

Problems of youth for family life

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ABSTRACT--*This article examines some of the problems encountered in preparing young people for family life, family relationships in adolescence, important tasks in preparing them for family life, morality, diligence, social behavior, and hygienic and sexual education in the family, school and all educational institutions. Careful consideration of issues, pre-marital factors, motives for marriage, the timing, terms and conditions of acquaintance, their future family life and features as the whole.*

Keywords--*Sexual maturity, puberty, marriage, family, sex education, moral norms, career guidance, physiological and psychological characteristics, psychological problems, school period, marriage, customs, values, national traditions, gender relations, psychological maturity*

I. INTRODUCTION

A number of studies devoted to the study of modern marriage and family problems confirm that one of the most important problems today is the preparation of young people for family life and the study of the characteristics of marriage factors in modern families. Based on this, in this article we have focused on the study of socio-psychological features of preparing young people for family life. The results show that identifying and shaping young people's perceptions of future family life is an important aspect of education, and the proper organization of this process is important in shaping the preparation of young people for future family life. We need to enrich young people with knowledge about family life, probably from school, so that we prepare the ground for today's teenager or teenager to become an independent family man, the head of the family in the future, to strengthen their family life in the future. We would advise our youth to pay more attention not only to education, but also to the educational aspects, so that they do not have a deep understanding of the psychological conditions of adolescence, the psychology of the period of increased propensity for the opposite sex, so as not to violate their future lives. We need to educate our young people so that they can overcome any obstacles in their future lives and create a strong family.

Every young man and woman, regardless of their profession, strives to get married and live happily in the future. The healthy growth of young people in independent Uzbekistan, their harmonious development in the future, a happy marriage, peaceful coexistence of husband and wife in many respects depend on the hygienic and sexual upbringing of the child from an early age, positive habits and skills.

The future stability of the family depends on the Uzbek people's behavior, attitude to people, purity, honesty, modesty, chastity, morality, diligence, public behavior, as well as hygiene and sexual education in the family, school and all educational institutions. depending on the course. It is known that in today's world, the relationship between family problems and the preparation of the younger generation for independent living, that is, raising a

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family to lead, is a topical issue today. In fact, every parent should try to inculcate in the minds of young people the traditions, values and national traditions of the Uzbek nation.

II. MAIN PART

Observations show that some young people are unprepared for family life, disagreements, disrespect for each other, infidelity, jealousy, lack of serious sense of responsibility in the family, accustomed to a light life, sexual imbalance, lack of knowledge of the hygienic, physiological and psychological characteristics of relationships. It is clear.

Tasks to prepare young people for family life include:

1. Properly form and establish the right moral relationship between a boy and a girl.
2. Development of high human feelings such as mutual respect, friendship, sincere cooperation in adolescents.
3. To form in young people scientific concepts and realistic ideas about the biological and social aspects of moral education, the growth characteristics and peculiarities of boys and girls.
4. To help young men and women to develop as physically strong, healthy, highly cultured, stable, moral, strong-willed person.
5. To imagine the joys and worries, burdens, bitterness and joys of life and to form ways to behave in such situations.
6. To create conditions for the development of spiritual and spiritual maturity, the integration of high moral standards, the acquisition of the features of the national image.
7. To teach to understand the mutual duties of the bride and groom in the family, as well as the duties of in-laws, relatives, close relatives of the family.
8. To acquaint teenagers with information about adaptation of the bride and groom to new conditions, ways of adaptation to a special way of life, customs, etc.

In the East, the preparation of young people for family life has long been given serious importance. They have come down to us in the form of "Admonition", "Pandnoma", "Hikmatnoma". In these sources, various educational events are told about the preparation of girls for life, the formation of human qualities in them, the sanctity of the family, and the fact that its care depends on housewives.

