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### THE SIGNIFICANCE OF MATERNAL UPBRINGING AND THE LEGACY OF EASTERN THINKERS IN THE SPIRITUAL PREPARATION OF ADOLESCENTS FOR FAMILY LIFE

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#### Abstract

This article presents an empirical analysis of the significance of the educational influence of the mother's personality and the spiritual heritage of Eastern thinkers in the process of preparing adolescents for family life. In the course of the study, changes in mothers' perceptions of family life were examined through seminar-training sessions. The results showed that the family environment, especially the mother's personality, as well as the use of national and spiritual heritage, are important factors in shaping adolescents' readiness for family life.

**Keywords:** adolescents, family life, spiritual readiness, maternal upbringing, Eastern thinkers, family values, seminar-training, socio-psychological influence

#### Introduction

##### Аннотация

В данной статье эмпирически проанализировано значение воспитательного влияния личности матери и духовного наследия восточных мыслителей в процессе подготовки подростков к семейной жизни. В ходе исследования изучены изменения в представлениях матерей о семейной жизни посредством проведения семинаров-тренингов. Результаты показали, что семейная среда, особенно личность матери, а также использование национально-духовного наследия являются важными факторами формирования готовности подростков к семейной жизни.

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**Ключевые слова:** подростки, семейная жизнь, духовная готовность, материнское воспитание, восточные мыслители, семейные ценности, семинар-тренинг, социально-психологическое влияние

In the context of modern globalization and the acceleration of social relations, the problem of preparing young people for independent life — especially for family life in spiritual and psychological terms — is one of the most pressing issues. The development and stability of society largely depend on the strength of the family institution, and a healthy family environment is determined primarily by the conscious readiness of young people for marriage and family life. In this regard, the formation of family values, responsibility, mutual respect, communication culture, and spiritual maturity in adolescents is one of the most important tasks of modern psychology and pedagogy.

Adolescence is an important stage in the formation of worldview, values, and ideas about the future. It is precisely during this period that social representations of family, marriage, marital relations, and parental responsibility are formed. In this process, the family environment of upbringing, especially the mother's personality, is of particular importance. The mother is not only a source of love and care but also an important social institution that transmits spiritual values, moral norms, and patterns of social behavior. Therefore, the scientific study of the influence of the mother's personality, her worldview, and her educational impact in shaping adolescents' spiritual readiness for family life is of great importance.

In modern society, the influence of various cultural and informational factors on the consciousness of young people is intensifying, which in some cases leads to the weakening of family values and the formation of a casual attitude toward marriage. In this regard, the use of national values, traditions, and the spiritual heritage of Eastern thinkers can serve as an effective pedagogical and psychological resource in preparing young people for family life. [1]

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Eastern thinkers in their works paid special attention to issues of family, upbringing, morality, spousal relationships, and the development of the child's personality. Their views serve as an important theoretical and practical basis for the formation of healthy family values in young people. Therefore, the study of the psychological effectiveness of working with mothers and using the spiritual heritage of Eastern thinkers in preparing adolescents for family life is a relevant scientific task.

The relevance of this study lies in the fact that it empirically analyzes the influence of the mother's personality on the process of preparing adolescents for family life, as well as identifies changes in mothers' perceptions through spiritual-educational seminar-trainings. This makes it possible to scientifically substantiate the importance of the family environment, especially the mother's personality, as a key educational and psychological factor. [4].

Within the framework of the practical research program, we formed a group of voluntary participants with whom special sessions were conducted together with practical psychologists. During these sessions, mothers discussed the spiritual heritage of Eastern thinkers, its significance, individual ideas and examples cited in their works, as well as the meaning of parables. Participants were given the opportunity to freely express their opinions and discuss the materials presented based on personal experience. Some participants who became opinion leaders were also involved in conducting trainings. Each session lasted 2–2.5 hours and was held on Saturdays for 4 weeks. At the first session, participants were given handouts with quotations from thinkers for independent study at home.

During the seminar-trainings, mothers were offered a questionnaire to monitor their perceptions of family life and readiness for it. The author's socio-psychological questionnaire and the G. Shoumarov test "Spiritual Readiness for Family Life" were used, conducted twice — before and after the training. [2].

"To the question: 'Did you consider yourself ready to start a family when you first entered into marriage?' — even after the completion of the study, practically the

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same answers were obtained, and no significant differences in indicators were observed. However, based on the results of the sessions, certain differences were revealed in the answers to the question: 'How do you understand readiness for family life?' (see Table 1)."

Table 1 Respondents' answers to the question: "What, in your opinion, constitutes readiness for family life?" (in percentages, before and after the experiment)

Answer options	1–5 years (n=36)	5–10 years (n=33)
1.Ability to manage the household	25 / 36.1	33.3 / 36.4
2.Culture of communication, flexibility	33.3 / 36.1	39.3 / 30.3
3.Ability to find common ground with family members	41.6 / 28.0	27.2 / 33.3

The results obtained before and after the training showed that the knowledge acquired by women with different lengths of family life during the sessions led to certain changes in their views and attitudes. This is directly related to the concept of readiness for family life. As can be seen from the table, in all groups after the experiment, attention to the ability to manage the household increased significantly (on average from 25.5% to 32.4%). Among young mothers (with 1–5 years of experience), the growth of this indicator from 25% to 36.1% testifies to how important household adaptation is in the first years of family life.

