

## ENTOPSYCHOLOGICAL FEATURES OF THE EFFECT OF STRESSFUL SITUATIONS IN FAMILY RELATIONSHIPS

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Psychology by Type of Activity

### ABSTRACT

This article reflects on their stressful state in family relationships.

**Keywords:** Family relations, husband, wife, child care, stress, socio-psychological, psychological foundations.

The problems of the Uzbek family should be viewed not only as a function of social institutions, but also as a focus of education for the family. The emergence in society of a demand for the education of Family Psychology, which is considered a branch of social psychology as a specialist who solves socio-psychological issues related to the problems of family stabilization, helps the individual in the process of its strengthening, also affects today's upbringing. The process of studying the psychological foundations of socio-psychological factors aimed at creating a system of effective methods of education for the population layer not already covered by education and ensuring family strength, the practical foundations of socio-psychological factors for ensuring family stability, the development of psychological tips aimed at ensuring family stability directly goes back to the social psychological factors. Stressful situations in family and family relationships present some difficulties in expressing the scientific study of the Universal worldview of an individual in accordance with the laws of his development in society. The development of the family is associated with the material production and spiritual life of society. The fact that the change in family forms is associated with changes in the spirituality of material production at all historical stages, from the time of primitive society, has been widely analyzed in the scientific literature.

But the change in the material life conditions of society, the family, does not lead to spiritual maturation in itself. If a person who is culturally impoverished becomes rich, he will not suddenly rise to the level of spiritual maturity. Educators-scientists research the educational aspects of this topic, paying special attention to the place of the family in the upbringing of the individual, highlighting the aspect of family education as part of general education; psychologist scientists approach family and family relations ethno-psychologically. Ethnographer-historians have also touched on issues related to the origin of the family and the formation of the culture of family relations, studying the influence of family traditions, traditions, rituals on the upbringing of young people.

Our philosopher scientists, relying on the general axiological law on the interaction of the individual and society in revealing the essence of the issue, have put among themselves the theoretical concept that the individual consists of a set of social relations. And from the same concept, it is natural to derive another theoretical conclusion that the upbringing of a child in a family is of a social nature. Cultural scientists are analyzing the influence of the culture of family relations on the upbringing of the younger generation.

It should be noted that the works of Central Asian thinkers and enlighteners Farabi, Beruniy, Ibn Sina, Yusuf Khos Khojib, Kaykovus, Devani, Alisher Navoi, Babur, Munis Khwarazmi, Bedil, Behbudiy, Abdullah Avloni, Qori Niyazi, Chulpan, Fitrat and others have valuable views on family and family relations. In many of them, the views on this issue are reduced to a certain order and elevated to the level of doctrine. In particular, Abu Ali ibn Sina's works "Ethics", "Family economy", Alisher Navoi's "Hayrat-ul abror" and "Mahbub-ul qulub" looked at the family with special attention and saw it as the main space in human maturation.

One of the founders of the Enlightenment movement of the beginning of the 20th century, Fitrat's "the family", described how it is possible to properly build a family foundation, get rid of this stagnation by giving physical, mental and moral education to the younger generation in the family, to reform society. "The fate of a nation depends on the state of the family in which the representatives of this nation lived... wherever the attitude of the family relies on strong discipline, the more powerful and orderly the country and the nation will be.

The competence of the culture of interaction in the family also occupies a special place in the philosophy of mysticism. In the histories of Ahmad Yassawi, Bahawuddin Naqshband, Najmiddin Kubro, who are major representatives of this philosophy, we see that the role of father and mother interaction in child maturation, the topic of children's attitude towards parents is highlighted.

Al-Bukhari, one of the great scribes, also paid great attention to the subject in the Hadith collections of the AT-Termisians. The post-Qur'anic religious source is the Hadith in which our Prophet, Muhammad (P.1963-1963), was born. a.v.) they said: "it is up to the parents to please God and the wrath of God is also up to the wrath of the parents" (Imam Bukhari narrative).

In fact, it is the duty of the child to the parents, not to hurt the parents, not to ruin their heart, to be in a polite conversation, to cheer up, to do what they say on time.

