



IMPROVING PSYCHOLOGICAL FOUNDATIONS OF ESTABLISHING RESPONSIBLE RELATIONSHIPS WITHIN FAMILIES IN YOUTH

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Annotation: *In this article, there are thoughts and opinions about improving the psychological foundations of forming responsible relationships with the family among young people. Family relationships form the cornerstone of society, providing emotional support, guidance, and stability¹. For young individuals, the psychological basis of forming responsible family relationships is crucial, as it shapes their future interactions and influences their overall well-being. In today's fast-paced world, where the dynamics of family life are constantly evolving, it is essential to focus on enhancing the psychological aspects of these relationships to ensure a stable and responsible family structure.*

Key words: *Strengthening, psychological foundations,*

¹ Akramova F.A. "Psychological recommendations for family life" T. "Sams ASA" 2002y.

CCLicense CC-BY-NC-SA 4.0	<i>responsible relationships, youth, forming, relationships, psychological basis, responsible behavior, emotional Intelligence, communication skills, empathy.</i>
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INTRODUCTION.

The family is a place of education where human qualities, virtues, and values, formed in every person from early childhood, are perfected. "All human qualities, such as honesty, truthfulness, honor, modesty, kindness, hard work, are first of all formed in the family." The first school of a child's formation is considered to be a set of mutual relations between parents. Especially in young families, it is observed in the processes of proper formation of the system of mutual relations by assuming parental responsibility².

A young family means, first of all, a family of young people whose husband and wife are not older than 30 or whose family marriage experience is not more than 10 years. The first approach, that is, it is more correct to give the status of the family, taking into account the passport age of the husband and wife, regardless of when they got married, of course, during this period, both the boy and the girl are literally older. will not have a working experience, and in many cases, a mother-woman will have a child during this period, and there is a high probability that she will remain a housewife.

If, according to the second approach, young families are classified according to the length of time they have lived in the family, it should be assumed that the average marriage age in one or another society increases or decreases. Because in some countries and in some national-cultural environments young people are encouraged to marry very early, in others, especially in recent years, on the contrary, in conditions where the main value is the professional qualification of young men and women, a person over 30 years old has started a family. or may still be single.

In general, when describing a young family in science, the following criteria are taken into account:

- very young family - up to 4 years from the time of marriage;
- young family - from 5 to 9 years;
- average family life span - from 10 to 19 years;
- long family life - a family of people who have been married for 20 years or more.

² Family Code of the Republic of Uzbekistan. Tashkent. "Justice" 1998.

According to many scientists, the time required for a young family to strengthen and stand on its feet, to independently solve various household problems, actually depends on the sincere relationship of two married people to each other, the family and its surroundings it is directly related to their harmonious views on values, their ability to apply in their own family what they have seen as an example in their parents' family³. But still, every family experiences difficulties in the period of youth, which manifests itself in the following circumstances:

- lack of time to ensure family life, work, study or solve other issues;
- having a good time, limited entertainment;
- physical exhaustion of both men and women in new conditions, nervous exhaustion;
- economic difficulties.

In young families, the relationship system plays a key role in preventing the occurrence of external influences in the family due to mutual understanding between the two young people. From the psychological point of view, the exchange of biological, psychological and social types of reunion is important in the relationships of young families.

Historical evidence shows that the culture of family relationships is a social reality that has developed in the eastern peoples since ancient times. During his 40-year career, Dr. Bowen developed a new theory and a new method of psychotherapy based on his theory. The main basis of Bowen's theory, which distinguishes it from the theory of traditional psychotherapy: the family is an emotional unit, and any change in the emotional activity of one member of the family emotional unit is expected and automatically compensated by changes in emotional activity⁴.

For Bowen, the basic unit of emotional activity was not the individual, as earlier traditional psychology thought. This principle has two important implications: 1) the emotional functioning of each family member plays an important role in the development of medical, psychiatric, or social illness in one family member, and 2) treatment need not be directed at the symptomatic individual.

Not being forced to seek treatment directly in a symptomatic person has created a new flexibility for difficult clinical situations—for example, a symptomatic person may refuse therapy or only go to therapy under family pressure. Therefore, if one member of the family can change his emotional functioning, if he exists and

³ Shoumarov G'. B. "Family psychology" 2000y.

