

Socio-Psychological Peculiarities of Upbringing of Youth in Uzbek Families on the Basis of National Values

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Annotation: The article discusses the socio-psychological problems of raising a healthy generation in Uzbek families on the basis of national values. There also commented some of the shortcomings of children in Uzbek families on the basis of national values in the sphere upbringing.

Keywords: healthy generation, national values, nation, upbringing, social environment, family, customs, conflict situations, behavior.

Introduction. In connection with the great milestone in our history, there appeared a need to assess the quality of life, how the life of our country is changing, what achievements and results we have achieved, how fast we are developing to build an open democratic state and civil society based on a socially oriented market economy.

In short, it is natural that we objectively assess our long-term strategic goals, such as joining the ranks of modern developed democracies, providing sustainable economic growth, improving the quality of life and taking a worthy place in the world community.

Human health is, first of all, the development of his mental and physiological qualities, consists of the maintenance of an optimal level of work ability and social activity for the maximum life expectancy. According to many scientists, the functional capacity of the human body and its resistance to adverse environmental factors change throughout his entire life, because, to keep health is an active process that gets better (relaxes or strengthens health) in connection with living environment, depending on age, gender, and occupation.

Human life and health of his are the greatest social wealth. In front of the establishments that deals with the sphere of family, school and other places it puts the issue of forming a healthy

lifestyle of human development. The health of a nation is also naturally addressed through a healthy lifestyle. Therefore, educating young people as perfect human beings has always been the dream of our ancestors.

Discipline is considered to be a complex process that ensures a person's perception of himself and his behavior. The great enlightener Abdullah Avloni said about upbringing: "Education is a matter of life or death, salvation or destruction, happiness or disaster for us." If we take a broad view of this idea, it becomes clear that today it is necessary to pay special attention to the upbringing of young people. It should be noted that the traditions, values and customs of the nation improves the spirituality and maturity of the individual [1].

There is a wise saying among our people: "The homeland begins at the threshold." Threshold Starts from a family, and it is in its turn considered to be the heart of spirituality, upbringing, and the main link of society. Through the sacred traditions of the family that have been preserved for centuries, such noble ideas as love for the Motherland, faith, responsibility, and humanity take root in the hearts of our youth. The role of mahallas in educating the younger generation together with the family is also invaluable. The mahalla carries out a huge educational task based on the ancient customs, traditions and customs of our people. There is no doubt that the work of mahallas, school and community based on the national values passed down from generation to generation will lead to positive results in the upbringing of children.

According to our national values in the field of upbringing, the people of the mahalla, especially the elderly, have never been indifferent to a child who does something wrong in the street, and immediately reprimand them directing to the right path. The role of a family as well as mahallas in the development of young people in all respects is also important in our sacred religion. There is saying among the Uzbeks "The bird does what it sees in its nest". A parent who raises a child should be able to demonstrate noble qualities in every movement, gait, behavior, and interaction with others. Because a child by his nature can be extremely imitative and observant. That is why those who are around children, sometimes influence them with their habits unawarely. Rough family relationships, many lies, and unpleasant behavior create an unhealthy environment that negatively affect on a child's upbringing.

Main part. In the family, raising children in the spirit of spiritual and national values play an important role in their development into a spiritually mature, morally pure, mentally intelligent and healthy generation. However, today in some families there are a number of shortcomings in this regard. Below we try to reflect on some of the shortcomings in the upbringing of children in Uzbek families on the basis of national values.

1. Insufficient use of our national values that is, fairy tales, proverbs, narrations and hadiths in the terms of family upbringing. The results of our research show that only a quarter of parents remember telling their children fairy tales, legends and proverbs at a young age [3]. It is well known that our values, the masterpieces of folklore, the science of narrations and hadiths serve to form in children the qualities of goodness, nobility, good manners. Being so nowadays, why do we ignore this issue in the upbringing of children. Our indifference to them, to the belief that they will be brought up when they grow up tomorrow, will have a negative impact on the development of our children into well-rounded, well-mannered people.

2. The absence of the elderly in a family, particularly, in the upbringing of children also has a negative impact on the upbringing of children. Our people say: "Where there is an old man there is blessing." On the one hand, constantly presence of the elderly at home leads to constant communication with children, constant control of their activities, on the other hand, the abundance of life experience in them plays an important role in the upbringing of children.

In our opinion, in recent years, the qualities such as kindness, tolerance, help to helplessness are characteristics of the Uzbek people in our youth, for some reason, do not seem to be visible today. Today among our youth there rise such vices as greed, selfishness, indifference, greed, and hypocrisy.

3. Another factor related to family upbringing that leads to the emergence of immoral behavior in children and adolescents is the use of primitive (outdated, inappropriate) methods in family upbringing. In this method of upbringing, it is sometimes carried out on the basis of extreme strictness, authoritarianism, disregard for the views and opinions of children. Life itself today shows that it is wrong to raise children in this way. Because today's young people are trying to be intellectually mature young people, striving for independent thinking, having their own views. We should not forget that counting on such young people, listening to their thoughts and opinions, giving advice where necessary, giving them guidance will give good results.

