

Organizing Psychological Support to The Family

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Abstract:

This scientific article talks about the types of psychological support for the family and the psychological ways of finding solutions to family problems.

Keywords: pedagogical skill, psychological training, woman, relationship, harmony, young family.

Introduction

In life, especially in family life, not everything goes as expected. Family life will have its own unevenness, ups and downs, complications and problems. One of such complications is the process of adaptation of a young couple to a new social status, position, roles of husband, son-in-law, married man, wife, bride, married woman, to a new social environment, to a new family. So, how does the process of adapting to these new conditions go?

Of course, this process is easier for men than for women. Because they live in the husband's house, with his parents and other relatives, as a result of the ethnic characteristics of the Uzbek family. That is, even after the young man gets married, he remains in his family, his relatives and in the system of family and interpersonal relations that have become a habit for him in advance. The situation of a woman after marriage is drastically different from before. First, he gets into an environment that is almost new to him, completely different from the previous one. She goes from the girl's family, which has its own system of interpersonal relations, distribution of roles, to a new family environment with a different system of interpersonal relations. The existing «pocherk» in it does not match the previous one, today's distribution of family roles, the procedure for performing certain work here, and the requirements for this or that job are not similar to the previous one. In addition, the tasks assigned to a young bride in a young family are fundamentally different from the tasks she performs during her childhood, both in terms of quantity and content. One of the main reasons why the process of adapting to a new social environment is difficult for a woman in Uzbek families is that, along with the situations mentioned above, the young bride feels like a «stranger» in the new family, that is, «alienation» in her is the existence of the «effect».

As can be seen from the above, after the formation of a young family, there are many socio-psychological, ethnic, territorial, sexual factors that destroy the «expected» development of the couple's relationship, and our young people are aware of all this in advance. It is desirable for them to mitigate their negative effects and be ready to develop their positive aspects. In this



way, young people who build a family with the best intentions begin to develop their personal relationship, against happiness, from good to bad. Because the high emotional closeness of the couple observed at the beginning of the marriage gradually decreases, and their feelings become untransitional. These situations certainly form a unique dynamic of the development of interpersonal relations in any family. Being aware of this situation and being ready for its changes is the basis for preventing some disappointments that may occur in young families.

Unfortunately, the weakening of family-marriage relations by the present time is evident in almost most countries of the world: the United States of America, England, France, Germany, the Baltic states, Russia and a number of other countries. Uzbek families Although the weakening of family-marriage relations and its violations are much less than in the countries mentioned above, unfortunately, it is observed that the complications of divorce cause extremely sad consequences, unpleasant situations and events between family members and relatives.

Therefore, the breakdown of families and the various complications that arise as a result of it require extensive study as a research subject of social psychology and ethnopsychology. Uzbek psychologists have conducted a number of successful scientific researches on the study of problems specific to Uzbek families. In these scientific works, a number of issues such as family-marriage relations, preparation of young people for family life, national identity of Uzbek families, conflicts and important reasons for them, divorces and their negative complications have been comprehensively studied and analyzed. However, the socio-psychological characteristics of the influence of interpersonal relations on family stability were not studied as a special research subject in the above scientific researches. In fact, we should never forget that the problems that arise in family life, even the breakdown of the family and its negative complications, are all the result of the influence of interpersonal relationships in it. The conclusion that follows from this is that family stability, happy and prosperous marriage, due to the fact that it is inextricably linked with the socio-psychological characteristics of the influence of interpersonal relations, it is necessary to carry out scientific research on this problem.

As mentioned above, studying the issues of family and marriage on the one hand is easy and soul-like, on the other hand, the father is complex and delicate. This situation requires distinguishing the specific methodological aspects of research on family psychology. First of all, it is necessary to give a scientific definition of the concepts of family and marriage. In the old philosophical dictionaries, «Family is a cell of society (a small social group), a certain form of organizing a personal lifestyle by restoring marital and parental relations, that is, a husband and wife who live together in one place, parents and It is defined as an important bond that represents the cohabitation of children, brothers and sisters and other relatives. From such definitions, 4 important characteristics of the family arise:

- Family is the garden of society (small social group);
- Family is a form of organization of personal lifestyle;
- Family – union of spouses;



- Family is the ability of couples to build strong relationships with other close relatives: parents, siblings, grandparents, children and their children.

The most important methodological principle in the research is that the person organizing the family should not forget that it is not a simple sum of family members, but that there is a complex and diverse system of relationships between all family members, which are reflected in the responses of each member. That is, the family and its relations are always under external psychological influence. Looking at it as a small social group requires taking into account the presence of almost all socio-psychological laws characteristic of a small group and the fact that they determine the status of each family member. In fact, when considered at the level of society as a whole, the family, some scientists (G.M. Andreeva, A.I. Zakharov, V.S. Torokhtii, According to N. Ya. Soloveva and others), this is a primary group. That is, the emotionality characteristic of the primary group, the adaptation of formality and informality in relationships, the dependence of the socio-psychological environment on human relations, and some family relations are also characteristic.

