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**PSYCHOLOGICAL SERVICE AND MODELS OF PSYCHOLOGICAL
 ASSISTANCE FAMILY AS A NECESSARY FACTOR OF FAMILY
 STRENGTHENING**

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ABSTRACT

This article analyzes the social features of the transformation of the family institution on the example of Uzbekistan. In order to solve and prevent family problems, a psychological service is offered, and models of psychological assistance are recommended as necessary factors for strengthening families. For psychological assistance, the need for explanatory work, psychological counseling and appropriate recommendations are substantiated.

KEYWORDS: *Family, Types Of Family Transformation, Psychological Assistance To The Family. Psychological Service To The Family, Models Of Psychological Assistance, Psychological Counseling, Psychological Factors, Recommendations.*

INTRODUCTION

It is well known that the family is a miniature model of the state, the basis of society. Since the second third of the twentieth century, family issues have come to the fore in both science and politics, becoming one of the global problems.

Family and marriage is a complex social institution, the problems of which are studied and practically solved by specialists in various fields: lawyers, sociologists, demographers, psychologists, teachers, sexologists, narcologists. Family and marriage issues in the humanities are explained not only by the expansion of the problems and objects of these sciences, but also by the need to strengthen the family as the basis of society.

However, humanity has entered an era of radical change. The traditional institution of marriage is in crisis, the number of civil marriages is growing, family formation is giving way to career growth, people's traditional gender identity is being distorted, gender reassignment operations are being carried out, family formation and divorce are becoming commonplace, same-sex marriages are registered. etc.

It is known that the atmosphere in the family is a mirror of the state of society, forms the basis of a strong, stable and prosperous state. As a result of the transformation of social norms, the forms and functions of the family and its psychological characteristics change.

The world is divided into adherents of traditional values and radical liberalism.

Based on world practice, in recent decades in the development of the institution of the family there have been transformations: an increase in the number of divorces and single-parent families, a decrease in the number of children in families, the nuclearization of families. The modern type of marriage is characterized by a decrease in the share of registered marriages and the postponement of marriage to later ages, the only type of marriage is replaced by many types of marriage. All this affects the processes of family formation, family values, attitudes in interpersonal family relationships, etc.

It should be noted that the transformation of the family is illustrated by such an indicator as a change in family structure: mass nuclearization of the family, a decrease in the share of three-generation families, an increase in the share of elderly single people, an increase in divorces and single-parent families. families where one parent is not a relative.

The dynamics of the transformation of the institution of the family is influenced by the traditions of peoples, the preservation of the continuity of generations, the cohabitation of young families with their parents, grandparents, and an increase in the level of satisfaction with life related to children and grandchildren[18].

But in world practice, there are cases of a fall in the status of the institution of the family. According to experts, this is explained as the influence of social networks, high sexual liberation of modern youth, etc. As a result of this practice, the number of registered marriages is decreasing and the number of births of illegitimate children is growing.

To analyze the socio-psychological features of the transformation of families in Uzbekistan, Table № 1 is compiled, which provides statistics on family values: monogamy, divorce, early marriage, infidelity, multigenerational and the expected consequences of these family values on society.

TABLE № 1 SOCIAL FEATURES OF THE TRANSFORMATION OF THE FAMILY INSTITUTION IN UZBEKISTAN

Family values	Unified marriage	Divorce	Early marriage	Treason	Multigeneration
The condition of families Of Uzbekistan	Marriage as the first union: 92.0% men, 96.0%	Divorces per 100 marriages: 10.4 Single-parent	Married before the age of 18: fourteen %	4.5% (Courts and Civil Registry Office)	together with parents, 68.0% young families

	women	families: 1.8			
Influence	Born extramarital children	Social orphanhood is on the rise	Influences the growth of divorces	Affects divorce	Violation of the continuity of generations

Source: the table was developed based on the statistics of the State Statistics Committee of the Republic of Uzbekistan. and sociological surveys, within the framework of an applied project on the topic: "Research of priority areas of socio-economic development of the family in Uzbekistan" No. ПЗ-2017-0928584, ID: C20140913000821 (2018-2020)

Cheating in marriage is becoming more common not only for men, but also for women. Compared to the last century, women have much more rights. The negative effect is associated with the fact that women are increasingly becoming "breadwinners of the family" and accept the model of behavior of men. Thus, among the most frequently named reasons for divorce, as shown by surveys, the majority of respondents consider regular infidelity or long-term extramarital affairs of one of the spouses to be a sufficient reason for divorce.

