



METHODS OF PREPARING YOUNG ADOLESCENT GIRLS FOR FAMILY LIFE BASED ON INFORMATION TECHNOLOGY

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Article history:	Abstract:
<p>Received: 8th May 2025 Accepted: 7th June 2025</p>	<p>The family, as a small unit of social society, reflects the national characteristics of a particular people, nation or ethnic group, as well as the content of the existing system. The strength of families, their achievement of harmony and prosperity is determined by the economic and spiritual development of the social system to which they belong, the spiritual and moral standards practiced in society, and the content of state policy. In turn, the spiritual image of society depends on the result and effectiveness of social education organized in families. In this process, the teacher creates conditions for the development, formation, acquisition of knowledge and upbringing of the individual, and at the same time performs the function of management and guidance. In the educational process, the student becomes the main figure. Knowledge, experience and interactive methods of pedagogical technology and pedagogical skills ensure that students acquire knowledgeable, mature skills. So, modern pedagogical technology is an educational event that meets all the requirements of the above conditions.</p>
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Nowadays, interest and attention to the use of innovative technologies, pedagogical and information technologies in the educational process is increasing day by day, one of the reasons for this is that while in traditional education students were taught only to acquire ready-made knowledge, modern technologies teach them to search for the acquired knowledge themselves, to independently study and analyze it, and even to draw conclusions on their own. In the East, serious importance has long been attached to preparing young people for family life. In particular, scholars such as Abu Nasr Farobi, Abu Raykhan Beruni, Abu Ali Ibn Sina, Yusuf Khos Khajib, Kaykovus, Alisher Navoi, Rizaiddin Ibn Fakhridin left their masterpieces on this issue in history, which have not lost their significance to this day. They have come down to us in the form of "Nasikhatnama", "Pandnama", "Hikmatnama". These sources tell about various educationally important events in preparing girls for life, about the fact that human qualities should be formed in them first of all, that the family is sacred, and that it is up to housewives to take care of it.

"Kaykovus Unsurulmaoni - at the age of 63, wrote "Qabusnama" for his son, in which he described the issues of raising children, family life, and personal development.

Vasila Karimova "Family Education" is the first of the author's booklets published in the "Family Education" column, and it is intended for young people who are on the threshold of family life, as well as

newlyweds and brides-to-be who have just married and married with good intentions.

The main attention is paid to the essence of family science, the factors that make up family education, and aspects of living a happy life that are actually known to everyone, but are not always easy to master in practice.

The author intended to achieve "Family Education", that is, to stabilize spiritual values in the family environment by increasing the literacy of brides-to-be, young people, and their parents.

A. Avloniy's idea that "Education is a matter of life or death for us, salvation or humanity, happiness or disaster" should not be removed from the Uzbek agenda. Because the old people, as before, call the young to morality, and the young respect them and follow their teachings, is disappearing. Everyone is busy with themselves, someone else's words are not to everyone's liking.

Kovolyov S.V. says that it is very important for teenagers and girls to have ideas about the concepts of family and marriage. This is evidenced by the fact that the concepts of marriage and love are opposite concepts in 13-15-year-old children, that is, they understand that love and marriage are opposite concepts to each other.

When choosing a life partner for students, the concept of love is only in 4th place, after such qualities as respect, trust, and mutual understanding. Young people do not take the family seriously. As a result,



they make many mistakes and later psychologically recognize the importance of the family.

Our main task is to teach adolescents the value of the family, the importance of love, marriage, the role of love in the family and that it is the key to a long and happy life.

According to Zapepin V.I., the results of the work with students showed that the life partner in their imagination is very different from the person in real life and cannot meet their requirements at all.

