



## NECESSARY SOCIAL FACTORS AND CONDITIONS FOR CARRYING OUT PSYCHOLOGICAL SERVICES TO FAMILIES

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**Annotation.** The family is a complex institution, where there are many problems of a socio-demographic, medical-psychological, pedagogical and other nature. To support and strengthen families, it is necessary to provide them with psychological assistance and psychological counseling. To provide psychological assistance, it is advisable to conduct explanatory work and provide services to the family.

**Keywords.** family, psychological service to the family, psychological consultation, classification of families, psychological factors, social factors, recommendations.

**INTRODUCTION.** In human society, the family is the natural primary unit, the most important social value. The role of family in human life is so important that it is rightly considered as the basis of any society. After all, the family is a special sphere of social life where the birth, formation and formation of a person who will live in society and become a citizen of the state takes place. The legal foundations of the family are defined in the Constitution and in the Family Code of the Republic of Uzbekistan. The regulation of family relations in Uzbekistan is carried out on the basis of the principle of voluntary marriage between a man and a woman.

Family and marriage are a complex social institution, the problems of which are studied and practically resolved by specialists in various fields: lawyers, sociologists, demographers, psychologists, psychiatrists, sexologists, narcologists, teachers.

Family and marriage topics within the humanities are explained not only by the expansion of the problems and objects of these sciences, but also by the need to strengthen the family as the basis of society. Without the support of the family, many social problems cannot be resolved: raising the future generation, passing on cultural heritage, improving the culture of life and consumption, fighting crime, alcoholism, and mental illness. Even such socio-economic problems as planning the production of household goods, the construction of children's institutions, the organization of leisure facilities for workers, the architectural planning of residential areas and apartments cannot be effectively solved without taking into account the lifestyle, composition, and functions of the family.

However, following the recognition of the role of the family in modern society, the family largely fails to cope with its social functions. Numerous studies have established facts such as a decline in the educational function of the family, the prestige of family values, an increase in the number of divorces, a decrease in the birth rate, an increase in the number of dysfunctional and so-called problem families, etc. From these signs of family problems, the conclusion follows that it is necessary to provide psychological assistance to the family in performing its various functions and in getting into crisis situations at the stage of its development.

Social and psychological services to families should be aimed at overcoming destructive social and psychological factors that impede the full functioning of the family, at supporting and strengthening families. Most often, the reasons for the need for psychological assistance to families are the following problematic relationship issues: uncertainty in the family roles of husband and wife, inconsistency of family values, marital fidelity, the problem of relationship style and communication with each other, overcoming conflicts, relationships with the spouse's relatives, the problem of understanding each other.

The socio-psychological family service is intended to provide psychological assistance to family members. When conducting socio-psychological assistance, it is necessary to take into account the problem of the family (conflict, divorce, unpreparedness for the family, lack of knowledge of the functions of the family,... etc.); type of family (nuclear, multi-stage, young, childless, family with one child, with two children, ... large, urban, rural, mixed, ...) and other aspects. However, the practice of this service at the present time is not sufficiently supported by methods and forms of working with families.

Research into the problem of socio-psychological assistance to families is determined by solving a complex problem - to reduce the impact on families of the negative consequences of various relationships.

**THE DEGREE OF KNOWLEDGE OF THE PROBLEM.** Scientific research around the world pays special attention to establishing healthy relationships in the family, work teams, educational institutions, and stabilizing the psychological environment. First of all, the implementation of psychodiagnostics and rehabilitation of socio-psychological factors of domestic violence, the development of scientific conclusions on the provision of socio-psychological assistance to families and women in difficult social situations, social impact on the resilience of young people, research on psychological factors and methods of psychological influence on

overcoming different levels of problematic situations in interpersonal relationships, improving the work of psychologists based on identifying psychological problems based on the facilitating and inhibiting influence of the social environment on the individual.