Therefore, it is important not to forget that there are unique qualities and characteristics of the family as a social group. These are the following:

- Having not one, but several common goals; that is, if a single goal uniting the members of the work team is recognized, there may be several such goals in the family and they change during family life. For example, the goal of living together with good intentions is followed by a number of big goals and dreams, such as having a healthy child, circumcision if the child is a boy, preparing the child for school education, getting married, the meaning of family life and its charm. Such goals and their implementation are determined by the congeniality and consensus of the couple;
 - that the interests, interests and aspirations of family members are a natural state of certain differences and disagreements; especially in this family, it is expressed in conflicts between the representatives of the older generation and their children (intergenerational conflict), in many cases such differences or conflicts acquire a constructive character;
 - in a family living separately, the significant impact of the couple's relationship on other relationships, for example, on the level of upbringing of children;
 - family reconciliation or harmony with other relatives, such as the elderly
- Effect;
- cooperation between family members and its effectiveness is not very noticeable, for example, the husband's role and activities in the family are small, the woman's role and duties are small, and not always doing the same thing together. Except for family gatherings or other events;
 - that norms of behavior and mutual respect are of great importance, that always looking out for each other's well-being is a factor of family stability;
 - negative impact of secret, hidden, confidential affairs in the family on family relations.



The above-mentioned circumstances require those who dismiss family research to depart somewhat from the principles applied to research that dismisses purely social groups. That is, the family is a unique place where unique human relationships are embodied.

The word Nikoh – (Arabic-join) entered the Uzbek language from the Arabs. Pursuant to Article 13 of the Marriage and Family Code of the Republic of Uzbekistan, marriages are recorded in the state bodies responsible for registering civil status documents, only such a marriage creates rights and obligations. In the Republic of Uzbekistan, according to its social nature and purpose, the need to strengthen the family, taking into account the morals and health of the young generation, the need to conclude a marriage is determined by following a number of conditions: these requirements are called the conditions of marriage

a) Mutual consent of persons getting married (of the Republic of Uzbekistan

Article 17 of the Marriage and Family Code)

b) Determining the age of marriage (Marriage and family of the Republic of Uzbekistan 18-year-old boys, 17-year-old girls) in Article 18 of the Code.

In our nation, it is not for nothing that the proverb says that marriage is celebrated first on the throne and then on earth. According to the ancient concepts of our ancestors, marriage is a divine covenant, family is sacred. It is said, «Your wives are your crops.» Al-Baqarah Surah – verse 223 of the Holy Qur'an. The main purpose of starting a family after marriage is the continuation of the human generation. Not making a mistake in getting married leads to the creation of a strong family. A family based on harmonious living, honest work and love plays an important role in bringing up a decent generation of the society, a person who is loyal to the work of the society, our progress, and our independence. Since ancient times, Eastern families paid special attention to the preparation of young men and women for family marriage, boys were brought up separately, and girls were brought up by special nannies-educators. According to the decision of the United Nations, 1994 was declared the «Year of the Khajaro Family».

In our republic, 1998 was declared as the «Year of the Family» and 1999 as the «Year of Women».

Democratic foundations are laid in the family, people's needs and values are formed. Most of the Uzbeks do not care about their personal well-being, but about their family's relatives and close people. Puts care about the safety of his neighbors in the first place. This is the highest spiritual value, the jewel of the human heart.

These thoughts of our head of state form the basis of the unique character of the Uzbek family. The socio-economic and spiritual condition of Uzbek families, the basis of our society, plays an important role in the development of our country, because the all-round improvement of families means the improvement of society. In the same sense, the young generation, which is our future, and its development is a matter of state importance. On the other hand, society's demand for family and family education is increasing day by day. Increasing the ability of parents to develop children in the family is an urgent issue of today.

The Uzbek family has many aspects similar to other families in the world, but at the same time, its unique aspects are not a burden. The unique feature of Uzbek families lies in the strength of their customs. Without spirituality, neither material well-being nor general development can



be achieved. Spiritual poverty leads to national decline. A non-halal woman is satisfied with her participation in halal education and self-management, and the result of her work.

The psychological environment in the family is composed of laws that exist in any other group. However, the work in the family is somewhat more complicated. People spend most of their lives there. They are connected with each other through more intimate feelings and relationships. Family happiness is based on the psychological environment of the family. The psychological environment of the family is affected by the relationship of spouses and people in general to family members and to each other.

Sociologists and psychologists have determined the characteristics of the relationship between himself and his wife in happy and unhappy families. They got some interesting facts. The psychological environment in the family is characterized by the common interests of the spouses, the most important thing is that both of them are able to calculate with interest and pay attention. Only families where a couple lives with great social problems and demands can be happy. A comfortable moral and psychological environment in the family affects the formation of virtues and feelings such as self-confidence, trust in people, cheerfulness, restraint in the spouses and other family members. The psychological environment is more clearly manifested in the compatibility of people. Compatibility of people with each other, first of all the harmony of the value of life, interests, and the general style of emotional instructions, as a result of which the family understands each other, accepts the value of others, as well as the person as he is. Psychological comfort in family members is an internal objective indicator of reliability, protection, satisfaction with each other's treatment. In conclusion, if husband and wife understand each other in family relations at all times, all negative situations related to family will be avoided.

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