



SOCIO-PSYCHOLOGICAL FACTORS OF PREPARING GIRLS FOR FAMILY LIFE IN THE COMMUNITY

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ABSTRACT

This article elaborates on the social psychosocial mechanisms of preparing girls for family life through healthy lifestyles and enhancing community and family engagement in the community.

KEY WORDS: *family, neighborhood, makhalla, healthy lifestyle, marriage, kinship, relationship, education.*

DISCUSSION

In our country the family is considered as the basis of society, an important link, and it is of social importance. After all, a perfect person is brought up and reared in a well-rounded, harmonious, healthy family. In this regard, President of Uzbekistan Shavkat Mirziyoev says, "The greatest happiness is that I will not tire of repeating it a thousand times - May our family be peaceful! "

Each Uzbek family has a special tradition of hospitality, the presence of special traditions in upbringing girls and boys, hashars, customs and ceremonies in the home and in the neighborhood, with the participation of all family members according to the season all around the year. For example, the ceremonies associated with the birth of the baby, baking bread and other ceremonies in the defense of the motherland, and other ceremonies that is, a healthy spiritual, patriotic and educational atmosphere in the youth. This creates the basis for mahalla and family cooperation.

Or, as a result of increased educational aspirations of young people in educational institutions, there are great spiritual and educational opportunities for improving the content of the educational process. In this regard, we can achieve the goal of working with non-governmental organizations "Kamolot", "Xotin qizlar tashkiloti",

"Ma'naviyat targ'ibot markazlari", "Maxalla fuqarolar kengashi". Because the education of boys and girls in the mahalla is a special educational value and is becoming increasingly relevant. The formation of knowledge of the role and function of the family in the society of young people is of great importance in making them perfect human beings. Therefore, it is no coincidence that the fourteenth chapter of the Constitution of the Republic of Uzbekistan is devoted to the family. It provides for the protection of the family, the essence of the relationship between parents and children, the protection of minors by the state and society. These constitutional norms are fully reflected and legally enshrined in the Family Code, which was adopted on April 30, 1998.

Formation of girls' thinking on family life in the mahalla is one of the components of their preparation for independent living and is closely connected with the mental, moral, hygienic, physical, ecological, spiritual, aesthetic, labor and other aspects of upbringing. In our view, there is a specific pattern of incorporating the rules of family life in the mahalla, and it is possible to achieve an effective result in this area if the interdependence and consistency between them are ensured.

Issues such as preparing young people for family life, healthy marriages, carrying out outreach activities, promoting healthy lifestyles in them, health



promotion birth mothers, persons with disabilities, children and women with anemia, children from orphanages and boarding schools, rendering of social aid to socially vulnerable layers of the population, strengthening the material-technical base of obstetric and pediatric departments, protection of motherhood and childhood, development of international cooperation in upbringing healthy generation, propaganda activities should become a daily life of every citizen.

To do this, every citizen should be aware of the practical significance of the decrees and resolutions adopted by the President, resolutions adopted by the Oliy Majlis, the decision of the Cabinet of Ministers, state programs and international legal documents registered by parliament on the upbringing of a healthy generation.

The essence of the preparation of girls for family life in the mahalla serves to foster the following qualities in girls' mind: sacred and responsible attitude to family, respect for family, getting married, boys' desire to marry, reproductive health care, marriage and household knowledge, protection of human health and serious attitude towards own health, health - wealth, health - the basis of happy family, basics of sexual education, adherence to personal hygiene, gender psychology knowledge, marriage glorification, honesty and commitment, scrolling down traditions of physical culture and sports, sacred attitude to maternal health, childbirth and its health, protecting yourself and your family from harmful habits, spiritual maturity, norms of ethics based on healthy lifestyles, culture of healthy relationships and psychological communication in the family, initiative, activity, creativity, medical and spiritual health, physical and mental development, leadership and entrepreneurship, mutual love, justice, humanism, humanity, uprightness, humility, sincerity, respect for parents, kindness, generosity, tolerance, loyalty, faithfulness, avoiding sinful deeds, patience, keeping their promises, being educated, honoring women, dignity, honesty, purity, generosity and tolerance, courtesy, thanks, cheers, thrift, honesty, compassion and motherly affection

The scientific study of the practical status of the mahalla's activities in preparing girls for family based on healthy lifestyles in the process of research suggests that the system should focus on:

- To prepare girls for family based on a healthy lifestyle as a priority of the mahalla's system;
- preparation of girls for family based on healthy lifestyle principles;
- special attention should be paid to the provision of special programs, plans, special

infrastructure, specialists to prepare girls for family based on healthy lifestyles;

- equipping the officials with specialized knowledge and literature to prepare girls in the community for a healthy lifestyle;

- to organize of process of preparation of girls for family on a healthy lifestyle on consistency, continuity and consistency;

