



INTERNATIONAL EXPERIENCE AND PRACTICE IN PREPARING STUDENTS FOR INDEPENDENT FAMILY LIFE THROUGH NATIONAL VALUES

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Abstract

This article examines the specific features of preparing students for independent family life based on national values in the vocational education system of Uzbekistan. This study emphasizes the importance of strengthening the institution of the family, reducing the divorce rate, and developing spiritual and moral education. The role of community programs, legal frameworks, and educational strategies in equipping young people with the skills necessary for responsible family life is explored. The results show that practical training and collaboration between stakeholders are important in improving the effectiveness of family life preparation programs. The article also reflects the use of foreign experiences and analysis of the above issues

Keywords: Family values, professional education, youth training, spiritual education, family stability, foreign experiences, national talent, global education.

INTRODUCTION

At the beginning of the 21st century, in the establishment of the new statehood of the Republic of Uzbekistan, the laws of global and national statehood development were harmoniously integrated. Since the change of society's life depends on the family and its members, the study and analysis of this problem is an urgent process. Every nation pays special attention to the family and the process related to it, and transmits knowledge, ideas and values about the family from generation to generation. The family as a social institution is classified and studied taking into account the age, profession, number of children, age of marriage, nationality of the spouses, territorial residence of its members.

Just as the health of the family environment depends primarily on the woman, the health of the spiritual environment in the society directly depends on the family and the mother who is responsible for family upbringing. Our future mothers are today's young girls. If the girls of the nation are educated, well-educated and intelligent, and are fully prepared for family life, the environment in the family will be healthy and the family will be strong and prosperous. That is why girls' moral and psychological preparation for family life, their psychological maturity are important. A number of noteworthy scientific research works have been carried out and are being improved by the psychologists of our republic regarding the study of the solution of family problems¹.

¹ I. M. Karimova. Psychological foundations of preparing girls studying in professional education for family life and forming a healthy lifestyle in them Multidisciplinary Scientific Journal Educational Research in Universal Sciences. ISSN: 2181-3515 pp. 369-373.



In the researches of Russian scientists Yu.I. Semenov, Masherov, Yu.T. Timofeev, it has been shown that the origin of conflict situations in the family is also related to changes in the areas covering the entire human lifestyle. Y.O. Tarasova found out in her scientific research that changes in marital relations are directly related to age characteristics. K.N. Belogay analyzes the factors that stabilize marital relations and problems related to the psychological tasks of marriage. K.V. In her research, Adushkina studied the determinants of marital satisfaction in families (verifications, signs).

Psychological scientists of our country (G.B. Shoumarov, E. Goziev, V.M. Karimova, A.M. Jabborov, Z.B. Rasulova, O'.B. Shamsiev, M. Utepberganov, N.A. Soginov, S.A. Okhunjonova, T.M. Adizova, E. Usmonov, O. Shamiyeva, N. Salayeva, by F.R. Roziklov, M. Fayziyeva, H.U. Abdusamatov and others) focused on the psychology of family life, family-marriage relations, healthy lifestyle in the family, mutual relations between spouses, conflicts in it, divorces and their consequences we can acknowledge that research work has been carried out.

In this regard, problems related to family-marriage traditions, preparing young people for a family in the spirit of national values, creating the necessary suggestions and recommendations through psychological diagnostics of family strengthening factors are being scientifically researched in world educational and scientific research centers. In many countries of the world, the preparation of young people for family life is integrated into the educational system, and in this process, subjects, special courses and practical training are used effectively. Below are the main trends and mechanisms in the world experience:

MATERIALS AND METHODS

Family peace, tranquility, reciprocity between family members and youth, including girls, are the guarantee of solidarity and cooperation thorough preparation for independent family life, certain family difficulties and problems in them formation of the ability to eliminate is considered. In our view, it is noted above it is possible to provide a positive solution to the problems by implementing the following methods of activity will be:

1. Young people, including girls, are independent family members in a family environment between parents service to fully illuminate the theoretical and practical aspects of the problem of preparation for life it is necessary to start effective, systematic and independent propaganda and propaganda work. Preparing young people, including girls, for independent family life in the family environment the understanding that it is the factor that guarantees their bright future and happy life internal desire to acquire theoretical and practical knowledge in this regard and formation of incentive helps to provide a positive solution to the research problem.
2. Young people, including girls, by parents to independent family life in the family sources that allow learning theoretical and practical knowledge of training insufficient availability. The Republic of Uzbekistan was national during the years of independence restoration of values, study of the past heritage and the ideas put forward in it, age interest in the study of national spiritual values and national cultural heritage in the generation and finding a solution to the need, arousing respect for them, preserving and enriching them formation of certain responsibility.



