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**SOCIAL PSYCHOLOGICAL STUDY OF THE
INFLUENCE OF PARENTS' LIFESTYLE ON
YOUTH'S PERCEPTIONS OF FAMILY VALUES**

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Abstract

In this article, parents in a place called family the influence of a person's position in the family and their fairness in the distribution of roles on the development of children, and that the environment created by the family is one of the psychological factors that serve to ensure the influence of young people on the formation of their perceptions of the family.

Keywords: Family, spirituality, biological, psychological, trend, society, citizen, environment, value, factor.

Introduction

Speaking about the family in his works, the President of the Republic of Uzbekistan, Sh. Mirziyoyev, noted: "Unfortunately, there are cases where married young people imagine life lightly and fail to understand that the family is sacred." As a result, there is an increase in divorces among young families for trivial reasons. Innocent children become orphans and are left without parental upbringing when they thirst for love and attention," "It is necessary to further strengthen the foundations of the family, which is sacred to us, to create an atmosphere of peace and tranquility, harmony and mutual respect in families, to fill spiritual and educational work with specific content," and for this, more work must be carried out among young people from childhood. Because in most cases, in places where enlightenment and disbelief have weakened among the youth,

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various unpleasant events occur; if we fail to instill concepts such as a sense of Motherland, national pride, and a national idea in the minds of the youth, it will be quite difficult for us to awaken a sense of free development in their consciousness. The goal is that the true essence of today's and tomorrow's spirituality finds its positive expression in the minds of our people, especially our youth"¹ - they emphasize.

¹ Mirziyoyev Sh.M. Critical analysis, strict discipline, and personal responsibility should be the daily rule of every leader's activities. - T.: "O'zbekiston," 2017, p. 43.

The development of the family in Uzbekistan at the global level, as well as in the Development Strategy of New Uzbekistan for 2022-2026, is focused on enhancing human dignity, developing a free civil society, establishing cooperation between the state, civil society institutions and the private sector on family development issues, eliminating the causes of negative trends and problems related to family divorces, strengthening and developing a modern family, increasing the level of family well-being, strengthening the educational potential of the family, preserving traditional family values in society, improving the spiritual and moral environment in families, creating an effective system of effective methodological, consultative and practical assistance to families. These measures impose the task of identifying and implementing psychological factors that serve to ensure a stable educational environment, regardless of the influence of the mother's personality on the development of children and their different family types and forms.

According to the results of the question "Do your parents give you advice about marriage and family?" in order to study the degree of influence of the father and mother in the perceptions of young people about the family and marriage, it was found that the needs of the 24-26-year-old subjects for adult advice on spiritual preparation for the family are higher than in other age periods, although they have a certain profession.

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Thus, as shown in Diagram 2, the closest necessary person for a person is their parents. The status he has attained in life, all his achievements are the result of the advice and instructions given by his elders. Despite the fact that their experience may increase and the need for parental advice may decrease, it was revealed from the answers of our respondents that their experience is useful in complex systemic situations.

By analyzing the results, we have witnessed that family values are indeed one of the most important spiritual and social foundations of the society in which we live, representing a set of relationships, moral norms, traditions, and values among our family members. The fact that increasing experience leads to an understanding of the essence of values was reflected in the results of both respondents (young people on the threshold of marriage and married people with life experience). Family values, whether traditional or modern, are based on respect for parents and elders, love between family members, and caring, trusting and being loyal to each other, understanding each member's role, supporting each other, and living together. Based on the results obtained, it was determined that the priority cognitive attitudes of parents serve as the foundation for the upbringing and development of the individual and ensure the stability of society, while the preservation of national traditions and customs within the family helps guide the younger generation in the right direction. Family values are the most important factor in the formation of a person's spiritual world, and a strong family means a strong society.

Marriage is, first and foremost, the private life of two people; therefore, mutual respect, love, and psychological compatibility between couples are the most important factors. Spiritual preparation is taught by parents based on family values and the mastery of family science. It is good that young people have their own choice when choosing a partner, of course, but parents are required to be responsible. Therefore, with the advice of parents, it is necessary to help young people make the right decision.

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Taking into account the positive impact on the solution of existing problems in the Uzbek families in which we live, on state policy aimed at ensuring the stability of the development of the state and society, we can show the factors that serve to increase the effectiveness of its historical development, theoretical foundations and solution of problems:

Taking into account that the unity of biological, spiritual, psychological, economic and legal social relations is an important criterion in preparing young people for family life, we realized that the formation and development of views on the sanctity of the family and marriage as an important tool in guiding family care is, first of all, the task of parents. In life, there are situations in which attention, care, and politeness in a couple's relationship show their superiority over love. In some halls, if families are formed not out of love, but for matchmaking or other reasons, then the joint family life and especially the marriage between spouses

In situations where attention is the basis for truly experiencing family happiness, it is natural for young people to follow their parents' lifestyle.

The role of the pillar and minister of the family is also great in establishing a high spiritual environment in our society, strengthening the role of the family in countering various harmful influences inherent in the Uzbek family, which are completely foreign to our national mentality, and applying family motives aimed at spiritual and legal problems, medical literacy and culture, a stable lifestyle, and reproductive health in the educational process.

Strengthening the role of the family in raising a spiritually mature, physically healthy, and comprehensively developed generation, strengthening the practical interaction of the family institution with educational and upbringing institutions for this purpose, and directing youth toward family educational activities by teaching the "Family Psychology" course in educational institutions will certainly help prevent situations that negatively affect the stability of the family in our society.

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Thus, the foundation of qualities aimed at love for the family, respect for and adherence to values, achieving ideality in interpersonal relationships, and real personal self-esteem and family-orientedness is formed in the child's life through the parents' lifestyle.

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