- to organize of process of preparation of girls for family on a healthy lifestyle with special mechanism;

Use of the following educational tools in preparing girls for family life in the mahalla:

- a) to illustrate in detail practical examples of how healthy lifestyle girls health, strengthening family health and health of future generations
- b) examples from the lives of famous people, scholars, exemplary families, mahallas, heroes of feature works and films;
- c) opinions on the basics of healthy lifestyles in the history of folk pedagogics, the works of the Orientalists, in the history of Islam and other religions;
- d) to use, strengthening and improvement of healthy life-style situations in the family system and traditions
- e) personal sample of healthy parents on the healthy life-style;
- f) wide use of literature and psychological manuals, demonstrative methodological materials on healthy lifestyles
- g) visit health facilities and use different health treatments appropriate to their age and health.
- h) In preparing girls for family life on a healthy lifestyle, the educator is required to adhere to the following pedagogical and psychological principles:

- ensuring that the materials presented are historical, scientific, interesting, well-grounded, consistent and effective on family life and healthy lifestyles;

- to promote theme materials - the interests and needs of girls, their spiritual needs, and to instill in them a sense of love and adaptation to family and healthy lifestyles;

The study revealed that the scientific organization of the work of mahalla consultants on religious education and spiritual and moral education from new social structures within the mahalla based on the principles of healthy lifestyles will provide positive training for officials, retraining officials, continuous improvement of professional skills,



carrying out of competitions among them and their promotion.

In the process of scientific research chairmen of women's committees and consultants on religious education and spiritual and moral education, mahalla's psychologists conducted pilot experiments with women on preparing girls for family based on healthy lifestyles. Respondents aged 18 to 60 participated in the pilot study. Their social background, education, and worldview varied out.

The experimental content included all the medical, spiritual, educational, and ideological factors related to healthy lifestyles.

The results obtained at the beginning and end of the pilot were analyzed by mathematical and statistical analysis. Respondents were assessed based on a 5-point system of theoretical and practical knowledge on healthy lifestyles, with the following result (1- table)

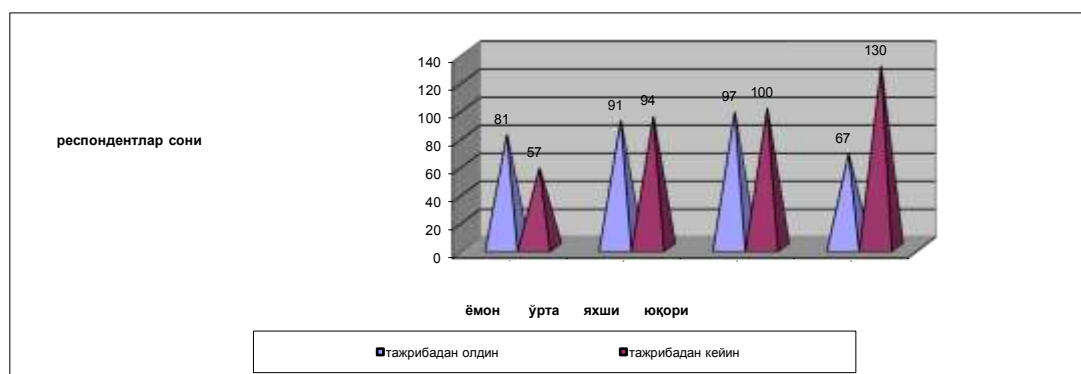
1- table

The level of respondents on theoretical and practical knowledge on healthy lifestyles

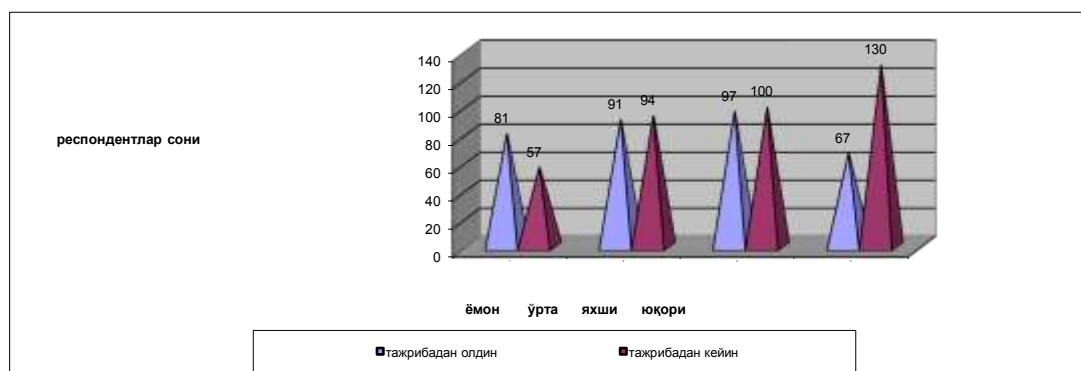
groups	Respondents	Result			
		"5"	"4"	"3"	"2"
Experience	381	130	100	94	57
Control	336	67	97	91	81

In the polygon we specify:

Picture 1



Picture 2



From the results we can see that the criterion for assessing the effectiveness of teaching is greater than one and that the level of knowledge evaluation is greater than zero. It is clear that the level of knowledge of the experimental group was higher than that of the control group. Thus, the final results of the girls' healthy lifestyle testify to the effectiveness of the experimental works.

