

Psychological Basis Of Preparing Girls For Family Life In Uzbek Families

Mukhayyo Karimova

Master of Termez State Pedagogic Institute, Uzbekistan. E-mail: karimovamuxayyo@mail.com

Abstract: This article talks about the values characteristic of Uzbek families, the psychological preparation of girls for family life, and the factors influencing the formation of their ideas about family life.

Key words: uzbek families, teenage girls, family, society, attitude, family values, position, independent life.

Introduction

In our society, comprehensive preparation of young people for family life is one of the urgent problems. In the years of independence, due to the continuous increase in the population, the marriage rate also increased. In 2019, the number of marriages officially registered through departments reached 310,899 thousand. The indicator of family divorces was 31.9 thousand in 2017, 32.3 thousand in 2018, 31.4 thousand in 2019, and 28.2 thousand in 2020.

In this regard, many reforms are being implemented under the leadership of our president, in particular, our President Sh.M. Mirziyoyev on February 2, 2018 "On measures to fundamentally improve activities in the field of supporting women and girls and strengthening the family institution" According to the Decree, as the main task of the scientific and practical research center of the Republic "Family" is to conduct fundamental, practical and innovative research on the development of the modern family, the internal relations of the family, interpersonal relations, the rich cultural and historical heritage and the problems of traditional family values. , defined as the development and implementation of suggestions for preparing young people for family life and preventing family separations[2].

Also, in the Decree of the President of the Republic of Uzbekistan Sh.M. Mirziyoyev No. 81 dated 01.03.2022 "On measures to

improve the system of working with families and women, supporting the neighborhood and the clergy" to improve women's education and professional skills, to improve the quality of medical services provided to women in the regions, to provide socio-legal and psychological assistance to oppressed women, to ensure the rights and legal interests of women defining them as the main directions of the country's policy indicates the importance and relevance of this problem[3].

The family is the main link of the society, and its well-being determines the prospects of the society and the country. A lot of work is being done in this regard in our country. For example, in the report of the President of the Republic of Uzbekistan Shavkat Mirziyoyev at the extended meeting of the Cabinet of Ministers, which was devoted to the main results of the socio-economic development of our country in 2016 and the most important priorities of the economic program for 2017, he touched on the sanctity of the family. , "the first task is to further strengthen the foundations of the family, which is sacred for us, to create an atmosphere of peace, harmony and mutual respect in households, to fill spiritual and educational work with concrete content. necessary; The second task is related to the bitter and unpleasant issues peculiar to our nation, such as the increase in crime among women, the increase in divorces in families, the influence of

young people by various religious-extremist movements and terrorist organizations. raised[4].

Analysis of literature on the topic

The way of life in families and the culture of interpersonal relations in it are in the works of the great muhaddi scholars Muhammad ibn Ismail Bukhari, At-Tirmizi, and in the great representatives of Sufism philosophy, Ahmad Yassavi, Bakhovuddin Naqshband, Najmuddin Kubro, Khoja Ahror Wale, the rules of family life, the culture of interpersonal relations in it, attention to child education, the uniqueness of the relationship between men and women, valuable ideas about the norms of the formation of human qualities in the oral works of the eastern peoples, in particular, the Uzbek people (Alpomish, Kuntugmish, Gorog It is based on the fact that a number of Uzbek folk epics such as 'li, Aysuluv, Layli and Majnun, Yusuf and Zulayho) are described in detail.

Now, 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 have been harmoniously combined. 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. Each 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 education. Our future mothers are today's young girls. According to one of our lexicographers, Abu Abdullah Rudaki, "If you want to destroy a nation, take their daughters - future mothers out of education.

"If you want to elevate any nation, teach their daughters - their future mothers to good

upbringing and good morals" - is one of the current topics. 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 is important. A number of noteworthy scientific research works have been carried out and are being improved by the psychologists of our republic in the field of studying the solution of family problems.