The study of social-psychological, philosophical-pedagogical, religious-spiritual and other family problems is an important topic for society. In particular, the ancient sources of Zoroastrianism - "Avesta", thinkers of the second Renaissance - Abu Nasr Farabi, Abu Reyhan Beruni ("India", "Mineralogy"), Avicenna "Canons of Medical Science", "Tadbiri Manzil", Yusuf Khos Khozhiba "Kutadgu bilig" ", Alisher Navoiy "Mahbub-ul kulub" in the form of instructions reflected the role of the family in the development of a person's personality and society.

In Uzbekistan, for the first time, the scientific, practical and socio-psychological aspects of conducting psychological services in the education system were substantiated by Sh.R. Barotov. Scientists V.M.Karimova, G.B.Shoumarov, D.Sh.Barotova, Z.T.Nishonova, B.M.Umarov, Z.A.Rasulova, U.B.Shamsiev, U.D.Kodirov and others explored the problems of social relations associated with psychological services and focused on improving their methodology

Scientists from the countries of the Commonwealth of Independent States (CIS) G.M. Andreeva, V.V. Antipov, L.P. Bogdanova, A. Varga, I.F. Dementyeva, T.R. Kirimov, P.R. Novikov, E. G. Silyaeva, L. B. Schneider and others conducted research on issues of interpersonal relationships in the family, on the prevention and resolution of family conflicts, and developed criteria for providing psychological assistance to the family. In the field of family psychological services, it is advisable to note the scientific works of such researchers as M. Argoy, A.A. Bodalev, V.V. Stolin.

Scientists from far abroad such as A.Adams, B.Berg, S.T.Billingsley, F.Zimbardo, D.Jodelet, R.Chaldini, K.X.Kaufman, Z.Freyd, L.William and others have studied issues related to family and have reached a certain level scientific results in your field of research.

### **MAIN PART.**

Our study mainly used interview methods, a socio-psychological questionnaire, and psychological tests aimed at determining the system of family relationships.

This requires knowledge about objective and subjective family factors: types of families, the influence of the psychology of family members on interpersonal relationships, the basic conditions for preparing young people for life in a family, the age of marriage, premarital factors, the main functions of the family, motives for creating a family, emotional influence - the emotional state of a person on his behavior, observed in stressful, depressive, anxious states, the main criteria and requirements in interpersonal communication. Thus, knowledge of these factors in creating a healthy psychological environment in the family directly affects the effectiveness of providing psychological assistance and requires their study.

When providing psychological assistance, it is necessary, first of all, to have knowledge and skills in working with families and classifying families. Families are divided into the following types:

1. Complete, single-parent and reorganized (second marriage) families - based on completeness.

2. Nuclear (parent and child) and multigenerational families (two or more living generations together) - according to the number of generations living in the family.

3. Families without children, families with one and two children, families with more children - according to the number of children in the family.

4. Family of workers, employees, entrepreneurs, farmers, etc. - by social origin.

5. According to the level of marital satisfaction: with a low level of marital satisfaction, with a high level of marital satisfaction.

6. According to family management style - authoritarian, democratic, liberal and mixed family.

7. By nationality: international, families of the same nationality.

In modern conditions, all the above types of families need psychological assistance.

When providing psychological assistance to the family, the following tasks were mainly identified:

1. Identify the problem in the family and provide appropriate psychological support;

2. Help and give psychological advice to family members who find themselves in a problematic situation, based on their psychological capabilities;

3. Provide psychological assistance in resolving conflicts between spouses, relatives, brothers, sisters, relatives, parents and children;

