



## "THE ROLE OF EARLY EDUCATION OF YOUNG PEOPLE IN FAMILY PSYCHOLOGY IN REDUCING THE FORMATION OF DYSFUNCTIONAL FAMILIES"

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**Аннотация:** В статье подчеркивается важность раннего обучения молодых людей семейной психологии в снижении вероятности формирования неблагополучных семей. Анализируется, как психологическая, эмоциональная и коммуникативная готовность молодых людей к браку снижает вероятность возникновения семейных проблем в будущем. В статье показано влияние таких направлений, как формирование чувства ответственности у молодых людей, воспитание культуры здорового общения, развитие взаимоуважения и навыков сбалансированного принятия решений, на стабильность семьи. Результаты исследования подтверждают, что раннее обучение семейной психологии способствует формированию стабильной, здоровой и благополучной семьи.

**Ключевые слова:** семейная психология, раннее обучение, неблагополучная семья, стабильность семьи, подготовка к браку, культура общения, эмоциональная зрелость, ответственное принятие решений.

**Abstract:** This article highlights the importance of early education of young people in family psychology in reducing the formation of dysfunctional families. It analyzes how psychological, emotional and communicative readiness of young people for marriage reduces future family problems. The article shows the impact of such areas as forming a sense of responsibility in young people, teaching a culture of healthy communication, developing mutual respect and balanced decision-making skills on family stability. The results of the study substantiate that early family knowledge contributes to the formation of a stable, healthy and functional family.

**Keywords :** family psychology, early education, dysfunctional family, family stability, preparation for marriage, culture of communication, emotional maturity, responsible decision-making.

### Entrance

In modern society, the stability and strength of the family institution is one of the important factors of social development. Unfortunately, in recent years, the number of dysfunctional families has been increasing due to family conflicts, divorces and mutual misunderstandings. In the formation of such situations, factors such as insufficient emotional maturity in young people, low communication culture, misconceptions about marital responsibilities and unpreparedness for family life play an important role. Therefore, informing young people about family psychology from an early stage, preparing them for the psychological, spiritual and communicative requirements of future family life is one of the urgent issues of today.

Through the process of early education, young people develop skills such as mutual respect, responsible behavior, balanced decision-making, managing emotions, and correctly

assessing problems in future relationships. This serves to prevent family disagreements from deepening and turning into dysfunctional situations in the future. Thus, early education of young people in family psychology is recognized as one of the most effective preventive measures aimed at ensuring family strength.

To prevent anything, it is better to prepare and prevent it before it starts. Because subsequent actions may be ineffective. Rather than allowing a family to become dysfunctional once and then correcting it, it is better to prevent and explain it before it starts. "A healthy family makes the future stable, and its foundation begins with the early preparation of young people for family life." It is clear that a family does not only begin after it is built, but also at the preparatory stage. If mutual respect and responsible behavior are taught from a young age, future conflicts can be reduced in advance. Premarital education is the most effective means of reducing conflicts. Preventing family conflicts is more effective than correcting them in the future. Prevention is always more effective and less expensive than treatment. If every young person understands their future family responsibilities and makes conscious decisions, the formation of dysfunctional families will be significantly reduced. A healthy family is not only a combination of love, but also communication, respect and responsibility. Teaching these values early is the basis for the integrity of the family. A family is the joint work and mutual understanding of two people, and teaching this understanding from a young age is the best way. Knowledge and skills given early will form a family that is resistant to conflicts in the future.

Nowadays, the number of conflicts and divorces in families is increasing instead of decreasing. Young people are starting families without knowing or understanding what a family is. As a result, they are suddenly going into divorce without understanding the responsibilities of family life. In the process of preparing young people for marriage, it is necessary to teach them the skills of taking a responsible approach to their decisions and understanding family obligations. A person with a developed sense of responsibility will help reduce family conflicts in the future. Mutual respect, the formation of open and constructive communication skills are the foundation of family stability. Managing emotions and resolving conflicts in a positive way will prevent future dysfunction. It is important to teach family values, healthy relationships, cooperation, and balanced decision-making skills at an early stage. Such preparation will help prevent future family conflicts from deepening.

It is very effective to organize special courses and seminars to train young people in psychological, emotional and communicative preparation for marriage. For example, conducting classes on the topics of "Fundamentals of Marriage and Family Life", "Healthy Communication in Family Relationships", "Resolving Conflicts and Reaching a Compromise" will help to increase the understanding of the family in the minds of young people. The use of interactive methods in these classes: role-playing games, problem analysis through examples, and explanations through group discussions will further strengthen the minds of young people and increase their knowledge of what to do and what to do in these situations.

Conducting individual or group psychological interviews with young people during the preparation for marriage is also very effective. If they are interviewed and asked questions about family problems and how to solve them, they will be functionally prepared for the family. As a result, the formation of a dysfunctional family is prevented.

It is also effective to explain to them about future family obligations, roles, managing emotions, and understanding responsibility. It is necessary to show them in practice how to



positively resolve stress, conflicts, and disagreements. That is, practical work is more effective than just theoretical work. It is necessary to explain the psychological aspects of marriage and family life to young people through videos, booklets, and infographics, and to promote the values of a healthy marriage through social networks.

