

## METHODS AND MEANS OF PREPARING STUDENTS FOR FAMILY LIFE IN HIGHER EDUCATION INSTITUTIONS

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**Abstract.** In this article, the fact that family and family matters are paid a lot of attention in our country at the present time, even that family relations have risen to the level of politics, as well as the issues of preparing young people for family life, are described. In this article, the instructions, opinions and comments of several scientists on the issues of preparing young people for family life are cited. Methods such as story, conversation, explanation} and educational methods {example, advice, instruction} are explained in detail. Also, the most important tools {books, audio, video} materials, etc. used in preparing the student for family life are summarized. is stated. As a result of the application of educational methods, educational methods and tools in higher education institutions, the opinions about the most important methods and tools used in preparing young students for family life using the questionnaire method. Students begin to develop the concepts of family, family relations, parental responsibility, children's duty, child education. Preparing young people for family life is a long and continuous process of responsibility. That is, childhood in the family environment, not only in educational institutions. preparation for family life begins.

**Keywords:** method, tool, empathy, identification, conversation, story, advice, example, instruction, explanation

### Introduction

From the early days of its independence, the Republic of Uzbekistan has been committed to harnessing all its resources to cultivate young people into well-rounded, responsible individuals. This vision has been central to the country's development strategy. Today, science and technology are advancing rapidly, and the educational landscape is evolving to meet the demands of this dynamic environment. The "Education Concept of the Republic of Uzbekistan until 2030," adopted by the President on October 8, 2019, serves as a clear testament to this commitment, emphasizing the importance of shaping an educated and skilled youth, grounded in universal human values. The success of this endeavor hinges on a thoughtful and purposeful

approach to utilizing the country's educational resources. The role of educational institutions in this regard is crucial, as they are key to nurturing the next generation of leaders who will carry the torch of progress.[1]

In line with these goals, President Sh.M. Mirziyoyev's "Strategy of Actions" and other guiding documents on the country's development priorities (2017-2021) highlight the urgent need to preserve national identity amid rapid global change. As the president emphasizes, "Times are changing rapidly, and young people are the ones who experience these changes most directly. It is essential that they align with the demands of the present day, but without losing sight of their own identity. The question is, how will we achieve this? Through education, education, and education alone." This statement underscores the critical role that education plays in both adapting to modern realities and preserving the unique cultural and historical heritage of the Uzbek people.[2]

### **Literature review**

The problem of family, family education, and the preparation of young people for family life is being thoroughly studied by pedagogues, psychologists, sociologists, philosophers, and sociologists. Abu Nasr Farabi, Abu Raihan Beruni, Abu Ali ibn Sina, Yusuf Khos Hajib, Ahmad Yugnaki, Abdurrahman Jami, Alisher Navoi, as well as Mahmudhoja Behbudi, Abdulla Avloni, Cholpan, Abdurauf Fitrat are among the encyclopedic scholars who lived in Central Asia. Next, a series dedicated to family, upbringing, and preparing young people for family [5] scientific research was carried out. Including Y.P.Azarov, G.M.Hamidova, A.K.Atoev, M.J.Inoyatova, O.Torayeva, M.Ochilov, J.Yoldoshev M.Kuronov's textbook, study guide, methodological reflected in recommendations, scientific articles and research works. Pedagogical scientists on the issues of family and youth preparation for family life A. Munavvarov, O. Musurmonova, M. Inomova, M. Mahmudova, and A. Mukhsiyeva have covered these issues in their research works. [3]

In particular, among the Russian pedagogues, N.V. Malyarova, who explained the "social-psychological relations of the preparation of young people for marriage", I.I. N. Olifirovich developed the "social psychological model of preparing young people for family life", according to which the preparation of young people for family life is expressed by cognitive and emotional aspects of behavior. M.G.Semerikova, in turn, contributed to the field of pedagogy by creating a model for preparing young people for family life. Russian pedagogues (A.A. Konokotin, H.JI. Moskvychева, A. Ovchinnikova believe that the educational path of higher education students is the most important environment for their social

