

The Effect of Premarital Relationships on Family Strength

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ABSTRACT: The article analyzes the research data of psychologists, who focused on the psychological nature, origin and dynamics of relationships characteristic of family interactions. From this point of view, the author describes the importance of studying the phenomenology of family relations as an object of socio-psychological research.

KEYWORD: family members, relationships, customs, psychological nature, socio-psychological research, attraction, socio-demographic characteristics, premarital factors, conditions and conditions, personal characteristics, individual qualities, interests, worldviews.

Family experts, pedagogues-psychologists, and in addition, every parent should know about the socio-historical origin of the family, possible changes in the family; to have knowledge and skills that ensure the stability of the family; to be able to interpret the specific characteristics of family life in a scientifically based way; able to get out of problematic situations in a psychologically reasonable manner (without affecting the family and its stability); A family researcher should be able to work with psychological diagnostic methods and correctly interpret the results obtained using them.

Practical work is being done by our state to strengthen the family. For example, a whole chapter (Chapter 24) of the Constitution of the Republic of Uzbekistan is dedicated to the family, which is a clear example of this. Article 63 of the Constitution states: "The family is the main link of society and has the right to be under the protection of society and the state."

As President Shavkat Mirziyoyev noted, today "divorces for trivial reasons are increasing among young families. Innocent children become orphans and are left out of parental education at the time when they are most thirsty for love and attention."

In this sense, an unhealthy psychological environment in the family causes not only conflicts between spouses, but also changes in children's psyche and behavior. In the family, the fact that parents are busy with their own lives and worries, do not control the activities of children and do not direct them to socially useful activities, causes the origin of children's behavior. Also, the influence role of family upbringing, the inability of parents to set an example as a person, their immoral behavior, and the origin of deviant behavior in other children and adolescents.

Many scientists, including scientists from Uzbekistan (M. Davletshin, G'. Shoumarov, E. G'oziev, B. Kadirov, Kh. Karimov, N. Soginov, F. Akramova, G. Yadgarova), M. Salaeva, D. Khalikov and others) were studied. In them, the ethnopsychological aspects of family relations have been researched from the point of view of customs, customs, and traditions specific to the Uzbek family. But while analyzing the family

institution as a social reality and its laws, at this point we considered it permissible to present the information presented in many studies that focused on the psychological nature, origin and dynamics of the relations characteristic of family interactions. From this point of view, we refer to the results of a number of studies in which the phenomenology of family relations was studied as an object of socio-psychological research.

One of those who studied social relations in the family and the laws of their origin in a detailed monographic manner is the Russian scientist L.Ya. Gozman (1987) is. He used the concept of attraction to scientifically analyze these laws. Attraction is derived from the English words attraction, aspiration, and it means a positive relationship that one person feels towards another person. Any such dyadic, that is, dyad, relationship between two people begins with sympathy, liking, or attraction.

L. Ya. According to Gozman, the most important factors that stimulate attraction in a couple's relationship are the partner's external, physical, and internal spiritual and moral attractiveness, as well as his socio-demographic characteristics. That is, falling in love at first sight, falling in love with him is the initial stage of attraction, which actually depends on the imagination of a beautiful, intelligent and moral person in people's minds. It has been proven that such an idea is especially applicable to women. The author imagines this in the form of a U-shaped curve in a graphic form.

External and internal

The dependence of liking on external and internal psychological pleasantness includes the socio-demographic characteristics that motivate the masquerade, first of all, a person's place in society, social status, level of education, profession, material security, nationality and religious beliefs, where and with whom he lives. Often, people who are close with the same signs or characteristics fall in love with each other faster, because the presence of similar signs or mental qualities in a partner or acquaintance creates a basis for the formation of positive opinions about him, and the harmony of stereotypes in a good way.

In addition, a number of serious qualities such as a person's value system, the common goals in life, the closeness of the social roles they perform, and luck are also motivating to be liked.

To explain the process of falling in love at first sight, it is appropriate to put forward the "three-filter theory" (Figure 2).

Filter 1 Filter 2 Filter 3

The theory of "three filters" representing the dynamics of partnership relations:

The first filter is a process related to a person's direct attention to another person, in which the main role is played by the external attractiveness of the new acquaintance, qualities that are noticeable at first glance (for example, the girl has long hair, blue eyes, the guy is tall, tall, etc.). Such relationships are characteristic of many people, that is, most people like another person in different situations. If the socio-demographic characteristics of the partner also meet the expectations during mutual or one-sided liking, the relationship moves to the second filter. If the socio-psychological, personal characteristics and life goals of the new acquaintances also agree with each other, harmonious relations will pass to the third filter. Through each filter, partners reveal new aspects of themselves to each other.

