

состояние здоровья и материально-бытовые трудности. Суицидальное поведение включает различные формы активности, которые служат деструктивным средством решения личностных проблем в конфликтной ситуации. Для этого требуется особая личная предрасположенность, в результате чего человек не может справиться с реальной проблемой. Существенным моментом здесь является наличие уязвимых психических структур. Например, люди с сильными психопатическими чертами характера склонны к неадекватному поведению.

Психологическая структура суицидального поведения представляет собой взаимосвязь мотивационных, аффективных, ориентировочных и исполнительных компонентов деятельности и общения личности в условиях кризисной ситуации. Мотивационный компонент включает суицидальные мотивы и мотивы смыслообразования в виде социальных установок, ситуативных мотивационных тенденций и относительно устойчивых ценностных ориентаций. Важнейшей характеристикой этого компонента является наличие внутриличностного конфликта смыслообразующих мотивов, исключающего его одновременную реализацию. Аффективный компонент включает относительно устойчивые суицидальные эмоциональные переживания, отражающие степень важности кризисной ситуации. Ориентировочный компонент блок познавательной деятельности по анализу социальной ситуации, осознанию уровня ее кризиса, принятию суицидального решения, формированию суицидных целей, планированию и принятию соответствующих действий. Также он включает в себя «самооценку» самоубийства, а также образ лично значимой психотравматической ситуации – существующие отношения с другими людьми, характеристики их внутригрупповой социально-психологической роли и т.д. Исполнительный компонент структуры суицидального поведения представляет собой вербальные и поведенческие реакции, соответствующие ориентировочному и аффективному компонентам. Они проявляются в форме заявлений о самоубийстве или самоубийственных действий и отражают психологию самоубийства, приводя к завершеному самоубийству или оставаясь попыткой.

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PREPARING YOUNG PEOPLE FOR FAMILY LIFE IS THE FOUNDATION OF A STRONG SOCIETY

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Abstract. *The family is a small group based on marriage or kinship. Its members are bound together by the unity of their livelihood, mutual support, and spiritual responsibility. The most important social functions of the family are the continuation of the human race, the upbringing of children, and the effective organization of the living conditions and leisure of family members. Although family relationships are relatively independent, they are determined by the existing social, economic, and ideological relationships in a society and change under their influence. Accordingly, each society changes and establishes the appropriate type of family, family relationships.*

Keywords: strong family, healthy environment, family relationships, young families, generation, independent family life, family management.

The bright future of Uzbekistan depends on the use of spiritual heritage, spiritual and ideological worldview, active participation in social, political and democratic processes in educating

young families in the spirit of high spirituality. Formation of readiness of young people for family life among the many aspects of the problem, the most important concepts are the social role of the family and marriage in modern society, the existence of civil claims [1].

The family is a factor that ensures the transmission of values, customs and traditions of our people from generation to generation, while preserving the values, customs and traditions. The strength of the family is the key to the development of society.

Within each nation and national tradition, special attention is paid to the preparation of young people for marriage. The pedagogical aspects of preparing young people for family life have attracted the attention of researchers since the early years of independence. First of all, young people should be taught openly and sincerely about all the peculiarities of family life.

In his works, the first President of the Republic of Uzbekistan I.A.Karimov praised the role of the family in ensuring personal development, noting that: "The family is built on the laws of life and conscience, its centuries-old strength and will have spiritual foundations, democratic foundations will be laid in the family, people's needs and values will be formed. That is the highest spiritual value, the jewel of the human soul" [4].

To organize psychological, physical and medical preparation of adolescent girls for family life from the time of their education in educational institutions, to organize the teaching of certain subjects (courses) in educational institutions on the basis of special programs.

Marriage is not a private affair between two young people, but a matter of social life, so the concept of "healthy family" in the minds of young people, which ensures the birth of a healthy child between them factors, to promote the knowledge that medical and physical compatibility of two young people is a prerequisite for the formation of a strong family;

To study the medical and physical compatibility of two young people.

The effective organization of activities aimed at preparing young people for independent family life has a positive impact on the positive solution of a number of social problems. Including:

1. Ensures the social and spiritual development of society.
2. It plays an important role in the high level of socio-economic development of the society.
3. It forms the basis for the formation of strong families, the establishment of a healthy mental environment in them, the effective organization of family upbringing, the achievement of certain successes in the upbringing of children, the prevention of family conflicts, divorces.

The aim of the research is to study the psychological basis of preparing young people for marriage.

Develop recommendations for preparing young people for marriage.

Describe the psychological basis of sex education

To study and analyze the views of our pedagogical psychologists and researchers on preparing young people for family life.

Kovolyov S.V. says it is important for teenagers and girls to have an understanding of the concepts of family and marriage. The concepts of marriage and love are observed in 13–15 year olds as they are opposite concepts, i.e. they understand that love and marriage are opposite concepts. In students, the concept of love is only in the 4th place in choosing a spouse, that is, after such qualities as respect, trust, mutual understanding [6]. Young people do not take the family seriously. As a result, they make many mistakes and then psychologically recognize the importance of the family.

