



TAKING INTO ACCOUNT THAT ONE OF THE FACTORS IN PREPARING YOUNG WOMEN FOR FAMILY LIFE IS MARRIAGE, WHICH HAS AN IMPACT ON THE STRENGTH AND STABILITY OF A FAMILY'S LIFE

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**First, the thread is attached to the needle,
Even if it reaches the star, it will remain a slave to this wall.**

(Mirzo Bedil)

Annotation: The article discusses the importance of preparing young women for family life through marriage and the factors contributing to the strength and stability of a family. It highlights various aspects such as physical, sexual, legal, economic, moral-ethical, psychological readiness of youth for family life and emphasizes the significance of their contribution to the well-being of the family.

Key words: Family, motives for marriage, readiness for family life, sexual, economic, physiological, social philosophical, psychological, citizenship, legal readiness, family fortress, concept of readiness for marriage, memory preservation, peace and comfort, indicators of maturity.

It is known that the family is considered the primary cell of society. If a family is peaceful, pure and clean, society will also be simple, strong and prosperous. Conversely, if there is discord and conflict in families, if there is no clear distinction between permissible and forbidden things, then that society will be corrupted, family ties will be broken, and ultimately it will lead to deep conflict. Therefore, from ancient times every society has paid great attention to the issue of family and has considered all possible measures for the strength and prosperity of families. Indeed, the very nature of human beings requires this.(1)

In a sacred place called "family palace," the strength of the "family castle" depends on the walls surrounding it, which are the foundation of a successful and secure marriage. If these walls are solid and strong, the building constructed upon them will also appear strong, cozy, and provide comfort, peace, tranquility, and happiness to its inhabitants. Just like a house or castle cannot exist without walls, your family's unique characteristics play a crucial role in its appearance and structure. These characteristics are based on factors that facilitate the emergence and construction of the family. If these factors lead to the appearance of a family with ease and grace, it will be pleasant and comfortable for its residents. However, if these factors result in an unstable or weak structure, then there is always a risk of collapse or disruption in the future. Moreover, what exactly do these family characteristics entail? When discussing family characteristics, it is essential to emphasize that family characteristics comprise a diverse set of social, economic, biological, physiological, moral, ethical factors that have integrated various complex elements that determine how well young families adapt to their new familial life. The concept of suitability for marriage is also inherently complex and relative. This is because humans are constantly evolving and progressing in their professional activities or spiritual and moral development towards new horizons. Therefore if one talks about someone's "full readiness" for marriage or any particular activity it means that they have reached a certain limit or boundary from which further development may not be possible. From



this perspective "readiness" is an indicator that specifies certain qualitative and quantitative characteristics of achieving a certain stage or phase; it serves as an index defining the quality and quantity parameters of reaching certain stages.

The issue of young people's readiness for marriage and family life is even more complex due to its individualistic nature where there is no definitive answer with absolute certainty. It illustrates that reaching maturity in relation to marriage – being able to fully develop - hinges on individual qualities that are constantly evolving with specific dynamics within different stages in life. The complexity lies in providing clear evidence for how young people's unique family traits have presented challenges from time immemorial till now. Present-day literature focusing on psychological issues related to family life often highlights various forms and manifestations of family characteristics as they differ from one another.

Family characteristics can be understood as essential components that define every aspect of marital relationships: trustworthiness; communication skills; problem-solving abilities; emotional intelligence etc., they shape how individuals perceive themselves within their families as well as how they interact with others outside their home environment.

The article discusses the factors influencing the marriage readiness of young people who are forming families. These factors include aspects such as physical, legal, economic, moral-ethical, and psychological aspects of readiness for marriage. Each individual may have different characteristics in these areas, with some indicators being more clearly defined than others. For instance, legal and sexual indicators of readiness for marriage are often clearly defined in various legal, medical, and psychological literature, while economic, moral-ethical, and psychological aspects are more complex and not as easily quantifiable.

As children grow up and develop both physically and emotionally, they begin to experience various interests that play a role in shaping their personal behavior. These interests are often manifested in different psychological and social forms as they go through different stages of development. The emergence of sexual desires and needs is a unique stage that marks the beginning of biological maturation. These desires play a significant role in the development of a person's psyche, shaping their identity and influencing other aspects of their life activities.