⁴ Soginov N.A. "Some social-psychological aspects of generation formation" 2010.

is counted in the family, the whole family responds to that person's ability to change. improves its performance. This should help the testers to understand that "family therapy" necessarily means consultations with the whole family. In contrast, "family therapy" is counseling based on a mindset that conceptualizes interactions among family members.

On this basis, Bowen developed eight principles that reflect his theory: 1) identity differentiation, 2) triangulation, 3) nuclear family emotional process, 4) family projection process, 5) multigenerational transmission process, 6) sibling relationship. position, 7) emotional disconnection and 8) emotional processes in society.

Because traditional theoretical language did not adequately describe these observations, Bowen drew family diagrams. These diagrams or "family trees" proved to be invaluable because they 1) helped keep the players straight, 2) charted important family facts, 3) provided a clear gestalt of complex family patterns, and 4) helped the therapist and helped the client to hypothesize how the clinical problem was related to the family context and how the problem and context developed over time and 5) facilitated systems thinking for the therapist and patient. The practice of drawing family diagrams was developed by Monica McGoldrick in her publication *Genograms in Family Assessment* as a unique therapeutic tool⁵. Later, the genogram became a symbol of family systems theory². Based on the practical significance of the above scientific theories, the following tasks are interpreted as important, based on the organization of the relationship system in young families.

- Two young people respect each other
- The state of interdependence in the role of a couple
- Formation of a family system based on mutual understanding and support
- Forming relationships through proper understanding of parental and spousal responsibilities.

RESEARCH METHODOLOGY.

The psychological basis of forming responsible family relationships encompasses emotional intelligence, empathy, effective communication, and conflict resolution skills. Emotional intelligence enables individuals to recognize and manage their own emotions while understanding and responding to the emotions of others. Empathy allows one to connect emotionally with family members, fostering understanding and support⁶. Effective communication skills are

⁵ Karimova V.M., Akramova F.A. Psychology. Year: 2000

⁶ Karimova V.M. Social psychology and social practice. T.: 1999

vital for expressing thoughts and feelings clearly, while conflict resolution skills enable individuals to navigate disagreements constructively.

- **Parental Influence:** Parents serve as role models for children, shaping their attitudes and behaviors. A nurturing and supportive parental environment can significantly influence a child's ability to form responsible relationships later in life.
- **Peer Relationships:** Positive interactions with peers teach young individuals valuable social skills, empathy, and cooperation, which are essential for building responsible family relationships.
- **Media and Technology:** The media plays a significant role in shaping perceptions of relationships. Educating young people about healthy relationship dynamics and the impact of media portrayals is crucial.
- **Education and Awareness:** Comprehensive education programs that focus on emotional intelligence, communication, and conflict resolution can empower youth with the skills needed to form responsible family relationships.
- **Promoting Emotional Intelligence:** Educational curricula should incorporate emotional intelligence training, helping young individuals recognize, understand, and manage their emotions. This self-awareness forms the basis for empathetic connections with others.
- **Developing Communication Skills:** Schools and communities can organize workshops and seminars focusing on effective communication. Encouraging open dialogue at home also creates an atmosphere where children feel heard and understood.
- **Encouraging Empathy:** Empathy can be cultivated through community service and volunteer activities, enabling young people to connect with diverse individuals and understand different perspectives.
- **Media Literacy Programs:** Schools and parents can collaborate to create media literacy programs that teach critical thinking skills, enabling young individuals to analyze media portrayals of relationships and understand the difference between fiction and reality.
- **Parental Involvement:** Parents play a pivotal role in nurturing responsible family relationships. Parenting workshops and support groups can provide parents with tools and knowledge to create a supportive and understanding home environment.
- **Therapeutic Interventions:** For individuals facing challenges such as trauma or emotional issues, therapeutic interventions like counseling and therapy can provide a safe space to address underlying concerns, fostering healthier relationships.

- Promoting Positive Role Models: Communities can celebrate and highlight individuals and families exemplifying responsible relationships, offering inspiration and tangible examples for young people to follow⁷.

Improving the psychological basis of forming responsible family relationships in youth is a multifaceted endeavor that requires collaboration between parents, educators, communities, and society at large. By focusing on emotional intelligence, effective communication, empathy, and conflict resolution skills, we can empower young individuals to create stable, nurturing, and responsible family relationships. Through education, awareness, and support, we can pave the way for future generations to build strong and enduring family bonds, contributing to a healthier and more harmonious society.