The main directions of preparation for family life by V.A. Sysenko. 1. Psychological "Knowledge necessary for family life"

2. Pedagogical guidelines for raising children.

3. Sanitary and hygienic education "Hygiene of family life"

4. Economic and household services.

Therefore, for centuries, in any geographical space and social era, special attention has been paid to the formation of new families, the establishment of family life, the organization of child rearing, and the continuation of dynastic traditions. The President of the Republic of Uzbekistan, Sh. Mirziyoyev, has also spoken in many of his works about the important role of families in society and the role of family upbringing in ensuring personal development. Families in the republic are mainly large, with representatives of different generations living together and doing business together. This creates favorable conditions for raising children, instilling in them universal human values, traditions, and improving their level of knowledge. In such families, people learn hard work, respect for adults, the desire to acquire knowledge, and patriotism from childhood. " Indeed, in the family environment, there are factors necessary for a person to grow up in all respects, such as family relations of legal, economic, psychological, ecological, aesthetic, and other content that arise between family members in the process of managing the family economy, interaction with others, and factors that serve to form his socialization, that is, the ability and ability to act freely and independently in the process of conducting social relations. Therefore, in the conditions of independence of the Republic of Uzbekistan, in the transition period when social society is undergoing renewal, sharp changes are taking place, market economy relations, as well as social competition are being established, the formation of strong families is becoming more relevant than ever. In the peoples of the East, where special attention is paid to the upbringing of girls, families with high material resources choose pure, intelligent, wise, and experienced women as nannies for their daughters. appointed them as and

entrusted them with the upbringing of their daughters. Since men, who were the heads of the family, were busy with the work of creating the material support of the family, the mother was always with her children and was engaged in their upbringing. For this reason, the mother was considered a responsible and responsible person for the development of children.

When organizing the upbringing of girls in the family, special attention is paid to the formation of certain skills and qualifications in girls to fulfill this responsible task, as well as to manage the household and household, and to care for other family members.

Our people have centuries-old experience in organizing the upbringing of youth in the family.

The content of this experience consists of advice, views of thinkers, scientific, theoretical and practical ideas, infused with oriental etiquette, modesty, and a sense of purity. For many years, work has been carried out on the basis of this experience in establishing family relations. The rapid development of science, technology and engineering is placing new demands on the content of organizing the upbringing of girls in the family. After all, the problems of increasing the social status of young people, ensuring their social activity, and expanding their horizons and worldview are more relevant than ever in the context of deepening and complicating social relations. In the conditions of conflict of interests, contradictory approaches of humanity to spiritual and moral norms, rapid exchange of information, achieving efficiency in establishing family education, forming free, independent thinking, initiative, organizational skills in young people is one of the most important factors in preserving national identity, establishing harmonious upbringing of the generation, ensuring family strength, increasing its well-being, and establishing a healthy spiritual environment in the family. One of the most important conditions for forming strong families is the successful preparation of young people, especially girls, for the process of starting a family, organizing independent family life, establishing a healthy spiritual environment in the family, and effectively organizing the upbringing of children. The essence of this process is manifested in the following:

-firstly, young people form correct concepts about marriage and family life, as well as the essence of relations between the two sexes;

-secondly, it prepares them spiritually for the process of organizing marriage and family life;

-thirdly, it forms practical skills and qualifications in young people in the field of marriage and organizing family life (organizing social relations between family members, establishing communication with family



members (father-in-law, mother-in-law, sister-in-law and in-laws), managing the household, cooking and sewing, biological reproduction, raising children, and organizing similar processes. Preparing girls for independent family life in the family is a complex pedagogical process, and the effective organization of this process is determined by the elimination of certain shortcomings and problems in this regard. At the same time, there are a number of problems in preparing girls for independent family life in the family, which are as follows:

1. Parents do not have full information about the essence of the process of preparing young people for independent family life in the family. National ethnopsychological characteristics (Parents do not have an open and clear dialogue with their children on certain issues. The views that they cannot be, that they should not reveal their inner feelings to those around them, that providing for the family financially is one of the duties of a man, that responsibility for raising children is one of the main tasks assigned to the older generation, as well as the tradition of assigning the task of explaining the meaning of the bride and groom relationship to the girl's yang (bride's mother) and the young man's friends, cause parents to not fully understand the essence of the process of preparing young people, especially girls, for independent family life in a family environment.