In the researches of Russian scientists Yu.I. Semenov, Masharov, Yu.T. Timofeev, it was shown that the origin of conflict situations in the family is also related to changes in the spheres 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 problems related to the factors that stabilize the couple's relationship and the psychological tasks of marriage. K.V. In her research, Adushkina studied "Determinants of marital satisfaction in young 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, psychology of family life, family-marriage relations, healthy lifestyle in the family, mutual relations between spouses, conflicts in it by O.Shamiyeva, N.Salayeva, F.R.Roziqulov, M.Fayziyeva, H.U.Abdusamatov and others) , we can acknowledge that research work focused on divorce and its consequences has been carried out.

Research methodology

When studying the negative moral characteristics observed between couples in Uzbek families, impatience, incomprehension, inattention, irritability, lack of education, lack of knowledge, indifference, indifference, rude behavior in a husband or wife. they recognized that it occurs due to the fact that in some families it is manifested due to impudence, bad taste, shamelessness, and hypocrisy.

Unfortunately, young people who have acquired negative qualities (vices) in real life also build families among all citizens. It was observed that previously acquired negative and moral vices in a boy or girl lead to a change in family stability, conflicts, disagreements, and even the breakdown of families.

Studying the socio-psychological foundations of negative moral qualities formed in individuals, determining their causes, analyzing the laws of development from a scientific point of view will help prevent disagreements and conflicts in the family, save the family from disruptions, and further strengthen its stability[7].

Analysis and results

Before thinking about how to prepare teenage girls for family life, we thought that it is permissible to dwell on the period of adolescence. The most characteristic feature of adolescence is the state of adolescent autonomy observed in adolescents during this period. In the teenage period, "extroversion", i.e., sociability, expanding the circle of friends, and "introversion", i.e., hiding in one's inner world, sociability, are observed in another group of girls. During this period, their mood is very changeable.

There are different types of adolescent autonomy, such as legal autonomy, emotional autonomy, and spatial autonomy. During adolescence, the child becomes relatively independent in terms of ensuring his life and safety. Now he will be able to protect himself, if necessary, work at the level of his capabilities, earn enough income, meet his needs independently. [6] At this time, girls should be inculcated by their mothers with qualities such as earning a living, thrift, and gratitude. The above-mentioned legal autonomy is characterized by the fact that a child is given a number of legal opportunities when he reaches the age of adolescence. During adolescence, a child is considered a legal entity and has the right to vote. If the parents of a teenager are separated during this period, in this case, where and with whom the teenager will stay is decided according to his wishes.

Also, during this period, a teenager can officially engage in physical labor based on his

ability. Possessing such a character trait creates a sense of responsibility and responsibility for one's own behavior in a teenager, and during this period, it is sometimes observed that he/she demands his/her rights before parents or teachers, and cases of disobeying rebelliousness are also observed. .

Another of the autonomy of adolescence is emotional autonomy. From the moment an individual comes into the world, he feels the need for emotional and emotional support, love and caress from his mother and those around him. Also, when the child encounters conflicts in his interactions with others, and especially when he is "hurt" and "starts to overcome" from his peers, he expects emotional encouragement and emotional support from his parents and relatives, and in this regard, he applies. If he can get this emotional encouragement at the right time, he will feel free, refreshed, victorious and will be happy with them.[6] In adolescence, emotional support from adults seems to melt. During this period, they do not "like" being petted, patted, and applauded by adults for "trifling things". Now they want to be free from the emotional support of those around them, and try to solve their problems on their own. The little girl, who used to be encouraged by saying that she was upset with her friend, now tries not to tell her parents about her problems and wants her parents not to interfere in her "business" as much as possible. All this is the effect of emotional autonomy directly observed in teenagers. During this period, if our mothers can change their position in relation to their daughters, i.e. change from "mother" to "friend", there will be no psychological barrier between them. Another state of autonomy observed in adolescents is spatial autonomy. According to this, teenage girls try to stay alone in their room as much as possible and spend time busy with their thoughts. Even if he talks, he mainly communicates only with his peers and close friends, trying to communicate with his parents as little as possible. At the same time, some parents, who do not understand the real reason of these phenomena observed in their children, are worried about their condition and become more interested in them than before.

In short, they "encroach" on their autonomy. Teenagers don't like that. Such situations can be the basis for disagreements and conflicts between teenagers and their parents. In order to prevent such negative situations, parents should have psychological literacy about the changes and transition period during their youth.