In preparing young people for family life, we focus on premarital factors. When it comes to premarital factors, it should be noted that premarital factors are multifaceted, embodying many social, economic, biological, physiological, spiritual, moral and psychological factors that are the basis for this or that marriage. It is a complex of factors that determine the degree to which young people who are starting a family are "matured" in the family life they are building. The most important thing here is how well these young people can meet the requirements of family life and marriage.

The concept of maturity in marriage is also a very complex and relative concept. Because man is a constantly evolving and improving being, constantly reaching new heights in his professional activity or in his spiritual and moral development. If a person is divided into those who speak of his "full maturity" in this or that activity, it means that he has reached a certain limit and no further development is possible. Therefore, the concept of

“maturity” cannot be literally relevant when it comes to a person’s maturity in marriage or any activity. Therefore, when we talk about the "maturity" of a person, especially in marriage, family life, this concept is used only as a certain generally accepted standard, average norm, a certain conditional "unit of measurement", indicators and so on.

For example, final examinations (state examination system, diploma defense systems, etc.) will be available for all educational institutions (schools, lyceums, colleges, universities) and will be used to determine the sum of average knowledge and skills acquired by graduates. This gives them a certain right to continue their studies later or to work in a particular specialty. From this point of view, "maturity" is an indicator that determines the qualitative and quantitative characteristics of a certain stage, phase, boundary of development with a certain accuracy. The question of a person's maturity in marriage and family life is an indicator of an individual character that cannot be measured by any strict norm.

All this shows how complex the premarital factors are.

In the psychological literature devoted to the coverage of socio-psychological problems of the modern family, there are different forms and manifestations of premarital factors. Below are some of them.

Premarital factors include the maturity of young people who are starting a family, their motives for marriage, the terms and conditions of their acquaintance before marriage (how long they have known each other), their perceptions of their future family life. Of course, each of these factors can be of a different nature at different ages, however each of them in turn differs into several other species. For example, when we say maturity in marriage, we can distinguish the aspects of maturity of young people who start a family: physical (physiological), sexual, legal, economic, spiritual, moral, psychological. These include legal, sexual maturity indicators, which have sufficiently clear signs and characteristics, and there is a lot of information about them in the relevant legal, natural, psychological literature, while economic, spiritual, moral, psychological aspects are a bit more complex, with no strict boundaries. characterized by. For example, a person’s sexual maturity has its own set of factors. According to clinical observations, sexual maturity (puberty) in modern girls is 12-14 years, and in boys 14-16 years. Of course, this maturation can occur earlier in some children and later in others. These figures may vary by ± 2 years. Some medical scientists believe that it will take another 2-3 years for children to reach full sexual maturity.

Sexual maturity leads to the formation of strict sexual needs. By this time, children begin to show secondary sexual symptoms. The activity of the sexual secretory glands increases. In girls, menstrual cycles (menstruation), in boys, pollutants begin to occur. In other words, they begin their puberty. This means that by this time, along with the growth of material and spiritual interests in young people, sexual needs are a strong source of personal activity.

Many problems of sex life need to be explained not only to young people, but also to adults who have been married for a long time and have children. Because they, too, can have many serious conflicts on this basis. Because the issue of sex is a very sensitive issue, it is often confronted with “false, childish shyness”. Some parents and teachers, even education leaders, object to the issue of sex education in schools, saying that "all the necessary information about sex education, sex is given in biology courses, and our ancestors lived like this without sexual literacy." they Of course, such a view is a very backward one, a conclusion drawn without taking into account the requirements of today's marriage-family relationship, the responsibilities of the modern family. In this way, the importance of any sanitary and hygienic information provided to young people on such sensitive and necessary

issues as sexual education is completely underestimated. This leads to millions of teenagers being negligent during puberty and, as a result, making irreparable mistakes in life in some cases.

Various deviations, neuro-physiological disorders in adolescent behavior can occur on the ground of anxiety, harassment, and sometimes real panic, which is not based on anything. All this is the result of poor sanitary and hygienic education and lack of sexual education. This is a very serious issue, especially in our ethnoses.

