

## Preparing Young People For Family Life as a Pedagogical and Psychological Problem

*Nishanbayeva Sevara Avazkhanovna*<sup>1</sup>

**Annotation:** This article directly analyzes the role of spiritual and moral and religious education in improving the psychological preparation of young people for family life, the influence of the formation of religious consciousness in the process of Family Education. And in the spirit of national values, the student talked about the psychological features of preparing and teaching young people to family life and its social and scientific pedagogical foundations. In addition, opinions are expressed on the methods and methods of improving and improving the effectiveness of training mechanisms of student youth for family life on the basis of national values.

Spiritual threats serve to strengthen the role of family upbringing today, when toboro is growing, to increase the effectiveness of work carried out on preparing young men for family life.

**Keywords:** guys, religious consciousness, family, formation, psychological training, personality, upbringing, family life, morality, religious upbringing.

**Enter.** Nowadays According to the results of a survey conducted by scientists among young families in Uzbekistan, the strength of marriage depends on the psychological and physiological maturity of young men and women in relation to marriage. The willingness to create, develop and maintain family and family relationships is reflected in the potential for personal development, and most importantly, it is the personal development of adults. It is possible to achieve personal maturity, and it is clear, in family life, because it is an activity in which the maturity of the individual is manifested. If a person's family is prosperous, from the point of view of society, he is accepted from a position of trust and respect.

In the scientific literature, there are two points of view that evaluate the state of the modern institution of marriage and family in Uzbekistan. The first approach is crisis. Family members do not have the strength and ability to overcome such a crisis. Therefore, much attention is being paid to the need to carry out an effective social policy in the state, to change public opinion about marriage and family relations. A lot of attention is paid to the negative events that are happening in society, this is related to the increase in the number of divorces, the increase in death and the decrease in the birth rate, the intensity of extramarital relationships and many other things. The second approach is transformational. This approach is considered more objective. Researchers considered the changes taking place in the family institution as modernization. They believed that the family was in a state of transition from one form to another. In addition, they did not see anything negative in changing the social institution, on the contrary, they showed such a phenomenon from a positive side. Researchers of this school were more inclined to emphasize that the evolution of the family is taking place in society: transition from one form to another, deformation of relations between family members, change of roles in marriage.

Also, today there is an acute problem with the preparation of young men for family life. The young generation is not ready to start a family. This indicates many problems associated with young families: an increase in the number of divorces after several years of marriage, conflict in the division of family roles, lack of knowledge of the basics of family farming, unwillingness to fulfill family obligations, reproduction. on the number of abortions, lack of proper attention to children, etc. d. Currently, there is

<sup>1</sup> Ph.D, student of Gulistan State University



a decline in the prestige of family, motherhood and fatherhood institutions. Also, adolescents rarely monitor their health, especially reproductive health.

In the history of our nation, young men have been brought up in the spirit of patriotism and hard work, loyalty to the motherland, parents, and family. The birth of a boy in the family meant the appearance of the family's protector, support, future breadwinner.

The issue of spiritual and moral education remains a very relevant issue today. It is impossible to raise our young men to be patriots and leaders who love and respect their Motherland without a firm understanding of the moral values of their people. Currently, the problem of spiritual and moral upbringing of young men is one of the main problems facing every parent, state and society as a whole. In modern society, an unfavorable situation has arisen in terms of both spiritual and moral upbringing of young men. The main conditions of this situation are, among other things, the lack of clearly defined positive life guidelines for young people, as well as the sharp deterioration of the moral and spiritual situation in society.

Preparing young men for family life is based on science and solid practice. A number of scientific works on preparing young men for family life have been carried out on the example of higher education institutions related to this problem.

At the beginning of our century, devoted mainly to the problem of family and youth preparation for family life, Abdurauf Fitrat created the pamphlet "Family or Family Management Procedures" after studying the family traditions and customs of our people, as well as the teachings of Eastern thinkers. It is also important. Fitrat writes: "This nation should act, become a state, be happy and gain respect, become a worldly person, be weak and humiliated, bear the burden of misfortune, be ignored, being a subordinate, slave and captive depends on the education received from one's parents since childhood", therefore, in the work "Family or Family Management Procedures", Fitrat describes the goals and tasks of building a family, its material, spiritual and legal foundations, explained the issues of husband and wife and their lifestyle, role and duty of a woman and a man in the family. The second part of the work is devoted to child education.

In the views of Central Asian scholars on education and training, the attention to spiritual values is in the main place, which can directly be a factor in the formation of human maturity.

