



EOC
EUROASIAN
ONLINE
CONFERENCES

ENGLAND CONFERENCE

**INTERNATIONAL CONFERENCE ON
MULTIDISCIPLINARY STUDIES AND
EDUCATION**



Google Scholar

zenodo

OpenAIRE

doi digital object
identifier

eoconf.com - from 2024



INTERNATIONAL CONFERENCE ON MULTIDISCIPLINARY STUDIES AND EDUCATION: a collection scientific works of the International scientific conference – London, England, 2026. Issue 4

Languages of publication: Uzbek, English, Russian, German, Italian, Spanish

The collection consists of scientific research of scientists, graduate students and students who took part in the International Scientific online conference «**INTERNATIONAL CONFERENCE ON MULTIDISCIPLINARY STUDIES AND EDUCATION**». Which took place in London, 2026.

Conference proceedings are recommended for scientists and teachers in higher education establishments. They can be used in education, including the process of post - graduate teaching, preparation for obtain bachelors' and masters' degrees. The review of all articles was accomplished by experts, materials are according to authors copyright. The authors are responsible for content, researches results and errors.





PSYCHOLOGICAL ASPECTS OF FORMING A CULTURE OF COMMUNICATION IN PREPARING STUDENT GIRLS FOR FAMILY LIFE.

Karimova Muxayyo Nazar qizi,

Termez State Pedagogical Institute

Doctoral student of the Department of Applied Psychology

E-mail: karimovamuxayyo91@gmail.com

Tel: (88)075 33 34

Abstract. This article discusses the psychological characteristics of female students, what should be paid attention to in raising girls in families, what character traits we can form in our girls so that they can build a successful family in the future, and the importance of communication in a successful family life.

Keywords: Uzbek families, female students, worldview, family, society, ethnic characteristics, family values, position, independent life, communication, culture.

Introduction. Due to the lack of proper ideas about family life and lifestyle among young people, there are many cases of dissatisfaction with family and marital relations when they get married. Therefore, the article puts forward valuable advice on creating educational conditions in the places where young people grow up and study, preparing them for family life and marriage, forming in them the necessary qualities and qualities that ensure a happy family and a prosperous life, and saving them from romantic, sweet fantasies about a future family, and various distractions.

The studies of Russian scientists Yu.I.Semenov, Masherov, Yu.T.Timofeev showed that the emergence of conflict situations in the family is also associated with changes in the overall sphere of human life. Z.B.Sykevich and Yu.A.Possel studied the specific features of family relations in brides and grooms of the same or different nationalities. Yu.S.Kotelnikova was one of the first to systematically study the psychological characteristics of the emergence of non-normative crises in young families.

G.V. Lagonda tried to study in detail the theory of expectations (expectations of desired results) from marital relations. S.A. Garmaev in his research conducted separate studies on the culture of family relations of people belonging to the Christian religion. In the scientific research of Ye.M. Savina, the system of significant relationships in the family during the period of expecting a child (during the mother's pregnancy) was highlighted. The culture of mutual relations between husband and wife is also confirmed by the results of the study of real family life conducted by American researchers V. Matthews and K. Mikhanovich. In the course of the research, more than ten essential differences between happy and unhappy families (conditionally) were indicated. Diane Wagen, a researcher who studied the relationships of husbands and wives during divorce, found that in many cases, husbands and wives become different people socially and spiritually before the physical separation.





Judet Wallerstein and John Kelly, studying the lives of children from sixty divorced families in California, noted that the negative consequences of divorce are extremely difficult for children. E. Burgess, P. Wallin, L. Terman and M. Odema, G. Roland, based on their extensive research, noted that a number of types of qualities and qualities inherent in partners are necessary for marital satisfaction. L. Vygotsky, D. Elkonin, A. N. Leontiev, G. Andreeva—theories of Russian psychologists with an active approach to the individual. The concept of social representations in social psychology (S. Moscovitch, J. Kodol, A. Donsov, T. Emelyanova, V. Karimova, etc.), theories on determining the process of reflecting the activity of family life (A. Kharchev, S. Golod, Z. Yankova, H. Yurkevich, V. Sysenko, N. Soloviev, D. Kutsar, T. Mishina).

Lutfullayeva Nigora Khalimbayevna in her candidate dissertation “Socio-psychological characteristics of the readiness of married students for family relationships” studied the family of students as a small group in social psychology. The scientific work focuses on the changes of this period, relationships similar to student life, responsibilities inherent in the roles of husband and wife, and their own social status, in which a different system of values, ideas about parenthood, and marriage are observed.

Khidirova Firuza Farkhodovna in her candidate dissertation entitled “Pedagogical conditions for preparing girls for independent family life in the family” sheds light on the pedagogical problems of preparing girls for independent family life in the family.

