

## PECULIARITIES OF PREPARING GIRLS FOR FAMILY LIFE

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**Abstract:** *In this article, the issues of paying attention to the importance of preparing girls for family life, marriage and society, what to prepare for, and how to prepare the psychology of girls, and recommendations for adolescent girls are given.*

**Key words:** *marriage, family, society, individual, matrilocal, nuclear, consanguineous, psychology, ideology.*

A family is a social group of people connected by blood, consanguinity (by marriage), or cohabitation. In many societies, the family is the main institution for children's socialization. Anthropologists divide families into matrilocal (mother and her children), conjugal (if she has children, it is called a nuclear family) and consanguineous (nuclear family and in-laws living together) types.

A family is a small group based on marriage or birth. Its members are connected by unity of livelihood, mutual support and moral responsibility. The most important social tasks of the family are to continue the human race, raise children, organize the living conditions and free time of the family members effectively. Although family relations are considered a relatively independent phenomenon, they are determined by existing social, economic, and ideological relations in society and change under their influence. Accordingly, each society changes and establishes a suitable family type and family relations.

When a girl child is born in every household, from birth to adulthood, she must be properly educated, directed to the family, and integrally connected with her goals for her place in the family and society, every father - The idea that "the girl is the interest of another family" does not leave the mother's mind until she reaches adulthood and marries her. That's why a lot of responsibility is placed on young girls who are getting married today. One of these responsibilities is spiritual wealth, understanding - prudence and, of course, hygienic cleanliness.

The family is the solid foundation of society, the driving force of the state. Accordingly, the issue of family status and family relations has always been in the attention of the state. After all, in the words of the President of the Republic of Uzbekistan, Shavkat Mirziyoyev, "Family is a small Motherland, if the family is peaceful, the Motherland will be peaceful."

In recent years, on September 2, 2019, the Law of the Republic of Uzbekistan "On Protection of Women from Harassment and Violence", "Guarantees of Equal Rights and

Opportunities for Women and Men" on" laws were adopted. These documents are aimed at protecting women and a healthy family.

It is natural that every teenage girl dreams of having a place in a part of the society called family in her sweet dreams. It would not be wrong to say that the most important issue is whether he is confident enough to be able to perform this small, but hugely responsible task. When asked how to know if a girl is ready for a family in our country, some of our girls say, "I only know how to prepare food, bake cakes, do laundry, iron, clean houses, wait for guests, and besides, look at the mood of the family members, it's just a matter of time." if they think, they are wrong. It will not be difficult for girls to successfully perform the above tasks as a housewife if they are mentally ready for a family.

According to our national traditions, in most cases, the social environment that surrounds girls has a great influence on the way they start a family. Groomsmen come from the groom's side, relatives get in the middle. According to our national values, the girl's consent is also requested. A boy and a girl will definitely meet before the wedding. When a girl meets a young man who claims to be a bridegroom, she has to pay close attention to each other.

During the observation process, the girl should ask herself the following questions: Can I spend the rest of my life with this guy? Can I put up with his whims? Can I share his pain when she is sick? If she can answer "yes" to the question of whether he will wash her clothes, we can know that she is ready to marry his.

After agreeing to get married, the most difficult process begins, that is, the formation of faith in family life. Despite how little time is needed to implement this process, it can be done based on a clear plan. The plan can include the following components:

The first step is to study the behavior of the future spouse and begin the initial adaptation to it. What kind of treatment does the guy like? Likes and dislikes?

The second step is to gather information about the general characteristics of the family members of the future spouse and prepare yourself for how to interact with them.

The third step is to gradually move away from the family members in which he grew up so that the process of adaptation to the new family can be successfully carried out. It is worth noting that it is very difficult for married girls to get used to and adapt to their new families if they do not recognize alienation and distance from their families.

The fourth step is to learn to change the mental mask quickly depending on the situation. That is, to learn to smile on the outside, even if you are shaking from the inside. Refraining from complaining about something, getting bitter, and getting angry.

According to family psychology specialists, girls who are confident about starting a family will easily achieve positive results if they implement the above plan in writing, taking into account their circumstances.

A girl who is getting married must first of all be able to train her will. It should not be forgotten that the will needs education and training. If we say in the language of our people, in family life, when water comes, it rots, and when stone comes, it gnaws. It would not be wrong to say that the importance of the will in trying to maintain family stability is incomparable.

After marriage, it is natural for a girl to change her attitude towards others and herself based on a fundamental change in her position in the social environment. A girl who is able to build confidence in herself regarding this change will be able to find her place in a new family in a short period of time. Adaptation to a new position is necessarily based on experience. Therefore, a girl should be able to mentally analyze the achievements and shortcomings of those who have the position of a bride before her, and imagine what she will do when she becomes a bride.

Another factor that plays the role of the main motivation for the formation of self-confidence in starting a family is self-instruction, i.e. "I can definitely be a good housewife", "I can raise a family", "I can make my spouse happy", "I will be happy", he should look at the future only with good intentions and repeat the above phrases often so that he can convince himself about the future.

Only girls who deeply understand the role of a housewife in building a healthy and prosperous life are mentally ready to start a family. Therefore, think about one thing before getting married. If the man is the head, the woman is the neck, and wherever the neck turns the head, the head looks in that direction. If you are able to hold your head in the right direction and direct it in the right direction, the neck will be decorated with round gems.

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