

Concepts Of Satisfaction with Family And Family Life

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Annotation: A family is a small group based on marriage or childbirth. Its members are intertwined with the unity, mutual assistance and spiritual responsibility of the monk. In the family, it is necessary that its members feel positive on their own, regardless of age and gender, as well as realize for themselves, as a comfort zone'. It is only then that satisfaction with family life can be achieved. This article reflects on the same issue.

Keywords; family, comfort zone, social function, development, reproductive, emotional, psychogenetic, socio-emotional

Introduction.

The most important social tasks of the family are to continue the human race, raise children, organize the living conditions and free time of the family members effectively. Although family relations are considered a relatively independent phenomenon, they are determined by existing social, economic, and ideological relations in society and change under their influence. Accordingly, each society changes and establishes a suitable family type and family relations¹.

Family relations always affect the whole life of a person. The head of our country Sh. M. Mirziyoyev "The greatest happiness, I will not tire of repeating it a thousand times, may our family rest in peace!" A family is a small country, if the family is peaceful and happy, the country will be peaceful. May we all be blessed to see those happy days, the perfection of our country and our youth as we are now intending!²,— stated that. People's concepts of satisfaction with family life depend on the family's ability to perform its functions. If the family can fully fulfill these functions, all family members will be satisfied with family life. Such functions include:

Main part:

1. Reproductive function

The family creates optimal conditions for reproduction, that is, for the biological continuity of society. In a healthy family, the optimal environment is not only the emergence of a new life, but also the set of necessary cares necessary for the continuation of this life. We include reproductive functions.

2. Economic function

Each family represents a specific economic and consumer unit with its own income and expenses. A well-functioning family plans to use its funds according to its needs and capabilities, distributes money according to certain priorities.

3. Educational and social function of the family

It includes the process of proper organization of children's education in the family and training in social relations (social adaptation).

4. Emotional and psychohygienic function

The family represents the main emotional environment of a person, which is difficult to replace. In the family, they learn to receive and give feelings.

5. Protective function of the family

The protective function of the family implies the creation of a sufficiently stable environment in the family for the upbringing of the child, the child does not suffer due to the lack of economic and material conditions of the family, insufficient health or hygiene services, or the inappropriate moral environment in the family.

¹ <https://uz.wikipedia.org/wiki/Oila>

² <https://www.xabar.uz/uz/siyosat/prezident-oila-kichik-vatan>

70-100% fulfillment of the above functions at a statistical level creates a state of satisfaction with family life. The high level of satisfaction with family life is determined by the presence of the following conditions in family members:

1. Presence of children in the family
2. Full coverage of material needs of family members;
3. Family members are highly socialized
4. Children's upbringing in the family is done well
5. The tendency to deviance is not noticeable in the psyche of family members
6. The fact that family members are able to engage in social-emotional relationships easily

Results and Discussions:

A person lives in a family life from birth to the end of his life and reaches a high level of formation. When family life goes smoothly, progress and modesty can be felt in a person in any activity. Satisfaction with family life can be partially determined using the following tests. Answer the following statements with "Yes" or "No" (here it is forbidden to give answers such as "maybe" or "I don't know") and at the same time express whether you agree or disagree with these statements. you're welcome. The more honestly you answer the questions, the more accurate information you will have about your level of satisfaction with your marriage.

1. My mood is often broken at home.
2. In our family, any trifling thing leads to conflict.
3. I feel lonely when I am disappointed.
4. It's more fun to spend time together with my spouse during my vacation (holiday) than to spend time on my own (that person - you).
5. I don't like to talk to my spouse about my work at work and family.
6. When something happens to me (when my family runs away, when some disappointment happens), my husband becomes very sensitive and considerate towards me.
7. I have never heard a rude word from my spouse.
8. Being kind to my spouse gives me joy (satisfaction).
9. I am sure that after the marriage (after the wedding) the love of the couple fades.
10. My spouse usually treats me with gentleness and kindness.
11. All our conflicts end in a quick reconciliation.
12. We always celebrate our wedding day.
13. I like almost all of my spouse's friends.
14. My husband is always ready to support me in any difficulties.
15. My husband does not take my worries to heart.
16. I prefer to meet my friends without my spouse.
17. My spouse talks down about my work.
18. My spouse and I evaluate people's behavior almost always in the same way.
19. My husband and I have many common interests and activities.
20. I don't want to change my habits, even if my spouse doesn't like them.
21. I think I have more obligations (duties) than rights at home.
22. Marriage has limited my freedom more than I expected.
23. You should not give in to your spouse, this leads to dependence and inequality.
24. It hurts me that I have to solve all life problems alone.
25. I did not expect family life (marriage) to take so much energy and time.
26. Sexual relations (communication) always influence (help) our reconciliation.
27. It is impossible not to take into account the mood of my spouse.
28. I rarely show (express) my bad mood.
29. If family life is not going well, I think it is better to separate.
30. My spouse understands me in such a way that no one else can understand me.

Test key:

Score 1 for answers that match the key.

Yes	4	6	7	8	10	11	12	13	14	18	19	26	27	28	30
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No	1	2	3	5	9	15	16	17	20	21	22	23	24	25	29
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A. Divide the sum of the obtained numbers by 30.

B. Multiply the result by 100.

The obtained result shows the level of satisfaction of your marriage expressed as a percentage. Of course, you are not 100% satisfied with your marriage. 50 percent is not bad. But this in itself can be the basis for how you start to act.

D. Determine which of your answers do not match the answers in the key.

E. Write down the things that are not the same for you and your spouse and discuss together how to bring them into line with the norm (norm).

F. Decide whether to change each case if it does not match the key values³.

Through this test, we can determine the level of satisfaction with family life. But we cannot take this as a definite result. The reason is that it is insufficient to use only one method (here the test method is used) to understand one process. For this we will have to use other methods.

Conclusion:

In conclusion, I can say that the family is a sacred fortress that we must always protect. As we raise the young generation in the so-called family building, let's never be lazy. Because a tree bent once in the wind may break in the next wind.

If the social functions of the family are performed positively, that is, if the child develops feelings such as respect for the family, parents, the elderly, and mutual help, then the feeling of satisfaction will appear in the family, and when he starts a family in the future, he will treat his children in the same way. seeks to educate in this way. "The level of happiness" is high in such families. Because a person finds three-fourths of the happiness given to him from the family and less than a quarter from other things.

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