O.E. Eshmuradov’s scientific research on the topic “Socio-psychological factors of ensuring family strength” discusses family relationships, the role of men and women in the family, the formation of family values in them, and the formation of family ideas in growing boys and girls.

D.T. Ismatova's candidate dissertation on the topic "Socio-psychological features of the correction of emotional stress in family relationships" discusses the role of family members in the emergence of emotional stress in adolescents, as well as important psychological changes during this period.

In the process of life, such motives are formed in a child that become fundamental for the teenager and subjugate all other motives. Motives that steadily dominate the behavior and activity of a teenager establish the direction of the child's personality.

Research conducted to study family problems has shown that family problems arise from behavior and character traits characteristic of family members, such as disagreements in relationships, lack of self-control, lack of culture of communication in young people, dissatisfaction with their spouse, boring life, division of family duties, quarrelsomeness, excessive pride, imperfection in behavior, material difficulties, and selfishness. We also became convinced that a person is looking for an ideal person. We learned that in many cases, dissatisfaction with each other (dissatisfaction with work duties), suspicion, criticism, reproaches, etc. of spouses also cause many problems. While family





members attributed the problem to mutual misunderstanding and mismatch of character traits, some attributed the woman's dissatisfaction and reproaches to her superiority over the man. From this it became clear that the real cause of family problems lies in the lack of pedagogical and psychological knowledge in families. To do this, it is necessary to carry out comprehensive work in the neighborhoods in this regard, hold neighborhood meetings in cooperation with families, and, in order to prepare girls for family life, first of all, solve the issues of improving the psychological literacy of their mothers and increasing their trust in psychologists and educators.

When preparing our girls for family life, we should also teach them that there are ups and downs in life along with the beautiful aspects of family life, and that various difficult situations can be solved with sweet words and kind treatment. For example, if we introduce them to the problems mentioned below that many families encounter, they will not be confused when they face difficulties when they step into adulthood, but will be able to choose a rational path and get out of this situation.

Therefore, every girl who gets married should have psychological literacy, have communication skills, be able to solve family problems positively, be able to create a healthy psychological environment for her husband and children in any circumstances, and contribute to the upbringing of her children by setting an example in family relationships.

After a girl gets married, her social status changes, and her attitude towards others and herself changes. The culture of communication plays a major role in helping a girl who has been able to build self-confidence in response to this change find her place in her new family in a short time. One of the main factors that plays a role in building self-confidence for starting a family is self-guidance, that is, the comprehensive development of a state of readiness for a family. Adapting to a new bride's status is, of course, based on experience and knowledge. Accordingly, any girl who has reached marriageable age should mentally analyze her achievements and shortcomings in her thinking and imagine the actions she will take when she becomes a bride.

Conclusions and suggestions. It is necessary to study each aspect that affects female students in detail, scientifically predict how this factor may affect their future lives, and based on their value system, further increase the factors that have a positive impact on them, helping them to correctly set their future goals. Adolescence is a period of rebuilding for a person, and it is precisely at this time that they form positive ideas about the family, correctly instill family values, and create the foundation for them to build a successful family in the future.





REFERENCES

1. Mirziyoev Sh.M. Tanqidiy tahlil, qat'iy tartib-intizom va shaxsiy javobgarlik - xar bir rahbar faoliyatining kundalik qoidasi bo'lishi kerak. Mamlakatimizni 2016 yilda ijtimoiy-iqtisodiy rivojlantirishning asosiy yakunlari va 2017 yilga mo'ljallangan iqtisodiy dasturning eng muhim ustuvor yo'nalishlariga bag'ishlangan Vazirlar Mahkamasining kengaytirilgan majlisidagi ma'ruza, 2017 yil 14 yanvar. - Toshkent: O'zbekiston, 2017. - 104 b.
2. Shoumarov G'.B. Oila psixologiyasi:Darslik-T.:”Sharq”, 2014.272-bet.
3. Fayziyeva M, Jabborov A. Oilaviy munosabatlar psixologiyasi.- T.:”Sharq”,2007.42-bet.
4. Karimova M., (2023). QIZLARNING MUHABBAT BORASIDAGI TASAVVURLARINING OILA MUSTAHKAMLIGIGA TA'SIRI. Журнал Педагогика и психологии в современном образовании, 3(2).
5. Каримова М., О'zbek oilalarida qizlarni oilaviy hayot haqidagi tasavvurlarining ijtimoiy-psixologik jihatlari. Современные тенденции психологической службы в системе образования: теория и практика., 2023/8/31., 37-40.
6. qizi Karimova, M. N., & Ashurova, S. F. (2023). PROFESSIONAL TA'LIMDA TAHSIL OLAYOTGAN QIZLARNI OILAVIY HAYOTGA TAYYORLASH VA ULARDA SOG'LOM TURMUSH TARZINI SHAKLLANTIRISHNING PSIXOLOGIK ASOSLARI. Educational Research in Universal Sciences, 2(5), 369-373.