4. The lack of material and proper conditions for children in families can lead to deviations in their behavior. According to universal and religious teachings, it is emphasized that in the family it is parents who should create all necessary conditions for the upbringing of their children. However, due to the lack of necessary financial conditions for the child in some families today, sometimes the child experiences the experience of struggling alone with a problematic situation. Such a situation can lead to a growing sense of dissatisfaction with the

family situation in the world of adolescence, which turns into an internal revolt.

5. *The state of support for the illegal behavior of children by parents and other family members in some families.* In this case, there regarded positive or indifferent attitude to children and adolescents by family members and relatives. Instead of saying, “It will never do,” “What are you doing or saying is rude,” parents or others around them will approve of their behavior or ignore it. As a result, the child, who feels the approval of his abnormal behavior, commits another misbehavior. In consequence, negative behavior creates an opportunity for the adolescent to embrace all of his or her activities and consciousness.

6. *The situation in which the behavior of some parents in the family with their children leads to the development of immoral behavior in children and adolescents.* It is no secret that the parental attitude in the family, based on anger, annoys children at home. Homelessness, a lack of recognition of the family environment, leads to a loss of adaptation to the family environment in adolescents. As a result, the teenager will like an unhealthy street environment apart from the family. And the street environment can sometimes have an immoral impact. In consequence, an adolescent who has been exposed to immoral behavior has the opportunity to develop a parenting disorder.

7. *Parents' lack of serious interest in the lives and activities of their children, leaving them unsupervised, often leads the teenager to join the ranks of children and adolescents with illegal behavior.* Therefore, it is advisable for parents to constantly monitor their children's behavior, especially during adolescence, and what they do in their spare time. Furthermore, the psychophysiological changes and features of transition period during adolescence are a period of adolescence that requires special attention from young parents and older adults. The neglect of parents at this age, or the view that upbringing in the family should be given in this way, contributes to the emergence of immoral behavior in children and adolescents [4].

8. *The use of methods such as rudeness, carelessness, insults, threats and corporal punishment in family upbringing often leads to children and adolescents running away from home, wandering the streets out of fear of their parents for doing something wrong, and putting up somewhere.* In such cases, the social psychological adaptation of children to the family environment is disrupted. Eventually he adopts a group or street environment apart from the family he likes. Depending on its nature, this environment can have either a negative or positive effect on the child. Unfortunately, a street environment with an unhealthy environmental psychology often has a negative impact on children.

9. *The use of ineffective methods in the relationship between parent and child in families.* Parents sometimes put too much love on their children. They are taken care of and respected.

They try not to infect them with dirt. They strive to provide them what they say or want. At first glance, you wonder what is wrong in their behavior. But such attitude of parents towards children leads to the formation of negative traits in children. As a result of such regard shown by the parents, the child develops so called negative qualities as arrogance, disregard for others, lack of appreciation for work, impatience. Children with such qualities do not develop the qualities of diligence, nobility, respect and esteem of others, the value of labor, which are characteristics of the Uzbek people. They also have a habit of bragging, laughing at others, and exposing their helplessness. Children who were brought up in this spirit also have difficulty thinking independently in difficult situations and making certain decisions.

10. Neglect in raising children in families which are physically healthy, and mature both mentally and spiritually.

It is known that a family and family environment play an important role in the formation of a healthy generation. Healthy family relationships, psychological environment and a healthy lifestyle are key factors in raising a comprehensively developed generation. Therefore, first of all, it is important to form a healthy lifestyle environment, as well as psychology in a family. However, according to our observations, in many families there is a situation of ignorance in the formation of a healthy lifestyle psychology. This leads to an unhealthy attitude towards a healthy lifestyle in the minds and worldviews of children growing up in families.

Conclusion. From the above, we can conclude that the spiritual and national values, customs and traditions of the Uzbek people play an important role in family and family relations, including the upbringing of children. The principle of raising physically strong, spiritually mature, mentally mature children is the main content of Eastern social thinking and mentality. Because, by raising a child, a harmoniously developed person is brought up with feelings of kindness. The value of the child is the way of life, mentality, childhood habits of the Uzbek people, the traditions of having many children and at the same time raising a healthy, strong, spiritually and physically mature generation, the way of thinking.

It should be noted that national values, traditions and customs come to us in the family. Growing up in this environment, the future heirs of our nation must bring up our children in accordance with national traditions. In our opinion, it is wrong to consider our national values and traditions of family upbringing as obsolete [2]. Our rich and colorful culture, customs and traditions, all our values constitute the spiritual wealth of our nation. A person who has studied and mastered it deeply can achieve any goal set before him. Because a person who is aware of the morals and customs of our culture will never act blindly. This means that goodness is at the heart of all our national traditions. They have only purity, goodness,

humanity. A person who is brought up in the framework of our national traditions is formed as a person with high spirituality. Let us bring up our children in such a way that they grow up faithful to their ancestors, their history, homeland, mother tongue, nation, religion and their traditions.

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