

Social-Psychological Factors of Improving the Quality of Life

**Abdullaeva Ranajon Matyokubovna ¹, Bagoyeva Zarina Rayimovna ²,
Djo'rayeva Mukhayyo To'rayevna ³, Sattarova Dilfuza Erkinbayevna ⁴**

¹ Ph.D, Tashkent state pedagogical university named after Nizami Associate Professor of the Department of General Psychology

² Tashkent state pedagogical university named after Nizami Teacher of the Department of General Psychology Tashkent State

³ University of economics, senior teacher. Sattarova Dilfuza Erkinbayevna - Tashkent Institute of management and Communication, Senior Teacher of pedagogy and psychology

⁴ Tashkent Institute of management and Communication, Senior Teacher of pedagogy and psychology

Abstract:

This article reflects the socio-psychological factors of improving the quality of life. Also, the importance of education and social environment in the quality of our life is widely revealed. Quality of life is basically about being active in social life, working in a profession you love, living the way you want in your personal life, and being in good health.

Keywords: quality education, profession, living, life, society, activity, girls, student, boy, goal.

The future of our country, the future of our nation, and the reputation of our country in the world community depend primarily on how good persons will our children become. Nowadays, the problem of one country or nation can greatly affect the development of the whole world. The solution of existing social, ecological, economic and political problems requires mental and spiritual development from mankind in the future. This can be achieved only by establishing a proper and high-quality education system. The purpose of teaching and education is to prepare a person for life. First, we teach first theoretically, and then reinforce the knowledge through practice. But life first tests in practice, and then teaches. Secondly, the main direction of education goes back to

upbringing. This care has been and will remain a very important, very complex and very urgent issue. This is mainly achieved as a result of the equal responsibility of parents and teachers. Until now, we have gotten used to this task being carried out mainly by teachers of educational institutions. It is these educational institutions that have been carried out by pedagogues before and now. In our opinion, the influence of the environment also occupies a leading place in upbringing. Children try to do what they see rather than what they hear or read. So, in order for education to be of high quality, we pedagogues need to be qualified to provide quality education. Thirdly, all vital relations of humanity, political, economic, social, etc., are formed and developed depending on the interdependence and interaction between people. Depending on the quality of education, the level of these relationships will also change. The quality of education is a set of knowledge acquired in specific conditions, which is necessary to improve the quality of human life and activity and to use it to achieve a specific goal. Currently, the quality of education is a very important, problematic and urgent issue. Because all other social issues, political problems and economic indicators develop depending on the level of education quality. In addition, the quality of education determines the fate of the state, society and the fate of all humanity. Therefore, it is not wrong to interpret the quality of education as the quality of life.

In general, all problems can be solved only with a high level of consciousness, correct thinking and unparalleled knowledge, high spirituality and enlightenment. The solution is to pay more attention to education and training. Every boy and every girl receiving education are the owners of tomorrow, representatives of independent life. When in the process of education and upbringing, we can form the correct vision of young people that is suitable for the real life of tomorrow, it will be possible to guarantee the construction of the future that we want in our future life and vice versa.

The role of families and the strength of families in the development of any society is incomparable. Just as the health of a living organism depends on the health of each cell of which it consists, and just as each cell takes its place in the functioning of the entire organism, so the family is the cell that makes up the entire organism as a state and society. The health of every family, the rule of a positive psychological climate in them, being born in this environment, being formed as a person, and then as a citizen of the country where he lives, ensuring the development of the economy and social life of his country, the role of the family in human development, which is a decisive factor, is incomparable. The strength of families is a decisive factor determining the economic, social, political, and national security of the society, its prosperity and development. Currently, as the threat of economic, social, political, environmental, internal and external factors increases, posing a serious threat to our society, the development of mankind, the prospects for our independence, ensuring the stability of families, the correct solution to this issue is to prepare young people for family life - an urgent problem at the state level, which cannot be postponed, cannot be allowed to relax, it requires very serious approaches. We are all equally responsible for its successful implementation. This issue is a very sensitive and extremely serious issue that never leaves the agenda, never loses its relevance. Because the development of humanity and the development of our society depends on how we solve this issue today.