2. Insufficient availability of sources that allow parents to study theoretical and practical knowledge on preparing young people, including girls, for independent family life in the family. During the years of independence of the Republic of Uzbekistan, as a result of the establishment of a social movement aimed at restoring national values, studying the past heritage and the ideas put forward in it, instilling interest and need in the younger generation to study national spiritual values and national cultural heritage, instilling respect for them, forming a certain responsibility for their preservation and enrichment, the translation of works created over thousands of years and reflecting on the issues of the family, its organization, the essence of family relations, and raising children from Persian, Arabic, and ancient Turkic languages, and the conduct of research within the framework of the problem under discussion by contemporary educators, psychologists, and physiologists, we have now acquired a certain set of sources. However, this set of sources does not correspond to the share of girls who are on the verge of independent family life or are going through adolescence and adolescence. As we know, more than 50 percent of the population of the Republic of

Uzbekistan (which means that if this indicator is expressed in total numbers, it corresponds to approximately 12.5 million people) is young people. An acquaintance with the funds of the leading libraries of the republic showed that the number of publications covering the family, its formation, the content of family relations, running a family economy, organizing the upbringing of children, family problems, family breakups and the factors that cause them, their elimination, as well as preparing young people for independent family life does not exceed approximately 500 (published in Uzbek and Russian). Let's try to find the ratio of these indicators based on simple mathematical calculations, that is, 12,500,000-500. In this case, the ratio will be 25,000. It can be seen from this that each of the literature on the subject of family available in the libraries of the Republic corresponds to one for every 25,000 young people (boys and girls).

Considering the fact that parents are busy with social work, the limited possibility of organizing free communication between parents and children on some aspects of family relations, and the fact that it is far from realistic to provide information about all aspects of family life in educational institutions, only 0.2 percent of 25,000 young men and women have the opportunity to receive information through special literature about family life, its organization, the fundamental essence of family relations, their effective establishment, the establishment of sincere, mutual trusting relationships between parents and children, the resolution of family problems without excessive emotions and quarrels, and the conditions for preventing family breakups.

The theoretical and practical assistance provided to the family, as well as to parents by social organizations, educational institutions and agencies operating in certain areas of specialization, is not proportional to social needs. We know that more than 70 percent of the elderly population of the Republic of Uzbekistan lives in villages and auls. Despite the significant results of the social changes carried out since independence, it has not been possible to completely eliminate serious problems in improving the living standards of the rural population and improving the quality of household services for them. This situation persists due to the problems that have arisen in connection with the establishment of market economy relations. That is, the lack of sufficient employment for the population, the problems in the regular and timely delivery of monthly salaries to employees, the economic crisis in some collective farms, the reorganisation (declaration of bankruptcy) of certain production enterprises and other similar situations remain objective



factors that ensure the deterioration of the social situation of employees working in these places. Internal problems facing social organizations, educational institutions and certain specialized agencies also do not allow them to provide the population, especially the rural population, with uninterrupted, consistent and systematic provision of household, medical and social assistance. Most regrettably, the cooperation between the family and educational institutions, which has been formed for several decades and has a certain tradition and experience in successfully organizing the education and upbringing of young people, is coming to an end. Today, the cooperation between them consists only in raising funds in order to positively solve the internal problems of educational institutions at various levels (repairing the buildings of educational institutions, maintaining their sanitary condition, motivating students to a certain level, etc.).

Within the framework of the problem of preparing young people, including girls, for independent family life in a family environment, the integrity, systematicity and consistency of the activities carried out among the rural population are not ensured. While at one time a large amount of effort and money was spent on holding events in this regard, at other times this topic is completely forgotten.

The level of programs, broadcasts, or speeches broadcast (or published) through the mass media on the essence of the family, the organization of family life, the successful upbringing of children, the content of family relationships, as well as the causes of family conflicts and separations and measures to eliminate them is not high. The lack of programs, broadcasts, or speeches prepared on the basis of an in-depth analysis of situations or circumstances on topics related to family problems, and the one-sidedness of the content of existing programs, broadcasts, or speeches also causes parents to lack certain information on preparing young people, including girls, for independent family life.

