

Issues of Increasing Psychological Readiness of Youth for the Role of Parents

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Abstract:

This scientific article delves into the psychological preparation of young people for their future roles as parents, a topic of growing importance in the context of modern societal changes. The research synthesizes diverse scientific perspectives on contemporary family dynamics, highlighting the evolving attitudes, beliefs, and expectations that young people hold about family life. The study aims to understand how these perspectives influence their readiness for parenthood and the implications for psychological and educational interventions. The investigation includes a comprehensive review of the literature on current trends in family structures, such as the increasing prevalence of non-traditional families, delayed parenthood, and the impact of socio-economic factors on family planning. Through qualitative and quantitative methods, including surveys and in-depth interviews with young adults, the study explores their views on marriage, parenting responsibilities, gender roles, and the balance between professional and family life. Key findings reveal a significant shift towards more egalitarian views on parenting, with both partners often expected to share child-rearing responsibilities equally. However, there is also a noted gap between these ideals and the reality many young people face, particularly in terms of societal support systems and workplace policies. The study identifies several psychological barriers to effective parenthood preparation, including anxiety about the financial implications of raising children, concerns about work-life balance, and a lack of confidence in parenting skills.

Keywords: youth, psychological training, family relations, family values, family strength.

Introduction

In conditions when political, social, economic, moral, cultural changes in society are rapidly increasing, the issues of increasing the responsibility of young people in all aspects of preparing for the formation of a family are relevant. Preparing young people for future family life is an integral

part of the overall system of educating the younger generation. Young people's knowledge and imagination about their family life is considered important, and the issue of ensuring that their closeness to reality serves the stability of the family attracts specialist psychologists. Research work to prepare young people for family life is recognized as strengthening the family [1]. Because man is a creature that is always developing, forming new worldviews in any activity. In an era of global change, the attitude of young people towards family is also changing.

Family institutions, family centers and district committees, educational institutions that study deep knowledge about the family and life experience in the psychological preparation of young people for the family also require increased responsibility. When preparing for family life, an important part of education is to determine young people's ideas about family life and their correct formation, and the formation of psychological preparation of young people for the role of parents is also of great importance. You should also pay attention to the educational aspects of the desire of young people to become fully mature individuals, their psychological state, family relationships, the psychology of the period of increased attraction to the opposite sex, so that they do not ruin their future lives. In the future, the strength of the family depends on how much young people try to create a family, first of all taking care of their health, forming sincere relationships, modesty, chastity, good manners, hard work, self-control in public and thoroughness. addressing issues of hygiene and sex education [2].

Methods

To thoroughly investigate the issues surrounding the increasing psychological readiness of youth for the role of parents, a multi-method approach can provide a comprehensive understanding. Below are several research methods which we employed [8, 9, 10]:

Literature Review:

Objective. To gather and synthesize existing research on psychological readiness for parenthood.

Procedure. Conduct a systematic review of academic journals, books, and relevant articles focusing on family dynamics, parenting preparation programs, and youth attitudes towards parenthood.

Surveys and Questionnaires:

Objective. To collect quantitative data on young people's attitudes, beliefs, and readiness for parenthood.

Procedure. Design and distribute structured surveys and questionnaires to a diverse sample of young adults. Include questions on demographics, family background, current attitudes towards parenting, perceived readiness, and expectations of family life.

Interviews [11, 12]:

Objective. To gain in-depth qualitative insights into personal experiences and perceptions.

Procedure. Conduct semi-structured interviews with a purposive sample of young adults. Questions should explore their thoughts on parenting roles, preparedness, concerns, and the influence of their upbringing on their views.

Focus Groups:

Objective. To facilitate discussion and gather diverse perspectives on psychological readiness for parenthood.

Procedure. Organize focus groups with young adults from different backgrounds. Use open-ended questions to stimulate conversation about expectations, challenges, and support systems related to becoming a parent.

Case Studies:

Objective. To provide a detailed examination of individual or group experiences in preparing for parenthood.

Procedure. Select a few representative cases of young adults or couples preparing for parenthood. Collect data through interviews, observations, and document analysis over a period to understand their journey and challenges.

