

PREPARING GIRLS FOR FAMILY RELATIONSHIPS*Akramova Feruza Akmalovna**UzNU Department of General Pedagogy psychology**Doctor of Sciences (DSc), Professor**Magdiyeva Zamira Yuldoshkhonovna**Senior Lecturer, Department of Pedagogical Education and Psychology**"Renaissance" University, Republic of Uzbekistan**magdiyevazamira@bk.ru**[orcid:0009-0005-5843-2214](https://orcid.org/0009-0005-5843-2214)*

Abstract: This article examines the social factors influencing readiness for family relationships and the characteristics currently being formed in young men and women regarding their preparation for marriage and family. The stability of marital and family relationships depends on the youth's readiness for family life; in this context, we highlight the factors that determine an emotionally positive attitude towards marriage.

Keywords: Marriage, emotionality, increasing social equality, stability of family relationships, tradition, custom, conflicts, motivation.

Abstract: In this article, we examined the social factors of readiness for family relations and the features that are formed in modern young men and women in the context of their preparation for marriage and family life. The stability of marital and family relations depends on the readiness of young people for family life. Here we highlighted the factors that determine an emotionally positive attitude towards marriage and family life.

Keywords: Marriage, emotionality, increasing social equality, stability of family relations, traditions, customs, conflicts, motivation.

I. Introduction

Family and marital relations are a form of interpersonal relations based on the interactions of individuals in various social roles. A family is a place where one can offer and receive help from a loved one. According to N. V. Malyarova, readiness for marriage is "a system of an individual's socio-psychological attitudes that determines their emotional and psychological disposition towards a marital lifestyle and values."

According to E. Erikson, creating a family is a most complex socio-psychological process, the meaning of which is determined by the individual's moral and spiritual maturity, the ability to be sincere, and the choice of a partner not only for physical but also for mental and psychological intimacy.

II. Literature Review

I. V. Dubrovina views psychological readiness for marriage as an integral characteristic that ensures the establishment of the spousal relationship in marriage and is expressed in the following components: it combines the psychological motives, knowledge, skills, abilities, and personal qualities necessary for this. It is expressed through the establishment of the spousal relationship in marriage and the following components:

—Motivational (the need to successfully fulfill the role, interest in the activity, the desire to achieve success and present oneself in the best possible light);

—Cognitive (the ability to understand problems and tasks, assess their significance, know the means to achieve goals, reflect on and comprehend possible changes in a situation, plan, choose, and make decisions);

—Emotional (a sense of responsibility, confidence in success, inspiration);

—Behavioral manifestation - the characteristics of an individual's specific actions in conflict situations;

According to I. V. Dubrovina, specific approaches such as cognitive, motivational, emotional, and behavioral must be established; these involve the structure and state of the psyche

before taking action, a set of knowledge and skills for implementing a goal, consideration of external and internal conditions for realizing one's life purpose, and the formation of stable internal personality traits.

According to E. S. Kalmikova, the most important component of preparing for marriage is an individual's ability to constructively resolve interpersonal conflicts, as these conflicts allow for the further development of the relationship between spouses [1,5].

In our view, the concept of readiness for marriage involves examining one's attitude towards it as a system. Its psychological components consist of: accepting a new system of responsibilities towards a partner and future children; understanding the rights and virtues of other family members; recognizing the principles of equality in human relationships; comprehending family values; striving for cooperation and daily communication within the family; having the ability to adapt to another person's habits and character and understand their psychological state; and forming a positive attitude towards marital motivations, demands, and obligations in family life.

The most suitable age for a woman to marry is between 18 and 23. By this time, she has reached maturity and is ready for motherhood not only physically, but also psychologically. During these years, childbirth can have a beneficial effect on her body, contributing to the flourishing of her physical and spiritual strength. For men, the ideal age for marriage is considered to be between 22 and 25.

Social Maturity. Authors include the following among the socially accepted indicators of readiness for marriage: completing one's education, acquiring a profession or pursuing higher education, and starting to work independently. Inextricably linked to this is socioeconomic readiness for marriage, which is the ability of young people to independently provide for themselves and their families. However, some young people become financially independent from their parents at 18-19 years of age, while others continue to rely on their parents' financial support for another five to seven years. This discrepancy is a serious obstacle to strengthening marital unions. Social readiness for marriage also includes young people's realization that they are taking on responsibility for each other, their family, and their children.

Social maturity is a socially and psychologically defined stage of personal development, traditionally characterized by the achievement of independence and self-sufficiency. At this stage, individuals are able not only to understand their economic and civic rights and obligations and effectively internalize group and social norms, but also to critically evaluate the current situation in society.