The following are the issues of raising healthy girls in the mahalla:

-Participation in jointly with educational institutions in discussing issues that should be implemented in the educational process and finding reasonable solutions;

- discussing parents who are not getting enough education for their children at neighborhood gatherings, the mahalla must influence them,



if necessary, to involve community activists in order to establish appropriate preventive measures with such parents or to take other measures in accordance with the law;

- supporting economic and social assistance to educational institutions in the mahalla;

- to assist in the upbringing of children in the spirit of initiative, diligence, national pride, patriotism and internationalism;

- influencing parents to understand the negative impacts of religious denominations and sects, on the part of their parents and mobilizing the general public to instill the upbringing of our great ancestors;

- identifying troubled families in the mahalla and preventing potential conflicts and conflicts in them;

- to organize various activities in the mahalla to promote the ideas of national statehood and national ideology, to achieve economic and social achievements in the country;

- social and moral support of talented students in various areas, as recommended by educational institutions;

- encouraging exemplary families, who are making positive strides in the upbringing of their children (Letter of thanks or announcing) and carrying out of activities aimed at popularization of life experience;

- to organize different circles and activities in the field of "Master-apprentice", using the opportunities of national masters, artists, intellectuals living in the mahalla;

- assisting the employment of young people living and financially residing there by the industrial enterprises of the mahalla district;

- to instill in each young man a feeling of love for Uzbekistan and its nature, responsibility for the history, improvement of mahalla and liability for integrity;

- increasing the responsibility of young people who are getting married and organizing "Psychological consultations" service room at the mahalla to provide them with information on family relations;

- Assistance to educational institutions and parents in the placement of Grade 9 graduates in professional colleges and academic lyceums;

- establishing hotlines in neighborhoods to address various issues faced by families, adolescents and young people;

- employment of students of academic lyceums and professional colleges, assistance in improving their working and learning conditions, especially in rural areas, directing young girls to entrepreneurial activities;

- widespread coverage by the media (radio, television, print media) of work done achievements, carrying out advocacy, carrying out of sports among children and teenagers; organization of competitions, sports clubs, financial and moral encouragement of young people who are successful in sports;

- ensuring peace and cleanliness in the mahalla, accomplishing and constantly supervising the improvement of mahalla.

In the course of the research, the scientific organization of mahalla consultants' activities based on the principles of healthy lifestyles, training, retraining, and professional development of the public officials in accordance with the Decree of May 25, 2004, of the new social structures in the community. The positive effects of the selection and promotion of competitions are being made. For example, the customs associated with marriage of girls, solidarity and other traditions serve to promote the good, that is, a healthy spiritual and educational atmosphere in the youth.

If we look at what actually depends on a healthy lifestyle,

50% - The individual way of living

20% - to hereditary factors

20% -to ecology

10% -depends on health facilities.

Every parent should talk to their son and daughter regularly and be aware of the specifics of puberty. It is important for young people to prepare for marriage, both physically and spiritually. Occasionally, some families hold their sons and daughters' weddings in order to strengthen their ties of kinship, but the bond is broken and families are breaking up. Unfortunately, the incidence of disability in children born from close relatives is already well-known and has been legally prohibited. According to the regional screening center, 461,594 women of childbearing age and 483,921 children under the age of 14 were examined last year. In the past year, 65 women have been diagnosed with disability as a result of kinship and early marriage and terminated pregnancy. Systematic explanatory work on the prevention of early marriages and intermarriage is conducted. Imagine the heartache of seeing a gloomy face of a disabled child. It is estimated that 70-80% of marriages end in divorce, or that their children are living with a disability.

Observations show that some young people who are married are not ready for family life, divergence in the relationship, disrespecting each other, lack of a sense of responsibility, accustomed to living a light shoulder, poor knowledge of various physiological and psychological features

During teaching young generations in educational institutions how to create and maintain



ethical relationships in their relationships, including teaching science;

Teaching them to understand and appreciate high human emotions;

Creation of social, legal, biological, spiritual knowledgeable scientific concepts and realistic ideas in the minds of youth;

4. Supporting the formation of young men and women as physically strong, healthy, highly cultured, sustainable values, manners and will;

5. Teach family to appreciate the high value of family responsibilities. In order for a healthy family to be formed, it is first and foremost that society and the state must provide care and conditions.

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