The issue of sex education is often viewed as either an issue that does not require special attention and does not pose any difficulty, is easy to master for any age group, or is very personal, intimate, and cannot be discussed among many, especially children. Similar comments have led to the exclusion of sex education materials and related activities from school curricula in a number of countries, especially in the former Soviet Union. In this regard, it is expedient to consider sexual education in an integral way with the sanitary-hygienic, psycho-hygienic information that everyone needs to know about the activities of the organism today.

In family life, however, knowledge of the psychology of sexual life is a very important issue. A comprehensive analysis of the data provided by various experts suggests that one in four divorced couples (29% of divorces) is caused by some form of sexual imbalance (sexual imbalance of the couple).

Of course, a sense of mutual love, trust and respect, a sense of commonality of interests and intentions that arose in a short period of time and, accordingly, knowledge of the psychology of sexual life may not help couples who are in a hurry to get married. The number of families that have formed so quickly and in such a short time (through suitors, relatives in a week or two) has been increasing, especially among the representatives of our nation in recent years. Without the complex of young people's likes and positive emotional feelings towards each other, the effectiveness of this knowledge will be low. They coordinate the intimate life of a couple only when the couple likes each other and is attractive to each other. On the other hand, it is not necessary to give up the problems of the psychohygiene of sexual life in marriage as some kind of 'shameless thing'. Because, in most cases, scientific knowledge in the field of sex life psychohygiene can help young couples get rid of the tragic mistakes that can be made and thus save their marriage.

Thus, sexual maturity is a phenomenon that is sufficiently clear and obvious in terms of human anatomy and physiology. But its psychological, moral aspects are very complex. Therefore, when we say that a person has reached sexual maturity in marriage, it does not mean that he or she has reached sexual maturity from a physiological point of view. In addition, a person must have the necessary scientific psychological knowledge and correct understanding of the psychohygiene of sexual life. This is undoubtedly a process that requires special attention, special preparation, training.

In addition to the issue of young people entering into marriage, including sexual maturity, several other types of social maturity can be distinguished, as mentioned above. These are sexual, civic, professional, socio-economic, spiritual, moral and psychological maturity. Among these, the sexual (physiological) maturity of young people takes place much earlier than others, below we will focus on what other set of problems may arise in connection with these issues.

Citizenship, legal maturity is determined by the age of legal maturity of this person, he is legally considered a person who has the right to marry, to have children. In our country, it is indicated as 18 years old. At this time, he will be able to exercise all the rights and obligations set forth in the Constitution. The age of 18 can be considered the age of legal maturity of a person.

Professional maturity is also a much more complex concept. Its complexity is, on the one hand, determined by the fact that it is the completion of some educational institution, training courses, that is, the acquisition of special knowledge necessary to perform a particular type of work. However, after graduating from one or another educational institution (college, lyceum, technical school, university), a person has to work for several years in his chosen profession, and only then can we talk about his professional maturity.

However, in some professions it is possible to achieve professional maturity at the age of 19-20 years, in others, for example, in surgery, it is possible to achieve it later at the age of 29-30 years.

Another aspect of personal maturity is socio-economic maturity. This implies that a person is able to provide for himself and his family financially independently. When young people start a family, their economic independence is especially important. There are also different age limits, with some young people gaining economic independence from their parents' families at the age of 18-19, while others enjoying financial support from their parents at the age of 25-30.

Among these aspects of maturity, it is extremely difficult to talk about a person's spiritual and moral maturity. Because a clear criterion and description of this aspect has not yet been developed.

