



# **STUDY OF SOCIO-PSYCHOLOGICAL FACTORS OF THE YOUNG BRIDE AND GROOM'S LIFE VISIONS IN ENSURING HEALTHY PSYCHOLOGICAL RELATIONSHIPS OF YOUNG BRIDES AND GROOMS IN UZBEK FAMILIES**

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<b>Article history:</b>	<b>Abstract:</b>
<b>Received:</b> 6 <sup>th</sup> December 2022 <b>Accepted:</b> 6 <sup>th</sup> January 2023 <b>Published:</b> 8 <sup>th</sup> February 2023	The family is one of the social institutions where a person is born and grows up and plays an important role in his formation. A high level of relaxation and philicitalagic conditions, considered one of the important functions of the family, is important for the development of a person both physically and mentally

**Keywords:** Young family, bride-groom, Housing provision, educational influence of mother-in-law on family relations of bride-groom, consciousness and spiritual-moral status of bride-groom.

**INTRODUCTION.** In order to ensure healthy psychological relationships of young brides and grooms in Uzbek families, it is necessary to first study the social and psychological factors that affect the social perceptions of the young bride and groom about the family. Therefore, the "Social Psychological Questionnaire" among young people showed the following result.

**Table 1.**

<b>№</b>	<b>Factors</b>	<b>Color 1,2,3,4,5 relay</b>	<b>Percent</b>
1.	Adapting young people's social perceptions of the family to real life	1,40	96%
2.	Good understanding of each other, mutual respect and trust of the bride and groom in the family	1,30	94%
3.	Attitudes towards having a child and raising it	1,80	92%
4.	Consciousness and spirituality of the bride and groom moral status	1,40	92%
5.	The bride and groom follow the norms of behavior, behavior and manners	1,50	90%
6.	Distribution of roles (tasks) in the family typical of the bride and groom and a responsible approach to it	1,90	82%
7.	Housing security and living as an independent family	2,10	78%
8.	Sexual compatibility of the bride and groom (sexual satisfaction)	2,25	75%
9.	The educational influence of parents-in-law on the family relationship of the bride and groom	3,75	45%
10.	Brother-in-law, brother-in-law, sister-in-law and sister-in-law sisters in family relationships participation	2,75	55%

According to the results, young brides and grooms consider the most influential (the most important) factor from the national-psychological aspects of ensuring healthy psychological relationships in the family is the "matching of young people's social perceptions of the family with real life" (sum of ranks 1.40; 96%). In fact, in researching the family problem, first of all, special attention should be paid to the issue of preparing today's youth for family life.

The most important factor in the above questionnaire is that two young married people should have sufficient knowledge about the subtle aspects of the relationship, have the necessary skills and qualifications, and in addition, the young bride and groom should form realistic ideas about the distribution of family roles before marriage.

**ANALYSIS AND RESULTS.** "Good understanding of each other, mutual respect and trust between the bride and groom in the family" (sum of points 1.30, 94%) is also indicated as one of the important factors. The most sensitive and unique part of interpersonal relationships is emotional relationships. The system of emotional relations in the family is built on the mechanism of empathy and identification of social perception.

Therefore, the presence of mutual understanding, mutual respect, and trust in the family indicates the reflexive development of the individual. The reflexive development of the bride or groom causes the establishment of a stable relationship system in the family. Moreover, this situation indicates that the felicitological task of the family is fully fulfilled.

The main important factor that exists in the family and among other family members was recognized as "Relation to seeing and raising a child" (sum of points 1.20; 92%). When a person builds a family, he wants it to be perfect and complete. In addition, the need to leave offspring is the leading character in every couple. In connection with this, the family fulfills its reproductive function. Therefore, having a child and raising it is one of the ethnic aspects of the Uzbek nation. The child, as a descendant, causes the bride and groom to grow spiritually, to work on themselves and become a person with a referentometric influence. This, of course, serves to increase the desire to stabilize the psychological environment of the family. With the birth of a child in the family, the dominance of empathy in young parents is observed. As a result, the emotional relationship of the bride and groom is combined in the child of the only person, forming an internal psychological immunity[3].

We can see that "Consciousness and spiritual and moral status of the bride and groom" (sum of points 1.20; 92%) is also the main factor in ensuring healthy psychological relations in the family. Consciousness and morality in interpersonal relations indicate the high social intelligence of the bride and groom. Consciousness in family relationships is observed in respect for the dignity and honor of others, striving for syntonic communication, the dominance of the internal locus, and the strength of the culture of listening. These qualities serve as the basis for the maintenance of norms of interaction and the stabilization of a healthy lifestyle in the family.

During the interpersonal relationship between family members (bride and groom, mother-in-law) (1.50; 90%) "the bride and groom's behavior, behavior and manners" are partially caused by the interference of third parties in the family. Coping, which is used to avoid conflicts that are considered important, leads to increased awareness, understanding, acceptance of others, and increased cooperative communication. In the Uzbek national environment, "tact, aesthetic tone" in girls and "firmness, verbal honesty" in men are included in the basis of communication culture. The bride and groom know that being ready for all the challenges they will face in the new marriage process can be the biggest helper for the bride to quickly adapt to this house. And we have also brought our sons-in-law to this.

