

**DISMIC AND SOLUTIONS TO YOUNG PEOPLE IN THE PREPARATION OF YOUNG PEOPLE**

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**Abstract**

In the article, we will consider ways to find some problems and their solutions of young people, and their solutions to problems. We will try to discuss the consequences of the reasons why it has become an early salary between our people today. We also touch the fact that the country needs an early marriage and divorce, and it is also necessary to divorce, and how it is recommended by many psychologists and what they are recommended by many psychologists.

The most important task is to preserve the peace of young families, which are corrupted in modern difficulties and stress, to preserve the peace of young families, which are corrupted in modern difficulties and stress. Especially during the preparation of young people for family life, difficulties and uncertainties on the path of personal maturity are becoming more important. Let us consider young people to find out the way they find reasonable solutions to problems based on their adolescence and analysis of the psychologists of our psychologists in preparing them.

**Keywords:** family support, communication, emotional durability, mental treatment, youth, your psychologist, development, adaptation, perseverance, determination.

**Introduction**

**YOSHLARNI OILAVIY XAYOTGA TAYYORLASHDAGI MUOMMOLAR VA  
YECHIMLAR  
МЕРНЫЕ И РЕШЕНИЯ ДЛЯ МОЛОДЫХ ЛЮДЕЙ В ПОДГОТОВКЕ МОЛОДЫХ  
ЛЮДЕЙ.**

The family, as the primary social environment, plays a key role in the formation of psychological integrity and strength of young people. From this point of view, emotional support and open communication in the family serve as an effective means to prevent situations such as the breakdown of young families. Family ties not only reliably support young people, but also create a foundation for establishing healthy relationships between people in the future. Special attention should be paid to the development of emotional literacy and emotional regulation skills in the family environment. These skills not only help young people better understand themselves and others, but also serve as a powerful tool in dealing with stress and depression.



Today, children are suffering from the consequences of many young people taking life lightly and starting a family before they can fully understand its difficulties. Old-fashioned views cause many people to make mistakes. Many people do not pay serious attention to the fact that the preparation of young people for a family, the health of their physiological, psychological and mental conditions is very important before starting a family. In the article, we will consider the factors that cause the problems in families of young people to become acute today. We will explore the necessary information and solutions for solving problems.

### **Debate**

Millions of people live in the world today. Their worldviews and even origins are different, despite this, a number of reforms are being carried out in our country to preserve the national mentality. First of all, a number of reforms are being carried out in each neighborhood in order to maintain the stability of the family. Indeed, the future certainly begins with this small family. Today, a number of works were carried out in every district, city, village, school and other institutions of higher education. But despite this, what is the reason for the breakup of many young families today and the termination of early marriage?

Everyone can react to such a situation based on their worldview. But only experts can clarify what its essence is. But unfortunately, what is the reason why our young people are against the world today and their thinking is somehow shallower or narrow? We will try to find a solution to the psychological disorders in young families, why the problems that cause conflicts in the family are not solved through psychological reasoning.

### **Method**

In the article, we will try to consider the solution to the problems in families that are breaking down despite the reforms being carried out to prepare young people for family. Many specialists, especially psychologists, physiologists, and others, try to analyze the problems by observation and analysis, that is, by semi-mental methods. Based on the sources identified by many psychologists and their experiences, we will try to find the root cause of the problem in young families.

We will study and analyze the sources in a number of books of the famous psychologist Shoumarov Ghairat Bakhromivych about the solution of problems in young families with psychological problems.

In the article, we will learn more about the problems of young families and their solutions based on the scientific works of our expert psychologists and pedagogues who have conducted scientific research over the years and on the basis of the information in their books.<sup>1</sup>

For centuries, the family has paid great attention to national spirituality, culture, education, and the issue of the perfect person. They developed in harmony with each other and under the influence of each other. Because the mutual and harmonious solution of the problem of these factors is one of the main criteria that determine the prospects of any successful generation. To a certain extent, high cultural factors play a role in solving this problem in the life of society. And it, in turn, acquires a socio-historical essence. In the words of our head of state: "The spirituality of any people or nation cannot be imagined without its history, unique customs and traditions, life values. In this

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<sup>1</sup> <sup>1</sup>Psixologiya fani XXI asrda.Xalqaro ilmiy-amaliy anjuman materiallari.T.: 2002.50-61-betlar.



regard, of course, spiritual heritage, cultural assets, old historical monuments serve as one of the most important factors." In different historical conditions, the cultural image of an individual was formed on the basis of unity with the developed level of the spiritual life of society. Because the cultural education of all members of the society depends on the rational instructions of the leadership of the state management system, that is, on the social and political environment, especially on the ideology.

Today, in order to have a good life, every person first of all wants to get an education and works on himself over the years. After all, a person cannot become an independent person without education. At the same time, many of our young people are learning foreign languages with the dream of going to foreign countries. The goal is clearly their goal to create the foundation of a good life and a prosperous future. But sometimes among the people, seeing that the children of a model family are getting stuck in an inappropriate job, or families that are going to the point of divorce due to trivial reasons, young people who commit suicide due to a trivial mistake of their spouse, we all wonder why such problems are increasing. It's natural to be interested.

