



## **PREPARING YOUNG BOYS AND GIRLS FOR FAMILY LIFE**

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### **Annotation**

This article describes the socio-psychological and physiological characteristics of young men and women, the role of age and gender in their preparation for family life.

**Keywords.** Family, youth, readiness for marriage, family stability, divorce.

### **Introduction**

All over the world, the negative aspects of the crisis of the family institution, the instability of marriages, the increase in the number of family divorces, the increase in the number of children born out of wedlock, neglect of child rearing and neglect of the elderly are on the rise. In this case, it is important to take the necessary measures to prevent such incidents[18].

Preparing young people from an early age to build a strong and happy family, the gradual continuation of this work in the family environment and in all spheres of education show how far-reaching the policy pursued in our country is. , is the upbringing of mature, nationalistic, family-oriented, patriotic young people in all respects, which requires us to know the full and appropriate use of all the opportunities of the family in this regard[1].

Chapter XIV of the Constitution of the Republic of Uzbekistan is entitled "Family", which defines the basic principles of family law, emphasizing the equal rights of women and men. Marriage shall be entered into only with the free and full consent of the intending spouses. "

Today, we are increasingly realizing that the basis of a strong, stable and prosperous state is, first of all, strong families, just as the search for the root of all the flaws and shortcomings in society is often justified in the socio-spiritual environment of families[9]. It is no coincidence that President Shavkat Mirziyoyev, based on our national and spiritual values, sets important tasks for the relevant government agencies and public organizations to develop the institution of the family, to address gaps and problems that have been neglected in this area for years.

### **Analysis and Results**

Getting married and maintaining a family is one of the most basic conditions of human happiness. One of the main goals of marriage is to have a child, to bring it up





and to join the family[19]. The birth of a child in a family makes the hopes of the parents and the family come true. In order to realize such a dream and noble goal, parents give up any pleasure so that their children can grow up healthy and perfect[14]. The family is the most cherished and great corner for each of us, the traditional, spiritual, social, and, in time, material support. Young families are formed in the heart of the family[5]. From the marriage of representatives of two different families, a new family is formed. The variety of lifestyles, conditions, and upbringing in the family of these representatives makes it difficult for the two young people to understand each other any time soon. Overcoming these difficulties is directly related to the moral, physical, spiritual, spiritual, sexual upbringing of young people. It is known that the behavior of young people in adolescence and adolescence, worldview, relationships with their peers prepare the ground for future life[20]. If young people make mistakes at this time, they will not be able to find their place in the family or society in the future. Even today, it is not difficult to meet people who have lived a lifetime of regret for a thoughtless step in their youth[10].

The strength of the family, the permanence of family traditions is ensured by the harmony of national and universal values. Each member of the family, as an individual, has a certain spiritual world, and as a result of close relationships and dialogues between them, a unique family spirituality emerges in the family. "Strengthen the family foundation, which is sacred to us[15]. Peace and quiet in the apartments. creating an atmosphere of harmony and mutual respect. it should consist of filling spiritual and enlightenment works with thematic content ". The spiritual qualities of the parents in the family determine the eastern high level of humanity and morality of the couple's relationship[6]. The spiritual world of the family should embody such spiritual values as mutual respect, appreciation, cooperation, tolerance, kindness, nobility. Respect and adherence to such values in the family creates such a spiritual environment and climate in the family that it plays a very important role in the formation of national feeling, national character in these young people[11]. The prevalence of such an environment in the family will undoubtedly have a positive effect on the readiness of young people for marriage.

According to the Uzbek psychologist FA Akramova, "When studying the reasons for divorce, in most cases it is, first of all, the unpreparedness of the bride and groom for family life, disagreements between couples, incompatibility of behavior, jealousy, the bride. the absence of mother-in-law and other close relatives, the man's addiction (alcoholism, drug use, etc.)'[22], financial difficulties (mainly the husband's inability to work, the inability to manage the family independently), and the inability of the husbands to reconcile after the wedding. Added to these problems is the fact that the





husband went to other cities in search of work and did not return, and remarried to another woman[7].”

Getting married requires a certain amount of preparation on the part of the bride and groom. Because the bride and groom must be prepared for family life not only physically but also socially and spiritually before marriage. At the same time, physical maturity is the age of physiological maturity of young people, while mental maturity is the level of mental development, emotional development, and the ability to fulfill the responsibilities of parents and spouses[16]. The family also depends on the level of mental development of the stable youth. It ensures that young men and women develop their mental development, thinking and intellectual abilities, the essence of marriage and a sense of responsibility to their family in the future[12].

Determining the age of marriage is also important in preparing young girls for marriage. In relation to the determination of the age of marriage by psychologists, it was observed that none of the respondents set the age of marriage for young men at 16-17 years[23]. This means that a man is responsible for starting a family and must meet certain age and maturity criteria. 24-25 years old was chosen as the most suitable age for young men to get married. At this age, young men acquire a specialty or profession, are able to provide for themselves economically, albeit partially, and are physiologically mature[17]. This leads to choosing this age as the period with the most optimal age for their marriage. Sometimes unmarried young people think that it is possible to start a family on time, and they think that 22-23 years old is good for a young man to get married. In fact, as young men get older, their chances of getting married do not decrease, but rather increase, their social and economic status in the family increases, and as a result, the bride perceives and respects them as a spouse[8]. So it is true that the age of marriage is seen as a factor influencing the stability of a marriage, and that this age has its own optimal timing for both girls and boys, and every young person who starts a family must take this into account.

### **Conclusion/Recommendations**

Due to the fact that he got married in his youth or at the end of it, he has a high level of spiritual and moral and socio-psychological training in family and marriage relations, communication with family members. According to observations, most students are not ready enough to enter into family relationships, to live independently[13]. As a result, it is observed that young people who have left their families to study, are initially stunned by the complex situations that arose in their youth, in the face of independent living.





The physical, spiritual, mental, sexual unpreparedness of young people for family life leads to the following negative consequences in family life: - Increased divorce; - reduction of the interval between births of women; - deterioration of mental and physical health; - Decreased opportunities to start a family; - early marriage or late marriage.

For this, it is necessary to prepare young people for family life from the first years of their lives, and in preparing them for family life, first of all, it is necessary to form young people's perceptions of family life. Studies have shown that perceptions of family life in young men and women are inconsistent with real life due to a lack of information in this area, which negatively affects their readiness for marriage.

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