Thus, the concept of "maturity" in itself embodies many aspects. It should be noted that the concept of "maturity" is, of course, inextricably linked with a particular life experience, that is, "vital knowledge." There are also individual features of passing "Life skills", "Universities of life". Someone "learns life well" at the age of 20, while someone remains a child at the age of 30. This is greatly influenced by the existing social conditions, public and social order. It is well known that in the past, especially during the war years, children and adults also experienced life challenges that they could not always cope with. At that time, mothers of children from the age of 12-14 helped to provide for the family. Also, children living in urban and rural areas, growing up in low-income and large families, nuclear or multi-class families, contribute to the material and social security of the family, the duration and amount of this work varies. Knowing life, life experiences can take place at different intensities in different individuals, and it is absolutely impossible to show any age, time interval in this place. On top of that, knowing life, the world around us, in turn is infinite.

Nevertheless, it is possible to set certain minimum limits of social and economic maturity, that is, there is such a "minimum" of life experience, knowledge, without which no age, boy or girl can not be considered truly mature.

All of the above shows just how broad the concept of 'maturity' is. Still, we have to use it. Because it contains important conditions that determine the stability of a marriage.

When it comes to a person's psychological maturity, it means, first of all, that he is able to make a conscious assessment of various life situations and conditions. This vigilance should be manifested in the ability to assess the practicality, the correctness of reality, the ability to objectively assess one's own achievements and shortcomings, knowledge, skills and abilities. Unfortunately, it is often the case that young people overestimate their abilities and set unattainable goals for themselves. Especially when it comes to imagining family life, in which our young people make more mistakes, overestimate themselves, expect more from family life than possible. As a result, failures, regrets, nervous breakdowns occur. A psychologically mature person, on the other hand, sets goals that are inevitable, self-sufficient, and correctly defines his or her way of life and the means and ways to achieve them. Such a person is characterized by the ability to control his emotions and experiences well enough, that is, a highly

developed internal discipline. Psychological maturity is to some extent related to understanding other people's desires and experiences. This, in turn, allows for better communication, cooperation, the study of hormonal relationships in the family, in different groups. One of the main features of a person's psychological maturity is the ability to interact with people of different ages, careers, positions, categories, people with completely different interests, habits, tastes, lifestyles.

These characteristics are crucial when young people are getting married. Of course, such abilities do not form overnight. They are gradually formed under the influence of the upbringing given to him during his previous life. Psychological maturity is characterized by the adaptability of a person's behavior to different living conditions. Psychological maturity incorporates the structural aspects of a person's spiritual qualities that can be manifested in the form of positive attitudes toward other people: empathy, empathy, empathy, mutual support, and so on. One of the important criteria of psychological maturity is that a person has an independent opinion, point of view, position, which serves a fair solution to family problems, and, if necessary, is able to defend their views in the interests of the family in front of their parents.

Another factor mentioned in the classification of premarital factors is how long young people have known each other before they got married, what conditions and conditions they met and married. How these factors can affect the stability of a marriage.

Of course, if the future couple knows each other as a future husband or wife for a certain period of time before getting married, if they have adequate ideas and information about each other's personal characteristics, individual qualities, interests, worldviews, personal orientations, these ideas and information it can help them understand each other and adapt to each other in their lives together.

It is well known to our young people today that according to the Family Code, a period of one month (more precisely 33 days) is given after they apply for marriage. If, during this period, they seem to back away from their intentions, their request will be granted and the marriage will not be registered as intended. It is no secret that not all young people living in our country are sufficiently aware of the existing rules on marriage, and in some areas these rules are not always followed. But it is also useful to make our youth, especially our students, aware of the legal aspects of marriage and family relations.

So is the 33-day deadline given by the civil registry offices enough for our young people to get to know each other as much as possible? How long does it take for a future couple to get to know each other completely?

It is not a matter of knowing a thing, a technique, or a computer, but a person. Psychologists point out that man is the most complex object of cognition. No one and no one can know it absolutely and in detail. Because it is the highest and at the same time the most complex being that combines a complex set of biological, physiological, psychological, social-psychological, social processes, situations, features that are evolving, forming, growing, changing every day. His mysteries are more than the mysteries of the universe, no less. Therefore, some situations observed in the behavior of any friend who studied together for a year, ten years, or grew up together as a child may still surprise some people, or people may live together for a lifetime and see unexpected situations in each other.