F. issues of legal regulation of family-marriage relations during Independence. Otakhojayev, historical foundations of the spirituality of Uzbek families, spiritual psyche, traditions, problems of raising children from the point of view of the ideology of independence O. Safarov, M. If the Mahmudovs analyze, the role of the family in society, family upbringing, the role of family members in the family, the pedagogical point of view of the issues of national and Universal upbringing in the family O. Musurmanova, the essence of the family, the responsibility of parents in raising children, some of our national religious traditions regarding the duty to have children E. Yusupov, M. issues related to the preparation of young people for family life. The Khalmatovas analyzed.

There are distinctive features of the division of family types according to their demographic, social structures, as well as its influence on the culture of family relations. Most of the families available in our country are full families. A full family refers to a family consisting of parents and children. This is a characteristic of a typical family. Such families, in turn, are divided into patriarchal, nuclear, mesalians. Another feature of Uzbekistan is that now the large patriarchal family farm in Uzbek families is also preserved. In this, 2-3 generations of farms are common, the property of the family, which is considered the basis of their economic unity, will be only in the hands of the head of the family, and everyone will paint over it. This is why the relationship of blood – breeding is continuing. This includes the marriage of close relatives.

In a comparative analysis of the characteristics of eastern and Western families, the characteristic of OVRO – families is explained by the prevalence of free living without marriage, an increase in divorces, a decrease in fertility. Some Western scholars believe that marriage is a complete loss and that marriage restricts one's freedom, something contrary to human nature. Of course, this is wrong and contradicts the progress of mankind.

The second characteristic characteristic of modern families is their nuclearity (derived from the word nuclear – Latin, whose lexical meaning is “nucleus”. Consisting of a couple and children). The family is now increasingly influenced by Western civilization. In such families, because the mother-in-law and the bride or brides lived separately, a conflict relationship was obtained between them, in the way of life they would have a more valuable, more affectionate cultural relationship with each other. This is the positive side of the issue and leads to the formation of a universal worldview of the individual in family relationships. Living separately from the parents, the bride and groom learn to live an unsustainable life, plan the economy of the family, raise children independently. In the case of family issues such as rest, efficient use of free time, nuclear families gain freedom.

- The third characteristic characteristic of modern families is the increase in mesalians. (“Mezalyans ” is a French word for families with a large discrepancy between the social, cultural and economic positions of the couple). ” Mezalyans ” can be understood, for example, marriages between townspeople and villagers, intellectuals with workers-farmers, ranchers and people of different nationalities. The increase in the number of Mezalyans families is also a hereditary social positive.

- In Oriental Education, we should pay special attention to sexual education when parents ensure family happiness and prepare young people for the family. The famous philosopher Z. Freud taught that a family is built not only to live together, but also to live a full-fledged life, to satisfy a human need.

- When deciding on a healthy environment in the family in every possible way, we can approach the following social pedagogical-psychological, spiritual-cultural criteria as a recommendation: to achieve the formation of a positive attitude of young people towards sports, including family sports;

- rational organization of vital activity in children and the achievement of the formation of reproductive culture;

- Study and widely promote the specific traditions and values of our people as the main factor in a healthy lifestyle in the family;

- Increase the responsibility, capacity, literacy, pedagogical and psychological competence of parents on the upbringing of children, ensure the unity of family and social education;

- Raising a spiritually and physically mature generation in the family, preparing young people for the construction of family life, arming themselves with modern professional secrets;

- Achieve the formation of a universal worldview of children in family relationships.

In conclusion, the family is entrusted with a huge and necessary social mission. Raising a child is revealed to be the hardest social task. A personal and positive example of a father and mother is a pledge for the maturation of righteous and righteous children. And when the threshold is stepped into the outside world, the influence of the environment and the public on the child becomes noticeable. Educational institutions and neighborhood, in general, the environment of



the social sphere haunts the human child until the last moment of his life. Therefore, the achievement of the formation of a universal worldview of a person in family relations is important not only in personal life, but also in the spiritual and spiritual improvement of society, the socio-economic changes taking place in our country and their progress.

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