However, just as no wall or house is without a foundation, premarital factors that are the basis for the creation and construction of a family play a decisive role.

So, what are these foundations, that is, pre-marital factors?

Pre-marriage factors include: the maturity of young people starting a family, that is, the age of marriage: the motives for starting a family: the period of time they have known each other before starting a family (how

long they have known each other), the conditions and conditions: their ideas about their future family life, etc. possible

Of course, each of these factors can have a different character in different young people, while each of them, in turn, is differentiated into several types. For example, when marriage is called maturity, it is possible to distinguish the aspects of maturity of young people who are building a family: physical (physiological), sexual, legal, economic, spiritual-moral, psychological. Among them, the indicators of legal and sexual maturity have sufficiently clear symptoms and signs, and there is a lot of information about them in the relevant legal, medical, and psychological literature, while the economic, spiritual, moral, and psychological aspects are a little more complicated, with no fixed indicators and limits. is characterized.

Among the pre-marriage factors, one of the most characteristic is the age characteristics of young people starting a family. Because these indicators are also crucial in the strength of marriage. We will discuss them below.

Characteristics of the age of marriage. From a demographic point of view, starting a family does not mean starting a family of certain people, but of an entire generation. At this point, it is safe to say that the older a generation is (the higher its age), the more mature it is in each of the aspects we are considering. The 20-24 age group has more life experience than the younger generation. Representatives of the first generation have a higher level of socio-economic maturity, because it is at this age that most young people have completed secondary or higher education, have acquired one or another profession. will have a higher level of maturity.

Statistics and age groups such as these, which are widely used in modern demography, are considered very unfavorable for social psychological analysis of various aspects of the social maturity of young people. Because it is not a secret to anyone that today the growth and coming of age of young people is happening very rapidly. According to the above grouping, 20- and 24-year-olds belonging to the same demographic age group have qualitatively different levels of maturity. The same can be said about the 25- and 29-year-olds. By the age of 29, professional maturity is complete, and by this time most young people have started a family and even have children. Thus, 29-year-olds are significantly different than 25-year-olds in terms of life experiences and other key components. In this sense, from the point of view of demographic, physiological, psychological, socio-economic maturity, it is correct to say that 24-26 years for boys and 21-24 years for girls is the most optimal period for marriage.

In addition to these pre-marriage factors, another factor that is of decisive importance in the strength of marriage is the motives of marriage, which are the basis for the formation of a family, and their specific characteristics. In psychology, the phrase "motive" means the force, motivation, source, basis for the occurrence of a certain behavior, activity. So what motives can families come into being? Several dozen marriage motives are distinguished in the psychological literature. But they are generally divided into three classifications.

These are: starting a family due to love, that is, young people love each other before starting a family, and after being in love for a certain period of time, they start a family with each other as a product of this mutual love.

The second classification of motives is to build a family due to material or personal gain. When starting a family, young people can build a family with a certain goal in mind, for example, wealth, career, material or social interests: "If I marry this guy, I will live richly" or "If I marry this girl, her parents will with the help of his mother, I will achieve a certain career, position", to get rid of his socio-economic situation, "get rid of loneliness" and others. One could enumerate many such considerations.

Another classification of marriage motives is called stereotypical family building. Both of the previous motives may not be observed in this category of youth. When they build a family, they look at stereotypes.

When such young people are asked why they started a family, they usually answer: "All my peers were getting married, so I got married!" or "All my friends are getting married, so I'm getting married!" they answer as follows.

So, which of the three motives listed above: love, material or self-interest, which of the families built according to the stereotype will be stronger, that is, which motive will ensure the stability of the marriage family more strongly?

Of course, most young people answer this question by choosing the first motive, that is, the motive of love. Because they believe that building a family due to love is the most reliable, solid foundation that ensures the strength of marriage. Indeed, the role of love in family strength is immeasurable. Indeed, love is a powerful force. What can't a person do because of him?! Humanity has reached the highest heights in its development because of love. As the Viennese psychologist Sigmund Freud said: "Love is the force that pulled humanity out of the animal world!" All great miracles created by man are due to love.

From what has been said, it is clear that starting a family because of love provides the basis for a happy and strong marriage. Of course, most of the couples who are married in love have the happiest married life. But according to statistics, the majority of family divorces happen to couples who have built a family out of love. Because they show only their positive qualities until the family, some negative individual characteristics remain hidden. As a result, it is observed that what they expected from family life is left behind and they face completely unexpected situations.

The next motive is to start a family due to material or other interests. The effect of this motive on family stability depends on the extent to which it is implemented later. If all the things that young people consider and envisage before starting a family come true, this motive can serve to ensure the strength of marriage to a certain extent. Unfortunately, it is appropriate to emphasize the opinion that "not everything in family life happens as young people expect, but on the contrary, everything starts after the wedding."