In our young democratic country, efforts to strengthen the moral, spiritual and spiritual integrity of families are increasing day by day. Under the leadership of the President of the Republic of Uzbekistan, specific program measures of our government are being implemented to ensure family stability, expand opportunities for the implementation of its social goals, especially to help increase the influence of the family in raising children, improve the material and living conditions of young families in our country, ensure recognition of family marital relations values. Uzbekistan is one of the countries where the number of official marriages is increasing year by year, and reducing marriage divorces is of greater social importance. This directly depends on the formation of correct

ideas about family and marriage institutions among young people, and their psychological readiness for family life.

It is known that a small social group connected by moral responsibility, mutual respect, understanding and love based on marriage and close kinship is called a **family**. The family differs from other types of small groups in a number of aspects: **first**, the family exists for a long period of time, that is, several decades and many years; **secondly**, several types of interpersonal relationships take place in the family, i.e., the first concepts of our national ideology are first formed in the family environment, and this process is carried out through grandfathers' education, father's example, and mother's love, in this case, the implementation of educational, psychological, emotional, financial, sexual and other tasks in family relationships is observed; **thirdly**, negative or positive situations occur on the basis of all relationships in the family, that is, the formation of a person or good as a result of the influence of one of the family members on another and can reach the level of a perfect human being or be brought up as a hard-educated, deprived person.

Therefore, the problems related to the mutual relations of family members, which are considered extremely important for society, arise on the basis of the family. Eastern thinkers also emphasized the role of the family and family education in the upbringing and development of the individual, especially the role of the family in the mental and moral development of the individual, and the guiding and educating tasks of parents and close people. They put a number of qualities that can be developed only in the family - honesty, purity, bravery, kindness, truthfulness, above all other qualities, as well as high qualities that are manifested in human relationships, first of all, from parents to children. They have expressed valuable thoughts and practical instructions on this topic in their philosophical-ethical, sociological and psychological views, such as teeth and their positive impact on the development of society.

Because in preparing today's generation for tomorrow, that is, for their future family life, basing on the experiences of past ancestors, being able to use them wisely, is the most delicate work in educating young people, the most important aspect for the employees responsible for preparing them for family life. Undoubtedly, the role and influence of the family is incomparable in the formation and improvement of the unique spirituality of any nation. Because the purest and purest feelings of a person, the first concepts and imaginations of life are first formed in the bosom of the family. In general, for the formation of a healthy psychological climate in the family, for each person to organize his life with quality, it is necessary to prepare young people for family and family relations in all aspects.

The place and role of our women is increasing in the political life of our country, in state and community management, in all sectors of the economy, in social fields such as culture, science, education, health care, and sports. Today, a democratic state and a civil society are being established in Uzbekistan. Civil society requires women to protect their rights and interests and their natural desire to solve their problems. Women's readiness for this is of great social importance.

Today, a significant number of women are effectively working in the fields of education, women's rights, reproductive health, vocational training and retraining, small business and private entrepreneurship development, and environmental protection.

Indeed, educated, women with a broad outlook have always played an important role in the development of society. Therefore, a number of practical work is also being carried out on achieving gender equality in our country. Uzbekistan has developed a strategy to achieve gender equality by 2030. This strategy covers issues such as ensuring equal and quality education for all, ensuring higher education for girls in rural areas, preventing violence, and preventing human trafficking. Overall in recent years, creating a wide range of opportunities for women's education has risen to the level of Public Policy.

The fact that girls and women are physically and spiritually energetic is considered one of the important foundations of our further development. Today, the main goal of our women is to increase activity in the process of socio-economic reforms, to embody high spiritual qualities, to form national thinking. Educating young people in the spirit of respect for our cultural, historical traditions, love for the motherland, devotion to the ideas of independence, preparing girls for family marriage, entrepreneurship and vocational training have become urgent issues of today. It is important for young women, girls to be employed, to carry out entrepreneurial initiatives, to support women's initiatives in the business sector, especially in rural areas, to extend legal and social conditions to them, that is, to achieve a quality life in every possible way. [4] Achieving quality of life will only be possible if every woman is able to realize her goals and is satisfied with her professional and personal life. To achieve this, it is the period that dictates the comprehensive preparation of young people for life.