Nevertheless, in the context of globalization, no state is immune from the influence of transformations and negative phenomena associated with the institution of the family. In Uzbekistan, it is still not uncommon for such phenomena as: early and related marriages; divorces among young families; female crime, homelessness of minors.

MAIN PART

We believe, given the aforementioned negative and crisis situations of families, it is necessary to introduce urgent necessary measures in the family policy of the state. Relying on state support, it is necessary to create centers for psychological assistance to families, where the main goal will be to help families in the spiritual and moral education of children and youth, to preserve marriages and family values, to support those families who need material, legal, social, psychological assistance.

Psychological assistance involves getting rid of suffering, restoring a person's ability to a normal life through various influences.

Socio-psychological service to families should be aimed at overcoming destructive social and psychological factors that impede the full functioning of the family, at supporting and strengthening families. Most often, the reasons for the need for psychological assistance to families are the following problematic issues of relationships: the uncertainty of the family roles of the husband and wife, the inconsistency of family values, marital fidelity, the problem of the style of relationships and communication with each other, overcoming conflicts, relations with the spouse's relatives, the problem of understanding each other.

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In Uzbekistan, for the first time, the scientific-practical and socio-psychological aspects of the psychological service in the education system were substantiated by Sh.R. Barotov [7, p. 37]. In the field of family psychological service, it is advisable to note the scientific work of such researchers as M. Argoil, A. Bodalev, V. Stolin, V. Karimova, G. Shoumarov, S. R. Barotov and others [8, c. 102]. It should be noted that at present, psychological assistance is carried out in the health care systems, physical education and sports, transport, family relations [12, p. 128].

An express survey was carried out among families to the question "Do you have conflicts in your family?" 17.0% of respondents answered that there are rarely quarrels, 76.0% - sometimes and 7.0% - constant conflicts. This result shows that families need psychological help, which is influenced by social, psychological, and economic factors. Social factors include a low level of legal literacy, a lack of knowledge about the true orders and norms of family relations, the rights and obligations of the parties, the conditions for divorce, etc.

In this direction, it is advisable to conduct explanatory work and provide assistance to the family:

- a) conduct educational work among adults and young people, form in their thinking, consciousness, the spiritual world a sense of responsibility in the family for its material well-being, education and upbringing of children, a favorable psychological climate in the family, etc.;
- b) to raise the level of the family according to family law;
- c) Explain to families about the psychological characteristics of family and marriage relations, etc.;
- d) To conduct explanatory work about the verses of the Koran, which regulated family relations;
- e) Introduce norms governing relations between spouses, moral and legal obligations of husband and wife, parents and children.

It should be noted that the types of counseling psychological assistance to families existing today in world practice are extremely diverse. They may differ in the nature of the assistance provided.

According to its orientation, psychological assistance can be carried out:

- a) Mainly to one family member due to problems that are directly or indirectly caused by his family life or its absence;
- b) a married or premarital couple;
- c) the family as a whole;
- d) parent or parents; parents and children; child or teenager [13].

Psychological assistance can be carried out in the form of psychodiagnostics, psychological counseling and psychological corrections [5].

Also, in practice, the following models of assistance are used: diagnostic, social, pedagogical, medical, psychological.

The psychological model considers family relationships, disharmony, including those associated with the development of the child's personality, his behavior. Psychological assistance involves

the analysis of the client's family situation and his personality and the creation of a "diagnosis" on its basis, which allows the counselor psychologist to help the family and its members. [3], [4].

In order [4] to effectively solve the problems of families, it is proposed:

1. Take measures to create state psychological centers to help families.
2. Take measures to form a positive image of the family and family traditions among the population.
3. In order to prevent divorce, practice the provision of psychological and practical assistance to families.
4. In cases of identification of problems (which is inevitable) to form a sense of responsibility for the preservation of the family and family values.
5. Organize constant psychological counseling in the prevention of stressful situations and the prevention of adverse situations in the family.

CONCLUSION

In conclusion, we can say that psychological service to the family is a promising area of psychological practice, an important direction in the work of the family and marriage service. According to some reports, as a result of psychological help, 2/3 of married couples improved their relations, changed their decision to divorce, and began to treat their problems differently. Thus, the psychological service makes a real contribution to the overall social task of strengthening the family.

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