Also, during adolescence, the teenager's "I" is formed again. His attitude to those around him, especially to himself, the orientation of his interests and values will change dramatically. His attention to his personality will increase. During adolescence, individual egocentrism reaches the highest level compared to other periods. During this period, a teenager may become a person who puts his personality above others, puts more importance on himself, or is not satisfied with his appearance, so his self-esteem may drop. During this period, an insignificant remark about the appearance and personality of a teenager can be the basis for serious negative experiences for him.

It was found out from the research conducted in order to study family problems in preparing girls for family life that family problems are discord in mutual relations, lack of self-control, lack of behavior culture in young people, satisfaction with spouse. It originates from the behavior and character traits of family members such as laziness, boring life, division of family duties, quarrelsomeness, extreme arrogance, imperfection in behavior, financial difficulties, and selfishness. We are sure that man is looking for an ideal person.

We found out that in many cases, spouses are not satisfied with each other (dissatisfaction with work duties), suspicion, criticism, rebuke, etc. cause many problems. Family members believed that it was a lack of mutual understanding in the family, and that their character traits did not correspond to each other. It became clear that the root cause of family problems is the lack of pedagogical and psychological knowledge in families. To do this, it is necessary to carry out extensive work in this regard in the neighborhoods, to implement neighborhood gatherings in cooperation with families, to prepare girls for family life, first of all, it is necessary to solve the issues of increasing the psychological literacy of their mothers,

increasing their trust in psychologists and pedagogues. In preparing our daughters for family life, it is necessary to teach them that along with the beautiful sides of family life, there are also ups and downs in life, and that it is possible to find a solution to various difficult situations with sweet words and beautiful treatment. For example, if they are introduced to the problems faced by many families, they will not be confused when they face difficulties when they step into adult life, they will be able to choose a reasonable way to get out of this situation[8].

According to the results of the survey, in Uzbek families, the relationship between men and women in raising children is 45% in women, 59.3% in women, parental interference in men 37.8% in women, 40% in men, jealousy and mistrust in men 32.2% in women 41 42.1% of men, 55.7% of women admit that the lack of attitude towards parents and relatives is a strong factor in the origin of conflicts in family relationships.

When negative moral characteristics observed in male-female relations are observed in a young family, it is believed that it occurs due to impatience, lack of understanding of others, inattention, hot-headedness, lack of education, ignorance, indifference, indifference, rude behavior in a man or woman. they confessed.

It is a pity that young people who have acquired negative qualities (vices) in real life also build families among all young people. It was observed that previously acquired negative and moral vices in a boy or girl lead to a change in family stability, conflicts, disagreements, and even the breakdown of families after starting a family.

It is also worth noting that it is worth mentioning the family values that should be instilled in our girls who are on the verge of marriage:

- meaning that is important for every member of the Uzbek family - every family should know need and love;
- mutual respect in the family - accepting the thoughts, feelings and passions of another person;

- honesty, purity - if there is no such value in the family, it means not respecting the person of another person;
- mutual forgiveness - it is important to learn to forgive people who have made a mistake;
- mutual responsibility - this value is necessary for other family members to be calm, because they know that there are people they can trust;
- communication in the family - this value helps to strengthen the family, the weakening of communication leads to misunderstanding and family breakdown;
- Values and traditions are one of the most important values of the family, it is the uniqueness that is unique to you and your loved ones.

Based on this, every girl getting married should have psychological literacy, acquire communication skills, be able to positively solve family problems, create a healthy psychological environment for her spouse and children under any circumstances, and be exemplary in family relationships. They should make their contribution to the child's education by providing them with the best services.

After a girl gets married, her attitude towards others and herself will change based on the radical change of her role in the social environment. The culture of communication is very important for a girl who is able to build confidence in herself regarding such a change, and is able to take her place in a new family in a short period of time. One of the main motivating factors for a girl's self-confidence in starting a family is self-guidance, i.e., the all-round development of readiness for a family. Adapting to the position of a new bride in the future family is definitely based on experience and knowledge. According to this, every girl of marriageable age should be able to mentally analyze her achievements and shortcomings and imagine what she will do when she becomes a bride[9].

