

WAYS TO DEVELOP SOCIAL PSYCHOLOGY IN YOUNG FAMILIES

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Abstract: *In this article, the general ideas about the young family and the psychological characteristics of the couple's relationship in the young family are mentioned.*

Key words: *Value, honesty, honor, shame, kindness, hard work, instability, genogram, symptomatic, diagram, psychotherapy, parenting*

The family is a place of education where human qualities, virtues, and values, formed in every person from early childhood, are improved, and which ensures the development of the values and spiritual heritage of the Uzbek people, which have been formed for thousands of years. "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 responsibility.

A young family means, first of all, a family of young people whose husband and wife are not over 30 years old or whose family marriage experience is not more than 10 years old.

The first approach, that is, it is more correct to give family status, taking into account the passport age of the husband and wife, regardless of when they got married, of course, neither the young man nor the girl will literally have much work experience during this period, and in most cases the woman-mother is during this period, there is a high probability that she will have a child and become a housewife. If, according to the second approach, young families are classified according to the length of time they have lived in the family, then it should be assumed that the average marriage age in this or that society increases or decreases. Because in some countries and in some national-cultural environments, young people are encouraged to marry very early, while 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 has already started a family or is still married. may not have been built.

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 span - a family of people who have been married for 20 years or more.

According to many scientists, the time required for a young family to strengthen and stand on its feet, to independently solve various household problems, is actually a sign of the sincere relationship of two married people to each other, harmonious views of the family and its surrounding values, an example in the parental family. directly depends on the ability to apply it in his family because of what he has seen or experienced as a child. But still, every family experiences difficulties in the period of youth, which manifest themselves in the following ways:

- lack of time to ensure a balanced 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.[1]

In young families, the relationship system plays a key role in preventing the occurrence of external influences in the family due to the understanding of two young people. From a psychological point of view, the exchange of biological, psychological and social types of reunion is important in the relationships of young families. Historical data show that the culture of family relations is a social reality that has developed in the eastern nations since ancient times. During his 40-year career, Dr. Bowen developed a new theory and a new method of psychotherapy based on his theory. of Bowen's theory

The main principle that 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 the emotional activity. For Bowen, the basic unit of emotional activity was not the individual, as previous 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 refuses therapy or only goes to therapy under family pressure. Therefore, if one member of the family can change his emotional functioning, if he exists and is counted in the family, the whole family will respond to that person's ability to change. improves performance. This should help the testers to understand that "family therapy" necessarily means consultations with the whole family. Vice versa,

"family therapy" is counseling based on a way of thinking that conceptualizes the interaction between 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 tool. Later, the genogram became a symbol of family systems theory[2]. 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.

1. The mutual respect of two young people
2. The state of interdependence in the role of a spouse
3. Forming a family system based on mutual understanding and support
4. Forming relationships through proper understanding of parental and bride-to-be responsibilities

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