

IMPROVING THE SPIRITUAL AND MORAL ENVIRONMENT IN TROUBLED AND TROUBLED FAMILIES

Shernazarov Zuhridin Zulfiddinovich

Pedagogical Institute of Bukhara State University, Bukhara city

Annotation

This article discusses family relationships, potential conflict situations in young families, improving the spiritual and moral environment in families, marital relationships, child rearing, and more.

Keywords: family, upbringing, ethics, conflict, troubled families, environment, national traditions, national pride, upbringing, family environment, the role of the family in society.

Introduction

It is clear from our rich scientific and cultural heritage, ancient customs and traditions that the family is sacred in any time and place. Therefore, our ancestors were well aware that the stronger the family, which is a social unit based on educational, spiritual, moral, economic and legal relations, the more stable the development of society. That is why our ancestors considered your family sacred and took great care of it. From our great scholars Farobi, Alisher Navoi, Mahmud Kashgari, Ahmad Yugnaki, Kaykovus to Beruni and others in their works, family issues, in particular, the relationship between family members, the role of parents and grandparents in the upbringing of children, the development of a mature and patriotic person. They took a special approach to the role of an important social institution and wrote exemplary stories, legends, letters to children, words of wisdom, advice and life conclusions through poetic lines. Our enlighteners such as Mahmudhoja Behbudi, Abdurauf Fitrat, Abdulla Avloni, Abdulla Qodiri, Cholpon, Munavvarqori Abdurashidkhonov also said that the only way to bring up a generation with good morals, physically and spiritually mature is to build a stable family and develop the state and society without strengthening the family.

Even in today's rapidly changing era of globalization, Uzbekistan's vision for the future and the development of the family is evident in the fact that building a modern, exemplary and prosperous family has become one of the priorities

of state policy, further enriching our traditional values. The family, which did not exist in the history of society, in the first stage of the primitive community system, when people lived in groups, did not have a certain order in the relations between the sexes, and all men and women in the gang were considered common couples. In the course of historical development, sexual relations gradually began to be regulated to a certain extent. Sexual relations between parents and children were banned, followed by siblings. However, in these families, the couple has not yet had a stable separate household. During this period, the natural factor completed its function, that is, blood relatives were excluded from the sphere of sexual intercourse, sexual intercourse became only one male and one female relation. His social status also changed radically. The new rules, which state that children belong only to the mother and are considered heirs to the mother's property, contradicted the new position of men. The result was a patriarchal family based on paternal rights. Thus was born the monogamous family, the predecessor of the present individual family. The family is the test of the people's way of life, of the society in which they live. He cherishes the good in his bosom and passes it on to future generations. The family, by raising its children and instilling in them universal values, gives them an initial social orientation. By including their children in the flow of society, the family also influences the direction, economy, culture, and enlightenment of society. Therefore, in the East, the family has long been considered a sacred fortress. In particular, the peculiarities of Uzbek families are still preserved. In Uzbekistan, the role of the elderly and parents is important in the formation of a certain way of life of families, the acquisition of life experience, thrift and well-being, the development of children into moral and spiritual maturity. Uzbek families are distinguished by their strength, well-being, childhood, respect for kinship, kindness and other values. The family is the social foundation of human society. Accordingly, the role of the family is invaluable in raising a physically healthy, spiritually mature, morally pure and highly cultured young generation. The prospects for the development of Uzbekistan also depend on the rational solution of family problems. To this end, it is necessary to develop a system of measures in this regard, to address certain forces that threaten family upbringing, to address issues related to raising the spiritual, moral, cultural and educational knowledge of future parents. is one of the problems. The issue of creating the necessary conditions for the formation of a healthy family and a high moral and ethical environment

in the family, preparing young people for marriage, ensuring the strength and interests of families, raising, educating and bringing up healthy children raised to the level of public policy. First of all, special attention is paid to changing the thinking and consciousness of our young men and women who will get married in the future, in terms of the sanctity of the family and the responsibility of marriage. Strengthening the family in our Constitution, building relationships on the basic of mutual love, trust and respect, solidarity, mutual assistance and a sense of responsibility of all its members, allowing any person to interfere in family matters arbitrarily and the protection of these rights.