Article 63 of our Constitution establishes the rule that "The family is the main link of society and has the right to be under the protection of society and the state." [1]. Nevertheless, many families have problems on various issues. These are:

- family problems are one of the problems studied by scientists since time immemorial. Many pedagogues and psychologists have puzzled over the solution of family problems. As a proof of this, the methods and tests created by them can be cited as an example. On the basis of these methods, conflicts in the family are studied, diagnosed, and on this basis, measures are taken to eliminate the studied problems;
- family problems to the wrong way of family relations

is determined by placing. Such relations are more often seen in disagreements between spouses, inability to go out, lack of communication, inability to agree, lack of mutual respect, family reputation. At the same time, cases of mutual misunderstanding between parents and children, cases of incompatibility in mother-in-law relations; disagreements in family relations constitute the largest part of family problems;

- most of the problems in the family are caused by material shortage. Not being able to financially support the family

leads to a bad situation, nowadays there are conclusions that the reason for many rulings is material shortage. Such problems have a serious impact on the upbringing of children. A child who has understood the reason for quarrels in the family changes his relationship with his parents, and this situation also creates another problem;

- in the research, we were convinced that young families have a different attitude towards life and family. They take life and family lightly. It is necessary for them to live in cooperation with mother-in-law, father-in-law and other family members in order to increase their life experience, and to solve problems in the family together;

- one of the reasons for many problems in the family is the fact that many families live with them (father-in-law, mother-in-law, brothers-in-law, sister-in-law, cousins). Mutual inconsistencies in the family, inability to get along, are caused by living together with many people;

- Equality in the family, the right to equality in the life of married couples is not equally acceptable to everyone. In some families,

women are discriminated against, neglected, not treated as human beings, and their opinions are not taken into account. At the same time, the dominance of women also causes problems.

Based on these conclusions, the following recommendations were developed:

- the solution of family problems depends on the creation of a healthy psychological environment in the family;
- one of the solutions to family problems is to equip family members with sufficient pedagogical and psychological knowledge;
- to ensure psychological mutual agreement of both parties who caused the problem in the solution of family problems;
- it is the most important issue to establish family and community cooperation in solving family problems;
- creation of interpersonal equality in the family ensures family strength and stability.

Currently, the rapid development of techniques and technologies, industrial relations, and the development of society, on the one hand, the social psychological, physiological and other changes occurring in people themselves lead to a certain degree of limitation of the scope of human interaction, which was observed in our ancestors. it is the basis for the violation of naturalness to a certain extent and as a result, the emergence of emotional and emotional tensions in the human psyche. the influence of the above is also reflected in family life and the psychological climate in it. We have a certain idea that the family performs a number of functions as a social structure. Based on this, in preparing our daughters for family life, it is necessary to give them knowledge about the special functions of men and women in the family. In most of the Eastern nations, including our Uzbek families, men are the head of the household.

Our Uzbek people have long been a family-loving, child-loving people, and family values have been instilled in the young generation by adults since childhood.

Our girls, brought up in the spirit of fairy tales, Indian films, novels, legends, and stories from childhood, do not always have the right ideas about family life. There are many cases of one-sided, only positive interpretation

of family life in the materials provided by mass media, TV shows, and radio broadcasts on preparing young people for family life. Such situations can also cause young people to have wrong ideas about family life[5].

Most of our girls, especially girls raised in successful families, when they are on the verge of starting a family, in most cases, they consider their parents' family ideal for their future family life. Because they are brought up in this family, "since they can remember" they cannot remember that their parents quarreled and disrespected each other. In such families, parents also try not to let their children feel the unpleasant aspects of their relationship. Or the moments of conflict that may occur in their relationship, the process of adapting to each other happened at the beginning of the marriage, before their children were born. And children are aware of only the good, peaceful, harmonious, kind and exemplary aspects of their life. If our young people, who have imagined building such a family, cannot get married as they expected after starting a family, the most delicate, complex, difficult, new social situations, conditions, roles, adaptation to each other, the difficulties and obstacles that arose during the initial marriage process. , they may become confused in front of problems and suspect that they are "lost" in starting a family[6].

