



FAMILY AND YOUTH PSYCHOLOGY: PROBLEMS AND THEORETICAL FOUNDATIONS

Yuldoshev Tojiddin Abdukarimovich

Denov Institute of Entrepreneurship and Pedagogy
Teacher of the Department of "Pedagogy and Psychology"
tojiddinyuldoshev1@gmail.com

Article history:	Abstract:
<p>Received: 11th February 2026 Accepted: 10th March 2026</p>	<p>This article analyzes the influence of the family institution on youth psychology on the topic "Family and Youth Psychology: Problems and Theoretical Foundations". The family, as the most important social unit in human life, affects personal development, social relationships and responsibility. Methodologically, the article is written on the basis of theoretical research and the views of thinkers. The article presents the problems of family and youth psychology, issues of responsibility and upbringing in the family, as well as the results of modern psychological research. Special attention is paid to the role of parental upbringing styles and the family environment in personal development. The results indicate the need for a deeper understanding of the relationship between family and youth and the strengthening of family relationships. The article serves as a theoretical basis for conducting more comprehensive research in the field of family psychology.</p>

Keywords: Psychology, responsibility, youth, upbringing, morality, family history, social functions, physical and mental purity, ecology, society, communication, values.

INTRODUCTION. The family is the oldest and most important social institution in human life. The topic of youth psychology and family affects the personal development of a person, his social relationships. This article considers the theoretical foundations of the study of youth psychology and family problems. Currently, the family has become an independent and autonomous unit of society and is undergoing serious changes, including an artificial change in family functions, a decrease in its size, management methods, as well as a change in the nature of role relationships in the family. In the period before the establishment of the family, the family was considered the only shelter, and the child was considered the most important asset, but later, the development of one's own abilities became increasingly important for people, and the pursuit of one's own well-being began to be observed. The growing strength of the attitude "First me, everything else later" in people has led to the emergence of a society of married couples based on new, different values and norms, in which the value of family, child, and marital relations is significantly reduced, and it is this attitude that leads to the disintegration of most families and the weakening of responsibility for the family. The family, as the oldest social institution, is a small society that, despite the diversity and complexity of historical periods, the enormous changes and reforms that have occurred, has managed to preserve its system, structure, and responsibility to society for the upbringing of the younger generation.

METHODOLOGY. The article is written on the basis of theoretical research, psychological and social theories. Studies on the family and youth, the views of thinkers, and modern psychological research are analyzed.

The views of thinkers on family responsibility. The issue of family responsibility has been studied by many thinkers, and their views provide important foundations for modern psychological and social research. This section analyzes the views of some prominent thinkers on family responsibility.

Abu Rayhan Biruni emphasizes the importance of cleanliness and discipline within the family. He argues that if there is moral purity in a family, it is not limited to physical purity, but also requires purity on a spiritual level. Biruni emphasized the role of parents in the strength and upbringing of the family. In his opinion, parents are responsible for protecting the feelings of children and raising them in a healthy environment. Abu Ali ibn Sina pays special attention to the importance of family upbringing and parental responsibilities. He discusses the relationship between spouses and the role of parents in raising children. Ibn Sina determines that the educational role of the mother has a dual effect on the child (physical and spiritual). He believes that parents themselves are responsible for the formation of good behavior and moral values in their children. "If the head of the family shows inexperience and weakness, he will not be able to educate his family members well, and this can ultimately lead to bad results." [5.160b]

Yusuf Khos Hajib's work "Kutadgu Bilig" deals extensively with issues of family responsibility. He emphasizes the importance of family education and determines how family members should treat each other. Hajib cites behavior and moral values as the key to strengthening marital relations. He emphasizes that if a child behaves badly, the parents

have a great responsibility. He also emphasizes that the purpose of family life is to give birth to children and raise them well, and that having and raising children places a great responsibility on parents, and that the fulfillment of this responsibility is both a duty and a duty for parents. He evaluates family education as a factor that ensures the spiritual development of a child: "If a child behaves badly, it is not the child's fault, it is all the father's fault." These thoughts of Yusuf Khos Hajib can serve as an educational tool in the formation of young people's responsibility for the family and are a program for parents, especially in the upbringing of young people of marriageable age, and following these instructions ensures the strength of the family being built. [215; p. 192].

Abdurauf Fitrat reflects on the procedures for managing a family, the responsibility of young people for the family, and the relationships between spouses and other members. He systematizes ideas on supporting young people in the process of family upbringing and preparing them for a responsible life. Fitrat emphasizes that the family should ensure that they regularly take responsibility for social and spiritual development. The views of thinkers emphasize the importance of strengthening people's responsibility for the family and their role in raising children. The family should be based on emotional relationships, moral values, and responsibility. These ideas are of great importance in the formation of modern family psychology, helping to strengthen the educational role of parents and raise young people as responsible individuals.

Results: 1. Problems of family and youth psychology. The family affects a person's personality and future life from the moment of birth. Young people face various social, psychological and cultural problems in the process of building their families:

• **Family as a social and autonomous unit:** The family constitutes an independent unit of the social structure. However, changing social conditions are changing the functions of the family.

• **Decreased sense of responsibility:** The "Me First" principle weakens the responsibility of family members. This situation threatens the strength of the family.

2. Psychological influences. Social, psychological and cultural factors in the family environment affect the personal development of young people. The upbringing styles of parents depend on what feelings and ideas they have in their relationships with children.

3. Family experience. The views of famous thinkers reflect the diverse manifestations of responsibility in the family. For example, Abu Rayhan Beruni and Abu Ali ibn Sina emphasized the issues of purity, discipline and upbringing in the family. Mutual respect and a sense of responsibility are important in raising children.

4. Modern research. Modern psychological research shows the relationship between the family and the personal development of young people. The relationship between family responsibility, family upbringing and self-awareness of young people is analyzed.

CONCLUSION. The problems of family and youth psychology are of serious importance. The family as a social institution affects the personal and social development of individuals in the changing times. Within the framework of these issues, it is necessary to conduct more in-depth research and develop family psychology. For this, it is important to increase the responsibility of parents, strengthen family relationships and introduce innovative approaches to educating young people.

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