Issues of education in Islam have been studied extensively and rigorously. One of the great ones said: "The happiness of every nation, the peace and tranquility of the states depends on the good education of the youth." In this place, the work of the late Mufti Hazrat Usman Khan Alimov entitled "Child Education in the Family" written based on the Holy Quran and Hadith Sharif, as well as the theory and practice of Islamic ethics, is dedicated to family and family relations in Islam. It is necessary to show. This directly, in the family, serves as an important program in the formation of a healthy religious consciousness in adolescent boys. The family environment creates natural conditions for the formation and development of a child's personality. Family is the elementary school of beauty, life and education. Therefore, the unity of parents and other members in the family forms the basis of the concept of beauty, which strongly influences the aesthetic development of the child. The family is the basis of various aesthetic experiences, which allows each person to be affected by nature.

The responsibility of parents in raising a child and the duties of a child to their parents are considered a high value in the Uzbek nation. Such issues include the treasures of our spirituality, the "Holy Qur'an", "Hadiths", the heritage of our ancestors, "Nightmare", "Akhlaiqi Muhsini" by Husayn Vaiz Koshifi, "Hayratul Abror" by Alisher Navoi, "Farhad and Shirin", "Mahbub-ul-Qulub", "Gulistan" by Saadi Shirazi and a number of other works. Such works are of great importance in educating young men to believe in family and responsibility. In preparing young people for family life, in ensuring family stability, it is appropriate to pay attention to the level, lifestyle, character traits of their parents and, finally, professional activities, the scientist says, and the direction of equal rights is more evident in performing all family work. It emphasizes that he is Children's upbringing in families with few or many children depends on the school, family cooperation, providing pedagogical knowledge to parents, the problems of relying on our national customs and traditions in education, forming the scientific outlook



of students in the family and school, and ensuring their social activity. draws attention to the fact that all this applies to the problem of preparing the young generation for family life.

A child is one of the blessings of God. He is the ornament of worldly life. Allah Almighty says: "Property and children are the adornment of the life of this world..." And "Give daughters to whom you will and give sons to whom you will..." Therefore, parents should not be thankful for the blessings given to them. It is necessary for him to improve his child's upbringing, to teach him the teachings of the Qur'an and hadith, and to encourage him to have good morals. He should keep his child away from bad people. The most important thing is that he should pray to God for his children to be righteous. A father should be an example to his children by doing good to his father, and should respect them more than his own life. Only then will the child follow his father's path, be influenced by him, and grow up in this state.

**Relevance of the topic.** Without paying enough attention to the problem of preparation for family life before independence, school and higher educational institutions have to prepare young men for family life, to raise children as fathers themselves in the future, to create a healthy psychological environment in the family, to Many issues such as establishing a subsistence lifestyle are covered in the article.

The problem of preparing young men for family life was given comprehensive attention in our republic only in the years of independence, and the responsibility of each citizen was paid attention to this by schools, neighborhoods, educational institutions, public organizations, and the family problem at the level of state policy. was raised.

In the new conditions of modern civilization, the creation of a promising educational system capable of preparing young men for family life is one of the main problems of the present time. Education cannot guarantee a sufficiently high or even an average level of spiritual and moral education, because education is, first of all, the behavior of a person in his daily life, as well as his personal qualities, which are characterized by his attitude towards others. At the heart of education is respect and goodwill towards each person.

In the analysis of scientific literature, we can see that the psychological aspects of spiritual and moral education of a person PF Kapterev, Sh. It is covered in detail in the works of I. Ganelin, NA Konstantinov, KV Elnitsky and others. As mentioned in the works of famous researchers of moral education, such as OS Bogdanova, NI Boldirev, DM Grishin, IS Marenko, young people often have insecure ideas about moral norms. These inconsistencies can often lead to ethical standards, non-compliance, and even unethical behavior. It is dedicated to the work of researchers such as BT Bitinas, NI Monakhov, NG Golubev, with the issues of diagnosis and development of criteria for the effectiveness of educating young people.

The problem of our interest in the field of psychology is considered in the works of some researchers, for example, LINovikova and VAEVBondarevskaya and. NE Shchurkova - the personality development function of education and spiritual development of a person, Yu. S. Manuylova studies the relationship between personality development and the environment, S. Ya. Jurkin deals with the issue of education and upbringing in connection with work.

### **The purpose of the study.**

The role of spiritual, moral and religious education in improving the psychological preparation of young men for family life to study the social and psychological importance, to develop proposals and conclusions on spiritual, moral and religious teachings in preparing young men for family life.

**Problem setting.** The scientific and practical significance of the classification of improving the process of forming the interest of students in national values is determined, the factors ensuring its effectiveness are interpreted from a scientific and theoretical point of view, the proposed technologies for the solution of the problem, the developed effective methods, the students and young men to family life It is explained by the use of improving their quality and efficiency in training based on national values.



**The object of the study** 20 young men from Gulistan State University in the field of physical culture participated.

**The subject of research** the role of spiritual-moral and religious education in improving the psychological preparation of young men for family life, and the development of mechanisms for giving spiritual-moral and religious teachings.