That is why it is not always possible to achieve the things expected in family life. If the young people who built a family with something in mind do not realize these things in their family life, then their family life turns into alienation, suffering, and conflict. For them, it seems better not to live than to live in such a family. This will eventually lead to the collapse of families and the collapse of the building built on the foundation of "account".

According to statistics, the most legally stable, stable families correspond to couples who have built a family according to the stereotype. The number of divorces in such families is much lower than in families based on the previous two motives. Because they built a family "like everyone else". It looks like "everyone is living according to their dreams" - they are also living. Couples in a family based on this motive will be neither extremely happy nor extremely unhappy. But due to the joint life, adaptation, mutual understanding, and affection for each other will occur between the spouses, and they can develop and grow to the level of love, as we said above. Undoubtedly, such situations can make this category of families unstable not only officially and legally, but also emotionally and psychologically.

Another factor noted in the classification of premarital factors is how long young people have known each other before starting a family, and under what conditions and conditions they meet and start a family. How these factors can affect the strength of a marriage. Of course, if future spouses get to know each other as future husband or wife for a certain period of time before starting a family, if they have more adequate ideas and information about each other's personal characteristics, individual qualities, interests, worldviews, personal orientations, these ideas and information it can help them to understand each other and adapt to each other in their life together.

It is very well known to our young people that according to the family code, they are given a grace period of one month (more precisely 33 days) after applying for marriage. If, during this time, they change their intentions, their request will be granted and the marriage will not be registered as intended. There is nothing to hide that not all young people living in our republic are sufficiently aware of the existing laws on marriage, and in some regions these rules are not always followed.

Psychologists say that a person is the most complex object of cognition. No one can ever know it completely and in detail. Because it is the highest and, at the same time, the most complex being, which embodies a set of complex biological, physiological, psychological, social psychological, social processes, situations, and characteristics that are developing, forming, growing, and changing every day. His secrets are more than the secrets of the universe, not less. That's why some situations observed in the behavior and behavior of any of your friends who studied together for a year, ten years, or grew up together since childhood may surprise you even now, or people can see unexpected situations and expressions of behavior in each other after living together for a lifetime. It can be seen from these that a person cannot be fully known. But how long should future spouses know each other in order to get the minimum knowledge necessary to get married and live well together? Many people may think of the answer "the more the better." In fact, the short period of acquaintance before marriage is not in accordance with the goal. Studies have also shown that couples who have known each other for a month or less before getting married make up the majority of divorced couples. Also, knowing each other for 5-10 years or more before starting a family can lead future spouses to lose feelings for each other.

In the psychological literature, it is indicated that half a year to a year of knowing each other as a future couple is the optimal period. At this time, young men and women can have a minimum of knowledge and information about each other. Of course, this is not an ideal time either. What is important here is the speed with which young people study each other, with what purpose, with the help of what tools and methods, and with what "eyes".

Another characteristic of the premarital factors is the conditions of dating of young people before marriage. They are also different. Someone can meet at school, at work, someone by himself, someone with a friend, relative, someone with the help of suitors, someone on the street, in public places, in transport, at various ceremonies, weddings, parties, meetings, etc., according to the conditions. Of course, the individual characteristics of these young people, spiritual and moral aspects, culture, upbringing, the region where these young people lived, national customs, traditions, and ethnic characteristics are important in all of these. Based on the ethnic characteristics of the Uzbek family, one of the most common conditions for the formation of a young family is the formation of families due to courtship. Because the creation of almost all families in our country begins with the groomsmen going to the bride's house. Regardless of whether young people know each other in advance, love each other, simply meet or find a bride through matchmakers, of course, the visit of suitors to the bride's house is one of the ethnic conditions, customs, and traditions of marriage. All these have their own role in the strength of marriage.

If young people get to know each other and find each other without the help of suitors, then they first of all pay attention to whether the chosen one matches their mood, taste, ideal or not. These are definitely important factors for future life. But in this place, all our young people may not be able to adequately assess themselves and their future spouse, get lost in finding their "equal", lack of life experiences of their "youth" in this regard may hinder them. If they are able to think sanely, and as we mentioned above, they are psychologically mature for family life, they are less likely to make mistakes and go astray. If they are in a hurry, if they don't "cut seven to one" they will definitely fail.

In general, based on psychological maturity in choosing a partner, choosing a partner independently with a mature attitude and responsibility ensures that young people feel responsible for their decisions, fight for the strength of their family, act, and take responsibility for its success.

The maturity and firmness of our young people's decisions for family life, responsibility for their own family, and a high sense of responsibility are important factors that ensure family strength.