The imagination of young people about family-marriage, the formation of their *ustanovka* will be inextricably linked with the national values of the nation to which this age belongs, with the ideology of the society in which his personality is being formed. It is this ideology that plays an important role in the formation of a national idea - a kind of ethnic consciousness of the youth of the nation. It is known that the vast majority of families in Uzbekistan belong to young families, and a certain number of them are also students of higher educational institutions at the same time. Students who are about to enter into marriage have a number of factors, such as psychological barriers, inadequate marriage-family razors, incomplete formation of a system of family values, giving in to more romantic feelings when choosing a mate, paying more attention to the appearance of a partner, economic dependence on their parents, this period requires special study of these factors.[5]

In our research with the aim of studying the structural hierarchy of family-marriage notions, special attention was paid to the specificity of notions in guys and girls. According to the results obtained, notions in guys are more socially significant, and in relation to them it is manifested that they have much more egoistic notions.

That is, today's girls have shown a kind of higher position in the family, personal comfort, possession of what they want, desires, qualities such as egocentrism. In our opinion, this is a bit of a surprise for the local environment (Uzbek nation). In the obtained empirical data, it turns out that the “I” - concept in girls is more individualized than in guys.

It is also important, when studying the phenomenon of readiness for family life, to what extent the individual depends on marriage, manifests egoism in relation to the spouse. From the analysis of literature, it is known to us - egoism – to direct one's attention only to the interests of the personal “I” and oneself. This condition interferes with being in the family environment, especially in cooperation and harmony with the partner. Because, family life is not imagined without constant withdrawal from self-interest, without self-torture. A good family is a school of altruism, humanism, self-sacrifice. People with such qualities are usually able to build a strong and stable family. [7]

So, from the above, it can be concluded that in guys who have chosen the business and management sector (49.17%), the most favorable are “Family-Marriage notions” - sociocentric, that is, those who strive for the interests of communalism or rely on traditions (33.96%), respect, which rejects egocentric views. A similar result can be seen in guys who have chosen the profession of pedagogy (44.57% percent for sociocentric views, 46.86% for traditionalist views). The study shows that the development of perceptions about marriage-family relationships in young men and girls depends, first of all, on the presence in them of love and marriage, the absence of consumerism in relation to the family and partner, realistic and holistic perception in the perception of oneself and one's partner. It turns out that in modern student-youth, qualities close to egoism are more pronounced in

subjective relationships.

In particular, the “view of family-marriage attitude” in student-youth relies mainly on egocentric principles, and in it there will be no feature of self-sacrifice in the interests of others. From the analysis of the answers of 1400 respondents who participated in the study, it turned out that according to their imagination, when meeting the needs of marriage-family relations, they mainly rely on three different priority concepts, namely, in young men and girls, 14.66% and 53.69% - egocentric, 47.94% - 29.93% - sociocentric, 37.41% - 16.38% - traditional concepts. The relatively high (53.69%) amount of reliance on egocentric understanding is due to the high orientation of this concept in girls.

In particular, this is explained by the fact that the number of children in the family is average (2, 3, 4), the correct implementation of the educational function in the parent family, the correct organization of issues of responsibility and duty in the family.[13]

In preparing young people in general for family life, it is advisable to give them information in the correct sense of all the circumstances that occur in real life and teach them to make decisions freely and independently. Only then is it natural that the families under construction will be strong and that our future children will be healthy in every way. Studying the concepts of family-marriage of students and young people, we found that the impact of psychological trainings carried out in the conditions of a higher educational institution in the preparation of their future family will be effective, and we considered it advisable to conduct family life-oriented training sessions with more young people. In our opinion, in the preparation of young people for family life, first of all, factors influence the formation of perceptions in student youth play an important role. But, in any situation, it is necessary to achieve the correct formation of family-marriage concepts in young people. The role of a woman in the strength of the family is incomparable. The more active a woman is in family and social life, the more she can live a self-satisfied life and ensure her quality of life.[8]

In order for a person to say that he is ready to start a family, he must have the following qualities:

1. Positive moral qualities;
2. Spiritual readiness for interpersonal relations and cooperation;
3. The presence of a sense of empathy;
4. Aesthetically imagining oneself as a person of high culture;
5. Being ready to get out of conflict situations constructively.[7,88-89]

The more successfully these qualities are acquired by women, the more satisfied they are with their lives, the more quality of life they have.