Our main task is to teach teenagers the value of the family, the importance of love, the role of love in marriage and family, and that it is a guarantee of a long and happy life.

Forming strong families, creating a healthy mental environment in them, increasing the effectiveness of family upbringing, paying special attention to the full and harmonious development of children brought up in a family environment, achieving family and community cooperation, social protection of families. The issues of support are reflected in the content of a number of normative documents.

The regulatory impact of norms and standards of family behavior, which are now organized in society and strengthened in the public consciousness, is significantly weakened. This is primarily due to the fact that in modern conditions some important features could play an important role in the traditional family. The habit of the woman, which is specific to the man and the spouse in the past, has changed significantly and the functional roles have changed.

The family, as a subdivision of society, reflects the national characteristics of a particular people, nation, or ethnic group, as well as the content of the existing system. The strength of families, their achievement of harmony and prosperity is determined by the economic and spiritual development of the social system to which they belong, the spiritual and moral norms of society,

the content of public policy. In turn, the spiritual image of society depends on the results of social education. For centuries, therefore, in every geographical and social age, special attention has been paid to the formation of new families, the establishment of family life, the organization of child rearing and the continuation of dynastic traditions. Regarding the important role of families in society and the role of family upbringing in ensuring personal development, the first President of the Republic of Uzbekistan IAKarimov said: is one of the most important life values. The republic has a large number of families, where people of different generations live and farm together.

This creates favorable conditions for the upbringing of children, their enjoyment of universal values and traditions, the level of education. In such families, people learn from childhood to be hardworking, respectful of adults, eager to learn, patriotic. Indeed, the factors necessary for a person to grow up harmoniously in all aspects of the family environment, such as the legal, economic, psychological, environmental, aesthetic and other family factors that occur in the process of family management. attitudes, behavioral communication interventions are factors that serve to shape its socialization, that is, the ability to move freely, independently, in the process of maintaining social relations. Therefore, in the conditions of independence of the Republic of Uzbekistan, the formation of strong families in the transition period, when the social society is undergoing renewal, dramatic changes, market economy relations, as well as social competition, it is more important than ever.

In the Orient, special attention was paid to the upbringing of girls, and wealthy families appointed clean, intelligent, wise, and experienced women as nannies for their daughters and entrusted them with the upbringing of their daughters. Because men, who are the heads of the family, are busy creating the family's livelihood, the mother is always with her children and takes care of their upbringing engaged. For this reason, the mother is considered to be responsible for the development of her children.

In the organization of the upbringing of girls in the family, girls develop certain skills and abilities to perform this responsible task, as well as to manage the household and family, to care for other members of the family. special attention is paid to the issue.

Our people have centuries-old experience in organizing the upbringing of young people in the family. The content of this experiment consists of Eastern etiquette – morality, modesty, advice with a sense of purity, the views of thinkers, scientific-theoretical and practical ideas. For many years, this experience has been used to build family relationships. The rapid development of science, engineering and technology places new demands on the content of the work of organizing the upbringing of girls in the family. Indeed, the problems of raising the social status of young people, ensuring their social activity, broadening their horizons and worldviews are more important than ever in the context of deepening and complicating social relations. Conflict of interest, conflicting approaches of mankind to spiritual and moral norms, the effectiveness of family upbringing in the context of rapid exchange of information, the formation of free, independent thinking, initiative, organizational skills in young people, the preservation of national identity One of the most important conditions for the formation of strong families is the education of young people, especially girls. to build, to organize an independent family life, to create a healthy mental environment in the family, to successfully prepare for the process of effective organization of the upbringing of children. The essence of this process is as follows: first, young people will have a correct understanding of marriage and family life, as well as the essence of the relationship between the two sexes; secondly, it prepares them spiritually for the process of organizing marriage and family life; thirdly, marriage at a young age and the organization of family life (organization of social relations between family members, communication with family members (father-in-law, mother-in-law, sister-in-law and in-laws), family Develops practical skills and competencies in the management of cooking, cooking and tailoring, biological integration, child rearing and the organization of other processes.

Preparing girls for independent family life in the family is a complex pedagogical process, the effective organization of which is determined by the elimination of certain shortcomings and problems in this area. At the same time, the family has a number of problems in preparing girls for independent family life, which include:

1. Parents do not have full information about the essence of the process of preparing young people for independent family life in the family. National ethnopsychological feature (Parents should not be able to communicate openly with their children on certain issues, should not disclose their inner experiences to others, financial support of the family is one of the duties of a man, the responsibility for raising children is old It is one of the main tasks of the generation, as well as the tradition of assigning the task of explaining the content of the bride and groom's relationship to

them. causing them to not fully understand the essence of the process.

