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## Preparing Students for Family Life

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**Abstract:** *In our republic, the state policy envisages the formation of citizens as comprehensively developed individuals through the continuous education system, which is primarily aimed at the mental and spiritual education of a person. This puts before the science of psychology the task of developing and implementing effective forms, tools and methods of moral education of young people growing up in families. This article talks about the system of preparing students for family life, and the material can be used by representatives of relevant fields.*

**Key words:** *Student, family, family life, preparation for family life, well-rounded person in the family, well-rounded person, maturing period for marriage, pre-marriage factors, marriage, preparation for marriage, marriage motives.*

All the changes taking place in our country today are aimed at ensuring the political and economic stability of our country in the near future, as well as raising the morale of the individual. Any society cannot imagine its future without developing and strengthening its spiritual potential, spiritual and moral values in people's minds. In the main tasks of the reforms of our country, the education of a perfect free-thinking person and the ideal of a perfect human being are glorified as a noble ideal that has a national and universal essence and inspires the highest spiritual goodness characteristic of mankind. The role of the family, which is the main garden of the society, is incomparable in inculcating this idea in the minds of the young generation.

When a human child comes into the world, he is trained or specially trained to do what he should do when faced with all the complex laws of nature and society, starting with independent movement, walking, running, writing. It is known that the family life covers more than half of our life, which gives us true, abundant human happiness, or vice versa, despite the fact that we are provided in every way, it is the family life that makes our happiness half. In this regard, the following comments of the President of our country, Shavkat Mirziyoyev, once again confirm the importance of family relations: A family is a small country, if the family is peaceful, if it is happy, the country will be peaceful.

Due to the independence of Uzbekistan, family problems were officially included among the issues of state importance in the republic. Declaring 1998 as the «Year of the Family», establishment of the «Family» scientific and practical center, adoption of a special state program aimed at the benefit of the family in the Republic, declaring 1999 as the «Year of Women» as its logical continuation, family-serving programs in the regions establishment of various counseling centers, for the purpose of scientific research of family problems, for the first time in the history of Uzbekistan, the establishment of a graduate school

in order to train scientific personnel who will conduct research on the problems of family psychology. , depending on how correctly and firmly they are placed. If this foundation is mature and strong, the building built on it will be beautiful, bright, and will provide comfort, peace, peace, and happiness to its residents. Just as no wall or house is without a foundation, your family has its own foundations. They are premarital factors that are the basis for the creation and construction of this family.

In turn, the concept of maturity for marriage is a very complex and relative concept. Because a person is a creature that is constantly developing and improving, regularly reaching new heights in professional activity or spiritual and moral development. If it is said that a person is «maturity of fiber» for this or that activity, it means that he has reached a certain limit and further development is not possible. That is why the concept of «maturity» cannot be taken literally when talking about a person's maturity for marriage or any activity. Therefore, when talking about the «maturity» of a person, especially the «maturity» of marriage and family life, this concept is used as a certain generally accepted standard, an average norm, a certain conditional «unit of measurement», indicators. And used only as such.

Pre-marriage factors of young people starting a family include: maturity for family life; their motives for starting a family; the terms and conditions of the period of knowing each other (how long they know each other) before starting a family; It is possible to include such things as their imaginations about their future family life. Of course, each of these factors can have a different character in different young people, and at the same time, each of them, in turn, differs into several types. For example, when marriage is called maturity of young people who are building a family: physical (physiological), sexual. Legal. Economic. Spiritual and moral. Aspects of maturity such as psychological can be understood. Among them, there is a lot of information in the relevant legal, medical and psychological literature that the indicators of legal and sexual maturity have sufficiently clear symptoms and signs, but the economic, moral-ethical, psychological aspects are a little more complicated and strict. It is an indicator, characterized by the fact that it does not have a limit.

Among the pre-marriage factors, one of the most characteristic is the age characteristics of young people starting a family. Because these indicators are also crucial in the stability of marriage. We will discuss them below. The "Family Code" of the Republic of Uzbekistan specifies 18 years as the minimum marriage age for men and women. This age can be reduced by one year for women, according to the decision of the local authorities, taking into account exceptional cases. Different countries have different minimum marriage ages for men and women depending on customs and national traditions. For example, for men, it corresponds to the period from 14 years (in Ireland, Spain and some Latin American countries) to 21 years (in Poland, Austria, Germany and some Scandinavian countries). The minimum age for women is usually set either the same as men or a few years younger.

One of the pre-marriage factors is the motives of marriage, which are the basis for the construction of marriage. In psychology, the phrase «motive» means the force, motivation, source, basis for the occurrence of a certain behavior, activity. So, what are the reasons why families can be formed? In the psychological literature, several dozen marriage motives 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 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. In this case, young people may start a family with a certain goal in mind, for example, wealth, career, material or social interest: «If I marry this guy, I will live richly» or Improving one's socio-economic situation, «getting rid of loneliness» and others based on the thoughts that «if I marry this girl, I will achieve a certain career and position with the help of her parents». There are many such things to consider.

Another classification of marriage motives is called stereotypical family building. Both of the previous motives may not be observed in this category of youth. When they build a family, they look at stereotypes. When such young people are asked why they started a family, they usually say, «All my peers were getting married, so I got married!» or «All my friends are getting married, and so am I!» they answer as follows. So, which of the families built according to the stereotype will be more stable, i.e., which motive ensures stronger marriage-family strength?

