

## PREPARE YOUNG MEN FOR FAMILY LIFE SCIENTIFIC AND THEORETICAL FOUNDATIONS

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Ahmadaliyev. Kh. U. Scientific and theoretical foundations of preparing young men for family life. The article analyzes the scientific research of pedagogues and psychologists on the issues of preparing young people for independent life. Also, the specific pedagogical and psychological conditions of preparing teenage boys for family life were discussed. Key words and concepts: adolescent, independent life, family life, social factors, biological factors, spiritual factors, pedagogical and psychological rules.

Ахмадалиев.Х.У Научно-теоретические основы подготовки юношей к семейной жизни. В статье анализируется ряд научных исследований, проведённых педагогами и психологами по вопросу подготовки молодёжи к самостоятельной жизни. Также раскрыты педагогические и психологические условия подготовки подростков к самостоятельной жизни. Ключевые слова и понятия: подросток, независимая жизнь, семейная жизнь, социальный фактор, биологический фактор, духовный фактор, педагогические-психологические правила.

As soon as a child is born, its upbringing, social and spiritual protection is an important task facing all institutions of society.

In this regard, the educational system has an important responsibility, and fundamental reforms are being implemented to implement it. In our country, special State programs are adopted every year with a certain name. These programs are gaining importance in the education of the young generation. For example, in the Resolution No. PQ-2487 of the President of the Republic of Uzbekistan dated February 9, 2016 "On the State Program for the Year of a Healthy Mother and Child": to radically increase the level of education, to ensure the high quality of primary education with the wide implementation of advanced pedagogy and information communication technologies, and to carry out measures to widely promote a healthy lifestyle.

Indeed, it is an important task of every teacher and the public to give young people excellent knowledge based on the application of modern methods of pedagogy and psychology, to form free thinking in them, and to prepare them for an independent life based on our traditions and customs.

The interpretation of the scientific works of scientists on the process of preparing teenagers for independent life in the continuous education system and the research conducted in this regard are the current issues of the day.

It is desirable to determine the content, effective forms and methods of preparing teenagers for independent life in the course of lessons and extracurricular activities in general secondary schools, and to create a comprehensive model. Several studies have been conducted to determine the pedagogical conditions of school, family and community cooperation in preparing young men for independent life. Since 2007, research works have been selected in the schools of the Republic of Karakalpakstan based on the principle of voluntariness. Research results and scientific conclusions were tested on the basis of experimental work organized in general

education schools of the Republic of Karakalpakstan. Teachers of a number of subjects taught in upper grades, deputy principals for spiritual and educational work, class leaders, and parents participated in the research. At the same time, the priority ideas of the research are being used in this educational system to prepare young men for independent life.

In our country, a number of pedagogues have also conducted research on the issues of preparing young people and teenagers for family life. We will mention some aspects of the problem of preparing the young generation for independent life of some pedagogues. In her scientific work, O. Musurmonova paid special attention to the issues of educating high school students in general secondary schools based on the age-old traditions, customs, language, religion, and spirit of our people, in the spirit of faith in the future, kindness, patience, justice, enlightenment, humanity, and hard work. The scientist researched the problem of spiritual culture not only as a philosophical, but also a pedagogical problem in order to inculcate these high moral and spiritual values into the minds of students-young people, and based on the sources of influence, he studied the pedagogical foundations of forming the spiritual culture of students, including teenagers<sup>1</sup>.

Agreeing with the opinion of the author-scientist, we should educate teenagers in the spirit of kindness, patience and hard work, relying on the traditions of our people to prepare them for an independent life. It is appropriate to prepare young men for independent life not only from the upper class, but also from a young age in the family. School, family and community cooperation are important in preparing young men for independent life.

According to the scientific conclusion of M.Abdullaeva, on the basis of preparation for family life, teenagers should be formed as loyal, well-rounded, active participants of the society, and foreign ideological aggressions in our country should not affect teenagers.

Adolescence is characterized by dramatic changes in children's behavior, which can be easily observed by observing each child from the outside.

Based on the opinions of psychologists, it should be noted that there are two types of educational influence on the formation of the adolescent personality, that is, social and biological factors. Social factors include: transition to general secondary school and related changes in educational activities, communication with students and teachers; as a result of doing more independent and practical work, the child's place in the family also changes; as their physical and mental capabilities grow, they begin to trust him more. Biological factors include: the onset of puberty, as well as the physical development of all organs.

Paying attention to gender character, family types, parents' social origin in the education of teenagers acquires a historical character. In particular, the role of the mother in the education of a girl child, and the role of the father in the education of a boy should be in the leading position. Despite the fact that according to the Constitution of the Republic of Uzbekistan, men and women have equal rights, there is a difference between them in gender characteristics, duties in the family, society, and professional relations. It is scientifically interpreted in the directions of masculinism and feminism in Western philosophy. Masculinism is characterized by strong, willful, determined, striving to show power, risk-taking, and strict characteristics of

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<sup>1</sup> Collection of legal documents of the Republic of Uzbekistan.