The family unit serves as the cornerstone of society, providing love, support, and guidance to individuals. The attitudes young people develop towards family profoundly impact their relationships, societal contributions, and overall well-being. Understanding how these attitudes are formed is crucial in shaping responsible, empathetic, and nurturing family dynamics⁸.

From the moment of birth, children are immersed in a family environment, absorbing its values, traditions, and communication styles. The family acts as the first socializing agent, introducing children to concepts of love, respect, and cooperation. Positive early experiences create a foundation of trust and security, shaping a child's perception of the family as a safe haven.

Cultural norms and societal expectations play a pivotal role in shaping attitudes towards family. Different cultures emphasize varying aspects of family life, be it filial piety, individualism, or collectivism. Media, literature, and popular culture further reinforce these ideals, often portraying diverse family structures and dynamics. Consequently, young people are exposed to a myriad of family models, influencing their beliefs about what constitutes a 'normal' family.

Education acts as a catalyst in forming attitudes towards family. Comprehensive school curricula that include lessons on empathy, emotional intelligence, and conflict resolution provide young individuals with essential skills for building healthy family relationships. Sex education programs, emphasizing the responsibilities and challenges of family life, also contribute to shaping realistic expectations.

Peer interactions offer young people the opportunity to observe various family dynamics outside their own homes. Positive friendships can serve as a source of emotional support, teaching valuable lessons about cooperation, trust, and mutual

⁷ Karimova V.M., Akramova F.A. "Psychology". Part 2 Text of lectures. - Tashkent: TDIU, 2005.

⁸ Karimova V.M. Social psychology. Textbook.- 2007.

respect. Peer influence can either reinforce or challenge attitudes learned at home, encouraging critical thinking and self-reflection⁹.

Parents are the primary influencers in shaping attitudes towards family. Children observe how parents communicate, handle conflicts, and express love. Healthy parental relationships create a positive template for future relationships, instilling values of understanding, compromise, and emotional intimacy. Conversely, negative parental behaviors can lead to the normalization of unhealthy patterns, perpetuating dysfunction across generations.

Life experiences, including personal relationships, traumatic events, and exposure to diverse cultures, can profoundly impact attitudes towards family. Positive experiences foster a belief in the importance of family support, while negative experiences may lead to skepticism or apprehension. Consequently, individuals may seek to emulate or consciously avoid replicating specific familial behaviors.

The formation of young people's attitudes towards family is a complex interplay of early influences, societal factors, education, peer interactions, parental modeling, and personal experiences. As a society, it is our collective responsibility to nurture positive family values, emphasizing love, respect, and open communication. By providing young individuals with supportive environments, diverse perspectives, and education that promotes empathy and understanding, we empower them to cultivate responsible attitudes towards family. Ultimately, these attitudes not only shape the future of individual families but also contribute to the fabric of a compassionate and harmonious society.

Family responsibility is not just a commitment to one's immediate kin but a cornerstone of societal harmony. Instilling a sense of responsibility in young minds is essential for fostering strong family bonds and preparing future generations to contribute positively to society.

The foundation of family responsibility is laid within the family itself. Parents and guardians serve as primary role models. By demonstrating empathy, accountability, and active participation in family affairs, they provide young people with a living example of responsible behavior. Children learn from what they observe, making it imperative for adults to exhibit the values they wish to instill¹⁰.

Open communication within the family is vital for nurturing a sense of responsibility. Encouraging children to express their thoughts, concerns, and ideas

⁹ Akramova F. A., Abdullayeva R. M. Views of Eastern thinkers on family. T.: Shams, 2002. — 25 p. 11.

¹⁰ Akramova F. A., Abdullayeva R. M. Psychological tests for studying family life. T.: Shams, 2002. — 58 p.

fosters a sense of belonging. Through dialogue, young people learn the importance of actively engaging with family matters, making them feel valued and respected contributors to the family unit.

Assigning age-appropriate chores instills a sense of responsibility and accountability in young individuals. When children contribute to the household, they understand the effort it takes to maintain a home. This shared responsibility cultivates a sense of pride and ownership, teaching them the importance of actively participating in family life.

Empathy is the cornerstone of responsible family behavior. Teaching young people to understand the emotions and needs of family members helps them develop compassion and consideration. Engaging in discussions about the challenges faced by other family members cultivates empathy, encouraging a supportive environment where everyone feels understood and cared for.

Fostering family responsibility involves empowering young people with decision-making skills. Encourage them to participate in family discussions and decisions, allowing them to voice their opinions and learn about compromise and negotiation. In doing so, they understand the importance of responsible choices, which are fundamental to family harmony.