From this it is clear that it is impossible to know a person completely. But how long do prospective spouses need to know each other in order to have the minimum knowledge needed to get married and live well together? Many may think, "The more, the better." Indeed, the shortness of the premarital dating period is self-evident. Our

research shows that the number of couples who have known each other for a month or less before starting a family makes up the majority among divorced couples. It has also been suggested that knowing each other for 5-10 years or more before marriage can also lead to future couples becoming emotionally attached to each other.

In the psychological literature, the period of getting to know each other as a future couple from half a year to a year is indicated as the most optimal period. At this time, young men and women may have time to have a minimum of knowledge, information that can be relatively known about each other. Of course, even this time cannot be considered an ideal time. What is important here is how young people learn from each other at what pace, for what purpose, by what means, methods and with what 'eye'.

Another factor that has a decisive impact on family stability is the perception of young people about their family life. How close they are to reality is the main guarantee of the strength of this family.

Unfortunately, not all the time our young people's perceptions of family life correspond to reality, but in most cases it is radically different from reality. For example, in one of the Indian legends there is a wonderful narration that corresponds to the young people's perceptions of family life and their comparison to reality. According to the narration, four blind men who were blind from birth were told, "There is an elephant in front of you, you have not seen it at all, but go and hold it and examine it, and then tell me what kind of creature the elephant is." When the blind went and "studied" the elephant and returned, they were asked what kind of animal the elephant was. One of them said, "An elephant is a rough, tree-like animal." The other denied it and said, "No, an elephant is as round as the earth, an animal that no human can touch." The third denied both of them and said, "The elephant's hole is a long, colon-like animal." The fourth replied, "The elephant is a broad, flat, large leaf-like animal," and each of them quarreled with the other, saying that he would approve and pass on his opinion. Because one of them landed on the elephant's leg, the other on its belly, the third on its trunk, and the fourth on its ear, and imagined the elephant to the best of its ability. Our four blind young people cannot imagine family life as a whole, as a whole, as a whole, and it is impossible. As a result, our young people, who have different ideas about family life, try to make their ideas a reality when they start a family, that is, to convince their spouses that it is the same. And they, too, like the blind above, may quarrel with each other and fail to come to an agreement, each of which is "right in itself".

It is not always possible for our young people, who have been brought up in the spirit of fairy tales, feature films, novels, myths and legends, to form correct ideas about family life. In the media, television and radio broadcasts on the preparation of young people for family life, there are many cases of one-sided, only positive interpretation of family life. Such situations can also lead to misconceptions about family life among young people.

While many of our young people, especially those raised in successful families, are on the verge of starting a family, they often find their parents' family ideal for their future family life. Because they are brought up in this family, they can't remember their parents arguing and disrespecting each other "since they knew each other". In such families, parents also try not to let their children notice the unpleasant aspects of their relationship. Or the moments of conflict that can occur in their relationship, the process of adaptation to each other took place at the beginning of the marriage, before the children were still born. Children, on the other hand, are only aware of the good, peaceful, harmonious, compassionate, and exemplary aspects of their marriage. If our young people, who dream of such a marriage, do not live as they expected after marriage, they will be stunned by the difficulties, obstacles and problems that arise in the first delicate, complex, difficult, new social situations, conditions, role adaptations, adaptations. they may suspect that they have "lost their way" in marriage.

Therefore, in preparing young people for family life, it is not expedient to show family life, the couple's relationship only in a one-sided and only positive way. It is better to show it as much as possible: high and low, sweet and bitter, pleasure and pleasure, suffering, dark nights and light days. Only then can our young people form a relatively adequate picture of family life.

Based on the above, we can conclude that today the preparation of our youth for family life is an important psychological problem, which should be thoroughly analyzed and the necessary conclusions should be drawn. Because the development and implementation of plans and programs to prepare our youth for family life can lead to a reduction in the number of divorces between young families.