The next factor of the socio-psychological questionnaire was "participation of the young bride and groom in family management, distribution of roles (tasks) and a responsible approach to it" and it was noted that it is of great importance in family strength (sum of points 1.90; 82%). The family is such a social place that each gender has its own roles and functional tasks corresponding to its social roles. For example, girls perform the roles of "spouse", "mother", "bride-in-law" at the same time[1].

In accordance with these social roles, each family member performs certain functions under the influence of social conventions. If the representative of each gender successfully fulfills the tasks assigned to him, if he approaches responsibly, the social function of the family as a whole system is fulfilled. In the Uzbek national environment, a man is the breadwinner and head of the family. However, it has been observed that the integrative approach of both parties in family management ensures family stability.

The role of intimate relationships and emotional stability in family relationships is incomparable. Therefore, it is important for the stability of each family, for the bride and groom to be satisfied with each other, and to say that they "match their character" in the vernacular. For example, we can see that the establishment of a healthy psychological relationship between a young bride and groom, whose sexual satisfaction with each other was rated as follows (2.25; 75%), was shown as a less important aspect.

However, the indicator of results cannot be called low. According to our research on this issue, "sexual imbalance of young couples" (sexual dissatisfaction) also plays an important role in the formation of family disputes. It has also been observed that the result of sexual disparity leads to childlessness, and in many cases it causes a drastic change in the way of life of the couple or a new construction. According to statistics, childlessness accounted for 50% of the divorces of young families in Uzbekistan in 2019. Sexual balance ensures that the couple's sex hormones work properly, reproductive health in order not to cause medical deficiency in them, young people are more satisfied with each other, strong affection appears between them, and it ensures that the family does not deteriorate[2].

One of the factors affecting family stability in the imagination of young brides and grooms is "provision of housing and living as an independent family" (sum of places 2.10; 78%). In fact, this factor is more prominent in families working in the "economy first, then politics" and "love is not enough" type. If we analyze the motives of these families for marriage, we can see that the motive of "marriage based on material interests" prevails. Economic maturity of both parties to marriage also has an important place in the youth audience, where this factor is the leader in many cases. Because the importance of economic independence in the family in a happy marriage is also related to the psychological maturity of individuals.

"Educational influence (participation) of the mother-in-law on the family relations of the bride and groom" (sum of places 3.15; 57%) was expressed as a necessary factor, which is at the center of the values of the Uzbek people. In our Uzbek people, according to national traditions, respecting the representatives of the older generation, appreciating them, and making wise use of their social experience have had an important place since time immemorial. Therefore, it is natural for young married people to involve their parents in stabilizing family life. In addition, multi-generational families (grandfather, grandmother, son, daughter-in-law, grandson, great-grandchildren living together) characteristic of the Uzbek nation have been raised to the level of value.

Multigenerational families indicate complex interpersonal relationships. This prepares the ground for the formation of symbiotic relationships, relationships based on syntonic communication in the system of emotional relationships in families. At the same time, in order to "live as an independent family" in such families, it is important to establish communication between generations and exchange mutual experience.

In order to create a healthy psychological climate in the family, the results of the intervention of other members of the family, or the intervention of "sister-in-law, mother-in-law" are as follows. (2.75; 55%) is estimated. As mentioned above, family members such as father-in-law, mother-in-law, mother-in-law, sister-in-law have an important role in building relationships. In order to ensure the stability of interpersonal relations between representatives of different generations in the family, it is important to have etiquette, distribution of social roles and functions, a sense of social duty, respect for each other, and adequate distribution of economic and social duties.

Based on the answers given above, we can see that the impact of the "Mental cognitive" category in young families was evaluated in high percentages based on the imagination of the test takers. "Mental cognitive" process 92% of the factors listed in the IPS include "Attitude to seeing a child and its upbringing", "the consciousness and spiritual- factors such as "moral status" are shown to be the most necessary factors for building a healthy family. "Economic category" ranks next, accounting for 86%, among the factors listed in the IPS are "material and household security of a young family, provision of housing and living as an independent family". Testers indicated this category as one of the main factors in improving the health of the family environment.

**CONCLUSION.** The "Medical Physiological" category is at 75%, and the test takers reported that the imagination of a young family is second only to the "Mental Cognitive" and "Economic" categories in maintaining healthy relationships. We can include factors such as "sexual compatibility of the bride and groom (sexual satisfaction)" in the "medical physiological" category.

The "social psychological" category took the last place with 70%, and it includes "good understanding of the bride and groom in the family, mutual respect and trust", "distribution of family roles (tasks) specific to the bride and groom and a responsible approach to it ", "Educational influence of mother-in-law on the family relations of the bride and groom", "The role of mother-in-law, mother-in-law, mother-in-law and sisters-in-law in family interpersonal relations" includes. As we can see, the factors included in the "emotional-emotional" category were left out of consideration. However, the role of the emotional-emotional category is considered very important in the origin of conflicts in the family.

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