### **Early instillation of family values through parents and loved ones**

The role of parents and loved ones in the formation of family values and the psychological development of a child is invaluable. Studies show that a child, observing a healthy atmosphere of communication, respect and trust in the family, assimilates family values from an early age. For example, in the study entitled "THE INTERRELATIONSHIP AND PSYCHOLOGICAL IMPACT OF FAMILY RELATIONSHIPS ON THE FORMATION OF CHILDREN'S UPbringing", it was emphasized that the awareness of parents' responsibility in raising a child and their role model of family values are directly related to his future family stability and readiness for marriage.

In addition, the process of value transmission between parents and children is closely linked to the family environment. International research, including the article "Value transmissions between fathers, mothers, and adolescent and emerging adult children: the role of the family climate", shows that a stable family climate based on open communication and affection plays an important role in the transmission of values. At the same time, a child's values of work, respect, responsibility and family unity are strengthened when they are modeled by their parents.

The analysis shows that:

#### 1. Nurturing through healthy relationships between parents and the family

When parents are actively involved in raising their children, the child learns family values early and is more prepared for future marriage.

#### 2. The transmission of values is an intergenerational process

Family values (respect, responsibility, unity) are modeled in parent-child relationships.

The family environment (stability, emotional climate) plays a key role in the transmission of values.

#### 3. Spiritual and psychological education and awareness of responsibility

Harmoniously teaching religious, moral, and psychological values in child rearing strengthens family stability.

Through the influence of parents and loved ones, a child's personality is shaped and healthy families develop in society.

Thus, early instilling family values through parents and loved ones is an important strategy to prevent the formation of dysfunctional families. This has a positive impact not only on the child's personal development, but also on future marriage and family stability.

Discuss financial, social, and personal responsibilities in advance

In order to maintain marital stability and prevent dysfunctional families, it is important to clearly define and discuss financial, social, and personal responsibilities before marriage. Research shows that openly discussing these responsibilities reduces misunderstandings and conflicts between couples, preventing future marital conflict.

Discussing financial responsibilities in advance creates clear agreements on child rearing, housing, income distribution, and budgeting. For example, a study called "Premarital education, marital quality, and marital stability" found that couples who discussed financial matters in advance had greater stability and lower stress levels in their marriages.



Social responsibility includes issues such as the role of the family in society, relationships with relatives, friends, and community. Research shows that when couples discuss these issues in advance, they are more likely to reduce social conflict and maintain mutual respect in the future.

Personal responsibility means that each family member is responsible for their own upbringing, balancing work and personal time, and taking into account personal interests. Research shows that couples who discuss personal responsibility in advance are able to achieve mutual respect and self-development at the same time.

#### Analyses

##### 1. Discussing financial responsibility

Agreeing on a budget, income, and expenses in advance will reduce future financial disputes.

Studies show that couples who do not have a financial agreement are more likely to experience marital conflict.

##### 2. Defining social responsibility

Discussing interactions between family and society in advance, and coordinating relationships with relatives and friends, reduces conflicts.

Research shows that this process increases family stability.

##### 3. Establishing personal responsibility

Understanding each family member's personal life and responsibilities strengthens respect and unity in the family.

Research shows that couples who discuss personal responsibilities in advance develop mutual understanding and cooperation.

Thus, discussing financial, social, and personal responsibilities in advance is an important component of premarital preparation and a guarantee of future family stability and healthy relationships.

Studies show that the most effective way to prevent the formation of dysfunctional families is to prepare young people for marriage and family life early. The psychological, emotional, and communicative readiness of young people reduces future family conflicts, develops skills for compromise and respect in interpersonal relationships.

The practical measures outlined in the article include:

To form realistic concepts about the family,

Clarifying personal boundaries and family roles,

Emotional maturity and early assessment of problems,

Sound decision-making and a sense of responsibility,

All of them serve to help young people build stable, healthy, and constructive family relationships in the future.

The analysis shows that preparing young people at an early stage not only increases family stability, but also significantly reduces the likelihood of the formation of a dysfunctional family. At the same time, developing young people's consciousness based on family values, respect and responsibility, guides them to make conscious decisions in life.

As a result, early education and explanatory measures will be a key factor in forming the concept of family responsibility and stability in the minds of young people, preventing future

dysfunctional situations. In addition, conducting marriage preparation and family values training will be even more beneficial.

**Purpose:** To prepare young people for marriage, to educate them about family values and responsibilities.

**Methods:** Interactive lectures, group discussions, role plays.

**Example of exercises:**

"Family Values Map" - couples identify and evaluate important values in the family.

"Future Budget" is an exercise in discussing financial responsibility. A better solution would be to organize small schools for young people to prepare for family life to implement such training.

**The main goal of the school**

Preparing young people for marriage, instilling family values and responsibilities early. Teaching them to discuss financial, social, and personal responsibilities in advance. Helps build healthy communication, conflict resolution, and family stability skills.

**School structure and activities**

**Trainings and seminars:** Premarital preparation, financial and personal responsibility, communication and conflict resolution.

**Mentoring:** Group sessions with experienced families and psychologists.

**Manuals:** Methodological guides for parents and young people, situational games.

**Practical exercises:** Will consist of role plays, group discussions, and modeling family values.

If we can name the school with very wonderful names and create a psychological environment, it is a great achievement. It is not for nothing that we can say that we will make a great contribution to the prevention of dysfunctional families.

If we give recommendations for naming the school, it is possible to organize a school with these names.

"Family School" is simple and understandable.

"Future Family" - emphasizes preparing young people for future families.

"Marriage Preparation Center" - indicates a specific goal.

"Family Values Academy" - an emphasis on instilling values and imparting knowledge.

"Healthy Family School" - emphasizes healthy relationships and stability.

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