Of course, the majority of young people answer this question by choosing the first motive, that is, the motive of love. Because they believe that building a family due to love is the most reliable, solid foundation that ensures the strength of marriage. Indeed, the place of love in family strength is incomparable. Love is a powerful force. What can't a person do because of him?! The highest peaks reached by humanity in its development are due to love. As Z.Freud said: «Love is the force that pulled humanity out of the animal world!» All great miracles created by man are due to love. From what has been said, it is clear that building a family due to love provides the basis of a happy and stable marriage.

Of course, most of the couples who are married in love have the happiest married life. But according to statistical data, the majority of family divorces are related to couples who have built a family out of love. So, why are married couples not happy all the time in their family life? Why are young people who just yesterday loved each other and were fully convinced that they could not live without each other, today they are applying to the court for the annulment of their marriage? What happened to their love? What is love itself? Is it something that exists or not? At this point, the question «Does love help or destroy family life?» arises. Such questions are questions that have interested young people and humanity in general since time immemorial. Of course, most of the couples who are married in love have the happiest married life. But according to statistical data, the majority of family divorces are related to couples who have built a family out of love. So, why are married couples not happy all the time in their family life? Why are young people who just yesterday loved each other and were fully convinced that they could not live without each other, today they are applying to the court for the annulment of their marriage? What happened to their love? What is love itself? Is it something that exists or not? At this point, the question «does love help or destroy family life?» arises. Such questions are questions that have interested young people and humanity in general since time immemorial.

The next motive is to build a family due to material or other interests. The effect of this motive on family stability depends on the extent to which it is implemented later. If all the things that young people consider and envisage before starting a family come true, this motive can serve to ensure the strength of marriage to a certain extent. Unfortunately, in family life, not everything is as expected by young people. In this place, L.N. Tolstoy said: «In works of art, novels, movies, the plot and events develop and develop, and in the end, everything ends with a wedding, with good things. In life, on the contrary, everything starts after the wedding. That is why it is not always possible to achieve what is expected and taken into account in family life. If the young people who built a family with something in mind do not realize their family life, then their family life turns into alienation, suffering, and conflict. For them, it seems better not to live than to live in such a family. This also ultimately leads to the collapse of families and the collapse of the building built on the foundation of «account».

Of course, if future spouses get to know each other as future husband or wife for a certain period of time before starting a family, they will have a more adequate idea of each other's personal characteristics, individual qualities, interests, worldviews, and personal orientations. If they have information, this imagination and information can help them to understand and adapt to each other in their life together. It is very well known to our young people that according to the Family Code, they are given a month (33 days to be exact) after applying for marriage. If, during this time, they change their intentions, their request will be met and the marriage will not be registered as planned. There is nothing to hide that not all

young people living in our republic are sufficiently aware of the existing laws on marriage, and in some regions these rules are not always followed. But it is not without benefit to make our young people, especially you students, aware of the legal aspects of marriage and family relations. So, is the 33-day deadline given by the civil status registration departments enough for our young people to get to know each other as much as possible? How much time is needed for future spouses to get to know each other completely?

This is about knowing a person, not a thing, a piece of equipment or a 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. His secrets are more, if not more, than the secrets of the universe. That is why some situations observed in the behavior and behavior of a friend who studied together for one year, ten years, or grew up together since childhood may still surprise you, or people have lived together for a lifetime and are unexpected to each other. can see situations, behavior expression. In psychological literature, it is indicated that the optimal period of knowing each other as a future couple is from half a year to a year. 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, with what purpose, with what tools and methods, and with what "eyes" young people study each other.

Another characteristic of pre-marriage factors is the dating conditions of young people. They also have diversity in their turn. Someone studies, at work, someone by himself, someone with a friend, relative, someone with the help of suitors, someone on the street, in public places, in transport, various ceremonies, weddings, parties, they can get to know each other according to the conditions of sittings, etc. Of course, the individual characteristics of these young people, spiritual and moral aspects, culture, upbringing, the region where these young people lived, national customs, traditions, and ethnic characteristics are important in all of these. Based on the ethnic characteristics of the Uzbek family, one of the most common conditions for the formation of a young family is the formation of families due to courtship. Because the creation of almost all families in our country begins with the groomsmen going to the bride's house. Regardless of whether young people know each other in advance, love each other, simply meet or find a bride through matchmakers, the fact that matchmakers go to the bride's house is one of the ethnic conditions, customs, and traditions of marriage. All these have their own place in the strength of marriage. One of the pre-marriage factors that have a decisive influence on family strength is young people's ideas about their family life. How close they are to reality is the key to the strength of this family. Unfortunately, young people's imaginations about family life do not always correspond to reality, but in most cases it is completely different from reality.

Our young people, who have been brought up in the spirit of fairy tales, feature films, novels, legends, and stories since they can remember, cannot always have the right ideas about family life. There are many cases of one-sided, only positive interpretation of family life in the materials provided by mass media, TV shows, and radio broadcasts on preparing young people for family life. Such situations can also be the cause of wrong formation of ideas about family life in young people. That is why it is not appropriate to show family life and couple relations only from one side and only from the good side when preparing young people for family life. It is better to show him as much as possible: high and low and sweet and bitter, pleasure and pain, dark nights and bright days. Only then our young people can have a relatively more adequate idea about family life. In this regard, intelligent adults in the family should be a bridge in life for young people, and their multifaceted life path should be a lesson for their children. It is appropriate for them to accept our young people as independent, mature individuals and provide complete

information about the ups and downs of family life. So that the first bricks that our young people are laying on the foundation of their family life are properly and firmly laid.

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