

The student is a peculiar feature of preparing young people for family life

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Annotation: This article provides information about the specifics of preparing students for family life, educating young people on the basis of tribal teachings, paternal example, motherly love, the younger generation based on tribal and maternal teachings.

Key words: schoolchildren, youth, family, life, education, characteristics, grandparents, manual example, motherly love, young generation, grandparents, advice, education

“Family is one of the most important social factors of ideological education. Because the family is the basis of society and has centuries-old strong spiritual foundations. The first concepts, which are characteristic of our national ideology, are first of all absorbed in the family environment. This process takes place through the teachings of the ancestors, the example of the father, the mother. A healthy family environment is a source of national ideology. Ensuring the strength, well-being, mutual respect and harmony of every family in society is the basis for achieving the goals of the national ideology.

Therefore, the preparation of the younger generation for family life on the basis of the teachings of ancestors and mothers, lifestyle is an important and responsible task facing higher education. The student period covers the ages of 17 - 22 [25]. "Students are a social group that is preparing to play the roles of social life and specialization in material and spiritual production in a certain way and on the basis of a special program" [230].

This period is a process of civic and psychological maturity. Because during this period the whole system of social rights and duties of an adult is taken over. On the basis of the development of self-awareness, the personal lifestyle of young people in choosing a profession and acquiring it is formed.

The end of adolescence is a little calmer than the beginning. After all, physiological maturity is not the same as psychological and social maturity.

Social maturity prepares students for both mental ability and participation in various activities in social life: marriage, child rearing, socially useful work. At the same time, students should have knowledge of social life, be able to perform public duties, acquire work skills, develop as a professional, feel responsible for obeying and obeying the law, parental duty, envy of a particular social group. they need to be willing to take part in sports clubs and certain clubs.

The onset of social maturity, in particular, requires knowledge and obedience to the law. If the social impact on young people decreases during this period, they may act against the norms of life and parents during this period. Because as a result of the actions of various evil forces and centers of malice, erroneous ideas affect the minds and hearts of our youth, try to turn them in their favor in any way, and some young people They are also subject to foreign influences due to their weakness of faith and ignorance of the law and its requirements. That is why socio-psychological maturity is important in young people's sense of responsibility and duty. However, social maturity is formed later than psychological maturity and does not appear at all ages from 16 to 17 years.

A young man or woman who has moved away from his or her family to study may find himself or herself stunned by the complex situations that first arose during his or her student days, independent living. Because in the early days of studentship, high spirits, a sense of pleasure give young people a high spirit, daily life attempts, certain laws in the learning process - rules, difficulties can affect them, and sometimes depression can occur in their psyche. As a result, under the influence of internal and external factors, feelings of insecurity and despair appear in the

student's psyche, and the influence of foreign ideas, which we have mentioned above, leads to the wrong path.

Psychologists B.G.Anan'ev, N.F.Talizina, I.S.Kon, A.V.Petrovskiy, M.G.Davletshin and others have expressed important views in this regard.

For example, between the ages of 17 and 19, a student may experience carelessness in his or her life because he or she has not yet been able to control his or her behavior. Accordingly, it is observed that some students make mistakes in many issues due to lack of life experience. They lack the ability to analyze, monitor, evaluate, criticize their activities. That is why there will be contradictions in their activities. But as they gradually move on to higher courses, their beliefs are formed on the basis of their creative thinking, emotions, moral qualities, and self-awareness. According to these psychologists, the period of puberty is at the age of 18-20 years when physiological capacity develops at a high level. The response of human organs to external influences, the optimal level of blood pressure increases, the blood is saturated with oxygen. A person will have favorable opportunities for learning. Learning - the ability to receive, remember and store information is formed. From this period, the growth of psychological functions in a person begins, and the ability to read does not decrease.

psychologists, the period of puberty differs by the following laws:

1. The development of different functions does not take place smoothly and simultaneously. For example, memory is at one stage, and at another stage thinking takes place, it grows rapidly.