Moral and Psychological Preparation for Marriage. A key condition for harmony and stability in a marriage is the moral and psychological readiness of the individuals entering into it. This encompasses many interconnected factors. A young person cannot be considered ready for marriage if they have not formed an ideal of a modern family, lack a clear understanding of why they are getting married, what they expect from family life, what kind of relationships they want to build, and what responsibilities marriage and parenthood will place upon them. Prospective spouses must be prepared to consciously and jointly create a supportive family environment for each member.

Psychological and Career Outcomes

V.N. Druzhinin gives special attention to the personal maturity of young people entering into marriage. There are four "pillars" of personal maturity - four fundamental, core components around which many other components are grouped: 1) responsibility; 2) tolerance; 3) self-development; and 4) positive thinking, a positive attitude toward the world (this component is inherent in all the preceding ones) [4].

1. Responsibility is a necessary component, an attribute of mature action. However, all of life consists of actions, or even all of life can be viewed as a complex action. For example, the renowned 20th-century humanist Erich Fromm considered care, responsibility, respect, and knowledge to be the summation of a mature person's virtues. Only a person who understands

their own uniqueness and individuality is capable of responsible action. The development of responsibility is closely linked to the development of personal autonomy and the assurance of freedom to make one's own decisions.

2. Tolerance is the next most important component of personal maturity. However, not all tolerance is the same. Within the general phenomenon of tolerance, two types can be distinguished: 1) sensory tolerance and 2) dispositional tolerance.

Sensory tolerance is related to resilience against the influence of the social environment, characterized by a weakened reaction to any negative factor due to decreased sensitivity to its effects. In contrast, emotional sensitivity is associated with increased sensitivity to various influences from the social environment, including the effects of interpersonal interactions.

Dispositional tolerance is based on a fundamentally different mechanism that ensures a person's tolerance in social relationships. In this case, we are talking about a predisposition, a readiness for a certain "tolerant" attitude towards the environment. Dispositional tolerance is based on a system of attitudes towards certain personal relationships and reality: other people, their actions, oneself, the influence of others on oneself, and life in general.

3. Self-development. The need for self-development and self-actualization is a main component of a mature personality. The idea of self-development and self-actualization is fundamental or, at least, very important for many modern concepts of humanity. It occupies a leading position in humanistic psychology, which is one of the most robust and rapidly developing fields of modern psychological science and practice. The idea of "self-actualization" (self-realization, self-development, self-improvement) also occupies a central place in acmeology. The desire for self-improvement is not an obsession with achieving an absolute ideal. Being ideal is difficult and hardly necessary. At the level of everyday consciousness, one can agree with this opinion: it is difficult to be an ideal person; perhaps what is even more difficult is to live with an ideal person.

4. Positive thinking and a positive attitude towards the world, which determine a positive worldview[3,4].

As individuals go through various stages of development, they enter into new relationships with information and people, developing a new, deeper understanding of life and themselves. V. Satir notes that through marriage, a person strives to enrich their life and fill it with new meaning. In her opinion, only a very strange person, for very strange reasons, would deliberately walk down the aisle knowing that marriage would only make their life worse. People hope that after they marry, their lives will become better and more interesting. These expectations form the basis of the prospective family. When these hopes begin to crumble, the marriage is in real danger, even though most people, when asked, say they married for love.

In summary, it is still too early to consider the theoretical sources on marital problems among young people to be sufficient; much more research can be conducted on this topic. This is because a concept exists in philosophy which states, "there is nothing perfect or absolute in the world." Indeed, in today's changing and developing world, finding absolute value for a person is a difficult task. This problem is interdisciplinary in nature and allows for a re-examination of the essence of the family phenomenon at the current stage of development. That is, the concept of psychological readiness encompasses many components, among which psychological, social, psychophysiological, medical, cultural, and ethical approaches are also important.

According to theoretical sources, the psychological factors in a person's choice of a spouse are mainly determined by the partner's physical appearance and the similarity of mutual views and worldviews. Readiness for marriage includes components such as communication with a partner, the ability to establish healthy and strong relationships, and a dynamic based on mutual understanding, acceptance, and compromise when conflicts arise.

Thus, both local and foreign researchers identify their own criteria regarding the issue of marriage, approaching the matter from their respective viewpoints while also broadening the

concept of what constitutes marital readiness. Their work has involved conducting research on the topic of youth marriage across various fields of knowledge.

Resources

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