

Psychological Approach to Family Relations

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Annotation: The article notes that currently the view of the family as a means of procreation is gradually becoming a thing of the past, often the family is considered as a means of satisfying the emotional and intellectual needs of a person. However, in the context of globalization, accelerating the pace of life, the family is often seen as a guarantee of security, stability, sometimes as a creative or business union.

Keywords: Family Psychology, psychological knowledge, psychoterapiya, marriage.

It is known to all of us that the so-called sacred sanctuary of the family appeared and formed many years ago. Buda forms families through which every adult boy girls get married. In this article we will talk about the formation of the family, its scientific basis. As society progresses, both the people themselves and their interrelations with each other, and the family relations, which are the most intimate, the closest among them, especially the individual relations, improve and become more complex in their own way. Reason: the development of modern science and technology, the development of production relations and Means, agriculture, industrial production, in general, the rapid introduction of new technology and technical processes in all spheres of the national economy directly put forward new requirements for the human factor, the human personality, which is the creator, participant of these processes. Production relations, the development of society, on the one hand, the socio-psychological, physiologic and other changes that occur in people themselves, are the basis of a certain degree of limitation of the circle of interpersonal relations of interaction, a certain degree of strangulation of the naturalness observed in our past, and, consequently, the occurrence of as much emotional, emotional tension as possible in the This is reflected in both family life and the psychological climate in it.

Family Psychology is a relatively young branch of psychological knowledge, which is at the stage of formation. It is based on the richest practice of Family Psychology, the practice of providing psychological assistance to the family and the experience of family counseling, the practice of psychological counseling of parents on the issues of upbringing and development of children and adolescents. A distinctive feature of Family Psychology as a scientific science is its inextricability with psychological practice. The theoretical yasos of Family Psychology began research on social psychology, shaxsiyat psychology, developmental psychology, pedagogical psychology, clinical psychology. Social psychology is based on the concept of the family as a small group, studies the role structure of the family and the issues of leadership in the family, the stages of the development of the family as a group, the problems of choosing a spouse. Problems of family cohesion, conflicts in the family and ways to solve them.

In order to create a more accurate picture of this issue in our youth, we will compare the discrepancies between their peers 90-100 years ago, that is, the 15-16-year-old girl at the beginning of our passing century and today. It was written in the special literature and observed in the results of the studies that in the process of acceleration observed in humans in the last 100 years, their sexual, physiological maturation has progressed to 2-3 years. More than 100 years ago, the period of puberty of young people was about 15-16 years old, now this condition on average falls on 12-13 years old.

Now we will consider the aspects of the readiness of these young people for family life. Ilgarigi your peers reached sexual maturity, puberty, being one of the requirements for the maturity of family life at the age of 15-16 years, they were almost indifferent to the secrets of uncomplicated farming, livestock, craftsmanship, which in most cases are inherent and necessary for those periods by the same age (because at that time they gave children usually from the age of, production relations and technological processes at that time did not require special or higher education from them, 3-4 years saw the teacher shogird at the age of 16-17 years he became a master who could work independently, a specialist who could follow his work. The position is that at that time he was able to work through his craft and provide himself and his family members with economic benefits if he were to build a family. In addition, he said that the 18-20-year-old young man of his time was considered in the neighborhood, to some extent a socially mature person among the public, who could participate in various events and ceremonies as a rightful participant, that is, his social maturity was accepted by the public. This process led to the fact that the person had a specific responsibility before the family and society, and the sense of responsibility served as one of the signs of his psychological maturity. Now let's look at these characteristics on the example of today's youth. They achieve sexual (physiologic) maturity at the age of 12-13 years (we will dwell on this later), but they can become an independent professional, provide for himself and his family in an economic way, in order for him to finish school first, then he or she must study and earn a profession in this or that vocational college or academic Lyceum. For this it will be necessary to study 9 years in school, 3 years in college or Lyceum. After 12 years of compulsory education for all, a certain part of our young people continue their studies in higher educational institutions.

It turns out that the economic independence of our young people is 20-21 years old for a certain part of them, for others 23-25 years old. In addition, with the development of the lifestyle of people, the daily life of their families is changing, the need for hardship, household items, the level of material prosperity is also increasing. The socio-economic development of

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society leads to the cultural improvement of the individual, while it also leads to an increase in the demands that individuals place on each other and a thinning of the individual's attitude. As evidence of our opinion, we can bring a denominator. The percentage of divorce is higher in higher education than in general secondary education. Family members in a society whose socio-economic development is not at a high level perform most of their family chores manually.

To this all members of the family and, in the first place, children are attracted as much as possible. The general activity in the performance of Family Affairs allows young people to determine certain skills, including the ability to perform related tasks in the family, the skills of communicating with each other in the family, their rights and duties according to the hierarchical position of each person. Material supply and high cultural level further reduce the demand of the individual in the family for the individual, the amount of time of family members to interact. This leads to the fact that the parents can not fulfill the role of a model in the family or z for children. From this it can be seen that even if 100 years ago young people were married at the age of 16-18, by this time they had reached all the necessary levels of maturity for family life, for successful marriage, which served as the basis for the elimination of the problems that could arise in their family life.

In place of the conclusion, it should be said that at present, the recreative function of the family is assumed by state and social organizations. Ensuring the safety of people, providing free medical care to the elderly (although lying to our national characteristics, the opening of nursing homes), the opening of holiday homes, sanatoriums, etc., which give people the opportunity to rest and restore their health, is in the sentence. But at the same time, the role of the family in ensuring that its members are morally and psychologically protected is growing. Because a person can feel literally calm, free only when he is in his family and only surrounded by his loved ones. No social institution can replace the family in this regard.

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