Conflict problems, problematic families, potential conflicts in the family, marital relationships, problematic situations between in-laws, and similar problems are common in a variety of situations that occur in young families. One of the main reasons for conflict in young families is that young brides and grooms have difficulty adjusting to the new environment. On the other hand, it is also the initial period of facing family and domestic problems. This period is full of the most uncertain experiences. This stage of family life will remain in the memory of young people for a lifetime and will be reflected in the fate of the family and spouses in the future. Indeed, in a relationship, each spouse not only discovers their partner's world, but also discovers something new in themselves. Healthy family relationships should be based on the feeling of love, at the highest level-emotionally positive attitude from individual to individual. Phenomenal selectivity also plays a key role in choosing a partner in a love-based relationship. The psychology of family relationships in the real lives of subjects is much richer, more colorful, and more complex than people imagined before marriage. The problem of relationships between married subjects is topical and one of the main topics of family psychotherapeutic practice. In particular, this applies to newly created, young families whose spouses are just studying.

Living together ... This stage of family life is a kind of grind and an indicator of how they will develop together in the future. Family life ... The period of hardening is characterized by many problems in the interpersonal relationships of partners. Prolonged conflicts and quarrels are mainly the result of joint relations. Indeed, in the past, even before marriage, partners spent their free time together and enjoyed it. They forgive each other's minor shortcomings, such as practicality, forgetfulness, negligence, and so on. In the

past, these qualities were perceived as a slightly funny, harmless, and pleasant character trait. Now this is starting to compare to boredom and insecurity. Difficulties in understanding and interpersonal relationships between spouses are often inextricably linked to differences in temperaments. Often, problems in interpersonal relationships stem from the influence of the biological rhythms of the spouses. Also, the intimate life of a young family and its mental comfort depend on changes in the biological rhythms of the partners. Emotional relationships in the family are the most important integration mechanism, as a result of which the participants of family relationships feel as a whole and feel warmth and support from each other. Relationships based on love and mutual empathy can help reduce frustrating experiences.

The relationship between family and marriage, the focus on healthy mothers and healthy children, and the full support of the family have risen to the level of public policy. In particular, Article 63 of the Constitution states that "The family is the fundamental group unit of society and is entitled to protection by society and the State." In addition, the essence of the strong social protection policy pursued in our country is the constant care of the state and society for the family. Marriage is an equal, free and voluntary union of a man and a woman, which is concluded in the civil registry offices and serves the purpose of starting a family. That is, the spiritual image of young people, their behavior, behavior is primarily reflected in the culture of family relationships. What is the culture of family relationships? It is the creation of humane and appropriate conditions in the family, the full fulfillment of family responsibilities, the proper formation of family life, ensuring the behavior, worldview, ideology of family members, the continuity of family life. A strong family is the foundation of a strong society. Therefore, the society pays special attention to strengthening families and improving the culture of family relations. The family is interconnected and evolves with society and the state. The family performs not only moral but also demographic, economic, social, cultural and other important functions. Therefore, society and the state are interested in the well-being of the family. Family members are connected with each other by common life, economic, property, legal, moral and spiritual ties. The first task of a family is to continue its lineage, to raise educated children, to ensure the survival and leisure of family members. The formation of positive and negative qualities in a person often depends on the upbringing in the family. It is important to note that raising a healthy generation is one of the

