



Psychological approach to choosing a spouse for young people who are about to start a family

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ABSTRACT

In this article, the results of the research are explained in order to provide psychological services to young people who are about to start a family. In the current period, in order to strengthen family relations and further develop interpersonal relations, psychological services are the need of the hour to guide young people in the right way in choosing a spouse. The main goal is to find out to what extent they are ready for a family, and to provide practical help in choosing the right spouse

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The family is a small community formed on the basis of social and natural factors, the relationship between people of both sexes, building a life together and creating offspring, not only giving birth to a child, but also making them spiritually and physically mature and taking an independent step into life. is to create conditions. A family is created on the basis of the law of couples, one man alone or one woman alone cannot be a family. Besides, a family is not only a husband and a wife. Family except husband and wife; a multi-generational household consisting of husband's parents, i.e. father-in-law and mother-in-law, children, brothers and sisters. Family functions: Economic, Reproductive, Child-rearing function, Sexual-erotic function, Spiritual and educational communication, Emotional guidance and reception function, Recreational (restoration), Community regulation, control and care function.

We know that the family is sacred, being a family requires responsibility, loyalty, and tolerance of difficulties. Today's young people have different attitudes towards starting a family. There are two different concepts among our young men: the first is that you should get married early, you will have children early, and if you have two heads, you will be blessed. Being responsible, you will achieve all the good days with your woman. Second, they believe that you should start a family later, get married when you are ready to have a family and raise a family. So what do you think? I think this concept depends on a person's outlook and character. Both cases interpret the future as they want, so someone starts a family early and someone late. Before starting a family, young men and women try to find their partner. Each person has his own character, and based on this character, he looks for a suitable partner. Guys are very attentive to the appearance of girls, they like beautiful girls when they see them. What should you pay attention to? - the question arises: Handsome or smart? It is biologically proven that beauty is transient. If a smart life partner acts smartly towards a man when it comes time, the man can't stand it. A man should be with a woman who is calm, feels

good and wants to be in front of her. And it is better for our girls to pay attention to young men who are mature in every way, brave, handsome, who love with all their heart and who have one word.

Today's boyfriend and girlfriend love is getting very weak. For young people, building a family based on love is becoming secondary. In the first place, what will be her life after the wedding, whether she will be full from the material side, and live a life without suffering. On the one hand, it may seem right, but if you have everything to live for, and there is no love between the couple, then this family will not last forever. Young people who build a family with their heart set on each other, love each other, pay attention to each other, understand each other in any situation, and live life based on respect. They endure the ups and downs of life together and build the life they want. Their dreams are united and they work together to make these dreams come true. Most of our young people are building a family based on love and mutual intentions. It is said in the Holy Qur'an that everything depends on the intention. If the young men do not have ready work, they go to work abroad. Family members find a future bride for a young man who has returned from abroad for many years. A guy and a girl meet, they like each other and get married in 30 days. You see, happiness is family! After the wedding, the bride and groom get to know each other better. There is a saying of our people that "true love happens after the wedding" and this is true on the one hand, we have heard from many of our ancestors: some of them saw their future life partner on their wedding day and they lived as a very happy family. But today's youth have become very modern in terms of mind and worldview. If a young man and a girl who have not yet gotten to know each other well start a family at such a quick time, as it is said in folklore, after the period of saturation, the problems of mutual misunderstanding arise, and as a result, the cases of separation are increasing.

Currently, most young men and women prefer to get married after getting to know each other well. In addition, financially strong families prioritize starting a family with their daughter or boyfriend. There are not many young people who can awaken the feeling of love by looking at these elements. This is also a smart decision. The more our young people have knowledge about the family, the more they see and hear life experiences and draw positive conclusions for themselves, the more mature and strong their family will be in the future. A lot of knowledge and information about family life and beyond has passed down from generation to generation in the oral works of our people. In this, the premarital and post-marriage periods between a boy and a girl are explained very simply: Be open! - during this period, a boy and a girl show each other all their positive feelings, that is, they openly reveal what a good person they are. This period should last 6 months or 1.5 years. - Satiety! - this second stage begins after the wedding. A boy and a girl during this period they get to know each other in every way.

- Enmity! - this is the third stage. After the boy and girl go through the first and second stages, sides that they don't like each other begin to appear and conflict begins to arise. Such situations can often arise when the stage of being open is short. There are also cases of young families getting divorced by this time.