The formation of a perfect person is determined by his occupation of a suitable profession, his contribution to the development of society, and thereby manifesting his identity in society. The pursuit of perfection is a complex process that takes place together with the professional formation of a person and lasts almost a lifetime. In a broad sense, professional formation is the process of getting an education in a certain profession according to a person's mental abilities, physical abilities, interests and aspirations for one or another field, as well as values and worldviews, and then entering and adapting to this field. and finally it is understood that over the years he will grow into a mature and competent specialist. The first important stage in the process of professional formation involves the choice of the future profession, that is, the period until a specific professional decision is reached. The level of preparation of young people for the choice of a profession, not just an attachment to age characteristics, it does not form on its own by a certain age. It is necessary to prepare and educate young people to choose a profession through pedagogical and psychological knowledge, skills, qualifications, as well as through the influence of society. In this

process, a person is required to have professional knowledge. Therefore, it is necessary to enrich students with knowledge about the world of professions and to develop practical skills and qualifications in them. To do that, we need to provide a wide range of information about the professions that exist today, we need to provide muscle guides, we need to provide dissemination materials. In this way, it is possible to consciously guide young people to careers based on their interests, avoiding all the difficulties, conflicts, and obstacles that arise in the process of choosing a career. It is necessary to implement the following tasks:

- To provide vocational information: to provide students with information about the types of modern production, concepts of the labor market and the requirements of professions for people; to create the basis for providing information about vocational education institutions.
- Professional counseling: development of the foundations for organizing qualified professional counseling based on the interests, inclinations, innate ability, abilities, skills, family environment, territorial conditions, wishes and desires of students and parents, requirements for the profession.
- Occupational diagnosis: final diagnosis, taking into account the individual psychological and physiological characteristics, age, level of knowledge, skills and qualifications of the person (diagnostic materials are confidential and discussed only with the student and his parents), determination of the student's professional orientation, assessment of the level of maturity of the person.
- Professional orientation: on the basis of psychological, psycho-physiological and medical diagnosis, direct orientation to professions that correspond to the psychological, psycho-physiological and physiological characteristics of the person.[5]

The right choice of professions by young people based on their desires and capabilities will create opportunities for success in this field and development of the field, as well as self-satisfaction of the person. As a result, there is an increase in the service payroll during the person's career. [12]

The more the state and society invest in general and vocational education, and the more the outcomes meet the highest international standards, the higher the quality of life. Determining the effectiveness of education requires achieving a high quality of education at the expense of optimal costs.[6,12]

Of course, any profession requires a set of personal and professional requirements (professionogram) from its owner. These include:

1. What is the name of the work and what is its structure;
2. Information about the purpose and effectiveness of the work;
3. What are used as labor tools;
4. Contents of the subject of work and their specific aspects;
5. What methods are used to perform labor activities;
6. On the basis of what work (labor, activity) is carried out;
7. Work product evaluation criteria;
8. What kind of specialization the job requires;
9. The possibility of performing work with the help of what tools and its motivations;
10. Conditions and conditions of execution of work;
11. Forms of Organization of labor (activity);

12. Labor co-op (who? , What?, With whom?);
13. Information on the intensity (intensity) of Labor;
14. What moments (circumstances) of responsibility and risk occur in labor activity;
15. How work brings benefits, benefits to its subject (salary, remuneration, spiritual nourishment, privilege, social inclination, trait of altruism, praise, public assessment, etc.);
16. What are the requirements and restrictions for a particular job or activity.[7]

It is advisable for a person to make a decision to engage in this activity after obtaining a complete answer to the requirements of this professionogram. Otherwise, the effectiveness of the activity, satisfaction with the activity and its development are not guaranteed. It is required to pay special attention to the following factors in the professionogram:

1. Psychological description of the profession and its specialties;
2. The importance of the profession (craft) for the country's economy;
3. Social description of profession and specialty;
4. Social Psychological Significance and description of the profession; its social status (prestige) in young people, the peculiarities of the team, features of interpersonal relations on vertical and horizontal;
5. Pedagogical description of the scale of the necessary knowledge and skills for the successful acquisition of professional activity (through special criteria, professional skills are determined);
6. General description of proposals, preparation periods, measures for improving the pedagogical process;
7. Hygienic description of working conditions;
8. The consistency of factors that are medically prohibited from working by profession; Psychological imbalance in the profession, or professional inadequacy;
9. Self-activation and identification.[9]

