SOCIAL PSYCHOLOGICAL FACTORS OF PREPARING GIRLS FOR FAMILY LIFE

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Abstract. In today's society, family conflicts are increasing, and as a result, the number of divorces is increasing sharply. The comprehensive preparation of girls for family life is the basis of family strength. Unpreparedness of girls for independent family life: leads to a weakening of the culture of family strength, which leads to an increase in the number of orphans. Effective organization of activities aimed at preparing girls for independent family life has a positive impact on the solution of a number of social problems. The purpose of the study is to develop recommendations for preparing girls for family life based on identifying socio-psychological factors of preparing girls for independent family life.

Annotatsiya. Bugungi jamiyatimizda oilaviy nizolarning ko'payotganligi buning oqibatida ajrimlar sonining keskin oshayotganligini ko'rishimiz mumkin. Qiz bolalarni oilaviy hayotga har tomonlama tayyor bo'lishi oila mustahkamligining asosi hisoblanadi. Qizlarni mustaqil oilaviy hayotga tayyor bo'lmasligi: oila mustahkamligi madaniyatining zaiflashuviga, bu esa yetim bolalar sonining oshishiga sabab bo'ladi. Qizlarni mustaqil oilaviy hayotga tayyorlashga yo'naltirilgan faoliyatning samarali tashkil etilishi bir qancha ijtimoiy muommolarning ijobiy hal etilishiga o'z tasirini ko'rsatadi. Tadqiqotning maqsadi qizlarni mustaqil oilaviy hayotga tayyorlashning ijtimoiy-psixologik omillarini aniqlash asosida, oilaviy hayotga tayyorlash bo'yicha tavsiyalar ishlab chiqishdan iborat.

Аннотация. В современном обществе увеличивается количество семейных конфликтов, и как следствие резко увеличивается число разводов. Всесторонняя подготовка девочек к семейной жизни является основой прочности семьи. Неготовность девочек к самостоятельной семейной жизни: приводит к ослаблению культуры прочности семьи, что влечет за собой увеличение числа детей-сирот. Эффективная организация мероприятий,

направленных на подготовку девочек к самостоятельной семейной жизни, положительно влияет на решение ряда социальных проблем. Цель исследования - разработать рекомендации по подготовке девочек к семейной жизни на основе выявления социально-психологических факторов подготовки девочек к самостоятельной семейной жизни.

“We must recognize that the culture of family life is a source of education that ensures the continuity of generations, preserves our sacred traditions, and at the same time directly influences the kind of person future generations will become.” The First President of our country, I.A. Karimov[1]

The concept of maturity for marriage is, in turn, a very complex and relative concept. Because a person is a being who is constantly developing and improving, constantly reaching new heights in his professional activity or spiritual and moral development. If we talk about a person's "full maturity" for a particular activity, then this means that he has reached a certain limit and cannot develop further. Therefore, when talking about a person's maturity for marriage or any activity, the concept of "maturity" in a narrow sense cannot be appropriate. [2]

The strength of the sacred space called the family, the "family castle", depends on the characteristics of the premarital factors that are the foundation of this castle, on how correctly and firmly they are laid. If this foundation is mature and strong, the building built on it will also be beautiful, bright, and will give comfort, tranquility, peace, and comfort to those who live in it. Your family also has its own foundations. They are the premarital factors that are the basis for the emergence and construction of this family If these premarital factors have an inappropriate impact on the formation of a family, if it is built hastily, loosely, and crookedly, the walls of the family building built on top of it will also become crooked and weak, and this creates the risk that this building will one day collapse and be destroyed. [2]

The upbringing of a girl child is so important that there are instructions that if a person brings a gift for his children, he should start distributing it first to his daughters. Since the hearts of girls are delicate, they are shown special love, and they are called to provide them with comprehensive education. Muhammad, peace and blessings be upon him, said about this: “Educate your children, for they were born for a time that is not yours.” So, every parent should not be indifferent to the child’s mastery of the sciences of his time. In the family, the upbringing of a girl child is entrusted to the woman, the mother. Girls receive family lessons from their grandparents, parents, brothers and sisters, neighbors, and all their neighbors. Since the most responsible task in upbringing is assigned to the mother, our mothers pay more attention to these processes and focus on ensuring that their daughters grow up healthy, acquire knowledge and skills, and become girls who set an example for

others in terms of etiquette, morality, and modesty. In particular, in addition to teaching a girl child science, it is necessary to constantly introduce her to the knowledge necessary for daily life, such as cooking, sewing, childcare, and so on. The most important tools in the upbringing process are kindness and sweet words. These two tools are to find a way to the heart of a girl child who has a delicate heart and to take care of her carefully. A girl who is getting married must first be able to cultivate her willpower. If we say in the language of our people, in family life, if water comes, it will be sucked, and if a stone comes, it will be gnawed. It would not be wrong to say that the importance of willpower in trying to maintain the strength of the family is incomparable.[3]