### **LITERATURE ANALYSIS.**

Most of the young people start a family-marriage relationship just before or after graduation. That's why it is necessary to develop more students-boys' preparation for families in the higher education institution and increase their spiritual-moral, household-economic, aesthetic taste, sexual and psychological readiness. In fact, there is a strong need to prepare for family life in higher educational institutions.

It harms the spiritual and moral environment of the family and the moral and ideological stability of the society. After all, as the President noted, "A healthy environment in the family is the source of forming a healthy ideology." Ensuring the strength, well-being, mutual respect and harmony of every family in the society is the basis for the realization of the goals envisaged in the national ideology" family, neighborhood, medical institutions, higher education institutions and their public organizations, examples of national value and folklore, mass media, radio and television, educational activities, scientific and scientific institutions and similar factors and means theoretically and practically correct organization of pedagogical activity determines the socio-pedagogical basis of national independence ideology.

In family pedagogy and educational science, education of girls is mainly studied. Our observations showed that little attention is paid to raising boys and preparing them for family life. Also, in the process of solving the problem of preparation for family life, it is very important to effectively use the necessary factors and tools for the education of boys as well as girls. The role of the head of the family, i.e. the husband, is great in the strength of the family, material support, social-pedagogical, spiritual-spiritual maintenance, as well as in the upbringing of children.

In order to prepare young students for family life in higher educational institutions, in the course of economics lectures and practical training, thrift, entrepreneurship, commerce, financial management of the family, proper management of the family, sex education in hygiene classes, rules of decency, pedagogy spiritual and moral maturity, feelings of respect for one's spouse, hard work, mental maturity in psychology classes, freshness, self-control in any situation, not giving in to excessive emotions, self and family development in social development in philosophy it is necessary to understand the role and place and to form such qualities. Also, how strong the feelings of young men are during the student period and its effective influence on mental and emotional development, the high sense of justice and truth, their importance in the family and social environment, their readiness for beauty and the need for aesthetic taste in their future family life are particularly important. becomes important.

### **ANALYSIS AND RESULTS.**

Preparing young men for family life on the basis of national values is one of the most urgent tasks in the current era, when family and marriage issues are among the most important problems. Because young people are on the threshold of independent life, on the one hand, they need to be ready for family life, and on the other hand, they act as specialists in preparing the young generation for family life in educational institutions. When starting a family, a number of requirements are placed on young men, the most important of which are social, domestic, spiritual, spiritual, and sexual readiness. In this field, sociologists, demographers, psychologists, pedagogues, and scientists all focus on preparing young people for family life in the following directions:

- compliance with the standards of moral and moral formation or behavior;
- getting acquainted with the basics of the law on marriage;
- psychological preparation for starting a family;



- physiological and hygienic preparation;
- To be armed with pedagogical knowledge.

Preparing students for family life has its own characteristics, which include learning about family traditions, economic and household opportunities, creating a healthy psychological environment, harmonizing family responsibilities and tasks with the demands of society, it is to be able to create a model of the future family, to form skills and competencies to manage it.

The purpose of the study is to study the role of spiritual-moral and religious education in improving the psychological preparation of young men for family life, to study the social-psychological significance of the role of spiritual-moral and religious education in the preparation of young men for family life. .

20 young students of Gulistan State University of Syrdarya region, in the field of physical culture, participated as the object of the research. Interview, questionnaire, interview, observation, test methods were used in the research.

**Conclusions and suggestions.** To sum up, effective use of all the methods mentioned above requires students to have comprehensive knowledge, skills and abilities in this subject. For this, teachers need to establish strong relationships with pediatricians, gynecologists, venereologists, psychologists, sociologists, lawyers, demographers, philosophers, and marriage house staff.

We used national values to prepare young students for family life and took as a basis the actual issues highlighted by the President of the Republic of Uzbekistan in improving the status of the family in the current era. The sense of homeland enters every person with mother's milk in this family, and later it is formed by the traditions, profession, kindness and education of parents.

#### REFERENCES:

1. Sheikh Muhammad Sadiq Muhammad Yusuf. "Tafsiri Hilal"-Hilal-Nashr. - 2017. Part 3
2. O. Hasanboyeva Family pedagogy-Communication-2007.
3. Sheikh Muhammad Sadiq Muhammad Yusuf. "Happy family"-Hilal-Nashr-2016.
4. Abdurahmonov F. Abdurahmonova Z. Psychology of Religion-Uzak Institute of Philosophy and Law
5. Shavkat Mirziyoev 2017-2021 Action Strategy (2017)
6. Ahmedov B. Uzbek nation. T., Public Heritage Publishing House named after Abdulla Qadiri, 1992, p. 121.
7. Yoldoshev J., Hasanov SB Moral and educational views in "Avesta". T., "Teacher", 1992, p. 21.
8. Gender approach to the problem of racism: psychological strategy I role obrazovatelnyx programm / Ed. colleague: G.F. Belyaeva and dr. - M.: 2002. S. 31

