



INTERPERSONAL NORMAL INDICATOR IN ESTABLISHING HEALTHY PSYCHOLOGICAL RELATIONSHIPS BETWEEN YOUNG BRIDE AND GROOM IN UZBEK FAMILIES

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Article history:	Abstract:
Received: 6 th November 2022	According to the socio-psychological research conducted around the world, the number of divorces has increased in the last 30 years and it is sad that such situations are considered normal. One of the most important tasks for society is the effective use of socio-ethnic norms aimed at ensuring healthy psychological relationships in the family. One of the most important and effective solutions for this is the appropriate use of family psychotherapy.
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INTRODUCTION. Socio-ethnopsychological mechanisms lie behind the variety of conflicts and conflicts that occur in our real life. In order to understand the national-psychological essence of these

mechanisms, it is appropriate to first determine how the relationship between the parents (in-laws) of the young bride and groom, as well as other members of the family, is taking place.

Young bride and groom's relationship with their parents and close relatives (percentage) n=300

Nº	Family members	Excellent	good	Satisfactory	Worse	Bad
I	daughter-in-law n=150					
1.	Mother in law	15,0	25,0	32,0	15,0	13,0
2.	Father in law	43,0	26,0	14,0	12,0	5,0
3.	Sister-in-law is your sister	14,3	28,7	22,0	23,0	12,0
4.	Brothers in law	15,0	54,0	11,7	13,0	5,3
II	Groom n-150					
1.	Father in law	22,5	51,4	16,0	7,0	3,1
2.	Mother in law	23,7	41,3	14,0	12,0	9,0
3.	Sister-in-law	19,7	57,0	13,3	8,0	3,0
4.	Brothers in law	22	52,7	12,0	10,0	3,7

It is important that another representative of the family, that is, the daughter-in-law, should comment on her relationship with her father-in-law, mother-in-law, brothers-in-law, and sisters-in-law. According to the results of our research, it was noted that the relationship between the daughter-in-law and father-in-law is excellent in 43% of families, good in 26% of families, and satisfactory in 14.0% of families. 12% of the respondents indicated a poor assessment, and 5.0% of the participants indicated a very poor assessment. We have learned from historical sources that in Uzbek families, the relationship between the bride and the mother-in-law has been positive since ancient times. It can be seen from the indicated indicators (70%) that the relations between However, the fact that there are

conflict situations and disagreements between the daughter-in-law and the mother-in-law (worse 12%, very bad 5.0%) still has a bad effect on the balance of healthy psychological relations in the family.

ANALYSIS AND RESULTS. Arguments and conflicts between the bride and the father-in-law in most cases are due to the fact that their behavior does not correspond to each other, the observation of material and economic deficiencies, the use of money in the family budget, the parents' inappropriate young bride and groom. It is noted that it occurs due to entanglement of relationships, jealousy of each other and low mutual trust, chaos in housework, non-maintenance of normal relations with parents and family members, imbalance of



the living environment, incompatibility of thoughts and opinions. done.

Next, if we pay attention to the relationship between the daughter-in-law and the mother-in-law, 15% of the participants said that the relationship between the mother-in-law and the mother-in-law was at an excellent level, and 25.0% said that it was at a good level. 32% of respondents reported that their relationship was satisfactory. 15% of respondents said it was worse, 13% said it was worse. It is no exaggeration to say that the results of the survey show that the relationship between mother-in-law and daughter-in-law occupies the most important link in the family environment. Although 72% of mother-in-law relationships are extremely positive and positive, the fact that almost negative and negative situations between them still remain unchanged in 28% of families is a dangerous issue in terms of ensuring healthy psychological relationships in the family. This issue is mostly related to the behavior of the mother-in-law and daughter-in-law, the disproportion of their worldview and thoughts, the attitude towards raising children, the wrong distribution of family funds, strong anger and mistrust, the chaos of household affairs and It has been observed that partiality, the attitude of parents or family relatives does not correspond to values, and that our values are gradually forgotten by young people, which leads to negative consequences.

The relationship between the daughter-in-law and the daughter-in-law in the family was also checked with the help of a questionnaire, and the results were obtained: in 14.3% of families, it was noted that the relationship between the daughter-in-law and the daughter-in-law was excellent, and in 28.7%, it was noted that it was good. It should be said that in Uzbek families, more negative results are observed in the relationship between daughter-in-law and mother-in-law. The relationship between them is satisfactory in 22.0% of participants, almost bad in 23%, and very bad in 12%.