development, the way to get acquainted with social experience. for them, they preferred higher education in preparing students for family life.[7] Because of relationships, marriages, the institution of marriage, and economic individuality can continue social reasons such as the presence of children, fear of economic loss, and loneliness Several studies have been conducted on pressure, loss of status, reluctance of one spouse to end the marriage, and religious beliefs.(Akgün va Polat-Uluocak, 2010; Dwairy, 2006; Georgas, 2006; Kurter, Jencius & Duba, 2004) [14]. The concept of “readiness” first appeared in experimental psychology as a result of the scientific work of A.A. Ukhtomnisky, A.V. Krutetsky, B.G. Ana Neva, D.N. Uznadze began to use the concept of “preparation” in his works and pedagogical researches and pedagogical literature. According to this, they stated that preparation is necessary to successfully solve a problem, to be interested in any activity, to achieve success, and to show oneself from the best side. In their research, Fletcher found that in preparing young people for family life, they first classified mate preferences into three categories: warmth/reliability, vitality/physical attractiveness, and status/resources, with physical attractiveness taken into account. who concluded that status/resources are more important for men and status/resources are more important for women.[11] Our people have paid great attention to family and marriage issues since time immemorial. First of all, we should pay attention to the dictionary meaning of the concept of marriage. In the explanatory dictionary of the Uzbek language, the word “marriage” means “joining, coming together, approaching”. is one of the connections that ensure that they live together. Marriage is the most sacred relationship between people, raised to the level of worship. Because marriage is built based on the command of Allah, the Sunnah of our Prophet, and the testimony of believing Muslims. Because marriage is a necessity that ensures the continuation of the human race. [13]

It is known that the family is considered a building within the society, and its bricks are marriage. The stronger the bricks, the stronger the building. The family is the starting cell of every society. If the family is strong, peaceful, honest, and clean, society will be peaceful, strong, and prosperous. The family teaches the child about life with the help of life events. State institutions are more scientific, purposeful, and planned for the child compared to the family, and at the same time, they play a big role in the formation of the child's personality. Special methods and tools are used in educational institutions. The balance of personal life with professional life, globalization, the introduction of new technologies into personal life, and overlaps between work time and family time have become worrying current problems of life (Babatunde et al., 2019). The mediating effect of work-family life balance on the relationship

between the sense of coherence and job satisfaction in nurses[8]. First of all, let's answer the question of what are the methods and tools. "Method-in the general sense - a method of achieving a goal, an activity organized in a certain way". A variety of educational equipment, and training manuals ensure the organization and progress of the instrumental-educational process. [6]

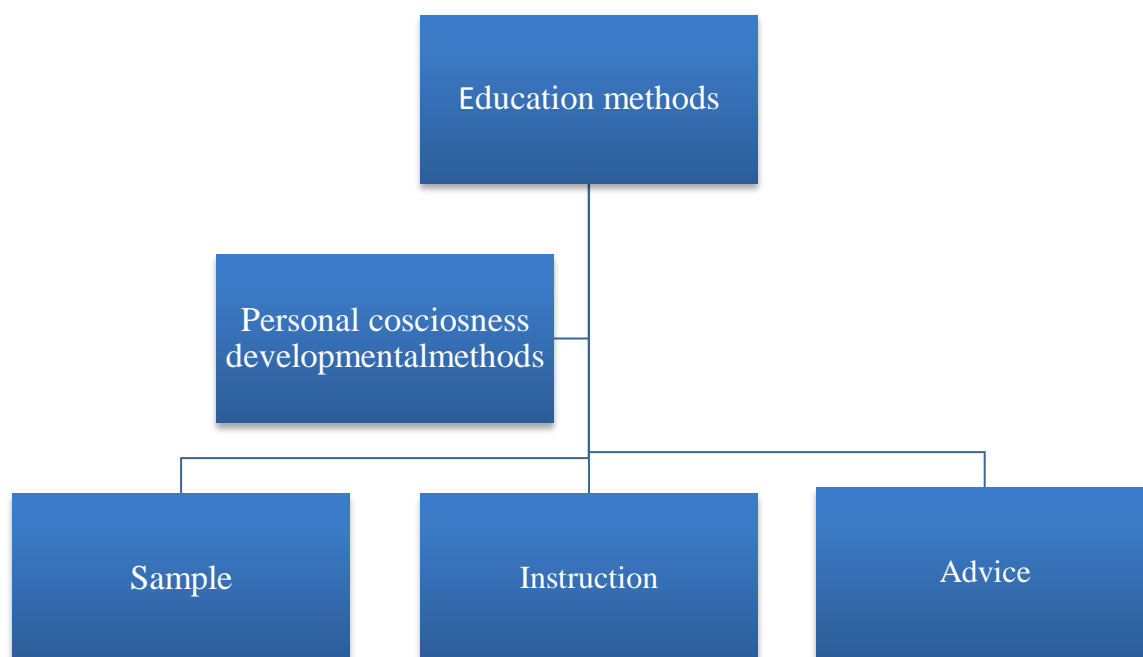
**The interview method** is used to identify and analyze various issues related to family life, family relationships, values, and child upbringing in preparing young people for family life. Through this method, the family needs of young people, as well as the problems that arise in family relationships, can be better understood. The main purpose of using the interview method is as follows:

1. Assessing the readiness of young people for family life: That is, determining their knowledge, skills, and attitudes regarding marriage, family, and child-rearing.
2. Identifying hopes and fears: helps young people understand what they expect from family life and what fears they have about family relationships
3. Development of preparation programs for family life: Organization of programs based on the real needs and demands of young people.

**The story method** is very important in preparing young people for family life because, through this method, students are taught more deeply about their views, culture, and values related to family life, using life stories and personal stories. Also, this method forms empathy and identification in students, that is, students are taught to see themselves in the stories of others, which helps students develop empathy and better understand family roles. Identity Self-reflection: helps students better understand their values and expectations. The story method is used to describe basic concepts such as marriage, family interaction, conflict resolution, and the roles of parents and children in the family. For students to discuss and analyze the stories of others, to develop critical thinking and empathy skills, to practice the skills necessary for family life, conducting role-playing in practical activities is an educational tool for a wider audience. is one of the main methods that lib can serve. The use of the story method in teaching young people about family life allows for a deeper understanding of the difficulties and joys associated with marriage and family. The explanatory method for preparing young people for family life is an educational method that helps students acquire the necessary knowledge, skills and relationships to successfully create and maintain family relationships. The main purposes of using the explanatory method in the process of education are helping students to communicate in the family correctly, resolving various conflicts in the family, managing

students' emotions, overcoming stress, and preparing them for emotional difficulties related to family life.

**Lecture method** - formation of psychological and spiritual maturity of young people, as well as teaching a conscious approach to marriage and family relations, helps young people to understand the legal and moral foundations of marriage. In institutions of higher education, lectures should be held regularly, mainly with the participation of specialists in the field of family psychology and family counselors. The lectures include various topics such as conflict management, emotional intimacy, financial planning, parenting, and other important aspects of family life. can get



The model method of preparing young people for family life includes several important aspects

**1. Educational aspect.** Understanding oneself and one's partner in relationships, and developing communication skills. Also, social skills: establishing healthy social relationships, and taking examples from other people to understand roles and responsibilities in the family.

**2. Practical aspect.** Teaching family budget management, spending, and saving planning. Housekeeping skills: Explaining and teaching through models and various examples on housekeeping, and division of tasks.

**3. Emotional aspect.** Emotional maturity: developing the ability to understand and express emotions, overcome stress, and maintain emotional balance

**Instructional method** is one of the pedagogical methods used to teach certain knowledge, skills, and abilities to prepare young people for family life. Through this method, students are given clear and detailed instructions by the teacher. The main goal is to provide students with basic concepts of family and mutual understanding of family relationships. Giving clear instructions means that the teacher explains to the students the basic concepts of the family step by step and in turn gives clear instructions. The method of instruction is often used in practical training and laboratory work because students themselves participate in preparing scenes related to the family. As a result, students learn not only by hearing but also by feeling and seeing. This helps to master the material better.