most important issues today. To do this, first of all, it is important to improve the psychological environment in families. The psychological environment of the family is a set of general indicators of socio-psychological activity of family members in family relationships, social environment and professional relationships. Psychological environment is a key indicator of the family, which is reflected in social processes, especially the ability of the family to withstand the negative effects of the social environment. The psychological environment of a family describes the stress that its members face in dealing with problematic situations, even in the most extreme situations in life. Psychological environment is the various socio-economic problems that arise in the family and their peaceful resolution. Because the main criteria for young people to enter into a family relationship are the compatibility of family values, the compatibility of roles in the family, the flexibility of social relations, the desire to continue family relationships for the rest of their lives. is calculated. The psychological environment of the family also depends on the warm relationship between parents and children, as well as interpersonal relationships. At the same time, the breadth of parents' perceptions of the family is determined by their knowledge, skills, and abilities, especially in the field of child rearing. Divorce can be caused by family conflicts. Family conflicts are a socially tense situation. Conflicts occur between spouses, parents and children, between spouses and their parents, and between other relatives. The fact that people of different ages live in a family raises the possibility of conflict. We are witnessing the escalation of tensions in troubled families due to the relationship between spouses, misunderstandings or even non-understanding. A healthy family environment promotes a healthy ideology. Human qualities - kindness, goodness, devotion, loyalty, courage, honesty, compassion - are formed in the family. The family prepares the ground for young people to grow up to be moral, ethical, truthful, honest, and sincere. Family morality requires that one bond with one's spouse. Therefore, mutual respect in the family is one of the ways to eliminate the potential problem between the couple. Therefore, accusing your neighbor of lying will only aggravate the situation by distrusting his actions. This insecurity can lead to you being viewed as an internal enemy. That is, such a turbulent environment in the family can lead to a decrease in the father's trust and respect for family members. Of course, in moderation, you can be beautifully jealous as someone who is dear to you. It even strengthens the bond between husband and wife.

But jealousy in the form of half-insults can motivate your spouse to do something he or she didn't do. In dealing with loved ones, be gentle and kind. Because the jokes you make about your loved one can have a profound effect on your relationship. "You're crazy!" The word may not necessarily lead to a divorce, but it doesn't make you look good. Instead, say, "You're lost, darling!" it is more accurate to say. Even in humorous speeches, sharp words should be avoided. Our words may not always work the way we want them to, and it is better to stay away from hurting others without realizing it. If you say a bad word, what does it mean to say it? Someone who is "bitten" by a word can forgive you. but it is difficult to erase the traces of this "spear" in his heart. You don't benefit from that either. And most importantly, for men: in every conflict with his wife, the address "Dear" to the woman can turn the issue in a positive direction. But it is very rare for men to use such words.

Saadi Sherazi, for example: Without spirituality, neither material prosperity nor general progress can be achieved. Spiritual poverty leads to national decline. In the course of its thousands of years of history, our people have formed a national and ideological upbringing about the family. In the family, the father's personal example, through the mother's love, has been a solid foundation for overcoming the hardships of life and raising their children. The important duty of a man in the family is to protect the rights of women and family members, to protect their honor. thoughts play an important role in the hadiths. It is important to note that a strong family is based on a healthy lifestyle. The happiness of a family depends on the efforts of parents and the skills of upbringing in the upbringing of children. Moral upbringing in the family is mainly carried out by parents and older members of the family. Success in raising a family depends in large part on the well-being of the parents in the family. Today, in addition to the rapid changes and achievements in our socio-economic life, there are divorces in the system of family relations, increasing immorality among young people, conflicts between parents and children, an increase in the number of living orphans. Preserving the status of the family in society, maintaining and strengthening its stability, inculcating its sanctity in the minds of future generations is one of the most pressing issues today. Lack of unity in the family makes it vulnerable to external negative factors. Therefore, maintaining stability in family-marriage relations during the transition period is important for the development of families. Knowledge of reproductive health is of practical

importance in improving the health of married couples and young girls. One of the most important tasks today is to work together with families, communities and non-governmental organizations to promote women's healthy lifestyles, reproductive culture, prepare them for healthy motherhood, and strengthen their socio-political status. The most precious treasure of any nation and society is a healthy, morally harmonious family. The upbringing of the mother is a special part of the family. In the current situation, there is a spiritual and moral relationship in the family, which is based on universal and national values, and enjoys the moral upbringing of the East. If the moral foundations of the family are not sound, the growing "tree of life" will break and not bear fruit.

