

## **SOCIO-PSYCHOLOGICAL FEATURES OF GIRLS' ADAPTATION TO THE FAMILY LIFE**

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**Abstract:** In the article of socio-psychological features of the adaptation of girls to family life, the analysis of research that served as a scientific and experimental study and the development of the field of family psychology as a separate direction provided, according to the opinions. These cases require special attention and research to be intensified, especially in the first years of marriage, by the modern family institute. Strengthening the family, of course, often depends on its socio-economic, legal protection. At the same time, an important and in many cases the main reason for the problems that arise is the unsuitable individual-psychological characteristics of girls for family life, their low level of readiness for the necessary relationships, their insufficient adaptive potential. In this regard, the prevention of stable marriage, one of the most important directions in ensuring its proper functioning and ensuring the mental health of girls will be the development of effective features of their adaptation to family life.

**Key words:** psychological protection, spiritual support, educational relationships, emotional disorders, psychodiagnostic complex.

### **INTRODUCTION**

The ongoing large-scale reforms, as well, the growing social activity of the Republic of Uzbekistan are intensifying the role of marriage and the family in the life of every person. It is clear that our history does not recognize more important and basic link of society, which is emerging as a functioning social institution that provides vital conditions for personal growth and self-expression of married partners, their psychological protection, spiritual support and stability, creating a favorable environment for the upbringing and harmonious development of the younger generation.

In addition to this, the process of change in the form of dangerous traditions such as family divorces, an increase in the number of incomplete families, a decrease in educational relationships are appearing, a deterioration in the quality of family relationships and marital satisfaction, a decrease in adaptation opportunities for men and women are being noted. If in the recent past, marriage was in many cases perceived as an inviolable, vital alliance, now divorce is becoming the usual and common enough form of resolving family conflicts, and as a result, many couples are trying to resolve problematic situations in a comprehensive and impartial manner. Moreover, life experience and international scientific research have shown that in many cases, family dysfunction, divorce, first of all, emotional disorders in girls, various accents (stress, attention) that increase persistent stress become a strong and mentally difficult factor.

Adaptation potential as a subject of socio-psychological research, the factor structure of the adaptation potential of girls to family life, the components of the adaptation potential are described. The potential for adaptation, according to scientists, the successful adaptation of girls to family life depends on a complex special personal structure, in which socio-psychological aspects are the leading ones. It is expedient to evaluate this complex as a potential for adaptation to family life, which is interpreted by researchers as a synthesis of certain abilities, knowledge,

skills, qualities, individual-psychological characteristics, and so on. An expert assessment of a pre-prepared questionnaire was organized and conducted in order to clarify the incident under investigation.

## RESULT AND DISCUSSION

According to the results of the theoretical analysis, the characteristics of the adaptation potential are 44 names. In addition, a special explanatory guide and a ten-point evaluation scale were developed to standardize and facilitate the conduct of the expert evaluation process. Based on expert assessment (n = 134) conducted using specially prepared tools and factor analysis, it was possible to distinguish four factors that combined 21 traits of adaptation potential. As a result, the actual structure of the adaptation potential was determined and evaluation criteria for diagnosing the levels of development of the phenomenon under study (above average, medium, below average) were determined. The above criteria characterize the area of motivation of girls for family life. Therefore, the first factor is considered by us as a motivational component of girls' ability to adapt to family life, the second factor characterizes the area of girls' ability to adapt to family life, the third factor reflects the area of girls' self-government. The fourth factor in terms of importance was named as an integral part of the cognitive field of girls' adaptation potential to family life.

The following questionnaires were used to study the socio-psychological features of girls' adaptation to family life:

- ❖ expert questionnaire prepared to assess the components of girls' adaptation potential to family life;
- ❖ a prepared experimental scale for assessing the potential of girls to adapt to family life;
- ❖ marriage satisfaction survey by V.V. Stolin, G.P. Butenko, T.L.Romanov;
- ❖ method of diagnosing a typical family situation by E.G. Eidemiller, V.V. Justitsky;
- ❖ method of diagnosing specific aspects of communication by V.I.Nedashkovsky;
- ❖ Test-questionnaires of voluntary self-management by A.V.Zverkov, E.V. Eidman.

The study involved 145 girls between the ages of 20 and 25 with up to 2 years of family life experience. In order to ensure comparability of the data, those selected in the empirical study (n = 145) were divided into two groups:

- ✚ Experimental group (n = 71), whose members participated in the training program;
  - ✚ Control group (n = 74), whose members did not participate in the training program.
- Quantitative characterization of the comparison groups of the empirical study of the effectiveness of the training program (n = 145).