4. Give the necessary advice on preventing divorces between spouses;

5. Bring a family member out of a severe psychological crisis;

6. Motivate and help people be satisfied with life, have fun, look into the future with confidence, feel happy;

8. Help prevent and get rid of bad habits.

Using a socio-psychological questionnaire compiled by us, we conducted surveys in 465 families in the city of Tashkent and the Andijan region. To the question "Do you know about the negative consequences of unregistered marriages?" 85.0% of respondents answered "positively", and many have already experienced these problems: 32.0% - problems of a psychological nature, 19.0% - when obtaining registration at their place of residence, 11.0% - when determining and receiving an inheritance, 12.0% - when determining rights to property, 19% encountered problems of irresponsibility on the part of a partner in family life and only 5.0% answered that there were no problems. The results obtained showed that 95.0% of respondents would like to live in a normal family, with a spouse responsible for the fate of children, without restrictions on the rights to property, property and to be confident in the future. One of the main reasons for living in an inferior marriage was that the partner is not divorced and is still in his first marriage (has a family). Some women noted that they could not divorce their first marriage due to the loss of contact with their husband, who is in labor migration.

To the question “Are there conflicts in your family?” only 17.0% of respondents answered that there are rarely quarrels, 76.0% - sometimes, and 7.0% - constant conflicts. That is, this situation is not only unfavorable from the point of view of legal problems, but is also a source of constant conflicts and an unfavorable psychological climate in the family, which primarily affects children.

**CONCLUSION AND RECOMMENDATION.** Thus, families need psychological help, in the sense that they must legitimize the marriage union, where social, psychological, and economic factors influence. Social factors include a low level of legal literacy, lack of knowledge about the true orders and norms of family relations according to Islamic family law, conditions of marriage, rights and obligations of the parties, conditions for divorce, etc.

In order to adequately manage interpersonal relationships and processes that determine the family environment, the provision of psychological services to family members, regardless of their age, gender, status in the family, leads to the reform of stress, conflict, anger, and resentment. It can happen in their character. This affects the stability of families.

1. The study has proven that the effectiveness of family psychological services is influenced by important psychological categories and factors: the social roles of a family member, the priority of instrumental and terminal values that influence the decision-making process in certain conflict situations.

2. Confirmed in all types of dysfunctional families, the effectiveness of psychological services can be ensured if the rules are followed: the need to pay attention to the cause and motive of the family problem, without judging, to understand each family member, to indicate the correct solution to the problem and to give appropriate advice.

3. It has been proven that in order to increase the efficiency of the family psychological service, it is necessary to conduct a detailed psychological diagnosis using a specially developed family psychological service card; it is important to teach the rules for using this tool to a psychologist or specialist working with families in mahallas.

4. It has been confirmed that in order to create a healthy psychological environment in the family, a psychologist must have the necessary communicative and psychological knowledge that ensures mutual trust, understanding, empathy, etc. when working with interpersonal relationships of the family.

When providing psychological assistance, it is advisable to carry out explanatory work and provide assistance to the family; it was necessary to give the following recommendations:

1. Promoting the development of good human relations between parents, other family members, adults and children in the family relationship system; explain that it is thanks to this quality that the virtues of respect, kindness and care arise and that these are important eternal values in the Uzbek family;

2. Conduct educational work among the adult and young population, to form in their thinking, consciousness, and spiritual world a sense of responsibility in the family for its material well-being, education and upbringing of children, a favorable psychological climate in the family, etc.;



3. Raise the level of family law;

4. Explain to families about the negative aspects of extramarital relationships, especially the impact of such relationships on the psychology of children, on their further development, socialization, etc.;

5. Introduce norms regulating relations between spouses, moral and legal responsibilities of husband and wife, parents and children.

6. Organization of special conversations and discussions on issues of family and interpersonal relationships and holding meetings with the participation of qualified specialists. Такой подход в проведении разъяснительных работ позволяет за короткое время передавать большой объем юридических и психологических знаний, позволяет закрепить полученные знания в жизни.

The result of such events can be an awareness of the meaning of life, one's strengths and weaknesses, opportunities and limitations in the future fate of the family. In conclusion, we can say that psychological service to the family is a promising area of psychological practice, an important direction in the work of family and marriage services. According to some data, as a result of psychological assistance, 2/3 of married couples improved their relationships, changed their decision to divorce, and began to approach their problems differently.

Thus, psychological services, especially psychological counseling, actually contribute to the general social task of strengthening families and family relationships.

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