REFERENCES

1. Mavlonova R., Normurodova V., Voxidova N. *Pedagogika nazariyasi va tarixi.* –Toshkent, 2010.
2. Hasanboyev J., To'raqulov X., Alqorov I., Usmonov N. *Pedagogika.* -Toshkent, 2011.
3. Kaykovus. *Qobusnoma.* –T.: "O'qituvchi", 2006. -208 bet.
4. Hasanboyeva J, To'raqulov X, Asqarov I, Usmonov N. *Pedagogika – Toshkent: "Noshir",* 2011 -456 bet.
5. Тойирова Ш. И., Тойирова Л. И. Психологическая роль геронтологии в республике Узбекистан //Инклюзивное образование и психолого-педагогическое сопровождение лиц с ОВЗ и инвалидов: от раннего возраста до профессиональной подготовки. Региональные практики и модели. – 2020. – С. 202-205.
6. Тойирова Ш. Ўзбек оилаларда эгизак фарзандларни тарбиялашдаги ўзига хос психологик муаммолар //Oriental Art and Culture. – 2020. – №. I (2). – С. 122-125.
7. Кадырова Д. М., Ахмедова З. Д. Психологические основы развития возможностей интеллектуального творчества молодежи в образовательном процессе //Academy. – 2020. – №. 5 (56). – С. 43-44.
8. Тойирова Л. И., Тойирова Ш. И. ПСИХОЛОГИЧЕСКИЕ ПРОБЛЕМЫ ПОДРОСТКОВ-БЛИЗНЕЦОВ В УЧЕБНОМ ПРОЦЕССЕ ОБУЧЕНИЯ В ШКОЛЕ //негізі» атты халықаралық білім беру онлайнконференциясының материалдары. – 2019. – С. 113.

9. Тойирова Л., Ульмасова Д. НАВЫКИ ТРЕНЕРА И ОРГАНИЗАЦИОННЫЕ ВОПРОСЫ КАК ВЛИЯНИЕ НА ПРОЦЕСС ПСИХОЛОГИЧЕСКОЙ ПОДГОТОВКИ // Свет ислама. - 2020. - Т. 2020. - №. 1. - С. 152-158
10. Izatovna T. L., Izatovna T. S. PSYCHODIAGNOSTIC BASES OF THE STUDY OF TWINS IN PSYCHOLOGY //E-Conference Globe. – 2021. – С. 98-104.
11. Izatovna T. S. THE INFLUENCE OF PSYCHOGENETIC FACTORS ON THE UPBRINGING OF TWINS IN UZBEK FAMILIES //ResearchJet Journal of Analysis and Inventions. – 2021. – Т. 2. – №. 05. – С. 297-303.
12. Izatovna T. L. INFLUENCE OF HUMAN FACTORS ON THE UPBRINGING OF BLIZNETS IN UZBEK FAMILIES IN THE PROCESS OF TRAINING //ResearchJet Journal of Analysis and Inventions. – 2021. – Т. 2. – №. 05. – С. 286-292.
13. Тойирова Л. Эгизаклар ривожланиш босқичларидаги ўзига хос психологик хусусиятлар //Oriental Art and Culture. – 2020. – №. I (2). – С. 126-130.
14. Izatovna T. S. PSYCHOLOGICAL APPROACHES OF PARENTS IN THE UPBRINGING OF TWINS IN UZBEK FAMILIES //ResearchJet Journal of Analysis and Inventions. – 2021. – Т. 2. – №. 05. – С. 82-87.
15. Izatovna T. L., Izatovna T. S. PSYCHODIAGNOSTIC BASES OF THE STUDY OF TWINS IN PSYCHOLOGY //E-Conference Globe. – 2021. – С. 98-104.
16. Тойирова Л., Ульмасова Д. НАВЫКИ ТРЕНЕРА И ОРГАНИЗАЦИОННЫЕ ВОПРОСЫ КАК ВЛИЯНИЕ НА ПРОЦЕСС ПСИХОЛОГИЧЕСКОЙ ПОДГОТОВКИ //Свет ислама. – 2020. – Т. 2020. – №. 1. – С. 152-158.
17. Тойирова Л. И. и др. ЭГИЗАКЛАРНИНГ ИЖТИМОЙЛАШУВИДА НУТҚ БИЛАН БОҒЛИҚ ПСИХОЛОГИК МУАММОЛАР //Oriental Art and Culture. – 2021. – Т. 2. – №. 3. – С. 196-200.