3. Research on family problems under the leadership of the Republican "Family" scientific-practical center leading research scientists, pedagogues, psychologists, physiologists, and others working in educational institutions in the field, has a lot of life experience and pedagogy effective use of the creative power of skilled teachers, their activities coordination.
 4. Family, education in preparing young people for independent family life in family conditions creating a strong connection between institutions and social organizations establishment of constant information exchange, solving private problems getting them to support each other, as well as trust each other to prevent the increase in the number of family divorces.
 5. Deep scientific analysis and methodical recommendations through mass media family essence based on giving, family formation, mutual trust between family members, decide on a relationship based on respect for their feelings, experiences and opinions finding, successfully organizing children's upbringing, effectively managing the family economy.
 6. Parents have not only material needs, but also spiritual needs will help prevent social conflicts that may occur forming a view on.
- The use of such activities and methods is effective in preparing children for family life today².

RESULTS AND DISCUSSION

Preparation for family life, in particular, encouraged the students of professional educational institutions to study the problems of foreign countries in this regard. Because even in foreign countries, it is necessary to pay great attention to the psychology of family life, to open public education courses, and to analyze the issues of adherence to the principles of fatherhood and motherhood. Because nowadays there is a lot of interest in foreign experiences and foreign countries. In this sense, we will analyze family issues in several countries.

In Finnish schools, the course "Household Studies" is taught, in which young people are taught the practical aspects of family life (household management, cooking, financial planning). Features - Great attention is paid to gender equality, practical training is organized through interactive methods.

Germany - "Psychology of family life and relationships" is an important part of school programs. Students are introduced to legal knowledge, including marriage, divorce and family responsibilities.

France - "Education civique" (Civic Education) courses teach family relationships, personal responsibility and the role of the family in society. Seminars on reproductive health and moral values will be held.

In Latvia - in 2017, the government allocated eight thousand euros to organize free courses for young people entering marriage. These courses are offered by the registry office to married couples who apply. On the basis of 4 modules, economic literacy in the family, legal aspects of marriage, moral and psychological issues, as well as the rights and obligations of parents are taught. Each module is designed for 6 hours, and the total course is 24 hours.

² K. G'furova "Family in preparing young people for independent family life in the family and public cooperation". International scientific and practical conference "Current issues of special pedagogy and pre-school education: problems, solutions and development prospects" April 25, 2024, 1 pp 93.



Free courses launched by the government are aimed at strengthening the family, as well as serving to eliminate negative situations related to the family.

In Sweden, since 1942, in the Czech Republic and Slovakia, since 1960, there have been special courses on "Principles of Fatherhood and Motherhood," and in Poland since 1973, on "Adaptation to Family Life." These courses teach young people about family laws, concepts of love and the psychology of having children in a family.

Japan - in schools, preparation for family life is taught through "Home Economics" (jiātíngkē, Kateika) subjects.

Content - Includes family relationships, financial planning and household management, child rearing culture.

South Korea - "Spiritual and moral education" and "Family studies" are taught in educational institutions. It provides young people with insights into the role of the family in society, preparation for marriage, and reproductive health.

Russia - "Semya i semeinye sennosti" (Family and family values) is taught. It provides insights into the special role of moral and spiritual values in the process of preparation for family life. Psychological counseling services are widely available.

According to the order of the Ministry of Public Education and Culture of the Republic of Kazakhstan No. 395 of July 10, 1998, an age-related hygiene program for teenage girls of the 6th-7th grade was introduced in all educational institutions. The methodical manual on moral and sexual education of students is widely used everywhere, and special attention is paid to the education of girls.