Family responsibility extends beyond one's immediate household to encompass extended family and diverse cultural backgrounds. Teaching young people to respect differences, whether they be in opinions, traditions, or beliefs, fosters inclusivity. Understanding and appreciating diverse viewpoints within the family unit create an atmosphere of acceptance, tolerance, and love¹¹.

LITERATURE ANALYSIS.

Engaging young people in community service and charitable activities broadens their perspective beyond the family circle. By actively participating in initiatives to help those less fortunate, they learn the value of giving back. This experience instills a sense of gratitude, empathy, and responsibility toward the broader community, reinforcing the importance of social responsibility.

Supporting academic and personal growth is a fundamental aspect of family responsibility. When young people are encouraged to pursue their interests and talents, they gain confidence and self-esteem. This support helps them recognize the value of their individual contributions, nurturing a sense of responsibility not only within the family but also in their future endeavors.

Cultivating family responsibility in the minds of young people is a multifaceted process that involves leading by example, fostering open communication, teaching empathy, and encouraging active participation in family and community life. By

¹¹ www.expert.psychology.ru

instilling these values, we empower the future generations to become responsible, compassionate, and socially aware individuals. As these young people grow into adults, they carry these lessons with them, enriching not only their families but also the broader society. By investing in the values of family responsibility, we pave the way for a more caring, empathetic, and harmonious future¹².

Psychology, the scientific study of the mind and behavior, is a multifaceted discipline that delves into the intricacies of human thought processes, emotions, and actions. Rooted in the exploration of why individuals behave the way they do, psychology encompasses various subfields, theories, and methodologies.

The origins of psychology can be traced back to ancient civilizations, where philosophers contemplated the nature of human consciousness. However, it officially emerged as a distinct scientific discipline in the late 19th century. Pioneers like Wilhelm Wundt established the first psychological laboratory, focusing on introspection to study mental processes. Over the years, psychology has evolved, incorporating diverse perspectives, including structuralism, functionalism, behaviorism, psychoanalysis, and humanistic psychology.

Biological psychology explores the connection between the brain, nervous system, and behavior. It investigates how biological factors influence emotions, perceptions, and actions. Topics such as neurobiology, genetics, and the brain's role in behavior fall under this category.

Cognitive psychology studies mental processes like perception, attention, memory, language, problem-solving, and decision-making. Researchers in this field examine how humans acquire, process, and store information, providing valuable insights into learning and human intelligence.

Social psychology focuses on how individuals are influenced by others and how they perceive, interpret, and react to social situations. Topics include social influence, group dynamics, prejudice, and interpersonal relationships, shedding light on the complexities of human social behavior.

Clinical psychology deals with the diagnosis and treatment of mental illnesses and emotional disorders¹³. Clinical psychologists employ various therapeutic approaches, including cognitive-behavioral therapy and psychoanalysis, to help individuals manage psychological distress and improve their well-being.

Developmental psychology examines human growth and change across the lifespan. Researchers in this field investigate physical, cognitive, emotional, and

¹² <https://avitsenna.uz/psixologiya-metodlari/>

¹³ <https://uz.wikipedia.org/wiki/Psixologiya>

social development from infancy to old age, identifying key milestones and factors influencing human development.

Behaviorism emphasizes observable behavior as the focus of psychological study. It asserts that behavior is learned through environmental stimuli and responses, advocating for the importance of studying measurable actions to understand human conduct.

Developed by Sigmund Freud, psychoanalytic theory explores the influence of unconscious thoughts, desires, and childhood experiences on behavior. Freud's theories laid the foundation for understanding the complexities of human motivation and the subconscious mind.

Humanistic psychology emphasizes individual potential, self-actualization, and personal growth. It highlights the importance of subjective experiences and the pursuit of meaning and fulfillment in life, focusing on the inherent goodness and potential for positive change within individuals.

Psychologists employ a variety of research methods to study human behavior and mental processes. These methods include experiments, surveys, case studies, longitudinal studies, and observational research. Each method offers unique insights, enabling researchers to explore different aspects of the human mind and behavior systematically.

Psychology finds applications in various fields, including education, healthcare, business, sports, and law. Educational psychologists help improve learning environments and enhance teaching methods¹⁴. Clinical psychologists assist individuals dealing with mental health issues, while sports psychologists work with athletes to optimize performance and mental well-being. Industrial-organizational psychologists enhance workplace productivity and employee satisfaction, showcasing the diverse practical applications of psychological principles.