**The method of advice** is one of the most widely used methods of training and cultivating human qualities in students in folk art. First of all, folk proverbs that are deeply thought about “respecting people, understanding personal duty, being honest and truthful, good” are mainly used in the form of advice, advice, requests, and commands to the listener (II person) in the form of admonition. [9]

It follows that the essence of the **counseling method** is as follows: the counseling method refers to the relationship between the counselor (the counselor) and the counselee (the recipient of counsel). This method is usually used to guide a person's decision-making in life or business. A counselor is usually an experienced and knowledgeable person who provides information, advice, and direction to the counselor. Studied youth attitudes toward counseling and willingness to implement recommended practices (e.g., Guntzviller, 2018). In the parenting and communication literature, the concept of taking advice means a lot. The internal state of acceptance refers to whether or not advice is sought or desired or determined by those who are willing to socialize (Darling and Steinberg, 1993; Guntzviller, 2018; Paik, 2019). A measure of behavioral acceptance refers to responses to advice (Darling & Steinberg, 1993; Guntzviller, 2018; Paik, 2019) [8.23]. The main goal of the counseling method is to:

- An experienced person shares his knowledge and experience with a less experienced person.
- The teacher helps the person to achieve his special goals and develops him.
- Counselor helps with issues related to psychological or personal problems.
- Motivation and support: Counselees are supported and motivated by counselors.

Incorporating topics such as family pedagogy, family psychology, family dynamics, sex education, and healthy communication into higher education curricula. Additionally, organizing specialized training sessions and seminars on critical subjects like pre-marriage

preparation, conflict resolution within families, financial management for families, and other essential aspects of cohabitation.

### Information

### Resources

Providing literature and articles that focus on interpersonal relationships, marriage, and family life. Key resources include Sheikh Muhammad Sadiq Muhammad Yusuf's "*Bakhtiyar Oila*", Zebiniso Admedova's "*Rules of Being a Smart Woman*", Abdurauf Fitrat's work "*Family*", all of which serve as valuable tools to help prepare young people for family life.

### Interactive

### Learning

### Tools

In practical and laboratory sessions, role-playing games and scenario-based exercises will be used to simulate family life situations, helping students prepare for potential challenges they might face in family life.

### Social

### Media

Various videos and podcasts on family life and relationships, hosted by family experts, will also be utilized as tools to help young people prepare for family life. These digital resources provide a convenient platform for self-education and offer wide-ranging opportunities for young individuals to access essential information in a format that suits them best.

### Results

30 students of the pedagogy and psychology department of Urganch State University Pedagogical Faculty took part in the experiment. They were asked the following survey questions.

1. What do you know about family?
2. What do you mean by preparation for starting a family?
3. Which subjects taught at the university serve to prepare young people for family life?
4. Which methods do you think are preferable to use in preparing students for family life during the educational process?
5. What tools do you think have a direct impact on the minds of students in preparing young students for family life?

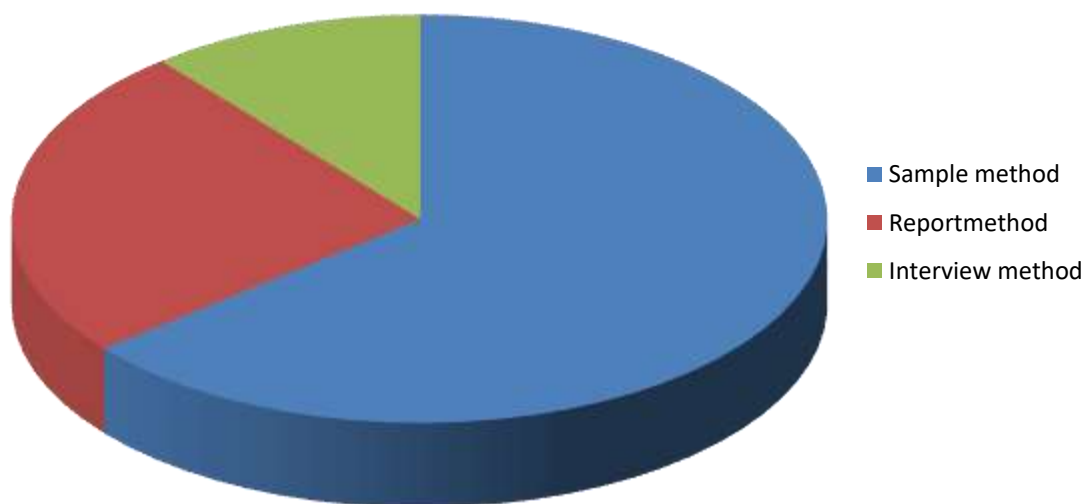
For questions 1 and 2, it became clear that all students have concepts about family and preparation for family life. Because all students wrote clear answers to the questions

For question 3, all the students wrote such subjects as family pedagogy, family psychology, educational hours, social psychology among the subjects important for preparing young people for family life.