2. Depending on age, different functions acquire a coordinated feature in an interconnected system.

3. The rate of functional growth of the mature human mind is high enough at different stages of youth evolution.

4. There will be no decrease in the dynamics of these functions.

5. Literacy does not decrease during puberty.

This means that the best qualities that are formed in adolescence are fully formed during adolescence. This is especially evident in career choice. At school and in the family, young people who are focused on choosing the right profession strive, study and learn to become the best professionals in their profession at the institute. Choosing the right career will help ensure family life both materially and spiritually. This is of great importance in determining a person's future.

Each profession is, of course, chosen on the basis of a person's interests and abilities. If the profession is chosen correctly, the student will become a qualified professional. If young people approach him in a way that he is indifferent to at the whim of his parents, he may face difficulties in his future life. Therefore, in choosing a profession, it is important for young people to take into account their abilities, professional ability, material and spiritual aspects. Otherwise, as a result of a wrongly chosen profession, he will have to change it or be forced to pursue a profession he did not like for years. In such a situation, the family first of all faces material and spiritual difficulties. It also affects society. Because the state spends a lot of money to train every specialist. Therefore, choosing a profession, becoming a mature specialist is the most important factor in ensuring stability in young families.

Compliance with the chosen profession is important in the lives of young people. Professional suitability is formed in the process of labor activity, and his behavior also finds content. In some schools, the right profession is chosen and it corresponds to the interests and abilities of young people. However, due to regional problems, young people do not have the opportunity to work in this profession. In such a situation, the owner of the profession must use his will and ability to overcome difficulties.

One of the peculiarities of preparing students for family life is to take care of their health. The health of young people is a criterion for shaping their future lifestyles.

The study of students' health consists, first of all, in improving the capacity for diagnosis and prevention of disease as a result of identifying the data in this field, raising the culture of medical care for students and conducting health-improving activities.

Usually, preventive work is carried out with girls in the health department - and with boys, this work is often forgotten. Failure to follow the simplest rules of hygiene in life, not eating on

time, chronic and hereditary diseases, bad habits, drinking alcohol, smoking, casual sex of some girls and boys can cause many diseases and prevent them very important. Because among young people, alcoholism and drug addiction affect their psyche and lead to serious illnesses.

Nearly 21 percent of the young people surveyed had a chronic illness. Accordingly, it is very important that students undergo an annual medical examination and keep them under medical supervision. Students suffering from such chronic and infectious diseases face great difficulties when they get married, have infertility or premature birth defects.

We discussed with the students the article "It was during the medical examination" published in the newspaper "Family and Society" on this topic. The article narrates that a student married a girl who was treated at a dermatological hospital and saw the diagnosis documents. When the girl was re-examined, it became clear that she had not been completely cured and that the disease had also infected the boy. The girl had also shaved her fetus before the wedding. The family breaks up and the girl is sent home. However, the fact that he contracted a serious illness, a heart attack, and the breakdown of his family leave a serious complication in the young man's heart.

blamed the girl and her parents. They condemn the young man for ruining their happiness. However, it did not occur to anyone that the Family Code stipulates that every young man and woman must undergo a medical examination before the wedding. At the end of the conversation, they drew attention to this important issue.

This means that in higher education, too, through medical examinations of students, to constantly monitor those suffering from this or that disease, to determine all measures to prevent the disease, to create conditions for their training and sports, to improve living conditions. improvement, order in bedrooms and living rooms, adherence to the rules of hygiene, being psychologically and medically ready for a healthy lifestyle in general are factors in preparing for a healthy life in the future.

During adolescence, every healthy guy - girl - experiences a feeling of love. This period is especially passionate at a time when both sexes are studying and gaining knowledge. After all, in this period, they want to be close to someone with all their heart and body in life. In the eyes of lovers, the world seems more beautiful. They only strive for good. In true love, along with personal, emotional, and physical needs, moral needs are also inextricably linked. The young man or woman does not find the honor of his lover for his personal needs, but raises him to a higher level and takes care of him. The family and upbringing of young people play a big role in this. Courageously overcoming the bright passions of love, he achieves his lofty goal of successfully completing his studies first.

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