"Socio-psychological education of girls in the adaptation of family life" allowed us to develop a socio-psychological training program "Happy Family Life".

The purpose of the training program is to prepare girls for family life.

Based on the purpose, four blocks of issues are formed:

1. **The first block** is the optimization of the field of motivation, ie the formation and development:

2. **The second block** is the optimization of the communication sphere, ie the formation and development:

3. **The third block** is the optimization of the field of self-government, ie the formation and development:

4. **The fourth block** is the optimization of the field of knowledge, ie the formation and development:

The training program itself includes 8 sessions, each lasting 90 minutes. In general, the lessons of the training program have a typical structure:

1) The main part consists of exercises "Let's get acquainted", "Modern woman", "Positive and negative aspects of family life".

2) It is consisted of exercises "My family", "Family model", "Household barriers of family life", "We do not feel ill will", on the theme "The role and importance of the family in the life of a modern man",

3) It is consisted of exercises "The art of family life", "Values in my life" on the topic "Peculiarities of adaptation to family life."

4) It is consisted of exercises "What does it mean to have the potential to adapt to family life?", "What to discuss with a married partner?", "Family legislation of the Republic of Uzbekistan" on the theme "Structure of adaptation potential to family life".

5) It is consisted of exercises "Family Code", "My ideal husband", "My real husband" on the topic "The role of the field of personal motivation in the structure of the potential for adaptation to family life."

6) It is consisted of exercises "Models of relationships", "Happy family", "Happy family life" on the topic "The role of the communicative sphere of the individual in the structure of the potential for adaptation to family life."

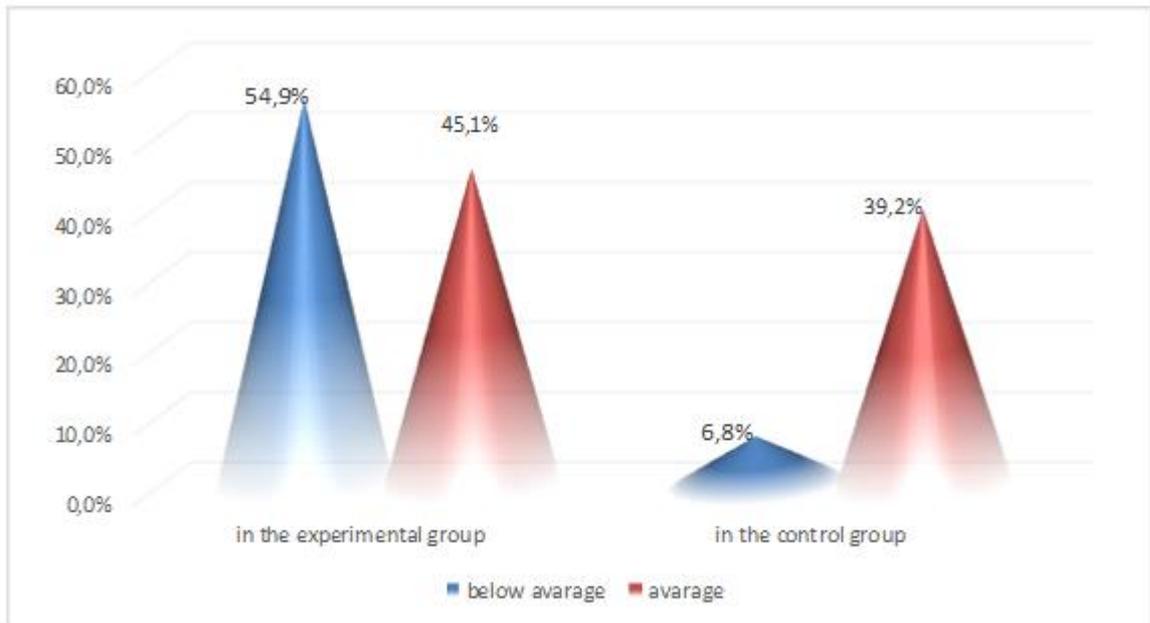
7) It is consisted of exercises "My characteristics", "How I see myself in the future" on the topic "The role of the field of self-government in the structure of the potential for adaptation to family life."

8) It is consisted of exercises "Homework", "Distribution of responsibilities" on the topic "The role of cognition in the structure of the potential for adaptation to family life."

