



SOCIO-PSYCHOLOGICAL FEATURES OF RELATIONS IN A YOUNG FAMILY

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Abstract:

In this at present, the strength and well-being of married couples is one of the main problems in our state. The number of divorces increases annually, the length of marriage in some cases does not reach 5 years. In this article, the author tried to give his vision of the characteristics of a young family.

Keywords: young family, marriage, love, mutual understanding, well-being.

The strengthening of the socio-psychological orientation of state policy occurs when new socio-economic conditions appear in the state system. Together with the state, the family is also changing, in which the requirements are determined both for the personality of the spouses, as well as for their relationship. In psychological studies, the intensity of the first period of a young family's life is noted, when new conditions contradict the old norms of behavior. It is in the first years of family life accompanied by various problems, which can lead to the destruction of the family. (V.A. Sysenko, T.M. Trapeznikova, Carter and McGoldring. Family psychology is a young branch of psychological knowledge that is intensively developing and acquiring new knowledge. What is a family? A family is a complex social entity, a historically specific system of relationships [1] In the initial period of family life, the transformation of formal marriage into a family unit takes place. Spouses need to create one "we" from two "I". This is difficult. The strength of marriage, the creation of a prosperous climate in the family depends on how newlyweds will be able to adapt to a new life, learn their roles, learn to understand and respect each other. In the process of adaptation, various conflicts arise between spouses, the solution of which is necessary to preserve the family hearth. If there is mutual understanding and mutual respect in a young family, then the percentage of family well-being is high in the future. In psychology, the periodization of the initial development of the family, proposed V.A. Sysenko. According to this periodization, the term "young family" is understood quite broadly - "very young marriages" - from 0 to 4 years of experience and "young marriages" from 5 to 9 years. [5] Based on this periodization according to V.A. Sysenko, it can be defined that a young family is a small social group based on a marital union and family ties (husband-wife relations, parents and children, brothers and sisters), who live





together for up to 5 years and have domestic relations. The family is the most important factor that accompanies a person throughout his life.

The significance of its influence on the personality, its complexity and versatility determine a large number of different approaches to the study of the family, as well as definitions found in the scientific literature. In order to start a family, you need motives. One main motive is love. E. Fromm wrote: "Love is the only satisfactory answer to the question about the problem of human existence." In our opinion, this is exactly the case. Indeed, without love, a person ceases to see the good in the world around him, becomes more selfish, cynical. Only having fallen in love with something we, people, begin to live a bright life. Further, E. Fromm says that most people are not able to develop a feeling of love to an adequate level of maturity, self-knowledge and determination. Love in general is an art that requires experience and the ability to concentrate, intuition and understanding; Such an art should be comprehended throughout life. The reason that many people do not recognize this necessity is, according to Fromm, the following circumstances: - most people look at love from the position of "how to be loved" and not "how to love"; - there is an idea that the problem is in love itself, and not in the ability to love; - the concepts of "falling in love" and "state of love" are mixed up, as a result of which the idea that there is nothing easier than love dominates, while in practice it is completely different. Love, according to E. Fromm, is an active interest in the life and development of the one to whom we have this feeling. Where there is no active interest, there is no love [3;42] Before starting a young family, one must be prepared for the emergence of new rights and obligations. This preparation before marriage includes: physiological readiness for marriage (ability to reproduce); general personal readiness (the necessary level of mental development is psychological maturity). Borman R., Schille G., T.V. Andreeva, I.V. Grebennikov and V.A. Sysenko dealt with this problem. They identify three main stages of young people's readiness for marriage: physiological maturity, social maturity, ethical and psychological readiness for marriage. [5] There are two periods in the formation of a married couple: premarital and premarital. The results of many studies have shown that the commonality of premarital factors that prompted young people to enter into official relations significantly affects the success of the adaptation of spouses in the first years of marriage, and the strength of marriage. To name a few of these factors:

- place and situation of acquaintance of young people;
- first impression of each other;
- socio-demographic characteristics - duration of the courtship period;
- the initiator of the marriage proposal;