Upon completion of the experiment, mothers came to understand that a person entering into marriage must be able to manage the household (25.5 / 32.4), and also, in the process of raising children, must first of all be ready to find common ground with family members. Thus, while the latter indicator as a whole increased from 34.5% to 39.0%, in the context of individual groups one can observe more substantial changes among women with 5–10 years of family experience and more than 10 years. Particularly significant changes occurred in the perceptions

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of mothers whose children are on the threshold of independent life (growth from 30.3% to 45.5%).

Similar significant changes were also noted in the answers to questions 6, 7, and 11 of the questionnaire. If previously each training participant could name on average 4–5 works or names of thinkers, then after the sessions, thanks to active participation in discussions and exchange of opinions, this number increased on average to 10–13.

In their list, in addition to well-known Eastern thinkers, the names of such figures as Yusuf Tovaslil, Abu Hamid al-Ghazali, Devoniy, Avloniy, as well as the contemporary writer Tohir Malik, and many other scholars and educators appeared. Participants demonstrated awareness of them, knowledge of certain facts, and expressed a desire to continue studying them. This was also clearly manifested in the comparative analysis of their answers to the question: "Do you have an understanding of the views of Eastern thinkers on family and family upbringing?"

Table 2 Answers to the question: "Do you have an understanding of the views of Eastern thinkers on family and upbringing?" (in percentages)

Options	1–5 years N=36	5–10 years N=33	More than 10 years N=33	Average N=102
Yes	25.0 / 55.5	51.5 / 66.6	54.5 / 75.7	46.0 / 66.7
No	38.8 / 2.7	21.2 / 9.0	3.0 / 0	31.52 / 7.42
Partially	36.1 / 41.6	27.2 / 24.2	42.4 / 24.2	36.3 / 32.6

As we noted above, during the study we also re-monitored the level of spiritual readiness for family life among the mothers who took part in the study. The following table reflects the indicators before and after the experiment (see Table 3).

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Table 3. Comparative analysis of mothers' spiritual readiness level (according to G. Shoumarov's test)

Level	1–5 years N=36	5–10 years N=33	More than 10 years N=33	Average N=102
High (55+)	25.1 / 41.6	33.3 / 66.6	45.4 / 81.8	36.4 / 67.15
Medium (40–55)	36.1 / 38.8	36.3 / 21.2	30.4 / 12.1	34.2 / 29.6
Low (<40)	38.8 / 19.6	30.4 / 12.2	24.2 / 6.1	32.5 / 15.2

The comparative analysis presented above also indicates that the experiment we conducted yielded certain results. If at the beginning of the experiment the level of mothers' perceptions of spiritual readiness for family life as a whole could be assessed as satisfactory (the share of high and medium levels was practically the same — more than 36%), then after the experiment changes occurred in these indicators.

In other words, when answering the test questions, mothers began to take into account their actual life experience and, under the influence of what they had read and heard, took a more realistic, active, and conscious position. As a result, the indicator of a high level of readiness almost doubled — from 36.4 to 67.15. This was especially clearly manifested in mothers with 10 or more years of family experience, whose adolescents have already to some extent formed perceptions of the family. If at the beginning of the experiment only one out of two mothers demonstrated awareness of her spiritual responsibility for readiness for family life, then by the end of the study this indicator reached almost 82%. This is one of the most significant results we expected from the experiment. Similar positive changes were also reflected in the social representations of young mothers.

The results of the conducted study show that in the process of spiritual preparation of adolescents for family life, an important psychological factor is the family environment, in particular the educational influence of the mother's personality.

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In adolescence, the individual's social representations, life values, and views on future family roles are actively formed. Therefore, during this period, the personal example of the mother, her moral values, and her educational position play a decisive role in shaping young people's attitudes toward the family.

The empirical results of the study showed that during the seminar-trainings, positive dynamic changes occurred in mothers' perceptions of family life and spiritual attitudes. In particular, after the trainings, the concept of readiness for family life ceased to be limited only to household duties and began to include such important psychological components as the culture of communication, the ability to find common ground with family members, responsibility, and spiritual maturity. This indicates an increase in the level of understanding of readiness for family life as a complex socio-psychological process.

During the study, it was also established that educational sessions based on the spiritual heritage of Eastern thinkers significantly expanded the range of mothers' knowledge. After the trainings, the level of respondents' awareness of the views of Eastern scholars on family and family upbringing increased significantly. This confirms that the use of national-spiritual heritage can serve as an effective psychological and pedagogical means of forming family values.

In addition, the results of monitoring conducted on the basis of G. Shoumarov's methodology showed a significant increase in the level of mothers' spiritual readiness for family life. In particular, the sharp increase in the indicator of a high level of readiness scientifically confirms the effectiveness of seminar-trainings and the positive impact of targeted spiritual-educational work.

### **Overall, the Results of the Study Confirm the Following Scientific Conclusions:**

1. In the process of preparing adolescents for family life, the mother's personality acts as one of the leading socio-psychological factors.

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2.The views of Eastern thinkers on family, morality, and upbringing are an important theoretical and practical source for the formation of family values in young people.

3.Spiritual-educational seminar-trainings conducted with mothers enrich their perceptions of family upbringing and contribute to the formation of a favorable psychological environment for preparing adolescents for family life.

In this regard, the strengthening of cooperation between the family, educational institutions, and spiritual-educational institutions in preparing young people for family life, especially the organization of targeted psychological-pedagogical work with mothers, as well as the effective use of national-spiritual heritage, acquires special scientific and practical significance.

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