Also, a special course "AIDS problems and its prevention" has been introduced in all educational institutions. In addition, in all educational institutions, "Valeology" was introduced into their classes based on the curriculum, which includes compliance with the rules of personal hygiene, tobacco, drug addiction, the effects of toxic substances on health, AIDS and sexually transmitted diseases, and early sex. The knowledge of students about the negative consequences of early pregnancy and childbirth will be increased.³

Kazakhstan - Classes and trainings on "Family psychology" are held in schools. Educational programs based on national values are implemented.

"Preparation of students for family life" optional training program for students of 10-11 grades has been launched in Belarus, aimed at forming students' high attitude towards family and marriage institutions. This will help them to form relationships with their peers and loved ones, and at the same time, to form an active position in family life in the future.

Republic of South Africa - "Life Orientation" program has been introduced in schools. It explains reproductive health and personal hygiene, and the development of family relationships. In many countries, practical activities (role-playing games, case studies, trainings) are given a lot of attention in the educational process. Special training courses and optional courses were analyzed in 2018-2023 for preparing students for family life in educational institutions.

³ Kazaxstanskiye semi (natsionalnyny doklad) 2022g.



In the schools of Uzbekistan, the educational process aimed at preparing young people for family life is carried out through general and additional subjects, as well as educational activities. Such preparation is carried out in different forms at different stages of the school. Below are the main subjects and courses taught in this direction:

Family values and the role of the family in society in the lessons "Education", "Etiquette", "Educational Technology" (for girls) and "Labor Education" (for boys). Spiritual and moral education and personal development of young people. Culture of mutual respect, cooperation and communication. Topics such as responsibility and duty are covered in family relationships. Through the subjects "Uzbek language and literature", "History", "Basics of legal culture", "Biology" (reproductive health), "Psychology of family life", family values and culture, national traditions and customs are promoted.

In Uzbekistan, the educational process aimed at preparing young people for family life in professional education (vocational schools) and academic lyceums is carried out through general subjects and special courses. These subjects and courses are aimed at the formation of personal development, spiritual maturity of young people and practical skills necessary for family life. The academic lyceum includes the following socio-humanities subjects: history, philosophy, psychology, the basics of literature and art, personal psychology, personality development and character traits, motivation and social activity, conflicts and their management through Uzbek, Russian and foreign languages. psychological adaptation to family life is inculcated.

In academic lyceums, the social and economic foundations of the modern family, the role of family values in ensuring the well-being of the family, the role of a child in the family through the special course "Family Psychology", "Fundamentals of Reproductive Health", "Fundamentals of a Healthy Family", "Fundamentals of Medical Knowledge", "Preparation of Young People for Family Life" information about the forms, methods and means of preparation for parenthood is provided.

CONCLUSION

As you can see, it is appropriate to adapt the international experience to the local conditions in terms of preparation for family life on the basis of national and universal human resources. Because when we analyzed the issues of family orientation in foreign educational institutions, it was concluded that they have their own characteristics and aspects, and that it is important to use them in practical activities. Each country has its own social and cultural factors. Therefore, practices used in countries such as Finland, Germany or Japan should be carefully adapted in Uzbekistan.

We found it necessary to express our thoughts based on studies and analyses. They are:

1. In-depth study of national values. Educational materials and methods should be developed for a clear description of national values and the mechanisms of their formation in the minds of young people. Ethno-pedagogical approaches should also be included in this process.
2. Introduction of innovative pedagogical technologies.

In preparing young people for family life, extensive use of role-playing games, case studies and interactive training can increase effectiveness.



3. Improvement of teacher training programs. In this direction, social and psychological training of pedagogues is necessary through the development of special courses and training programs.
4. Taking into account regional characteristics. Youth living in rural and urban areas may need different approaches. Education programs should be adapted to take these differences into account.
5. Creating a monitoring and evaluation system. To evaluate the effectiveness of these programs and courses, it is necessary to develop a special monitoring system and indicators.
6. Continuing scientific research. Additional research focusing on the development of family values will help to better understand the needs and problems of young people.

Summary

National values are of primary importance in preparing young people for independent family life and serve as a foundation for ensuring social stability and well-being. Although significant progress has been made in introducing family life education programs in Uzbekistan, there are still gaps in improving curricula, training teachers, and ensuring that programs are accessible to all.

By strengthening cooperation between educators, sociologists and community leaders, Uzbekistan can equip young people with the necessary skills to build harmonious and stable families.

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