The family strictly follows the principle of teaching girls crafts, educating them, and providing them with knowledge. After all, an educated, skilled girl initially makes her parents' household prosperous and comfortable with her profession and knowledge, but when she goes to her husband's house, she has to seriously deal with the education and upbringing of the future generation along with managing the family. When asked whether it is difficult to assess her own confidence in her readiness for a family, some of our girls are mistaken if they think, "I just need to know how to cook, bake, wash, iron, clean houses, and wait on guests, and then I'll be fine." If a girl is mentally ready for a family, it will not be difficult for her to successfully fulfill the above tasks as a housewife. In the process of experimental testing organized within the framework of the research problem, work was carried out based on these factors. During the experimental testing, we came to the conclusion that preparing girls for independent family life in a family environment should be the basis of family education. After all, the formation of initial spiritual and moral qualities, skills and qualifications in girls in organizing labor and educational activities serves as the foundation for the process of preparing them for independent life.

Since ancient times, special attention has been paid to the upbringing of girls in the Uzbek family. Their behavior, manners, and upbringing have always been in the spotlight. The fact that the proverb “One girl owns seven neighborhoods” has survived is evidence that the general public is engaged in the upbringing of girls, and this issue has acquired a social spirit. We know from history that mothers were mainly engaged in the upbringing of girls. Due to the widespread involvement of mothers in socially useful work, a redistribution of parental responsibilities has occurred in Uzbek families. For example, as a result of the father’s active involvement in the upbringing of girls, girls are being raised to be brave, more combative, resourceful, talkative, and agile. Girls in the Uzbek family are primarily brought up in the spirit of obedience to their parents and respect for elders, and are taught the subtleties of etiquette. That is why they have always been very polite, especially in front of guests. They were taught proper manners from a young age. For example, if their father or older brother entered the house where they were staying, they were taught to immediately stand up and greet them. They were encouraged to maintain their

composure in interactions with adults, to answer questions asked by men with a slight bow and a calm tone, without looking at their faces.[4]

Family scientist Yu.P. Azarov highlights the pedagogical and psychological aspects of the development of girls in adolescence. The scientist's recommendations serve as an important foundation in educating girls for family life. Doctor of Psychological Sciences E. Goziyev analyzed the psychological aspects of girls in adolescence in his research work. Candidate of Pedagogical Sciences A. Mukhsiyeva adequately analyzed the specific features of national upbringing in raising children in the family in her research work. Z. Dadanov and Sh. Salimova in their article on the topic "Raising a Child in the Family" indicated the tasks facing parents in the formation of moral qualities in girls as follows:

-to create conditions for the growth and development of girls from the first day of their lives;

-to form in them the skills of enthusiasm, restraint, humility, and consideration for the common good;

-to instill in girls a sense of duty, etc.

We want to see the virtue of politeness in girls. Such a person is open-minded, sincere, speaks from the heart. He or she will treat others with sincerity and courtesy, - he emphasizes.[5]

The main features of raising girls in modern families are expressed in instilling in them femininity and a strong character, tenderness and inner core. These days, everything happens. And a wise woman should not only listen and reassure her beloved, but also help in her problems. A good wife always makes a man feel that she is the breadwinner and head of the house. But at the same time, she is an equal partner, and when faced with any difficulties, she clearly demonstrates her readiness to share all responsibilities, including for the preservation of the family. This is feminism for you. But in this case, it is aimed at creating a system of rights and obligations in which all family members respect and protect each other's feelings and dignity. The rules for raising girls, on the one hand, are very simple. Babies should see a good example of parents in front of them. If the mother treats the father with love and respect, does not raise her voice at the children, and at the same time tries to find a compromise in any situation, the girl will grow up the same way. But, on the other hand, modern parents have to constantly fight with the stream of distorted information that children get to know on the Internet and on TV. Most modern cartoons for children depict strong and courageous warrior girls who fight with boys and always win in any dispute. Only a girl who deeply understands the role of the head of the family in creating a healthy and prosperous life will be spiritually ready to start a family. If a girl is spiritually ready for a family first of all, it will not be difficult for her to successfully fulfill her duties as a head of the family.

Today, preparing girls for independent family life is a complex, long-term and unique process that requires great responsibility from the family, educational institution and community. We have developed the following recommendations from our conclusions.

1. To organize the upbringing of girls in the family, to increase their social, moral, economic, legal, aesthetic, hygienic and health knowledge, to provide them with information to form practical skills and qualifications, and to provide methodological support.

2. To organize expert advice and practical assistance on these issues (assistance provided by lawyers, psychologists, teachers, economists and medical workers).

3. To organize conversations, meetings, seminars, lectures and discussions with the participation of parents on the problems of preparing girls for independent life.

4. Organizing various competitions that help to cultivate qualities such as intelligence, wisdom, agility, resourcefulness, initiative in girls, as well as a sense of elegance.

5. Implementing the popularization of best practices in preparing girls for family life.

To sum up, socio-psychological factors play a big role in preparing girls for family life. It is not only the parents in the family, but also the entire society, who should be responsible for raising them correctly from a young age and encouraging them to display beautiful personality traits. After all, they are the ones who create the future generation.

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