- T. : "Adolat", 2016. - Issue 7, Article 62. -4-p.

men, while feminism summarizes the characteristics of submissiveness, obedience, sensitivity, empathy, and concern characteristic of women<sup>2</sup>.

According to the author, it is necessary to take into account moral, spiritual and psychological characteristics when preparing teenagers for independent life. At this point:

- role and position of father or mother in the family;
- family members' trust and love for the girl or boy;
- attitude of friends to a teenager;
- friends and place in the class community;
- what kind of family the boy is growing up in (full, incomplete, peaceful, restless, entrepreneurial, intellectual, multinational and other families);
- adolescent's ability, inclination, interest, desire, study, responsible attitude to his duties and tasks;
- the role of the family in the society where the teenager is growing up plays an important role.

Pedagogical scientist Yu. Shaamirova researches the problem of national-spiritual upbringing of teenagers in dysfunctional families, and puts forward such scientific ideas: first, in the family, a girl is prepared for motherhood by her mother, and a son is prepared for fatherhood by the example of his father. This determines the spiritual atmosphere of the new family, the content of spiritual education. Secondly, the absence of a father or a mother in the family causes a number of moral problems in the future. These are: - in a son who grew up without a mother: rudeness, rudeness, inability to deal with women, inability to express affection, inability to sympathize, etc.; - in a girl who grew up without a mother: in the imperfection of such qualities as tenderness, sympathy, docility, ability to manage a living, femininity; - in a son who grew up without a father: in the appearance of vices such as arrogance, gossip, hypocrisy, pettiness, inability to do big things, instability; - a girl who grew up without a father will have the following defects: weakness, inability to communicate with boys and men in general, inhumanity, fear, cowardice, inability to take responsibility. And this is manifested not only in the wrong family, but also in their future families, and it also causes moral damage to their future children to a certain extent.<sup>3</sup>

According to the author, not only the influence of the father, but also the influence of the grandfather, brother, uncle, uncle, and even the neighboring men in the family are not lacking in the upbringing of a teenage boy. A teenager tries to get a certain character trait from each of them. He expects his behavior to be approved by them. Preparing young men for independent life is a component of giving birth and raising a healthy generation, which is primarily based on the formation of a healthy lifestyle. F. Khidirova's preparation of boys and girls for family life is determined by the following criteria: marriage and family relations, organization of family life, household management, organization of communication between family members, cooking various dishes and pastries, waiting for guests, sewing, to take care of the health of family members, to have enough information about the rules of personal hygiene, to maintain personal hygiene, to understand the essence of biological union, the negative effects of irregular intimate relationships on the human body, various sexually transmitted diseases, as well as

<sup>2</sup> Musurmonova O. Forming the spiritual culture of students. - T.: "Science", 1993. - 113 p.

<sup>3</sup> Shaamirova Yu.K. National-spiritual upbringing of teenagers in dysfunctional families. Ped. science. name ... diss. - T.: 2006. - p.89-90.



factors that cause infertility, the origin of these diseases It consists of acquiring theoretical and practical knowledge on issues such as prevention, raising children, creating a family budget, and using it wisely and appropriately<sup>4</sup>.

During the transition to adolescence, negative symptoms also occur, especially in the behavior of boys. For example, habits such as stubbornness, stubbornness, not admitting one's own shortcomings, not doing what the teacher says on time, create a lot of difficulties for the teacher. A teacher should use his pedagogic skills to prevent adolescent boys from falling into bad ways. Therefore, the pedagogue should not only assess the student's behavior and morals, but also know the psychological reasons.

The fact that a child is diligent and cheerful from a young age depends on education. Every parent wants their son to grow up to be strong, strong-willed, intelligent and capable. If a boy is told "what can you do, you are still young, don't interfere", this will kill the child's aspirations and interest. This is definitely wrong. The reason is that the child begins to express his opinion, wants to show himself, and hopes for the future and goals are born in him.

And for this, there should be such an environment that the relationship in it should clearly show that the teenager has become independent.

In order to develop such qualities in boys, the teacher should be more involved with boys. The teacher should look for ways to raise the image of the student in front of the general school community, taking into account that it is important to teach the child to self-esteem at this age. For this purpose, the teacher informs many of the child's achievements in one or another field, works wisely to eliminate some of his mistakes and shortcomings, does not immediately reveal them to the public, talks with the teenager and shows in practice that he believes in his strength, knowledge and capabilities. A teenager who feels the need for such support is involuntarily influenced by the teacher, because the teacher becomes the person the teenager needs to build relationships.

At this time, the teacher should involve the teenage boys in activities outside the classroom. It should be important for teenagers to participate in club activities based on their interests. The reason is that, as we mentioned above, boys of this age are curious. Some of them are interested in the secret of carving and painting, some may be interested in studying economics and technology. Also, it is the demand of the time to have an understanding of the secrets of modern professions, to prepare them for an independent life, to form a culture of healthy living, and to strengthen reproductive health. It is necessary that the activities of the club, economic and polytechnic knowledge, be in accordance with the age and intellectual characteristics of the students, and be compatible with the general educational process. It will be effective if teachers organize educational work in the form of games, trainings and questions to further increase the interest of each student. Especially young men, if they can show their abilities in sports, crafts and knowledge from a young age, they will become citizens who will serve to raise the honor of our Motherland to greater heights in the future.