Results and Discussion

Today, the socio-psychological maturity of young people is defined as an important aspect of their family life. Psychological training courses on the development of maturity, needs, psychological training of young people and the roles of men and women in the family, and subsequently the ability to perform the functions of fatherhood and motherhood in the family, are becoming important [3].

Specialists have carried out work aimed at ensuring the strength of the family, preventing family divorces, respecting family values among married people, creating a healthy psychological environment in families, and developing skills to be exemplary parents [4]. However, there are still many divorces in the neighboring families, and young people take matters of building a family lightly. Of course, we see different reasons for family discord. Based on current observations, most parents collect wealth and dowry to marry off their children, engage in courtship and begging, and after fulfilling their duties with a larger wedding, they can breathe easy. But one of the most important issues is to prepare daughters for motherhood, and sons for fatherhood. Unfortunately, many young people come to Goshan without knowledge about family, married life, their relationships, rights, duties and responsibilities. We all know how unfortunate it is that from the first days of building a family, relatives of the bride and groom, groom and daughter-in-law instill in them small habits aimed at subjugating their spouse at any cost. It's a shame to suggest that young people are preparing for parenthood, but in some circles, future brides and grooms can spend months saving huge sums of money to dance Western dances on their wedding day, take private lessons, and rehearse. , or love stories, we are not ashamed to photograph their moments. These issues should be given attention, involving special psychologists [5].

The overall goal of the study is to help young people on the verge of starting a family and young families find reasonable solutions to problems they may encounter in their lives. Organizing systematic educational courses for married young people on the psychology of family life, family management and budgeting, reproductive health, raising children, and strengthening spiritual and moral values in the family is a daily task [6].

Recently, researchers in various fields of science have been paying more and more attention to the problems of the family and the personality of its members in general, and in particular the influence of their individual characteristics. Psychologists are concerned about the fact that in modern society there are significant gaps in ideas about the functional-role relationships of men and women and the division of family responsibilities between them. Therefore, many pedagogical and psychological studies indicate that social, pedagogical, and psychological factors are the main ones in preparing young people to start a family. Scientific research is developing modern approaches and directions devoted to various aspects of the problem of preparing young people for family life.

N.A. Soginov studied the characteristics of marriage in Uzbek families and the socio-psychological characteristics of divorces and disagreements, and H.K. Karimov - the socio-psychological, regional and national characteristics of the causes of conflicts in Uzbek families [7]. V. M. Karimova empirically studied the manifestation of social ideas about the Uzbek family among representatives of different groups. G. B. Shumarov, relationships between parents and children in family

relationships, characteristics of Uzbek families, the main reasons for disagreements between husband and wife and ways to resolve them, the psychological environment of preparing adolescents for starting a family, mother-in-law relationships - Father-in-law and mother-in-law, Mother-in-law and son-in-law explore such important issues such as conflicts and their prevention.

N.N. Obozov, one of the Russian psychologists, explains that the reasons for dissatisfaction with family life, breakdown and instability of marriage is the equalization of the socio-economic functions of husband and wife.

The English scientist E. Le. Sham also examined conflicts between parents and children that arise in families, the characteristics of children in preventing conflicts, the psychological aspects of determining their causes and correctly responding to them, as well as the causes of conflicts. Divorce of parents, in them for the family, children are focused on issues of responsibility.

In the scientific views of R.V. Ovcharova, she views parenthood as a socio-psychological phenomenon. They put forward the opinion that preparation for parenthood is a complex of various vital knowledge that is formed in the process.

E.P. Ilyin, G. Navaitis, E.G. Eidemiller, V. Justitskis and others analyzed in detail the motives of marriage in many psychological and pedagogical studies. Their research allows students to identify the main reasons for choosing a spouse among boys and girls. Among students, these motives are associated with the desire for sexual intimacy, the desire to take care of the opposite sex. It has been established that the motive of female students is associated with the desire to experience care from the opposite sex, to show a feeling of love and to feel it towards themselves. In general, the motives of both sexes are very similar and are associated with emotional motives.

E. Eidumiller and V. Justitskis showed that the use of psychotherapy in preparing students for family life allows them to choose couples that suit their interests and moral values, which are the basis for the stability of family relationships.

So, how we can solve the issue?

Strategies to Increase Psychological Readiness of Youth for the Role of Parents

Comprehensive Education Programs:

Parenting Classes. Incorporate parenting classes into school curriculums and community programs to educate young people on the basics of child development, parenting skills, and emotional readiness.