The socio-economic changes taking place in the republic have led to a new content of the spiritual and moral views of the population. At the same time, the majority of the experiences taking place in the psyche of the population are occupied by the desire to satisfy material needs, which in itself leads to their taking precedence over the desire to satisfy spiritual needs. It is impossible to carry out a certain production or creative activity without having material resources that are a source of ensuring, restoring and regenerating the viability of the organism. However, without enriching the content of this activity with noble ideas, it is impossible to achieve the intended goal. One of the

factors that leads a person to organize actions that are beneficial to society, people around him or himself is peace, tranquility in his family environment, mutual solidarity and cooperation between family members. The guarantee of family peace, tranquility, mutual understanding and cooperation between family members is the thorough preparation of young people, including girls, for independent family life, and the formation of their ability to overcome certain family difficulties and problems. In our opinion, a positive solution to the above-mentioned problems can be ensured by implementing the following activities:

1. It is necessary to effectively, systematically and impartially launch propaganda and agitation work among parents, which serves to fully illuminate the theoretical and practical aspects of the problem of preparing young people, including girls, for independent family life in a family environment. The formation of an understanding among parents that preparing young people, including girls, for independent family life in a family environment is a factor guaranteeing their bright future and happy life, the formation of an internal need and motivation for in-depth acquisition of theoretical and practical knowledge in this area will help to ensure a positive solution to the research problem.

2. It is advisable to effectively use the creative power of leading scientists, educators, psychologists, physiologists, as well as teachers with extensive life experience and pedagogical skills working in educational institutions of various directions, who are conducting scientific research on family problems under the leadership of the Republican Scientific and Practical Center "Family", coordinate their activities, support their initiatives in necessary situations, and also achieve spiritual stimulation of their work.

3. In the context of preparing young people for independent family life in a family environment, creating strong ties between the family, educational institutions and social organizations, establishing a constant exchange of information between them, achieving mutual support in solving personal problems, as well as establishing a sense of trust in each other will help prevent an increase in the number of family breakups.

4. The mass media, based on in-depth scientific analysis and methodological recommendations, will provide information on the essence of the family, family formation, establishing a relationship based on mutual trust between family members, respect for their feelings, experiences and opinions, successfully organizing the upbringing of children, effective management of the family economy, and other topics, will firstly, create a basis for eliminating family



problems, and secondly, will allow for the establishment of an exchange of information between the family and social organizations.

5. It is necessary to form in parents the view that the satisfaction of not only material needs, but also spiritual needs will help prevent possible social conflicts. According to the essence of the centuries-old life experience accumulated by mankind, where people have prioritized the satisfaction of spiritual needs, material production has also developed rapidly. This has served as the basis for creating a prosperous life for people.

Features of raising children in modern Uzbek families A.S. Makarenko noted that "educational work in one family should not be an exact copy of the same work in another family".

Modern development requires each person to correctly understand reality, analyze, draw conclusions, have moral purity and emotional and nervous relaxation, as well as be active in all aspects of the life of our society.

It is known that the above qualities are laid down and formed by the family. The brilliance of human life depends on the youth we are educating today. The family is the basis for implementing such a huge task, creating material and spiritual wealth. The family, as the primary social unit of society, has a complex structure and content, and in its activities it reflects not only the goals and objectives of the activities of family members, but also their educational activities.

The vitality of the complex, multifaceted activities of the family is twofold:

- firstly, the family is a small part of society and very sensitively reflects changes in it. Based on this, family education should be considered a component of social education.

- secondly, it is necessary to take into account the dependence of the complex, multifaceted activities of the family on its tasks, structure, general lifestyle, needs, interests, relationships and social activities of family members.

The uniqueness of family education is that it instills in children many necessary qualities of parents, such as parenthood, blood relations, and also develops many human qualities of the person being educated in the family, and also cultivates moral maturity. Therefore, family education is always present, instructive and diverse.

If parents are spiritually rich, have faith and are highly educated, and are spiritually rich, they educate their children in such a sophisticated way. Or vice versa, all this shows the uniqueness of family education. They

educate not only with various methods of education, that is, explanation, advice, approval, punishment, encouragement, but also through personal example and cooperation. The participation of parents in children's activities is an effective way of educational influence on them.