Thus, in preparing teenage boys for independent life:

- adherence to psychological and pedagogical principles, conditions, factors, laws;

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<sup>4</sup> Khidirova F.F. Pedagogical conditions for preparing girls for independent family life in the family. Ped. science. name ... diss. - T., 2007. - p. 131

- organization of preparation for independent life taking into account psychological, physical and medical aspects of teenage boys;
- reliance on best practices and theoretical ideas advanced in world science in preparing teenagers for independent life;
- increase the medical, psychological and pedagogical knowledge of parents and the general public on this issue;
- it is important to prepare and publish scientific and popular literature on preparing teenagers, including young men, for independent life, and to ensure that they penetrate into every family, and to organize special columns in the mass media. The issue of educating the young generation in a comprehensive manner has been in the focus of attention of scientists in various fields. In particular, psychologists M.G. Davletshin, David G. Myers, E. Goziev, V. Karimova conducted research on the problems of mental, moral and physical development of adolescents, taking into account the age and specific characteristics of children in their research work. In particular, the psychologist M.G. Davletshin in his researches puts forward the idea that "students' desire to know what they are interested in makes them read more, thereby expanding the range of knowledge that students activate and grow their abilities, thus preparing them for life." According to the scientist's scientific conclusion, interests determine the characteristics of students' character and shape the personality of a teenager<sup>5</sup>.

According to psychologist David Myers, not only the capabilities of the educational institution, but also the support of their parents are needed to educate students. It shapes the way students view their interests, sometimes we see them showing opposition to their parents. They want to have their place in the social environment<sup>6</sup>

According to the author, the child occupies a special place in the system of human relations, and his parents, relatives, and those around him treat him not as a young child, but as a separate person who has his own tasks and obligations and can be respected according to the results of his activities. As a result, it can be seen that the child begins to understand his place in his family, class and other communities.

In the research of E. Goziev, the specific features of the psychology of youth periods, the problems of age stages and gender differences, the formation of the personality in adolescence, their biological growth, the mental maturity of the adolescent, and the ways of educating teenagers with difficulty in education are highlighted.<sup>7</sup>

In the opinion of the author, it is necessary to take into account not only the level of development of a teenager at this age, but also the possibilities of influencing this process. After all, a number of tasks are set before a person at each age stage, and their solution is related to the development of the adolescent personality. An approach to child education taking into account age and gender characteristics is important in the development of physiological, psychological and pedagogical aspects. Adolescent boys are physically mature by the time they reach puberty, but they are still mentally immature.

<sup>5</sup> Davletshin M.G. Psychology tekhnicheskikh knobottey shkolnikov: - Autoref. diss. ... doc. ped. science - T.: 1971. -S. 34.

<sup>6</sup> David G. Myers. Psychology. © 2010 by Worth Publishers 205 pages.

<sup>7</sup> Goziev E. Psychology. Psychology of youth. - T.: "Teacher", 1994. - p. 223.

According to V. Karimova, the formation of family and social ideas in children and young people, the main changes in society, the environment in which a child is brought up, the accepted values, customs, traditions, and the uniqueness of family interactions in this environment make educational work more effective.<sup>8</sup>

According to the author, the effectiveness of preparing teenagers for an independent life requires following a number of psychological and pedagogical rules: in preparing teenagers for an independent life, taking into account their age, personality, sexual characteristics, treating them individually when organizing educational work; on the basis of pedagogic-psychological diagnosis of teenagers, it is necessary to organize educational work with them. Creating a psychodiagnostic program; taking into account the appropriateness of educational activities conducted with adolescent boys, their age, worldview, aptitude, ability and interest; the vitality, interest of the natural activity conducted with the teenage boy, compatibility with the life position of the teenager; ensuring the cooperation of educational institutions and civil society institutions in organizing an educational event with a teenager; to rely on the "I" position characteristic of them in preparing a young man for an independent life; it is desirable to achieve the modernity, interestingness, and vitality of the information coverage of the selected forms and methods of educational work.

In short, the effectiveness of preparing teenage boys for an independent life is determined by following psychological and pedagogical rules. That is: - taking into account their age, personal and sexual characteristics in preparing teenagers for independent life, treating them individually in organizing educational work; - on the basis of pedagogical-psychological diagnosis of teenagers, organization of educational work with them. To do this, create a psychodiagnostic program; - taking into account the appropriateness of the educational activities conducted with teenage boys according to their age, worldview, aptitude, ability and interest; - vitality, interestingness of the educational activity conducted with the adolescent boy, compatibility with the life position of the adolescent; - ensuring the cooperation of educational institutions and civil society institutions in organizing an educational event with teenagers; - to rely on the position of "I" characteristic of them in preparing a young man for an independent life; - it is desirable to achieve the modernity, interestingness, and vitality of the information coverage of the selected forms and methods of educational work.

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