Or, on the contrary, children who grow up in the midst of constant quarrels and disagreements may find it difficult to find a partner in the future, they may develop a negative attitude towards members of the opposite sex, and as a result of not forming a correct vision of family life in the future, father Cases of repeating the mother's mistake are also observed. Therefore, in preparing young people for family life, we must form an adequate assessment of family life in them, correctly explain the existence of complexities along with the beautiful aspects of life, and raise them in a sense of patience, contentment, and gratitude.

The creative cooperation between the family and the community in preparing girls for an independent life and the organization of activities based on this cooperation guarantee a positive solution to the problem in question. In

the first years of the independence of the Republic of Uzbekistan, the government of the Republic of Uzbekistan established the issues of ensuring the strength of families, increasing their well-being, raising a mature and perfect person in the family environment as one of the priority directions of the state policy, which allows us to do a number of positive things in this regard.

Family and community cooperation in preparing our girls for independent life in the following directions will provide a positive solution:

To organize the education of girls in families, to increase their theoretical knowledge of socio-ideological, moral, economic, legal, ecological, aesthetic, hygienic and health care, as well as to provide them with resources that enable the formation of practical skills and abilities. to provide, provide methodological support.

Organization of expert advice and practical assistance on specific issues (for example, assistance provided by a lawyer, psychologist, pedagogue, economist, and medical staff).

Organizing conversations, meetings, seminars, lectures and debates with the participation of parents on the problems of raising girls for independent life.

Conducting various contests that help to educate girls' feelings of ingenuity, wisdom, agility, perseverance, initiative, as well as feelings of sophistication.

Dissemination of best practices in preparing girls for independent life. The cooperation between the family and the public is clearly goal-oriented, able to see the problems that have arisen within the scope of the topic in a timely manner, strive to solve them in a timely manner, show solidarity in solving certain problems, perfectly developed operating on the basis of the program are concepts that are very far from each other and make different demands on people[5].

Another important condition for preparing girls for family life is choosing a suitable spouse. Because couples who understand each other and can support each other in any situation, building a family creates a good psychological climate in the family.

Family values influence the success of marital relationships. They determine the importance of family life for their partners. According to the scale of family values, in a number of family activities, one or another family task comes first - giving birth and raising children, organizing everyday life, etc. A person tends to give more attention, energy, and time to the main values of the family. The low quality of the implementation of basic family values makes a person disappointed in family life with a partner[10]. The incompatibility of family values between spouses prevents their family life from being stable, leads to conflicts and dissatisfaction. Family values are formed under the influence of parental family, personal characteristics of the couple and their life situation.

Solving problems in the family is mainly the responsibility of men. Due to the fact that the society makes a lot of demands on the individual, and the external factors have increased, a man sometimes forgets that he is responsible for another important function, especially the upbringing of a boy. and sometimes there is no time for it. The fundamental function of a woman in a family is to raise children, manage a living, and be able to properly distribute family funds and the family budget according to the needs of family members. It is also the duty of the mother to form a mediocrity, aesthetic taste in children's mind and behavior, to raise them to be hardworking and happy. At the same time, there is also a function of being able to prevent conflicts in the family for both sexes. Today, some Uzbek women claim dominance in the family. It is not normal for new brides and young mothers to seek leadership in the family and to try to convey their opinion to their husbands. Unfortunately, the number of women who follow their husbands among their children and even encourage their children to disobey their father's orders is increasing. As men perform their duties, signs of masculinization appear in a woman's character.

There are signs of rudeness, insensitivity, and even a tendency to swear, as a result of which our girls are at risk of growing up as men. Problems are arising in the society,

which can lead to the activation of women in social activities and their influence on family relations, especially the issues of the influence of women's potential in the management system and their position on personal qualities, in this process feminine qualities in personal qualities (femininity, sweetness) it seems that it is necessary to achieve masculine qualities (perseverance, toughness, desire to cut from the position), otherwise it may seem less effective in work. Since the main time of a woman is spent on contributing to the family budget, the upbringing of children is left to her own devices, which causes many unpleasant situations. Indifference to children's personal problems, indifference to their inner world, interests, and interests causes the process of alienation between mother and child. For the family - the main values in life are striving to adhere to certain moral principles that strengthen the harmony, trust and love of all family members. Our young people should also pay attention to the psychological communication position of their partner when starting a family.