Life Skills Education. Provide courses on life skills, including financial literacy, time management, and stress management, which are crucial for effective parenting.

Accessible Counseling and Support Services:

Pre-parenthood Counseling. Offer counseling services to young people to discuss their fears, expectations, and questions about parenthood.

Support Groups. Establish support groups where young people can share experiences and receive advice from peers and mentors who are parents.

Public Awareness Campaigns:

Media Campaigns. Utilize media to promote positive messages about parenthood, emphasizing the importance of psychological readiness and providing resources for preparation.

Role Models. Highlight stories of young parents who have successfully navigated the challenges of parenthood to inspire and educate others.

Policy and Workplace Support:

Parental Leave Policies. Advocate for policies that provide adequate parental leave, allowing both parents to spend crucial early time with their children.

Flexible Work Arrangements. Encourage employers to offer flexible work schedules and remote work options to help parents balance work and family responsibilities.

Enhanced Healthcare Services:

Preconception Health Services. Promote preconception health services to prepare young adults for the physical and psychological aspects of parenthood.

Mental Health Support. Ensure that mental health services are available and accessible to young people, addressing any underlying issues that may affect their readiness for parenthood.

Community Engagement and Resources:

Community Workshops. Organize workshops and seminars in community centers to educate young people about the responsibilities and rewards of parenthood.

Resource Centers. Develop community resource centers that provide information, counseling, and support for prospective parents.

Research and Evaluation:

Ongoing Research. Conduct ongoing research to understand the evolving needs of young people and to develop evidence-based interventions that increase their readiness for parenthood.

Program Evaluation. Regularly evaluate existing programs and services to ensure they are effective and make improvements based on feedback from participants.

Parental Involvement:

Family Discussions. Encourage open discussions within families about parenthood, expectations, and experiences to prepare young people for their future roles.

Mentorship Programs. Establish mentorship programs where experienced parents can provide guidance and support to young people considering parenthood.

Educational Campaigns in Schools:

Curriculum Integration. Integrate topics on parenting, family dynamics, and emotional intelligence into school curricula from an early age.

Interactive Learning. Use interactive methods such as role-playing, simulations, and workshops to engage students in learning about parenting.

Technology and Digital Resources:

Online Courses. Develop online courses and webinars on parenting skills and psychological readiness for parenthood.

Mobile Apps. Create mobile apps that provide tips, resources, and support for young people preparing for parenthood.

Implementation Strategies

Collaborative Efforts. Work with schools, healthcare providers, community organizations, and policymakers to implement a multi-faceted approach to increasing psychological readiness for parenthood.

Accessible Resources. Ensure that resources and services are accessible to all young people, regardless of socioeconomic status or geographic location.

Cultural Sensitivity. Develop culturally sensitive programs that consider the diverse backgrounds and experiences of young people.

Feedback Mechanisms. Establish mechanisms for continuous feedback from young people to adapt and improve programs and services.

Addressing the issue of increasing psychological readiness of youth for the role of parents requires a comprehensive and collaborative approach. By providing education, support, and resources, we can better prepare young people for the challenges and responsibilities of parenthood. This, in turn, will contribute to healthier family dynamics and positive developmental outcomes for future generations.

Conclusion

Based on the results of research observations, we conclude that only one-sided approaches to the psychological preparation of young people for the role of parents do not increase the effectiveness we expect. In order for young people to experience the role of parents, parental duty and responsibility, they need a certain level of practical experience and scientific understanding. For it, it is necessary to help young people correctly form their attitude towards marriage, preparation for marriage, motives for marriage, ideas and views about the family. In addition, young people must be economically prepared to start a family. The reason is that the material needs of our youth are located in different areas, so it is necessary to clarify the relationship between housing, economic and everyday opportunities. In conclusion, when psychologically preparing our youth for the role of parents, it is necessary to organize advanced training courses aimed at enriching their stable ideas and ideas about the family, strengthening them with the necessary psychological knowledge. In it, the level of psychological preparation of young people for parenthood is determined by education. In the future, it is necessary to support the implementation of many systemic educational activities for young people, such as effective family education, parental positions, and parental responsibility.

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