In fact, if we look at it from a medical point of view, man is a biologically intelligent being. It has intelligence, perception, thinking, memory, and language, which is not given to any other creature. Each of its members has their own functional duties. A human child is constantly searching for himself until he reaches the level of a person and a person. Despite the fact that his mind is capable of solving all problems, today there are many young people who are suffering from psychological diseases due to psychological problems.

In the article, we will consider the preparation of today's young people for a family and the problems of young families and their solutions. First of all, in spite of the large-scale explanatory work carried out by the reforms in our country, the number of young people getting married early before they have reached family age, without being physically and psychologically ready for a family, is increasing. We tried to consider the reasons and consequences of this from a psychological point of view, as well as from a scientific and national point of view.

Our national values, the oriental education that our ancestors left us as a legacy over the centuries, are being significantly lost among our youth today. Worldly knowledge coming from abroad, or rather different views, is having a great impact on it today. Of course, there are not many families among our people who are trying to preserve our national traditions and values. But each of us should try to protect the future generation from different worldviews. Today, the European world view of our youth affects the minds of children in many families and deprives them of parental love. Seeing how some parents on the Internet leave their children unattended, or rather brutally beat them, makes one's heart tremble. It seems that the value of the concept of "FAMILY", which has been inherited from our ancestors for centuries in our national values, is losing value today.

The fact that today's world view of our youth is becoming similar to the world view of Western countries is the reason why the concept of family responsibility is being lost. The fact that young families prefer to divorce rather than take measures to eliminate the problems that arise today shows that they are not ready for family life. Elderly people in the family are at a loss as to how to help in such a situation.

In our country today, our president is carrying out extensive reforms in all areas. We are witnessing not only the prosperity of our country, but also the development of every industry. Today, every young generation knows about oriental education and upbringing, which our people have valued since time immemorial. It is clear that today, more than ever, we understand how true the words



of the great and famous enlightener **Abdulla Avloni** are: **"Education is a matter of life - or death, or salvation - or destruction, or happiness - or disaster"** for us. Because it is known from many life experiences that a person cannot get any education without education.

We all know the frustrations that arise when education issues are neglected, as well as the harmful consequences it causes. But if you tell this truth to our people today, they will say to you: "What can you do, if you don't work!", "You see, it's not easy, life's worries, children's food and drink, clothes...", "Yes, now o If he survives, his upbringing will be a question...". No, education is not something that can be "talked about"! It is necessary to burn one's soul for him. It is necessary to get rid of the pain of attachment to wealth and clothes and engage in education. The impact of many unconscious situations in our lives, large and small problems that arise due to disagreements in families, has a negative impact on the development of society today.

It is known from ancient history that scientists have searched for the laws of understanding the fundamental nature of a person, his development and perfection in the system of personal and social relations. Hundreds of scholars of the East, such as Abu Nasr Farabi, Alisher Nawai, Ibn Sina, Beruni, tried to reveal the philosophical and social secrets of this interdependence in their works. What is common to all views is the need to first determine the place and position of a person in this society in order to understand his essence. Based on this, the primary criterion for studying a person should be determined by his social status and place in the system of social relations.

For this reason, a number of practical works are being carried out in order to strengthen the stability of families living in our country today. There is no region in our country where the Hokimat for working with women is working from the corner of the head under the influence of the elders of the neighborhood. First of all, it is very important to ensure that young people in every family know their religious and secular knowledge, and the most important thing is to prepare them for a family. First of all, raising the literacy of our daughters in order to prepare them for a family is moral, such as endurance, patience, and the ability to take a reasonable path in any problems. teaching virtues is important.

Far and near foreign psychology that has studied the issues of family life is about the socio-psychological characteristics of the influence of interpersonal relations on the stability of the family, the economic, socio-biological, socio-psychological, spiritual-cultural, emotional factors that maintain or disrupt its stability. - those who studied the impact of emotional, educational and pedagogical factors and put forward valuable information, scientific conclusions and recommendations related to solving family life problems.

J. J. Rousseau rightly warned, "Do you know what the most tried and tested way to make your children stupid is to say yes to everything they say." As written in the special literature and the results of the conducted research, according to the acceleration process observed in people in the last 100 years, their sexual and physiological puberty reached 15-16 years old, and now this situation is 12 years old on average. - corresponds to 13 young people. It can be seen from this that the early puberty of young people requires a number of responsible tasks in preparing them for early life. In preparing young people for independent life, first of all, it is important to pay great attention to their physiological health and their psychological state. For this reason, in order to prevent the problems that plague our young people, it is important to improve their psychological condition, to give them psychological resilience in any situation, and to remove thoughts such as



self-harm. or in order to find a solution to them, they are communicating with many troubled families.

Our president said about the role of the family: "There is no doubt that the role and influence of the family in shaping and improving the unique spirituality of any nation is immeasurable. Because the purest and purest feelings of a person, the first concepts and images of life are first of all formed in the bosom of the family. It is natural that the spiritual standards and views that determine the child's character, nature and worldview - the foundation of sacred concepts such as goodness and goodness, nobility and love, consequence, honor and dignity - are settled in the family environment.