- the time of considering the marriage proposal;
- the situation of registration of marriage; - age;
- the attitude of parents to marriage;

With regard to marital relations, A.G. Kharchev wrote: "The psychological side of marriage is a consequence of the fact that a person has the ability to understand, evaluate and emotionally experience both the phenomena of the world around him and his own needs. It includes both thoughts and feelings of spouses according to relationship to each other, and the objective expression of these thoughts and feelings in actions and actions". Spouses have the same rights and obligations: jointly raise children, in agreement with each other resolve all issues of family life. They have equal rights of ownership, use and disposal property acquired during marriage. Spouses are free to choose occupations, professions and places of residence. The rights and obligations of spouses are enshrined in the family code. The most common factors in the success or failure of a marriage are the personal qualities of the spouses and their ability to solve possible problems, to be in harmony with each other other. To save the newly created family, the newlyweds must take interact, build and strengthen relationships. For a successful relationship, young spouses must go through adaptation. The first period of marriage is characterized by family adaptation and integration. According to I.V. Grebennikov, adaptation is the adaptation of spouses to each other and to the environment in which the family is located. Mutual adaptation consists in mutual assimilation of spouses and in mutual coordination of thoughts, feelings and behavior. Adaptation takes place in all spheres of family life. Material and domestic adaptation includes the coordination of the rights and obligations of the spouses in the performance of household chores and in the formation of a model of planning and distribution of family material goods that satisfies both of them. Moral and psychological adaptation is based on the coincidence of worldviews, ideals, interests, value orientations, attitudes, as well as personal and characteristic features of the husband and wife. Intimate-personal adaptation consists in the achievement by the spouses of sexual conformity, which provides for their mutual not only physical, but also moral and functional satisfaction with intimate relationships. Researchers identify primary and secondary (negative) adaptation, respectively, according to the first two stages of family life: very young and just young marriages. A young family is a man and a woman in a family that has registered a marriage in accordance with the procedure established by Russian law, as well as their children. The age of each of the spouses wishing to participate in the Young Family - Affordable Housing program must not exceed 35 years. The basis of family relations is marriage - a legitimate recognition of the relationship between a man and a woman. The most important



condition for the preservation of the family are joint activities and personal property. We found out that in order to create a young family, motives and preparation for family life are needed. On the basis of the above, a line can be drawn. A young marriage lasts less than five years. The age of the spouses is 18-30 years. At this stage, they get used to each other, make joint purchases, most often do not have their own property. But over time, an apartment appears, which is updated again and again. Spouses run a household, plan a child. In the professional field, the peaks have not yet been reached. At the first stage of married life, newlyweds need the support of their parents. In our opinion, men and women are not satisfied with marriage because they do not know each other's needs. Otherwise, the spouses, knowing each other better, would provide active mutual assistance, mutual assistance, mutual support. It should also be noted that mutual understanding and respect are the basis of family well-being. As practice shows, these concepts are characterized in family psychology from the point of view of the personal parameters of the spouses. The compatibility of the newlyweds plays an important role in building a family. Currently, many researchers began to attribute to the main causes of marital conflicts infidelity and subsequent jealousy, divorce. From our point of view, theoretically female jealousy is more emotional and expressive than that of men. But from a practical point of view, in some cases, this cause of conflict may not be due to gender differences. The question of the influence of parents on the relationship of young spouses requires special consideration. Most often, newlyweds identify their relationship with their parents. Subsequent conflicts are connected with the difference in the rules that the spouses took out of their parental family. Adaptation occupies a special place in the life of a young family. The initial period of marriage is characterized by family adaptation. According to I.V. Grebennikov, adaptation is the adaptation of spouses to each other and to the environment in which the family is located. The psychological essence of mutual adaptation lies in the mutual assimilation of spouses and in the mutual coordination of thoughts, feelings and behavior. Adaptation is carried out in all spheres of family life. Moral and psychological adaptation is based on the combination of worldviews, ideals, interests, value orientations, attitudes. Of particular importance in establishing a marriage is the consistency of interpersonal roles - determining the position of people in family group relations.



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