Issues related to sexual relationships are very delicate matters that often lead to misunderstandings such as "deception" or "childish behavior". Some parents and educators even emphasize the importance of providing sexual education in schools by stating that all necessary information on sexual education is covered in biology courses. They also highlight examples where parents have lived without such knowledge about sexual conduct. However, such points overlook the requirements for today's youth regarding marital-family relations and duties within contemporary family structures. It is through these means that delicate yet essential issues related to sexual education can be overlooked amidst all sanitary-hygienic educational information. This could lead to millions of adolescents entering puberty unprepared and potentially facing irreparable consequences later on in life due to mistakes made out of ignorance. Negligible fears or hidden temptations may result in various mental disorders or physiological disruptions among adolescents. All these issues stem from a lack of proper sanitary-hygienic training coupled with a lack of sexual education.

In our society especially, this issue becomes particularly relevant as it can lead to serious consequences if not addressed properly. The subject of sexual education is often treated lightly or ignored entirely without causing any inconvenience or difficulty for any age group or easily



adaptable for each individual or very personal basis amid greater intimacy especially between individuals among many children without discussion.

Such observations have led many countries, particularly former Soviet republics, to remove materials related to sexual education from school curricula due to objections based on outdated norms connected with intimate relations among individuals within cultural contexts that cannot be easily adapted for each age group or altogether avoided discussion amongst majority groups especially children. In this regard educating oneself about relevant sanitary-hygienic information concerning human activity today is consistent with virological hygiene regulations.

In modern society, knowledge about the psychology of sexual life has become extremely important. Various specialists have analyzed the information given on complex relationships and revealed that in every fourth divorced couple (29%), sexual incompatibility or disruption of such nature (sexual mismatch) may be the reason. Of course, feelings of mutual love, trust, respect, curiosity, and overall affection emerge quickly and are crucial for couples who have recently formed a family due to the complexity of these sciences in the field of sexual psychology. However, providing assistance from these sciences alone may not be enough to help newly formed families bond in a short period of time (through acquaintances, dating sites within a week or two). This rapid emergence of families is increasing recently among our nation's representatives. The mutual attraction and positive emotional feelings they have for each other make it difficult for them to comprehend the complexities of these sciences. They only align their intimate lives with one another when they are attracted to each other or find each other appealing. On the other hand, avoiding issues related to marital sexual life as something "unnecessary" is not appropriate. Because in many cases scientific knowledge in the field of sexual psychology can help young couples avoid common pitfalls that could jeopardize their marriage and help them maintain their relationships. Thus, human anatomy and physiology are clear and vivid points regarding sexual maturity. However, its psychological and moral aspects are extremely complex. Therefore, it is necessary for young people to have scientific psychological knowledge in the field of marital sexual life as well as correct concepts to avoid being misled by some misconceptions on the subject.

The issue of sexual maturity at marriage brings forth a number of social maturity types besides physical maturity like social status, legal maturity, profession-skills maturity that can also be distinguished among youth as mentioned above. These include: social, citizenship rights-based maturity; profession-skills maturity – a rather complex notion which indicates that it is defined by having certain special skills required to complete a higher education institution or study courses or perform a specific type of work; however it is necessary for an individual after graduating from an educational institution (college, lyceum, technical school), chosen profession after working for several years based on his own choice and then talk about profession-skills maturity later on when he has gained experience.

Citizenship rights-based maturity - this is considered when an individual reaches 18 years old marking his/her citizenship rights age with which he/she is considered capable of using all rights and obligations set forth in the Constitution. The age of 18 can be considered as an individual's legal age.

Profession-skills maturity - this notion is rather complex as well. Its complexity lies in having acquired certain specialized skills needed for completing higher education institutions

or study courses or performing a specific type of work on one hand; Other professions may reach profession-skills maturity at 19-20 years old but in others such as surgery-medicine reaching it might be possible at 29-30 years old.