For example: The upbringing of children raised in a financially well-off family, the upbringing of children raised in a poor, destitute family has its own meaning. In the first family, children do not appreciate material benefits, while in the second, they do not know how to organize the family's provision with calculation and intelligence. Such features indicate the complexity of family upbringing. The growth of the general, cultural, educational levels of parents and the establishment of their activity have a positive impact on the content of family upbringing.

If the school approaches family upbringing with a positive attitude, studies its educational possibilities well, that is, if it can purposefully use the authority of parents, personal example, organization of children's lives, control over self-education, mutual assistance, cooperation, alliance, solidarity and the specific features of family upbringing, it will achieve the improvement of family upbringing.

Modern families are intrinsically linked to the existing society. The growth of cities and villages, the improvement of living conditions, the increase in the cultural and living standards of the people require changes in the content of child development and family upbringing.

If we approach the issue of upbringing, it is much easier for children in families with many children than in families with few children. Because children in families with many children naturally see and observe the actions of their parents, the care of their brothers and sisters for them, especially their friendly relations with each other, the diligent performance of various household duties, and the polite treatment of elders by the younger ones. Parents' care for children is distributed equally. In families with few children, the opposite is true.

In a large family, a child adapts to the team from a young age and acquires positive, necessary skills through mutual communication. In families with many children, children are accustomed to dividing things among themselves on the basis of equality and justice.

Article 64 of the Constitution states that "Parents are obliged to raise and educate their children until they reach adulthood" and Article 66 states that "Adult, able-bodied children are obliged to take care of their parents." Respect and obedience to adults are one



of the traditional methods of upbringing in Uzbek families. The correct upbringing of children in the family, the example of parents and all adults is a factor that shapes the child's personality, teaches him his worldview, behavior, and self-control in the community. It is the family that sets the child on his feet, lays the foundation for the formation of his unique character and spiritual image.

The fundamental goal and content of family education is to prepare children for future labor activity in compliance with universal human behavior criteria. In addition, attention is paid to their interests in the field of ideological, political, cultural enlightenment. It should not be forgotten that the education provided in different families in this area differs from each other. In our opinion, it can be said that labor education and vocational guidance in Uzbek families is carried out in the following structure and content: (This also has its own national characteristics)

1. Involve children in work as early as possible.
2. Teach and equip children with work skills
3. Direct them to a profession (mentorship)
4. Prepare children for independent work
5. Coach: a) in the family, b) in work teams.

The great thinker A.R. Beruniy said, "The dignity of every person is to do his job with enthusiasm."

"The main duty and task of a person is to work, because he achieves anything through work."

The writer G. Nikolaeva said, "The heart of a child is a photograph of the family. Not just a photograph, but an X-ray. It always reflects the inner essence of the family. If the parents are career-oriented, greedy, and dark-hearted, they can hide these traits in themselves from everyone, but they cannot hide them from their children."

In one of the hadiths on morality, it is stated that "No father can leave a greater legacy to his children than his character."

Nothing can influence children like the power of example. An example plays the role of a valid source for imitation. A personal example is the sum of the actions and other activities of adults who influence the consciousness and behavior of the younger generation, who are being raised as children.

In getting to know everything that surrounds us, a child feels the need for the help of adults. Due to the lack of sufficient knowledge and experience, they begin to imitate the behavior and actions of adults. The authority of adults as an example and their interactions with people have a very strong influence on the formation of children's behavior and character.

The role of fathers in family upbringing is extremely great. Because in the family, the husband has always been the support of his children and his wife. Therefore, in the family, the son always strived to be like his father, imitated his behavior.

In the family, the example of parents is a life lesson for children. The father's attitude to the mother, to the mother's work, to society, to members of society creates in the child's soul the initial concepts of good or evil, acceptable and unacceptable actions.

The family environment is not some kind of educational tool, but the results of the comprehensive educational work of parents and adults, the sum of high moral relations between family members, and finally, an example of adults' positive influence on children.

A purposeful environment is formed in families where parents do not have a wrong relationship, do not understand, do not respect each other, constantly monitor the correct upbringing of children and can be a personal example for their children.

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