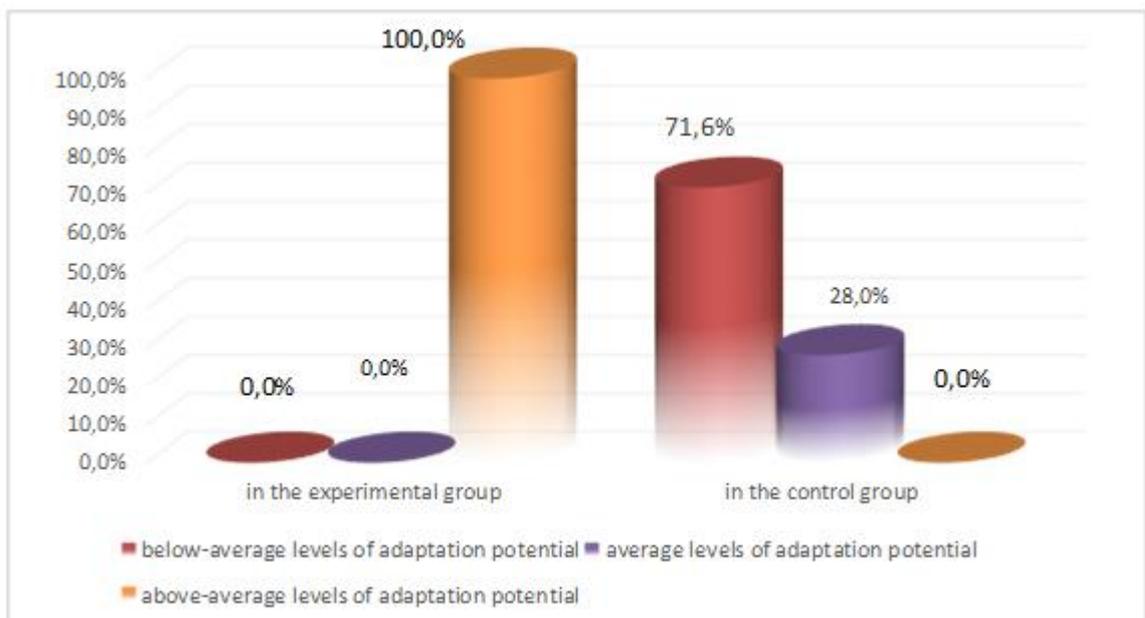
In addition, to enhance the reliability of the results obtained, the following psychodiagnostic complex was used: questionnaire on marital satisfaction by V.V.Stolin, G.P.Butenko, T.L.Romanov; methodology for diagnosing a typical family situation by E.G.Eidmiller, V.V.Justitsky; method of diagnosing aspects of communication by V.N. Nedashkovsky; test-questionnaire on the study of voluntary self-management by A.V. Zverkov, E.V. Eidmans.

The results of the psychodiagnostic examination using the Experimental Scale to assess the adaptation potential of girls to family life showed that before the training program, both in the experimental group and in the control group, the main participants were below average (exper.group-39 people, 54.9% and control group-45 people, 60.8%) and intermediate (exper. group - 32 people, 45.1% and control group - 29 people, 39.2%). However, the results of psychodiagnostic examination after the training program showed a different distribution of the sign. Number of participants in the experimental group: below-average levels of adaptation potential decreased significantly from 54.9% (39 individuals) to 0%; the average level of adaptation potential decreased significantly from 45.1% (32 individuals) to 0%; above-average levels of adaptation potential increased from 0% to 100% (71 individuals). No such positive

changes were observed in the control group. Number of participants: below-average levels of adaptation potential increased from 60.8% (45 individuals) to 71.6% (53 individuals); average levels of adaptation potential decreased from 39.2% (29 individuals) to 28.4% (21 individuals); above-average levels of adaptation potential did not exist before and after the training program.