Ethical guidelines form an essential component of psychological research and practice. Psychologists adhere to strict ethical standards, ensuring the well-being, confidentiality, and informed consent of research participants. Ethical considerations also encompass issues related to cultural sensitivity, diversity, and the responsible use of psychological knowledge to promote positive social change.

The basics of psychology encompass a wide array of topics, from understanding the intricacies of the human brain to exploring the complexities of social interactions and emotions. As a dynamic and evolving field, psychology continues to unravel the mysteries of human behavior, shaping our understanding of the mind and providing valuable insights into the human experience. Through rigorous

¹⁴ <https://shifo.uz/article/psixologiya-haqida>

research, diverse methodologies, and ethical practices, psychologists contribute not only to academic knowledge but also to practical applications that enhance individual well-being and societal progress. Studying the basics of psychology not only enriches our understanding of ourselves and others but also serves as a foundation for addressing complex societal challenges and promoting mental health and overall human flourishing.

ANALYSIS AND RESULTS.

Psychology is a mental world that combines many sciences, which can be a bridge between life and imagination, and which always attracts humanity with new innovations. We all know that its branches and departments are different. Among these, the study of youth psychology has always been in focus. Young people are the owners not only of the future, but also of today. There are many young Uzbeks who are inspiring their peers with their success in various fields. It seems that this is the result of the search at a young age, the support of parents and teachers, and the diamond shines brightly from under the water¹⁵.

When a child comes into the world, his parents become a butterfly until he becomes an adult, teaching him what to do when faced with all the complex laws of nature and society, starting with independent movement, walking, reading, writing. We all know that the first society of mankind, built on the basis of love, respect and trust, is his family. The family is the center of education that ensures the eternity of life, the health and continuity of generations, leaves our national traditions and customs to future generations, and at the same time influences how the next generation will grow up. In the era of modern information and communication development, while preparing young people for society as independent individuals, it is an important aspect that is required from modern parents of modern children to ensure that they have their own opinion, views, and say their own words. .

The family is the first link of society, because building a family and strengthening it is the main criterion for the continuity of society. Turkish scholar Yusuf Tovashi's collection "Treasure of Proverbs" states that "According to the law given by God, every girl who steps into life needs a husband, and every man needs a woman. Men are made for women and women are made for men. As long as there is life, no one can break this law".

When the children grow up, one of the main tasks of the parents is to watch them for a big life, that is, to turn them into owners and owners of the fortress called family. There are specific written and unwritten rules for this. The so-called family is a sacred space, "the strength of the family castle depends on the

¹⁵ www.Ziyouz.com

characteristics of the pre-marriage factors that are the foundation of this castle, and how well they are placed. If this foundation is mature and solid, the building built on it will be beautiful, comfortable, and will provide comfort, peace, peace, and happiness to its residents¹⁶.

In the psychological literature dedicated to the social and psychological problems of the modern family, different forms and manifestations of pre-marital factors are distinguished. When marriage is called maturity, it is possible to distinguish the sexual, legal, professional, socio-economic, spiritual and moral maturity of young people who start a family. If there are many data-given aspects, the economic, spiritual-ethical, psychological aspects are a bit more complicated and are characterized by the fact that they do not have a fixed indicator. Among these, we can count the motivations of building a family based on love, material interest and stereotyping. According to many young people, building a family based on love is the most reliable and solid foundation that ensures the strength of marriage. Indeed, the place of love in family stability is incomparable. As Z. Freud said: "Love is the force that has pulled humanity out of the animal world. All great miracles created by man are due to love".

Conclusion: There is no definite term in psychology, it depends on the way each young person thinks and understands each other. We know that according to the "Family Code", a period of one month (33 days) is given after applying for marriage. Therefore, if they change their mind during this period, their request will not be accepted and the marriage will not be registered. In the "Family Code", 18 years for men and 17 years for women, but the level of readiness for a family in all aspects is determined between 20-24 years of age.

Every young person on the threshold of life needs to know and learn these things. Young people have different views about family. By absorbing different ideas and concepts from their friends, acquaintances, and relatives, young people who are on the threshold of a big life get fear and excitement in their minds. To look at as and call the period until the fulfillment of this obligation as a family is a concept that has settled in the minds of some young people.

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