Analyzing the obtained results, it was observed that the relations between the bride and the brothers-in-law are generally at an average level. 16% of the participants rated it as excellent, 15.0% as good, and 54.0% as satisfactory. 11.7% of the respondents noted that it is almost bad, and 13.0% said that it is bad. The legacy of our ethnic values is that, depending on the results of our questionnaire "be kind to women", we try to share love with the child of our mother-in-law and mother-in-law. In this regard, if the brides do not know their work, if they do not manage to do household chores on time and are dependent on their mother-in-law, this situation is certainly not pleasant for the men in the house.

Next, the attitude of the bridegroom to the close relatives of the bride is analyzed. Of course, there will be a difference between the results of the groom and the bride. Because the son-in-law does not face his mother-in-law and father-in-law every day, and there is less reason for conflict between them. The results of our research show that 22.5% of the relations between the son-in-law and the father-in-law are excellent, 51.44% are good, 16.0% are satisfactory, 7.0% are bad, and 3.1% are bad. The father-in-law recorded a good 90% of the results.

In turn, the relationship between son-in-law and mother-in-law is excellent in 23.7%, good in 41.3%, satisfactory in 14%, bad in 12% and bad in 9.0%. If we compare the following result with in-law-son-in-law relationship, we can notice a sharp difference in in-law-son-in-law relationship. The reason for this is that mothers-in-law want their daughters to have a comfortable household, to make a smooth and trouble-free living, which directly causes their daughters to interfere in their lives.

The next criterion is the relationship between the groom and the sisters-in-law. Excellent in 19.7%, good in 57%, satisfactory in 13.3%, and bad in 08.%. The next criterion is the relationship between the son-in-law and the mother-in-law. Excellent in 22%, good in 52.7%, satisfactory in 52.0%, and bad in 3.07%.

Negative moral qualities observed in family relations of young brides and grooms (percentage) n=300

Nº	Negative adjectives	Always	Sometimes	It is difficult to answer	No, it doesn't happen	In general No
1.	Qo'pol muomala	7	14	16	33	30
2.	Jizzakilik	11	13	11	33	32
3.	O'zgani tushunmaslik	14	11	16	31	28
4.	Betakalluflik	8	13	14	38	27
5.	Uquvsizlik	11	13	12	37	27
6.	Bilimsizlik	13	9	14	39	25
7.	Didsizlik	8	13	17	37	25



8.	Beparvolik	9	11	19	38	23
9.	Loqaydlik	13	16	9	38	24
10.	E'tiborsizlik	14	18	12	33	23
11.	Besabrlik	13	27	12	34	14
12.	Qizg'anchilik	16	13	18	29	24
13.	Munofqlik	8	12	14	37	29
14.	Uyatsizlik	7	13	14	33	33
15.	Er yoki xotinning xiyonati	5	7	11	37	40

When the examinees were asked under what conditions "conflicts in interpersonal relations in families" occur, we can see that such characteristics as indifference, recklessness, anger, and impatience are in important places. Of course, such factors can also be seen in our "Social psychological survey" where the results of the index are given above. Empirical results collected with the help of these questionnaires helped to determine the psychotherapeutic possibilities of ensuring healthy interpersonal relations in the family based on the national-psychological aspects of ensuring healthy psychological relations between the young bride and groom in Uzbek families.

CONCLUSION. As it can be seen, at the current stage of development of the society, it is necessary to recognize that no matter how many advantages have arisen in people's living, lifestyle, study and work activities, at the same time, various problems are also forming. Most of these problems are psychological problems that directly affect family life and marital relations, as they affect people's lives and activities. Therefore, relying on psychological knowledge and following the advice of psychologists to solve every problem is proving to be more and more effective in people's lives.

People who have problems in their education or life in the present period 00/0.

Five areas of psychological services for 0 are widely implemented in practice, and they are implemented in the following systematic order:

1. Psychological education and enlightenment;
2. Psychodiagnostics;
3. Psychoprophylaxis;
4. Psychocorrection and development;
5. Psychological counseling.

The scientific research conducted in the system of psychological relations and personality studies serves as a programmatic action in balancing the lifestyle.

Providing psychological services in any situation is closely related to the study and analysis of individual typology features, taking into account national-cultural, socio-psychological, and regional conditions.

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