziyoyev No. 81 dated 01.03.2022 "On measures to improve the system of working with families and women, supporting the neighborhood and religious leaders" improving the educational and professional skills of girls, improving the quality of medical services provided to women in the regions, providing socio-legal and psychological assistance to oppressed women, ensuring the rights and legal interests of women is the main policy of the state. directions indicate the importance and urgency of this problem.

It was found out from the research conducted in order to study family problems in preparing girls for family life, that family problems are discord in mutual relations, lack of self-control, lack of behavior culture in young people, satisfaction with

spouse. It originates from the behaviors and character traits of family members such as laziness, boring life, division of family duties, quarrelsomeness, arrogance, imperfection in behavior, material difficulties, and squeamishness. We are sure that man is looking for an ideal person. We found out that in many cases, spouses are not satisfied with each other (dissatisfaction with work duties), suspicion, criticism, rebuke, etc. cause many problems. Family members believed that it was a lack of mutual understanding in the family, and that their character traits did not correspond to each other. It became clear that the root cause of family problems is the lack of pedagogical and psychological knowledge in families. To do this, it is necessary to carry out comprehensive work in this regard in the neighborhoods, to implement neighborhood gatherings in cooperation with families, to prepare girls for family life, first of all, it is necessary to solve the issues of increasing the psychological literacy of their mothers, increasing their trust in psychologists and pedagogues. In preparing our girls for family life, it is necessary to teach them that along with the beautiful sides of family life, there are also ups and downs in life, and that it is possible to find a solution to various difficult situations with sweet words and beautiful treatment. For example, if they are introduced to the problems faced by many families, they will not be confused when they face difficulties when they step into adult life, they will be able to choose a reasonable way to get out of this situation. It is also worth noting that it is worth mentioning the family values that should be instilled in our daughters who are on the verge of marriage:

- meaning that is important for every member of the Uzbek family - every family should know need and love;
- mutual respect in the family - accepting the thoughts, feelings and passions of

another person;

- honesty, purity - if there is no such value in the family, it means not respecting the person of another person;
- mutual forgiveness - it is important to learn to forgive people who have made a mistake;
- mutual responsibility - this value is necessary for other family members to be calm, because they know that there are people they can trust;

Based on this, every girl getting married should have psychological literacy, acquire communication skills, be able to positively solve family problems, create a healthy psychological environment for her spouse and children under any circumstances, and be exemplary in family relationships. They should make their contribution to the child's education. After a girl gets married, her attitude towards others and herself will change based on the radical change of her role in the social environment. The culture of communication is very important for a girl who is able to build confidence in herself regarding such a change, and is able to take her place in a new family in a short period of time. One of the main motivating factors for a girl's self-confidence in starting a family is self-guidance, i.e., the all-round development of readiness for a family. Adapting to the position of a new bride in the future family is definitely based on experience and knowledge. According to this, any girl of marriageable age should be able to mentally analyze her achievements and shortcomings and imagine what she will do when she becomes a bride. [9]

Article 63 of our Constitution states that "Family is the main link of society and has the right to be under the protection of society and the state".[1]

Nevertheless, many families have problems on various issues. These are:

- Family problems are one of the problems studied by scientists since ancient times. Many pedagogues and psychologists have puzzled over the solution of family problems. As a proof of this, the methods and tests created by them can be cited as an example. On the basis of these methods, problems of conflicts in the family are studied, diagnosed, and on this basis, measures are taken to eliminate the studied problems;

- family problems to the wrong way of family relations is determined by placing. Such relations are more often seen in disagreements between spouses, inability to go out, lack of communication, inability to agree, lack of mutual respect, family reputation. At the same time, cases of mutual misunderstanding between parents and children, cases of disagreement in mother-in-law relations; disagreements in family relations constitute the largest part of family problems;

- most of the problems in the family are caused by material shortage. Not being able to financially support the family leads to a bad situation, nowadays there are conclusions that the reason for many rulings is material shortage. Such problems have a serious impact on the upbringing of children. A child who has understood the reason for quarrels in the family changes his relationship with his parents, and this situation also creates another problem;

- In the research, we were convinced that young families have a different attitude towards life and family. They take life and family lightly. It is necessary for them to live in cooperation with mother-in-law, father-in-law and other family members in order to increase their life experience, and to solve problems in the family together;

- one of the reasons for many problems in the family is living with many families (father-in-law, mother-in-law, brothers-in-law, sister-in-law, cousins). Mutual inconsistencies in the family, inability to get along, are caused by living together with many people;

- equality in the family, the right to equality in the life of married couples is not equally acceptable to everyone. Discriminating, disregarding, not seeing women in their place, not taking their opinions into account in some families causes problems, at the same time, women's dominance also causes problems.