- Get used to it, adapt! - in this fourth stage, the couple consciously adapts to each other, begins to learn to solve problems together.

factors are the basis of many social, economic, biological, physiological, spiritual, moral and for today's marriages. It consists of a complex of multifaceted factors, which includes the most important psychological factors, and determines the degree to which young people who are building a family are "mature" for the family life they are building. The most important thing here is to what extent these young people can meet the requirements of family life and marriage. The concept of maturity for marriage, in turn, is a very complex and relative concept. intentions in a short period of time and, accordingly, have started a family in a hurry. The number of families created at such a speed and in a short time (within a week or two through matchmakers and relatives), especially among representatives of our nation, has been increasing in recent years. Without the complex of liking and positive emotional feelings of young people towards each other, the effectiveness of this knowledge will be low. They coordinate the intimate life of their spouses only when they like each other and are attractive to each other. On the other hand, it is not necessary to abandon the psychohygiene problems of sexual life in marriage as something "to be avoided, something to be ashamed of". Because, in most cases, scientific knowledge in the field of psychohygiene of sexual life can help young couples to get rid of the tragic mistakes that can be made and thus save their marriage. Thus, sexual maturity is a phenomenon that is quite clear and obvious from the point of view of human anatomy and physiology. One of the pre-

marriage factors is the motives of marriage, which are the basis for the construction of this marriage. In psychology, the phrase "motive" means the force, motivation, source, basis for the occurrence of a certain behavior, activity. So, what are the motives for the formation of families? In psychological literature, several dozen motives for marriage are distinguished. But they are generally divided into three classifications. These are: starting a family due to love, that is, young people love each other before starting a family, and after being in love for a certain period of time, as a product of this mutual love, they marry each other and start a family. The second classification of motives is to build a family due to material or other interests computer. Psychologists say that a person is the most complex object of knowledge. No one can ever know it completely and in detail. Because it is the highest and at the same time the most complex being that embodies a set of complex biological, physiological, psychological, socio-psychological, social processes, situations, characteristics that are developing, forming, growing, and changing every day. Its secrets are more, if not more, than the secrets of the universe. That's why some situations observed in the behavior and behavior of a friend who studied together for a year, ten years, or grew up together since childhood may still surprise you, or people who have lived together for a lifetime may not expect each other. can see situations, behavior expressions. It can be seen from these that it is impossible to fully know a person. But how long should future spouses know each other in order to get the minimum knowledge necessary to get married and live well together? Many people may think of the answer "the more the better". In fact, the short period of acquaintance before marriage is not desirable. Our research shows that couples who have known each other for a month or less before getting married make up the majority of divorced couples. It is also possible that knowing each other for 5-10 years or more before starting a family can cause the future spouses to lose their feelings towards each other. In psychological literature, as a future couple the period of knowing each other from half a year to a year is indicated as the optimal period. At this time, young men and women can have a minimum of knowledge and information about each other. Of course, this time cannot be considered an ideal time either. What is important here is how quickly, for what purpose, with what tools and methods, and with what "eyes" young people study each other.

«Spiritual preparation for marriage» test.

The person being tested should choose one of the answers to each of the following 16 questions and affirmations, that is, the one that corresponds to his views. It is evaluated as: completely agree - 5 points, agree - 4 points, difficult to say something - 3 points, disagree - 2 points, completely disagree - 1 point.

1. If people stopped living as families, then life would become extremely unattractive.

2. From special knowledge in the improvement of family life
luck is of great importance.

3. Early sexual life is not only good for health, but also
it will also greatly harm the success of the future family.

4. If you have a gentle relationship with your spouse
if he is divided, if his condition is taken into account, if he feels sorry for him,
it is very difficult to achieve your goals, even if you sympathize
will be.

5. Finishing the assigned work to the end is for me
is a duty.

6. With parents and their adult children
conflicts are unavoidable conflicts that cannot be resolved.

7. I can resolve conflicts with my peers.

8. Returning from his habits in front of the wife (husband) or them
should not be changed, as this will lead to dependencies.

9. The saying that everyone is the creator of their own happiness is familiar
is completely relevant to life.

10. I believe that family leads to greater life satisfaction.

11. If a person has kindness and courtesy, then there is a lot for family life.

12. If family life is as good as dreamed
if it is not organized, then there is no action

cannot prevent the breakdown, so it is better to break up.

13. I always try to understand my parents,
if I believe their demands are right, I will obey them.

14. Some carelessness and frivolity of a person, even
strengthens family life.

15. Whoever says that he is ready for a full family life will have to quickly reevaluate himself. Because there
are always things to learn and change.

16. Communicates with members of the opposite sex
therefore, there is no need to behave politely and politely to a person.

Processing the results:

The sums of points obtained for odd and even numbered approvals are calculated separately according to
the order numbers of the approvals in the above list.

S1 is the sum of odd numbers.

S2 is the sum of even numbers.

The result is determined by the following formula:

$$K = \frac{32 + S1 - S2}{64} \times 100\%$$

If the number found, i.e. K, is less than 50%, the person's moral readiness for family life is low. If K is more
than 50% - spiritual preparation for family life is at an average and high level.

In conclusion, I would like to say that if our current youth is given knowledge of family psychology, if the
roles and responsibilities of a husband and wife are explained, if the sanctity of the family is emphasized, and
if the respect for parents and filial duty are explained, the family would be eternal. The family would be very
beautiful, the meaning of living is only with your family members. If your family is troubled, nothing tastes
good, so every young generation needs knowledge about family secrets. It would not be possible for a couple
to separate from their father or mother due to various misunderstandings and problems.

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