Every person has his own mental creativity, his own life and spiritual creative path. If we pay attention to the development of the Uzbek family, it is a necessity of life to always mention the great scholars who contributed to the Uzbek national spirituality in the family, creatively use their historical heritage, and use it in our own spirituality. Historical heritage is the criterion that determines the achievement of that family. In addition to the spirit of the time, the family reflected the unique principles of national spiritual characteristics. Each person is formed as a person in the conditions of the time, depending on the traditions of the society of that time. Helping young people to form independent thoughts and worldviews in the family, helping them to firmly determine their own position and approach to life, raising them to be perfect people with rich intellectual potential, not being indifferent to the events around them, teaching them to live with a sense of belonging are the necessary tasks assigned to pedagogues. among the actions that are noteworthy in training talented personnel and raising their morale. Therefore, when we say national spirituality, we must understand how the ideology and cultural world gives spiritual nourishment to people's hearts, how it has a positive effect on their minds, and the aspirations and actions in this direction. That's why it is necessary to communicate and talk about spirituality away from official high-flown words, to convey to young people the essence of the idea that "there is no future without high spirituality" in a simple, simple way. In the family, the father should have high spiritual qualities.

In order to find a reasonable solution to the problems in the family, first of all, it is necessary to understand and respect each other in the couple's relationship. Scholars of the East have written in a number of treatises and works about what human qualities should be in our young men and women before the family is established.

It is worth noting that Ibn Sina treated the woman as a human being and defended that the relationship between husband and wife should be based on mutual respect and mutual understanding. One of Ibn Sina's thoughts on labor education, for example, he says, "Every child must be taught a trade, if a young man learns a trade from the beginning, applies it to life and learns this trade to a perfect level, he will be proud of it." As soon as he can earn honest money by working like this, his father should marry him." - believes. Today, scholars' statements regarding the family, that the head of the family must work for the family's well-being, i.e., provide for the economy, show that these are completely reasonable opinions. From this we can see that a young man who wants to start a family should not only have spiritual and educational moral qualities but





also be able to improve his economy. It's no secret to all of us that if a couple fights in a household, the first reason for this is economic failure in the family.<sup>2</sup>

Psychologists consider family conflicts to be normal. As a result of conflicts, couples start to hate each other and their divorces are more common. Therefore, the question of how to solve the conflicts that always arise in the family remains very important.

Family conflicts are a way of relationship between spouses and even children. There is a process and there is a positive side: conflict encourages the development of relationships, change, and go in any direction. Sometimes people fight because it's the only way to bring them together. In this regard, each family has its own characteristics.

1. Naturally, when people quarrel, especially if these people are spouses and loving partners, then these problems are quickly forgotten. It is foolish to hope that a person will never quarrel in his relationship, because no two people in the world are alike. Q. No matter how close and loving they are to each other, there are always questions that couples do not agree with. It is necessary to remember this in order not to be surprised when a perfect relationship for an anima turns into a quarrel.

2. Conflicts and disagreements often arise in the first year of a young family's life. To eliminate them, the two pairs must be ready to:

3. Moral and social. Education, age, and level of social life of partners are important here. Thus, marriage for young women is at the age of 22-23, for men at the age of 23-24. Young people should have a clear idea of what marriage is, what is expected of them in marriage and their readiness to fulfill their obligations, but they should only demand their rights.

4. A motivational family should be based on kindness, readiness to take responsibility, upbringing of children and making them full human beings, independence.

In solving family disputes, it is necessary not only to avoid problems, but also to solve them. Communicate constructively and calmly to resolve, not to win or defend. Involvement of third parties in the dispute is not recommended, as they can be a catalyst for later resolution of the conflict.

Divorce often becomes one of the methods of conflict resolution. Psychologists distinguish three stages:

1. The first stage occurs at the level of emotional separation, in which partners simply stop opposing, respecting, loving and helping each other.

2. The second stage is determined by physical separation, couples begin to sleep separately and even live separately.

3. At the third stage, legal separation takes place.

Often, the fact of divorce becomes a way to resolve insurmountable conflicts in a particular family due to the incompatibility of couples. How the family environment looks like depends on the behavior and communication of the partners. A happy future can be achieved only with joint efforts. In the end, partners must follow some rules of dispute resolution:

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<sup>2</sup> G'oziyev E. Psixologiya (Yosh davrlari psixologiyasi): PedFoziev Э. Психология: (Ёш давrlари психологияси):



### Concluision

Therefore, in order for our children to have a strong future, we must first of all raise their ideology and spiritual and educational world view. Because in every speech of our president Sh.M. Miramonivych, the main link of our society is the establishment of a youth center in every neighborhood, and the establishment of consultant jobs on women's issues is a clear proof of this. Because the lack of attention of the neighborhood leaders to ensure the peace of young families in the neighborhood strengthens the future of the children in the family. In order for our children to appreciate our strong ideology, our national values, and our oriental education, we must first of all know such important factors so that people with malicious goals do not fall into the clutches.

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