Based on these conclusions, the following recommendations were developed:

- the solution of family problems depends on the creation of a healthy psychological environment in the family;

- one of the solutions to family problems is to equip family members with sufficient pedagogical and psychological knowledge;

- ensuring psychological mutual agreement of both parties who caused the problem in the solution of family problems;

- it is the most important issue to establish family and community cooperation in solving family problems;

- creation of interpersonal equality in the family ensures family strength and stability.

Our Uzbek people have long been a family-loving, child-loving people, family values have been instilled in the young generation by adults since childhood.

Our girls, brought up in the spirit of fairy tales, Indian films, novels, legends, and

stories from childhood, do not always have the right ideas about family life. There are many cases of one-sided, only positive interpretation of family life in the materials provided by mass media, TV shows, and radio broadcasts on preparing young people for family life. Such situations can also cause young people to have wrong ideas about family life. Most of our girls, especially girls raised in successful families, when they are on the verge of starting a family, in most cases, they consider their parents' family ideal for their future family life. Because they are brought up in this family, "since they can remember" they cannot remember that their parents quarreled and disrespected each other. In such families, parents also try not to let their children feel the unpleasant aspects of their relationship. Or the conflicting moments that could happen in their relationship, the processes of adaptation to each other happened at the beginning of the marriage, before their children were born. And children are aware of only the good, peaceful, harmonious, kind and exemplary aspects of their life. If our young people, who have imagined building such a family, cannot get married as they expected after building a family, the difficulties and obstacles that arise in the process of adapting to new social situations, conditions, roles, adapting to each other, the most delicate, complex, difficult, new social situations, conditions, roles of marriage. , they may become confused in front of problems and suspect that they are "lost" in starting a family. Or, on the contrary, children who grow up in the midst of constant quarrels and disagreements may find it difficult to find their partner in the future, they may develop a negative attitude towards members of the opposite sex, and as a result of not forming a correct vision of family life in the future, the father Cases of repeating the mother's mistake are also observed. Therefore, in preparing young

people for family life, we must form an adequate assessment of family life in them, correctly explain the existence of complexities along with the beautiful aspects of life, and raise them in a sense of patience, contentment, and gratitude.

The creative cooperation between the family and the community in preparing girls for an independent life and the organization of activities based on this cooperation guarantee a positive solution to the problem in question. In the first years of the independence of the Republic of Uzbekistan, the government of the Republic of Uzbekistan established the issues of ensuring the strength of families, increasing their well-being, raising a mature and perfect person in the family environment as one of the priority directions of the state policy, which allows us to do a number of positive things in this regard.

Family and public cooperation in preparing our girls for an independent life in the following directions will provide a positive solution:

1. To organize the education of girls in families, to increase their theoretical knowledge of socio-ideological, moral, economic, legal, ecological, aesthetic, hygienic and health care, as well as to provide them with sources that allow the formation of practical skills and abilities. to provide, to provide methodological support.
2. Organization of expert advice and practical assistance on specific issues (for example, assistance provided by a lawyer, psychologist, pedagogue, economist, and medical staff).
3. Organizing conversations, meetings, seminars, lectures and debates with the participation of parents on the problems of raising girls for independent life. Conducting various contests that help to cultivate in girls such feelings as

ingenuity, wisdom, agility, perseverance, initiative, as well as feelings of sophistication.

1. Dissemination of best practices in preparing girls for independent life. The cooperation between the family and the public is clearly goal-oriented, able to see the problems that have arisen within the scope of the topic in a timely manner, strive to solve them in a timely manner, show solidarity in solving certain problems, perfectly developed operating on the basis of the program are concepts that are very far from each other and make different demands on people.

In short, preparing female students for family life is considered one of the urgent problems of the present time, and the development of society and the development of the country are related to the solution of this problem. According to one of our lexicographers, Abu Abdullah Rudaki, "If you want to destroy any nation, take out their daughters and future mothers from education. If you want to elevate any nation, teach their daughters - their future mothers to good education and good morals" is not in vain.

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