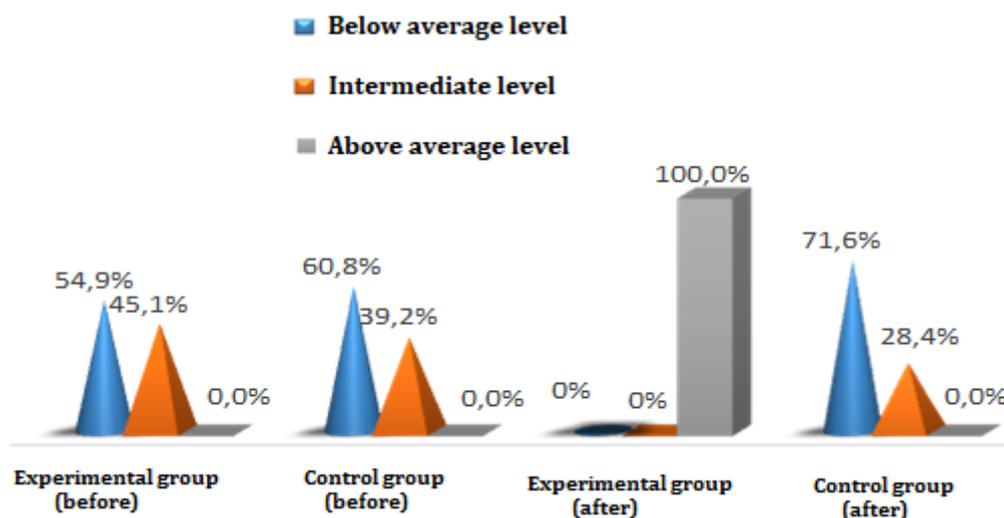
**Figure 1. Until the training program conducted**



**Figure 2. Until the training program conducted**

Results of psychodiagnostic examination before and after the training program using the Experimental Scale for Assessing the Adaptation Potential of Girls to Family Life (n = 145)

All of the above differences are also statistically confirmed by the analysis of the equality of the mean values in the experimental and control groups conducted on the Student's statistical t-score.



**Figure 3. The results of the training work**

Based on the above, it can be concluded that the empirical study (n-145) has confirmed the effectiveness of the socio-psychological training program "Happy Family Life". For example, as a result of the training conducted a complex psychodiagnostic examination using the Experimental Scale for Assessing the Adaptation Potential of Girls to Family Life, the Marriage Satisfaction Survey by V.V.Stolin, G.P.Butenko, T.L.Romanov, Methodology for Diagnosing a Typical Marital Status by E.G.Eidemiller, V.V.Justitsky, the method of diagnostics of communicative aspects by V.N.Nedashkovsky, the test-questionnaire of the study of voluntary self-management by A.V.Zverkov, E.V.Eidman and those with below adaptation potential 54.9% (39 individuals) decreased significantly to 0%; those with average adaptation potential decreased significantly from 45.1% (32 individuals) to 0%; those with above average adaptation potential increased from 0% to 100% (71 individuals);

However, no such changes were observed in the control group girls who were not involved in the training program (those with below-average adaptation potential increased from 60.8% (39 individuals) to 71.6% (53 individuals); those with average adaptation potential decreased from 39.2% (29 individuals) to 28.4% (21 individuals), and those with above average adaptation potential were not identified before and after the training program. The separated differences were also statistically confirmed according to the Student's t-score.

**The scientific novelty of the research is as follows:**

- ✚ according to the results of the dissertation research, the modern essence of the concept of family life in psychology is identified, the features of successful and unsuccessful family life are distinguished, the socio-psychological features of the adaptation process are revealed, the application of the concept of adaptation potential to family life is substantiated;
- ✚ as a result of empirical research, the factor structure of the development potential of girls to family life was revealed, the components of the potential of girls to adapt to family life were identified.

**The practical results of the study are as follows:**

- ❖ expert questionnaire for assessing the components of the potential for adaptation of girls to family life, an experimental scale for assessing the potential for adaptation of girls to family life were developed;
- ❖ a socio-psychological training program for the adaptation of girls to family life has been developed and its effectiveness has been tested;
- ❖ practical recommendations have been prepared for girls to facilitate adaptation to family life.

The scientific significance of the results of the study is determined by the development of the factor composition of the potential for adaptation of girls to family life. This opens up and clarifies the scientific understanding of the phenomenon under study, allows a reasonable approach to psychodiagnostics, as well as to the process of adaptation of girls to family life, to examine the effectiveness of applied socio-psychological characteristics. The essence and understanding of the adaptation potential of girls to family life, its importance, as well as the developed methods (Expert questionnaire to assess the components of the adaptation potential of girls to the family, the Experimental scale to assess the adaptation potential of girls to family life) can be used in further research.

**CONCLUSION**

The practical significance of the research results is determined by the possibility of applying the prepared program of effective socio-psychological education "Happy Family Life", psychodiagnostic methods for the adaptation of girls to family life, as well as practical recommendations developed for its purpose. In addition, the results of dissertation research can be used in the preparation of lectures and practical training to improve the skills of practical psychologists.

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