



PREPARING YOUNG PEOPLE FOR FAMILY LIFE PSYCHOLOGICAL FUNDAMENTALS

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Annotation

This article deals with the preparation of students for family life and taking into account our nationality, national values, family values, social environment in the formation of students' understanding of the psychological and ethnic characteristics of the problem, family skills and family life.

Keywords: family, youth, ethnicity, psychology, social, national, parental, preparation for family life, upbringing.

Relevance of the Topic

The modern family and its problems serve as the object of study of a number of disciplines - psychology, pedagogy, sociology, demography, economics. Experts are studying the dynamics of emotional relationships in marriage, the causes of loneliness in the family and its breakdown, the peculiarities of family upbringing. Decree No. 5325 includes the development and implementation of proposals for the preparation of young people for family life on the basis of rich cultural and historical heritage and traditional family values.

The decree emphasizes the need to prepare young people for family life, to form a modern exemplary family, to work on strengthening its spiritual and moral foundations and traditional family values. and to ensure that the rights of all members of the family are exercised without hindrance and that these rights are protected. The need for knowledge, experience, advice, recommendations to perfect the tasks, of course. The concept of "family" has its own inner meaning for everyone. For a child, it is the mother, father, brothers, sisters, grandparents, uncles and aunts involved in his upbringing. For a young man after marriage, the family is first him and his young wife, then the children. At present, family reunification has not become a necessary factor for spiritual and physical survival. The person has gained relative independence from the family, the nature of perception of family relationships has changed. As Virginia Satir points out, starting a family is the hardest job in the world, so preparing for family life is very



important, even at the state level. The stability of family relationships largely depends on the readiness of young people for family life, where readiness for marriage is understood as a system of socio-psychological relations of the individual, which determines the emotionally positive attitude to family life. The reason for the low level of preparation of children and adolescents for family life is that, in recent years, E.G. According to Silyaeva, for many modern girls, motherhood is not accepted as a separate attribute of family and marriage.

Z.G. According to Kostyashkina, "sex education is a separate part of moral education. Its specific theme is the complex and delicate skill of cultivating the relationship of a person of the same sex with another and the associated behavior and self-control »Weekly on family values for children over 4 years of age in preschool institutions in the country (10-15 minutes) The introduction of the subject "Fundamentals of Family" in grades 5-7 and "Ethics and Psychology of Family" in grades 8-10 in secondary schools today requires educators, psychologists to pay attention to these issues.L.B. According to Schneider, the main difficulties in preparing the younger generation for family life are related to:

- problems with the development of criteria for preparation for family life;
- with difficulties in monitoring the results of training;

Consequently, preparation for family life is a complex socialization of young people in general

and solves the problem of parenting. The main problem in addressing this issue is that there are currently no clear independent disciplines in secondary schools that perform this function. The introduction of psychology and family psychology classes in schools can enable young men and women to find themselves in this world, to develop themselves and to know themselves, to help them overcome difficulties and dangers in present and future life, and to take a conscious approach to their future. Helping a growing person is the main task and main meaning of a teacher and psychologist:

1. To form a general understanding among schoolchildren about what psychology and family psychology are and what it deals with;
2. To form an understanding of the importance of psychological knowledge in life and how they benefit people;
3. Self-awareness, understanding of human relationships;
4. Formation in adolescents of ideas about the family, its importance in human life;
5. Develop the following characteristics of adolescents: the ability to understand the other person's situation and problems, to be patient, to forgive people's



shortcomings, the ability to establish friendly relations with loved ones, which should have a positive impact on their future family life;

The goal is achieved by solving psychological and pedagogical tasks that ensure the formation of the student's personality:

- formation in students of general ideas about psychology and family psychology as a science;
- help them to discover the inner world of a person, to arouse interest in other people and themselves;
- development of the intellectual sphere (general and special abilities, cognitive orientation, etc.);
- development of self-awareness (self-esteem, self-worth);
- reveal the essence of personality orientation (needs, desires, goals, meanings, ideals, values);
- development of the emotional sphere (emotions, experiences, moods, etc.), understanding of other people's feelings and experiences;
- Identify and address negative attitudes in students' habits and behaviors.
- fostering in students an emotional and valued attitude to man, activity, creativity, psychological culture, knowledge, aspiration to be healthy;
- Formation of ideas: about the moral foundations of the relationship between a boy and a girl, about partnership, about friendship and love, about the behavioral culture of lovers; about the different social roles of people in the family: the mother, wife, husband, etc., the responsibility of parents for the life and health of the child, the responsibility for the upbringing of children; about the features of children's development and the main problems of child rearing; about the economy and family life, about the basic income and expenses of the family; on the basics of family law; on the ethical rules of human behavior in cases of conflict or family breakdown.

Conclusion: A teenager brought up in such a psychological environment can feel free to be a pillar in acquiring the necessary knowledge in family life. At the same time, if such training is carried out on the basis of comprehensive cooperation with parents, relatives, teachers, peers and others, adolescents will gain knowledge about marriage and family relationships and will form an idea about life.



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