The students answered the 4th question as follows {look at the diagram}



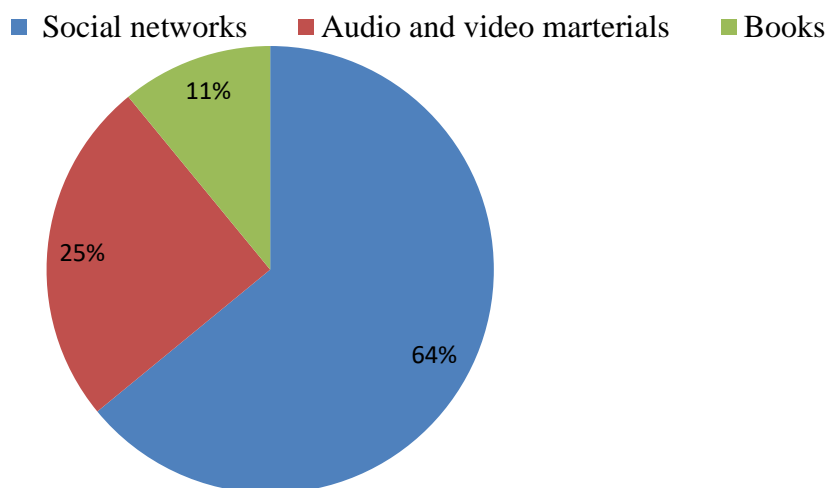
**In the educational process, what methods do you consider preferable to use in preparing young students for family life?**



12 out of 30 students prefer sample method, while, for 10 of them Lecture method is effective the 8 of them wrote the interview method as the preferred method used by students to prepare young people for family life. The results of this experiment show that the more sample method is of great importance in preparing young people for family life.

Students answered question 5 as follows: 19 out of 30 students received books and manuals, 7 students liked audio and video materials and 4 students wrote social networks. The results of this pilot test show that more books and monographs about the family are the main tool for preparing young people for family life.

**What tools do you think have direct impact on the minds of students for family life?**





### Conclusion

From the findings of experimental work, it is clear that the model method plays a crucial role in preparing young people for family life. The role of education and the educator in this process is especially significant, as educators themselves serve as living examples of family life. Their behavior, values, and attitudes toward family have a profound impact on young people, shaping their perceptions and understanding of family dynamics. In this regard, books and scholarly works on family life are indispensable tools, offering valuable knowledge and guidance for young people as they prepare for their future roles within the family unit.

The preparation of young people for family life is not a one-time event, but rather a continuous, long-term process. Throughout their education, young people undergo both training and instruction that progressively builds their understanding of family, marriage, family relationships, and child-rearing. Educational methods, along with pedagogical techniques, are pivotal in shaping their views and preparing them for these responsibilities. These methods help young individuals grasp foundational concepts related to family life and instill in them the skills needed to navigate the complexities of marriage and family dynamics.

Each of these educational methods is equally significant and contributes to the overall preparation process. When employed effectively, these methods yield positive, lasting results. Furthermore, it is essential to combine these methods with various tools to enhance the learning experience. This multifaceted approach ensures that students not only receive information passively through hearing and seeing but also actively engage in the learning process. By participating in real-life scenarios, discussions, and activities, they are able to internalize and experience the concepts of family life more deeply.

Ultimately, the process of preparing young people for family life is most effectively carried out in the family environment itself, where they can observe and interact with real-life examples of family relationships. The family environment provides the ideal context for reinforcing the initial concepts of family, marriage, and child-rearing, allowing young people to truly understand and appreciate the importance of these values in their own lives

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