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AN EMPIRICAL STUDY OF THE PREPAREDNESS OF YOUNG MEN AND WOMEN FOR A STABLE FAMILY LIFE

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Abstract:

This article emphasizes that preparing young people for family life is one of the most pressing issues. While preparing for family life may seem to be a purely personal matter, unrelated to others, this perspective highlights the factors that protect the development of our nation, the morals of our people, our future, and our lineage from harm.

Keywords: Motives for starting a family, responsibility, maturity, spiritual knowledge, health, family life.

Introduction

In our republic, attention to the family and family relations has been elevated to the level of state policy. A prime example of this is the adoption of the Constitution of the Republic of Uzbekistan on December 8, 1992. An entire chapter of the Constitution is dedicated to the family, as reflected in Articles 63, 64, 65, and 66. According to Article 63, the family is the fundamental unit of society, and its right to protection by society and the state is guaranteed. The Constitution clearly and precisely outlines the principles of voluntary consent and equality in forming a family, the obligation of parents to support and raise their children until the age of majority, the state's protection of motherhood and childhood, and the duty of adult, able-bodied children to care for their parents.

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On February 2, 2018, Decree No. PF-5325 of the President of the Republic of Uzbekistan, "On measures to fundamentally improve activities in the sphere of supporting women and strengthening the institution of the family," established the development and implementation of proposals to prepare youth for family life based on rich cultural-historical heritage and traditional family values as one of its main tasks. The Decree emphasizes the need for targeted work to prepare youth for family life, form a modern model family, and strengthen its spiritual and moral foundations and traditional family values. The tasks of the state in this sphere are to strengthen the family, to build family relations on the basis of mutual love, trust and respect, solidarity, mutual assistance and a sense of responsibility of all its members to the family, to ensure the unhindered exercise of family members' rights and the protection of these rights.

We have observed that the motives for establishing a family in the Uzbek family, as well as the social and ethnopsychological characteristics of the Uzbek family, have been studied in the scientific works of V.M. Karimova, N.A. Soginov, R. Samarov, F. Ruzikulov, M. Salaeva, Kh. Karimov, and others.

The research work conducted in the doctoral dissertation of Doctor of Psychological Sciences, Professor V.M. Karimova is also aimed at analyzing the socio-psychological characteristics of the formation of all socio-psychological concepts of the family and its environment, namely sexual socialization, gender differences, feminine and masculine qualities, and perceptions of parent-child relationships.

In the works of V.M. Karimova and F.A. Akramova, we observe the importance of focusing primarily on the family sphere in organizing socio-psychological services, the role of the family environment in personality socialization, the role of interpersonal communication in human development, and the psychological means of human interaction and communication.

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In the works of G.B. Shoumarov, it is observed that a study was conducted on the family, its type, and the problems arising in family relations between husband and wife, mother-in-law and daughter-in-law, parents and children.

To do this, it is necessary to know the opinions of young people on the verge of marriage about family life. In order to properly prepare young people for family life, it is also important to teach the main directions mentioned above. In order to study how young couples perceive the main socio-psychological factors of family life, we conducted a questionnaire survey of young people who applied to the civil registry office for marriage. Questionnaire consisting of small questions Namangan. Young couples in the Andijan and Fergana regions. The study involved 150 pairs of 300 young people who applied to the Civil Registry Office. Summarizing the findings, we present some of the results obtained.

The results obtained from the question "To what extent do you have ideas about family life?" are presented in Table 1.

1- Table. Results of the question "What are your perceptions of family life?"

Question	Readiness level	% on account of
"What are your perceptions of family life?"	sufficient	28,1
	middle	60,8
	shallow	5,5
	i don't know	2,8
	unanswered	2,8

It is observed that 60.8% of young people applying for marriage rate their perception of family life at an "average" level. 28.1% answered "enough" in second place. This situation, in turn, indicates that young people themselves admit that their perceptions of family life are at an average level.

Statistical analysis of the results shows that young people consider it important to pay attention to such aspects of family life as "Psychological preparation, secrets of communication," "Patience, knowledge of life lessons,"

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"Responsibility, sense of responsibility, management." In this regard, the opinions of young people on what it is necessary to pay attention to to live happily were studied.

2- Table. Results of the question "What do you think I need to know to get married?" (in %)

No	What do you think I need to know to get you married? %	%
1	Responsibility, sense of responsibility, management	13,3
2	Psychological preparation, secrets of communication	15,0
3	Mutual understanding between two parties	5,0
4	Spiritual and physical maturity	8,3
5	Independent thinking, financial independence	10,0
6	Knowledge of national values	1,6
7	Raising a child	5,0
8	Respect for family members and spouses	10,0
9	To cherish love	5,0
10	Acquisition of Islamic knowledge	3,3
11	To know how to do housework	8,3
12	Patience, learning the lessons of life	15,0

The results of Table 2 showed that young people consider it important to pay attention to such aspects of a happy life after marriage as "Two parties understand each other, support each other," "Compromise in problem situations, not complaining," "Good work, money, material security," "Mutual respect and trust."

3- Table. Results on the question "What would you like to pay attention to in building a strong family?"

Question	Readiness level	% on account of
"What would you like to pay attention to in building a strong family?"	to health	77,4
	legal knowledge	23,0
	spiritual knowledge	47,9
	psychological knowledge	30,4
	to religious knowledge	18,4
	other.	10,1

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If we pay attention to the results in Table 3, 77.4 percent of young people show that health comes first for family relationships, second is "spiritual knowledge," and third is "psychological knowledge."