2. Insufficient resources for parents to study the theoretical and practical knowledge of preparing young people, including girls, for independent family life in the family. Restoration of national values during the years of independence of the Republic of Uzbekistan, study of the past heritage and the ideas put forward in it, national spirituality in the younger generation. However, this set of resources does not apply to the share of girls who are on the threshold of independent family life or who are experiencing adolescence and adolescence. We know that more than 50 % of the population of the Republic of Uzbekistan (that is, in total, about 12.5 million people) are young people [1]. Getting acquainted with the fund of the leading libraries of the country, the family, its formation, the content of family relations, family management, organization of child rearing, family problems, family divorces and their causes, their elimination, as well as preparing young people for independent family life the number of illuminating publications did not exceed about 500 (publications in Uzbek and Russian). Let's try to find the ratio of these figures on the basis of a simple mathematical calculation, that is, 12,500,000-500. In this case, the ratio is 25,000. This shows that each of the family-themed books available in the Republic's libraries is for 25,000 young men and women. Given the fact that parents are engaged in social work, the possibility of free communication between parents and children on certain aspects of family relationships, the possibility of providing information on all aspects of family life in educational institutions is far from the truth. For example, only 0.2 % of 25,000 young men and women use special literature to promote family life, its organization, the essence of family relations, their effective organization, sincere, mutual trust between parents and children. to establish a reasonable relationship, to solve family problems without excessive emotions, conflicts, to get information about the conditions for the prevention of family divorces.

In the presentation of individuals, marriage and the family have become a means of meeting their needs, mainly for intimate and informal communication.

In addition to the moral regulation of various relationships, the legal regulation of these relationships also undermines and strengthens the social nature of family members by defining the fundamental rights and responsibilities of family members to each other and to society and society.

The draft resolution of the Cabinet of Ministers "On measures to further develop the institution of the family and prepare young people for family life" was posted for discussion. The proposal to establish youth preparation centers for family life, which do not have the status of a legal entity in the structure of the mahalla and family support departments, is approved. The main tasks of the centers are: [2]

to inculcate in the minds of the newlyweds the exemplary form of the modern family and the conceptual ideas "Family – sacred", "Healthy family – healthy society", "Family under the protection of society and the state" and "Prosperous family – the basis of society";

to establish systematic training of married people on family law relations, psychology of family life, family economy and budget, basics of reproductive health, strengthening of spiritual and moral values;

to help married people maintain family values, create a healthy spiritual and moral environment in families, and develop exemplary parenting skills;

classes, theoretical and practical courses, master classes, roundtables, seminars and trainings on the latest scientific and methodological technologies in the educational process, taking into account the best positive foreign experience and organization with the introduction of advertising and information methods.

Based on the results of a comprehensive study and monitoring of the situation of young families trained in the Centers before marriage, to further improve and coordinate the training. The position of a leading specialist in preparing young people for family life will be introduced. Leading life training specialists are personally responsible for the effective organization of the centers.

Modern development requires everyone to correctly understand, analyze, draw conclusions, be morally and emotionally restrained, and be active in all aspects of life in our society. It is known that the above qualities are formed by the family. The brightness of human life depends on the young people we raise today. It is a material and spiritual task.

The family, as the primary social unit of society, has a complex structure and content, which in its activities reflects not only the goals and objectives of family members, but also their educational activities.

The vitality of a complex, multifaceted family activity is twofold:

– First, the family is a small part of society and is very sensitive to changes in it. On this basis, family upbringing should be considered as a component of social upbringing.

Second, it is necessary to take into account that the complex, multifaceted activities of the family depend on its functions, structure, general lifestyle, needs, interests, relationships and social activities of family members.

The peculiarity of family upbringing is that it develops many human qualities and moral maturity of the person brought up in the family, passing on to children many of the necessary qualities of parents, such as parenthood, kinship. That is why family upbringing is always present, instructive and versatile.

Parents who are spiritually rich, religious, and highly educated, and who are spiritually rich, raise their children in such an advanced way. Or, conversely, all of this reflects the uniqueness of family upbringing. They nurture not only through various methods of upbringing, such as explanation, counseling, approval, punishment, and encouragement, but also through personal example and collaboration. The involvement of parents in children's activities is an effective way to influence their upbringing.

For example: the upbringing of children from well-off families, the upbringing of children from poor families. In the first family, children do not know the value of material goods, and in the second, they do not know how to organize and provide for the family. Such traits reflect the complexity of family upbringing.

The growth of parents' general, cultural, and educational levels and their determination to be active have a positive effect on the content of family upbringing.

If the school has a positive approach to family education, it is well aware of its educational potential, namely: parental prestige, personal example, organization of children's lives, control over self-education, interaction help, cooperation, alliance, solidarity and purposeful use of the peculiarities of family upbringing, achieve the improvement of family upbringing.

Modern families are inextricably linked to existing society. The growth of cities and villages, the improvement of living conditions, the increase in the cultural and living standards of the people require changes in the content of harmonious and family upbringing of children.

When it comes to parenting, raising children is much easier in large families than in small families. Because children in large families are affected by the behavior of their parents, the care of their brothers and sisters, especially the friendly attitude to each other, the diligence with which they perform various household tasks. They naturally see and observe that adults are treated politely. Parental care for children is shared equally. The opposite is true for families with small children.

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