The youthfulness of a person also has a social-economic aspect. In this context, the ability of an individual and their family to independently provide for themselves financially is considered important. When it comes to young people forming families, the economic independence of the individual holds significant importance. In this regard, there are various age limits; some individuals can achieve economic independence from their parents' family as early as 18 to 19 years old, while others may still rely on their parents' financial support even at the age of 25 to 30. Among these dimensions of maturity, discussing a person's moral and psychological maturity is the most complex. This is because there hasn't been a definitive measure or description developed yet.

Thus, the concept of "maturity" encompasses various aspects. It is evident that "maturity" is closely related to a specific life experience, that is, it depends on "life sciences." The process of "internalizing life sciences," transitioning from "Life Universities" also has its unique individual characteristics. Someone at the age of 20 may have a good understanding of life, while another at 30 may still behave childishly. The influence of social conditions, community and social order are significant in this regard. It's known that in previous times, especially during war years, children matured faster than usual due to facing various difficulties in life they couldn't overcome without parental support. At that time children from ages 12-14 helped their parents provide for the family. Similarly, in urban and rural areas where there are nuclear or extended families with few or many children, young individuals also contribute to their family's material and social welfare; however, their involvement duration and quantity vary accordingly.

Understanding life experiences and various personal experiences can lead to different interpretations among individuals and it's not possible for just one age or time range to represent an average lifespan comprehensively. Furthermore, gaining knowledge about life itself and the surrounding world we live in is limitless. Therefore, it's crucial to establish certain minimum boundaries regarding social-economic maturity which implies that without these specific life experiences or knowledge "minimum," one cannot consider anyone at any age as mature adults.

It's clear from what has been mentioned above that the concept of "maturity" entails a broad understanding. Consequently, we must take advantage of it because it incorporates important terms and conditions which determine marital stability within its structure. If talking about an individual's psychological maturity somewhat resembles guesswork since they should evaluate various life situations objectively by being aware of different circumstances and conditions they encounter throughout their lives.

This awareness helps individuals objectively assess their strengths and weaknesses as well as their skills, expertise, and abilities sufficiently enough so they can pursue goals that will not be beyond reach for them later on in life. Unfortunately, most young people set unattainable goals by evaluating and raising their own abilities disregarding any purposes that cannot be achieved by themselves leading them into trouble especially when thinking about envisioning family life; this usually leads our youth into more anxieties - expecting things beyond what could be achieved causes setbacks resulting in failures or mental breakdowns.

On the other hand, psychologically mature individuals set goals within reach determining their own course through life by setting achievable goals with adequate means for reaching them effectively marking out appropriate ways towards achieving those aims. Such individuals characterize high internal control with well-developed self-regulation abilities through being able to sufficiently monitor their emotions and past experiences.

Psychological maturity is closely related to understanding the desires, wishes, and experiences of other people. It plays a crucial role in the quality of communication, collaboration, and the development of harmonious relationships in families and various social groups. Engaging in meaningful relationships with people of different ages, backgrounds, positions, and personalities is a key characteristic of psychological maturity. These abilities are developed gradually over time through upbringing and socialization experiences.

Psychological maturity is manifested in a person's ability to have positive interactions with others: empathy, compassion, willingness to share concerns and worries, and the capacity to offer help and support in times of need. Another important aspect of psychological maturity is having independent thoughts, perspectives, and positions that can stand up for oneself when necessary while also protecting one's views within the family context.

One of the most defining characteristics of young individuals preparing to start or already forming families is their youthfulness. These indicators also play a significant role in ensuring the stability of marriage.

I may recommend several practical exercises to help our students break free from harmful thoughts and escape from punishing traits during family formation or when starting a new family:

- Sit comfortably on a chair or cushion with your back straight, close your eyes gently. Focus your attention on your heart area. Imagine there is tension in your chest; you feel discomfort that radiates throughout this place. Take deep breaths and with each exhalation visualize some black smoke leaving through your nose from the tension in your chest area. Every time you exhale, the black smoke diminishes little by little until it completely disappears. The tension dissipates from your chest area as you breathe deeply; relaxation sets in.
- Instead of thinking negatively about yourself as an ordinary person struggling with daily household worries continuously if we move forward towards good living by setting beautiful goals ahead of us forgetting about it briefly can be beneficial for us to live well.

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