In our opinion, when studying family problems, special attention should be paid primarily to the issue of preparing today's youth for family life. This is because, in many cases, the lack of sufficient knowledge, necessary skills, and qualifications regarding the nuances of relationships between two married young people, as well as the lack of adequate perceptions of each other and the distribution of family roles, negatively affects the positive course and dynamic development of their relationship. It is very important to study and research the psychological characteristics of preparing young people for family life. Because through this, one can determine the ways to make the modern Uzbek family strong and happy.

Consequently, there may be a number of reasons for choosing the age of 20-21 to start a family life: firstly, married people are well aware of the various tasks performed in the family: these tasks include educational, economic, communicative, sexual, psychological, reproductive, and others. Each function requires a specific condition for its fulfillment within the family environment. For example, for an economic task to be performed correctly, a person who has started a family must have mastered a specific field and have achieved a level of labor that provides the family with money. For the correct fulfillment of the communicative task, it is required that family members possess the skills to communicate with one another. When performing the reproductive function, the health indicators of young people must be such that the bride has not only reached physical maturity but also normal development of internal (uterine) organs. These aspects indicate that it is advisable to choose the age of 20-21 as the most optimal for a girl to marry.

All young people chose 24-25 years as the most optimal age for young men to start a family. Indeed, at this age, young men acquire a profession or craft, are

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able to provide for themselves economically, at least partially, and are at a stage of physiological maturity. This leads to their selection as the most optimal age for starting a family. Sometimes, in the minds of young people who are not married, there is an opinion that it is possible to start a family early, and they think that it is better for a young man to start a family at the age of 22-23. In fact, as young men grow older, their chances of starting a family do not decrease; on the contrary, they increase, their social and economic status in the family increases, and as a result, they are perceived by the bride as a spouse and are respected.

However, this alone is insufficient for the prosperity of the young people's future lives; it is necessary to provide them with information from the lessons of family life. Consequently, it is true that marriageable age is viewed as a factor influencing marital stability; when considering this age, there are specific optimal periods for both girls and boys, so that every person entering into marriage knows this period and their marriage leads to the stability of their marriage.

As we can see, according to the test results, the low indicator in the levels of spiritual readiness of young people for marriage is observed more often in young men and the average indicator in young women. This, in turn, means that girls' marriage is considered the most important value for them. Meanwhile, it is evident that young men must first see themselves as economically and socially independent and feel the importance of self-awareness and professional development in order to start a family.

Proper preparation of young people for family life is of great importance in preventing the divorce of families, which are the main link in society. This, in turn, serves to preserve the national values of society and to prevent negative situations that may arise as a result of the upbringing of future youth in single-parent families.

The experience of many developed foreign countries in teaching young people the basics of family life before marriage was analyzed.

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Latvia offers free 24-hour training courses on what to expect from family life before marriage, family budget planning, how to raise children, introducing various legal aspects into the family, and finally, how to form healthy relationships. During the training, specialists will jointly teach couples who have decided to start a family all the subtleties of the family. In Latvia, for several years, efforts have been made to develop a program consisting of several modules, including lessons on the psychological and spiritual-moral aspects of the family, as well as the construction of a proper sexual life. However, the implementation of this program is delayed due to the emergence of numerous contradictory debates.

In Singapore, prior to marriage, free education in the basics of family life is initially provided, and there are also expanded paid training courses on this topic. Schools and colleges in the United States offer curricula to teach family life, focusing primarily on marriage preparation, pregnancy responsibilities, and sexual education. In this regard, the accumulation of theoretical knowledge about marriage and intimate relationships, followed by practical skills and their practical application, is of paramount importance. The essence of this work is primarily characterized by the development of skills for establishing successful family relationships.

That is:

- Effective formation of interaction between couples;
- mastering non-traditional means of resolving conflict situations;
- Promoting a sense of loyalty and devotion;
- developing the ability to take care of the young couple's private life and provide them with comprehensive support;
- to teach the young couple to sincerely, openly, and freely express their personal feelings and thoughts, to be able to rationally defend their personal beliefs, and to avoid creating conflict situations in the family.

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In the Russian Federation, various programs on the topic of preparing young people for the family have been developed and implemented in the form of formal and elective education. Educational courses titled "Fundamentals of Religious Culture and Secular Morality" for teaching the basics of family life have been strictly established at the state level among secondary school students. In turn, author's programs are also used in some educational institutions to ensure high-quality preparation for family life for other age categories of students. In particular, classes will be held for primary school children based on programs such as "I am not just a child, I am a future family builder," "My Happy Family," and for senior students, "Educating a Future Family Builder," and "Ethics and Aesthetics of Family Life."

Furthermore, in the process of active pedagogical support for the family sphere and pre-marital upbringing, courses titled "Moral Foundations of Family Life," established by the Orthodox Church in the "Spirituality School" style, are of great importance.

For students of professional colleges, classes such as "Family" ("Sem YA") and "Growth," and in specialized educational institutions, "Ethics and Family Life Psychology for the 9th Grade of Special Boarding Schools" and "Educating the Future Family Builder in an Orphanage" have been established.

In conclusion, it should be noted that it is very important to study and research the psychological characteristics of preparing young people for family life. Because through this, one can determine the ways to make the modern Uzbek family strong and happy. Therefore, this topic is considered the most pressing.

Consequently, in preparing youth for family life, alongside the physiological maturity of youth, it is necessary to achieve their spiritual and professional maturity—that is, professional, social, legal, and psychological maturity. To achieve this, it is necessary for educators, teachers, parents, and adults to teach and purposefully explain the importance of these aspects to the youth.

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