Family environment plays an important role in introducing this profession The attention of parents is important in the development of the natural talents of each child born in the family at the level of ability and the basis for choosing a profession based on their interests. It is not the wishes of the parents, but the psychological balance of the child with the profession that is the most important criterion for the development of these young people tomorrow. In this regard , it is necessary to further increase the psychological literacy of parents and the general public As the youth of our society become experts in their respective fields, the pace of our society's progress accelerates. This means that the right choice of young people is also important for the future of society. [10]

The general conclusion is that the more opportunities young people are given to pursue careers based on a proper understanding of their interests, abilities, desires, and abilities, the more ground is prepared for the development of this field. This means that in the future young people will be able to become leading specialists in their respective fields . The quality of life is determined by the fact that a person lives with self-satisfaction on the basis of his own choice Satisfaction with career and personal life is the basis of self-satisfaction May our youth, especially our girls and women, be satisfied with their lives and be proud of their professions in the future, and may our quality of life increase further.

References

1. Raximov O.D. Quality of education and quality of life. Educational methodological manual. 2015. P-44.
2. Akramova F.A. The main factors of preparing young people for the family and their psychological characteristics. Modern education.2015.10. p-45.
3. Abdullaeva R.M. Preparing young people for family life-as a solid family factor. The peculiarities of socio-psychological problems of today. International scientific and practical conference. Tashkent. 2021. p-82-85.
4. Karimova V.M. Psychology of family life.T.: 2006. p-142.
5. Family: social protection factors. Collection of Popular Science articles. Under edit Karimova V.M.. T.: 2007. p-118.
6. Raximov O.D. Quality of education-quality of life //educational methodological manual, Karshi 2015. p-44.
7. Book of Life: An Encyclopedic Guide for young families. T.: 2011.p-272 .
8. Abdullaeva R.M. The role of attitudes in the formation of moral qualities in the family. "A psychological study of the destruction of family relationships: problems and solutions." International Scientific and Practical Conference. Termez. 2022. p-46-49.
9. Abdullaeva R.M. Directing young people to choose the right profession as a social reality. Journal of Advanced Research and Stability Volume: 02 Issue: 11 | Nov - 2022 ISSN: 2181-2608. p-436-438. www.sciencebox.uz
10. S.X.Jalilova, F.I.Xaydarov, N.I.Xalilova. Occupational psychology. Tutorial. T.TDPU.2010.
11. Abdullaeva R.M. Specific Aspects of Using Digital Technologies in Improving the Quality of Life. BEST JOURNAL OF INNOVATION IN SCIENCE, RESEARCH AND DEVELOPMENT. ISSN: 2835-3579. Volume : 2 Issue: 10/ 2023. p-603-607.
12. Abdullaeva R.M. The dependence of the quality of education and betrayal on the choice of profession. School and life. Scientific methodological Journal. №3 (175) / 2023. p-11-13.
13. D.O.Khimmataliev K.T.Olmov, B.B.Ergashev, Kh.T.Chulponova, Abdullaeva R.M. Mechanisms of Professional Competence Development in Future Teachers based on Pedagogical and Technical Knowledge. Annals of the Romanian Society for Cell Biology. ISSN:1583-6258, Vol. 25, Issue 2, 2021, Pages. 2950 - 2958 Received 20 January 2021; Accepted 08 February 2021.
14. Khimmataliev D.O., Khakimova M. F., Abdullaeva R.M. Hkamidov J. Improving the professional competence of professional teachers. Journal of Critical Reviews, Vol.7, ISSUE, 11, 2020, p-1131-1137.
15. Khimmataliev D.O., Khakimova M.F., Beknazarova Z.F., Abdullaeva R.M., Minlishev R.Z. Formatuon of professional competence of students of technical universities through interdisciplinary integration. University Press Journals. November 21, 2019. p-422-424.
16. Nazarova B., Abdullaeva R.M. Some features of the formation of value-orientated education in universities. Rejuvenatuin Silkroad past, present and future of Turkey – Uzbekistan relation. Istanbul. Yule 2019. p-132-134.