In the process of preparing young people for family life, special attention should be paid to the adequate formation of their perceptions of the opposite sex or gender relations. Because the more inadequate the perception of the opposite sex, the higher the number of divorces between these families.

The issue of sex education should also play a central role in the development of a program to prepare young people for family life.

"Are you ready to get married?" tests

(test for girls)

The well-being of young people in the so-called family sanctuary depends in many respects on their physical, spiritual, economic, social and psychological preparation for family life. If you want to study yourself in these aspects, read these test questions carefully, choose the one that suits you best from the answers given to them, and get to know yourself.

1. Will you keep your profession after you get married?
 - a) I return to work after the birth of the 1st child;
 - b) I work hard at it;
 - c) no, my work is not satisfactory.
2. Do you want to have a child?
 - a) at least 2;
 - b) no;
 - c) because my spouse wants it.
3. What would you do if you noticed in the circles that your spouse was interested in another woman?
 - a) I try to please someone else;
 - b) I quarrel;
 - c) This act surprises me, but I try not to notice.
4. Are you jealous?
 - a) yes;
 - b) not so much;
 - c) I think I trust my spouse.
5. Who comes down when there is an argument?
 - a) men;
 - b) u;
 - c) once he once I.
6. Do you know how to cook desserts?

- a) must be read in order to be so;
 - b) only a few meals;
 - c) I love cooking very much.
7. Do you have secrets to hide from your future spouse?
- a) no;
 - b) sometimes;
 - c) There are some things I am not ashamed to say about them.
8. What if your spouse is a football fan?
- a) I try to lose that interest;
 - b) when he goes to the show, I do my favorite hobby;
 - c) I can be a fan myself.
9. How is your parents' marriage?
- a) tolerable;
 - b) at an excellent level;
 - c) divorced.
10. Do you think your spouse can go to work?
- a) yes;
 - b) I am not interested in his work;
 - c) career is not necessary in life.
11. What would you do if you had different views on the concept of “fashion”?
- a) I would give way;
 - b) I would agree;
 - c) I was trying to change their views.
12. How do you feel about “test marriages”?
- a) I would not agree;
 - b) understand each other as a closer study;
 - c) I can't say anything about it.
13. Do you think it is good or bad for a woman to date other men before marriage?
- a) I think it is necessary;
 - b) no;
 - c) depending on the situation.
14. Would you forgive if you found out that your spouse was dating another woman?
- a) yes;
 - b) no;
 - c) depending on the situation.

III. EVALUATION OF TEST RESULTS

Question	1	2	3	4	5	6	7	8	9	10	11	12	13	14

answer														
a	2	3	2	1	2	1	3	1	2	1	3	3	2	2
б	3	1	1	2	1	2	2	3	3	2	2	1	1	1
в	1	2	3	3	3	3	1	2	1	3	1	2	3	3

IV. ANALYSIS OF TEST RESULTS

14-23 points - Maybe over time you will change your outlook on life, your worldview. For now, there will be conflicts between you because you can't teach yourself to your future spouse. Basically be patient, try to get used to giving in to your spouse in the future.

24-32 points - It's a little early for you to get married. You need to be a little more mature in this regard. Perhaps your hesitation about it, that is, about your readiness for marriage, is not in vain. In general, marriage is not always a divorce. You understand your spouse. Maybe you lack life experience in life, lack of self-confidence. If you control your behavior, you have a chance to become a better spouse. The more you read, the more this knowledge will empower you, the more you will focus on your profession - it will help you become independent.

33-47 points - Happy is the person who says "yes" to you. There will be no black clouds in your marriage (in your presence, i.e. not because of you, of course). But that doesn't mean you give up on your interests. You are a very smart, intelligent person. These qualities will help your spouse's personal interests. At the same time, you will achieve your independence.

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