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International Conference on Economics, Finance, Banking and Management

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24th July, 2025

SOCIAL AND PSYCHOLOGICAL PROBLEMS OF YOUNG FAMILIES

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Abstract:

This article talks about social and psychological problems of young families.

Key words: young family, theory, society, approaches, roles, social relations.

СОЦИАЛЬНО-ПСИХОЛОГИЧЕСКИЕ ПРОБЛЕМЫ МОЛОДЫХ СЕМЕЙ

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Аннотация:

В данной статье говорится о социально-психологических проблемах молодых семей.

Ключевые слова: молодая семья, теория, общество, подходы, роли, социальные

YOSH OILALARNING IJTIMOIY VA PSIXOLOGIK MUAMMOLARI

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Annotatsiya:

Ushbu maqolada yosh oilalarning ijtimoiy va psixologik muammolari to’g’risida so’z yuritiladi.



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Kalit so'zlar: yosh oila, nazariya, jamiyat, yondashuvlar, rollar, ijtimoiy munosabatlar.

A young family means, first of all, a family of young people whose husband and wife are not over 30 years old or whose family marriage experience is not more than 10 years old. The first approach, that is, it is more correct to give the status of the family, taking into account the age of the husband and wife's passport, regardless of when they got married, of course, during this period, neither the boy nor the girl will literally have a long work experience, and in many cases, the woman-mother will have a child at this time, and there is a high probability that she will stay at home. If, according to the second approach, young families are classified according to the length of time they have lived in the family, it should be assumed that the average marriage age in one or another society increases or decreases [1].

Because in some countries and in some national and cultural environments, young people are encouraged to marry very early, while in others, especially in recent years, on the contrary, in conditions where the main value is the professional qualification of young men and women, a person over 30 years old may have already started a family or is not yet married. According to the data, in developed European and American countries such as the United States of America, Germany, and in the developed countries of East Asia (such as Japan, Korea), the age of marriage is increasing year by year, and in some countries this number exceeds 30 years. To the extent that early marriage is associated with social and economic difficulties with the family and its stability, late marriage also causes a number of negative complications and material and spiritual difficulties, the most important of which is the health of the husband and wife, and the healthy birth of the unborn child.

In general, when describing a young family in science, the following criteria are taken into account: a very young family - up to 4 years from the time of marriage; young family - from 5 to 9 years; Average family life span - from 10 to 19 years; long family life - a family of people who have been married for 20 years or more. According to many scientists, the time required for a young family to strengthen and stand on its feet, to independently solve various household problems, is directly related to the sincere relationship of two married people to each other, their



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harmonious views of the family and the various values around it, and the ability to use it in their own family because of what they saw in their parents' family as an example [2].

However, every family experiences significant difficulties at a young age, and these problems are manifested due to the following circumstances: lack of time to work, study or solve other issues, ensuring family life goes smoothly; having a good time, limited entertainment; physical exhaustion of men and women in new conditions, exhaustion of nerves; economic difficulties. On the one hand, the last situation is explained by the increase of dreams and desires among young people, on the other hand, it is closely related to the dreams and wishes of parents and the increase of expenses related to travel. In Uzbekistan, life and living conditions are improving day by day, despite the fact that there are sufficient conditions for the well-being of the family, from the outside, it seems that something is missing even in a young family with all household problems solved. This is explained by the ever-increasing needs of those dreams and social needs. That is why social protection of the interests of young families in our country has risen to the level of state policy.

A clear proof of this is the fact that 2007 was declared the "Year of Social Protection", the protection of the interests of young families was reflected in a separate item in the state program adopted this year, and finally, the Decree of the President of the Republic of Uzbekistan on May 18, 2007 "On additional measures for material and moral support of young families". The social and historical importance of the decree is that it defines all the most important tasks related to a strong young family and a healthy marriage of the children raised in it [3]. In particular, in our environment, where the number of multi-generational and multi-child families is relatively large, according to the Presidential Decree, to improve the living conditions of young families, to provide additional financial support for the marriage and wedding ceremonies of children of low-income families, for those who want to engage in small business and private entrepreneurship, for the construction, repair and purchase of housing, to start a household. Activities such as mortgages for housing, furniture and other long-term essential goods, consumer loans in a preferential manner are important issues that guarantee a stable and happy



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life for the family. Finally, according to statistical data, on average, more than 175-180 thousand marriages are registered in Uzbekistan per year.

Young families make up about 40 percent of the total number of families. Therefore, the large number of families shows that it is natural that among them there are those who need material and moral support, and the policy of our government and the President personally in this regard is one of the efforts to protect the interests of young families. Of course, one of the most important issues related to a young family is the relationship between young people and their getting used to a new system of relationships. Because it is natural that young people who have passed the stage of romantic love and liking each other will have certain difficulties to experience everyday life based on the principles of new family life.

The young man lives in his own house, in the conditions created by his parents. The heaviest of difficulties in the process of adaptation falls on the neck of the bride. One of the problems that he experiences is to establish the rules of dealing with new family members. True, after the wedding, according to the Turkic and Uzbek tradition, the mother of the girl and her close relatives "feast" the bride, that is, cook and cook the food that the girl likes in her house, and a table is sent to the house where the new bride is staying. Of course, there are important reasons underlying such an ancient tradition, the first is that the girl who has fallen into a new environment cannot quickly get used to the hot and cold here, so that there is no sudden change in food consumption, until she gets used to it, she is sent food from her house for several days and thereby "comforts" her.

The preservation of such relations is partially justified in our current conditions, but there is no logic in sending food to the bridegroom's house and excessive luxuries on the pretext of absence. Because now most mothers work in state and public institutions in addition to family work. Such worries are too much for them, and secondly, girls don't get married very early as before and they learned to eat different foods from a young age under the pretext of studying and work, so their stomachs will work the same way in a new house. That is, it is natural that sending extravagant lunches to the second house, which is one of the factors that lead to the stability of a young family, seems to be a little melting at the current stage of development. It is known from the conducted studies that one of the reasons that destroys the peaceful



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life of a young family is the inability of the new bride to get along quickly with the in-laws.

These are also problems related to family relationships. Because, especially in urban conditions, a mother who has raised only one or two sons often cannot get used to a new system of relationships and does not know how to help her daughter-in-law get used to it faster. That is, between the mother-in-law and the daughter-in-law, a kind of jealousy-like relationship appears, which makes the mother-in-law behave as a fair and tolerant person towards the daughter-in-law. Among the causes of marriage divorces in Tashkent, the fact that disputes between the mother-in-law and the daughter-in-law are recorded is a proof of the above opinions. Therefore, one of the ways to prevent such situations is to psychologically prepare young people (boys and girls) for family relationships, and the second way is to teach parents to communicate with the bride and groom by introducing educational institutes such as “Family Lessons” and “Parents University” in the neighborhoods, involving the public. Mass media and popular pamphlets are also important in this regard.

In conclusion, young families often face social and psychological problems due to lack of life experience, financial stability and family relationship management skills. In order to solve the above problems, it is necessary to provide psychological and social counseling at the stage of preparation for starting a family. It is also necessary to strengthen the mechanisms of material and moral support from the state. It is necessary to carry out campaigning activities aimed at the formation of healthy family relations among young people.

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