Psychologists distinguish three different communicative positions of communication. These are: "father or mother", "adult" or "child". If these positions are mutually compatible and mutually compatible, for example, someone takes a "paternal" or "maternal" position in relation to his partner, while the other party willingly exhibits "childhood" - this well, if two "big" positions collide, that's also good, but if two "fathers" ("mothers") meet in the family, then tension and conflict situations are inevitable in their communication[6].

Conflict situations usually develop over a long period of time, so intelligent and experienced people can notice their initial symptoms in time, respond to them appropriately, eliminate them or weaken them as much as possible.

The family is an incomparable unit that ensures the development of society, transfers universal and national values from generation to generation. Therefore, it is important to develop national psychological perspectives (model) of coordination of marital relations in modern families.

One of the important features of the psyche in the development of national psychological perspectives on the coordination of marital relations in the family should be taken into account that it has a historical and periodic nature. Because the formation of the family, marital relations and the activities of its participants are carried out in certain historical periods[8].

Conclusions and suggestions

Although in different ways, to reduce the number of divorces in families, to strengthen the mechanisms for preserving the integrity and stability of families, in this regard, to inculcate family values in the minds of future mothers, that is, our daughters, instill in them the right ideas about family life. formation, strengthening of the implemented reforms is not only the need of the hour, but at the same time, you are our main task.

References

1. O'zbekiston Respublikasi Konstitutsiasi. 1992-y. 63-modda
2. O'zbekiston Respublikasi Prezidentining 2018-yil 2-fevraldagi "Xotin-qizlarni qo'llab-quvvatlash va oila institutini mustahkamlash sohasidagi faoliyatni tubdan takomillashtirish chora-tadbirlari to'g'risida"gi farmoni.
3. O'zbekiston Respublikasi Prezidentining 81-son 01.03.2022- yildagi "Oila va xotin qizlar bilan ishlash, mahalla va nuroniylar ni qo'llab-quvvatlash tizimini takomillashtirish chora tadbirlari to'g'risida"gi farmoni.
4. Mirziyoev Sh.M. Tanqidiy tahlil, qat'iy tartib-intizom va shaxsiy javobgarlik - xar bir rahbar faoliyatining kundalik qoidasi bo'lishi kerak. Mamlakatimizni 2016 yilda ijtimoiy-iqtisodiy rivojlantirishning asosiy yakunlari va 2017 yilga mo'ljallangan iqtisodiy dasturning eng muhim ustuvor yo'nalishlariga bag'ishlangan Vazirlar Mahkamasining kengaytirilgan majlisidagi ma'ruza, 2017 yil 14 yanvar. - Toshkent: O'zbekiston, 2017. - 104 b.
5. Shoumarov G'.B. Oila psixologiyasi:Darslik-T.: "Sharq", 2014.272-bet.

6. Karimova V.M. Oila psixologiyasi:Darslik. Pedagogika oliygohlari talabalari uchun. – T.:”Fan va texnologiya”, 2008.152-bet
7. Fayziyeva M, Jabborov A. Oilaviy munosabatlar psixologiyasi.- T.:”Sharq”,2007.42-bet.
8. Jabborov I.A. Oilada farzandlarni milliy ruhda tarbiyalashning psixologik asoslari// Shaxs ilmiy dunyoqarash rivojlanishining psixologik imkoniyatlari va tarbiyaviy jihatlari: Respublika ilmiy-amaliy konferensiya materiallari. Toshkent, O‘zMU. 2019. 116-118-b.
9. Jabborov I.A. Oilada er-xotin munosabatlarini muvofiqlashtirishning ijtimoiy-psixologik mexanizmlar./ Psixol.f.n. ilmiy daraj. olish uchun yozilgan diss. Aftorefer.-T.,2020.13-bet
10. Eshmuradov O.E. “Oilaviy muhit va oilaviy munosabatlar psixologiyaning o‘rganish predmeti sifatida” “O‘zMU xabarlar” Mirzo Ulug‘bek nomidagi O‘zbekiston milliy universiteti ilmiy jurnali. 2019-yil 1/6/1-soni. 162-164-betlar.