

## MEDICAL, PSYCHOLOGICAL, AND LEGAL FOUNDATIONS OF PREPARING YOUTH FOR FAMILY LIFE

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### Abstract

This article provides detailed information on preparing young people for family life, the negative consequences of early marriage, and the medical, psychological, and legal foundations for strengthening the family. The presented material, from problem statement to its solution, leaves a positive impression on the reader and helps foster a deep understanding of the topic.

**Keywords:** Family, youth, preparing youth for family life, early marriage, emotional states, stress, depression, youth education.

### Introduction

Family is a sacred place. At its core lies a world of meaning. After all, the foundation for the future of the nation is laid first in the family, in which the generation ensuring the continuity of life is formed, national culture, traditions, moral and spiritual values are preserved, and the foundation for the development of society, economic well-being, and cultural advancement is laid and strengthened. Since the interests of the individual are paramount in the essence of the fundamental reforms being implemented in our country, the family, which has become the foundation and support of our lives, plays an invaluable role in achieving our goals.

The problem of marriage and family relations has been one of the most pressing problems since the emergence of human society. Regardless of when and under what systems people live, the issue of family has always been and will remain a subject of special attention. Because the development and strength of any society are inextricably linked to the stability of families, which are the main factor in the birth and development of a person born and formed as a person in this society.

Every person wants to be born and live in a happy family. How can this be achieved in today's dangerous time, when the level of divorces and family conflicts is growing? One of the main tasks of social workers is to conduct educational work among the population, in mahallas, among young people, according to family programs.

In this regard, the unpreparedness of young people for family life in the upbringing of young people, their insufficient level of medical, psychological, and legal literacy about marriage, in many cases, leads to problematic situations in young families.

Today, not only in our Republic, but also throughout the world, one of the most serious aspects of marital and family relations is the fact that one of the main reasons why much attention is paid to the issues of family breakdown and the study of the consequences of divorce is the occurrence of a number of unpleasant events related to divorce, the growth of the number of single-parent families.



The young marriage of adolescent girls, the fact that they are young mothers, and the various medical, moral, and social consequences arising from them are one of the negative factors hindering the formation of a strong family. The issue of undergoing a prenuptial medical examination is relevant today. Article 17 of the Family Code states that it is advisable for young brides and grooms to undergo a voluntary medical examination before marriage. The essence of introducing this article is that for a faithful, conscientious, and well-intentioned person, leaving behind healthy offspring, raising them healthy, and providing proper upbringing is just as important and mandatory as creating a family and caring for its strong foundation, or if the responsibility of parenthood is strong.

#### **Complications of early marriage:**

- abortion
- to childlessness
- premature birth of a child
- complicated course of pregnancy
- anemia
- severe toxicosis
- exacerbation of chronic diseases
- premature delivery
- development of hypertensive syndrome
- deliveries, in most cases, lead to bleeding and surgical delivery.
- negative consequences such as asphyxia and low birth weight occur in infants.
- complications of pregnancy and childbirth can lead to disability or death of the woman.
- Maternal mortality among adolescents is higher than among 20-30-year-olds. 5 times, and an increase in infant mortality rates by 2 times.

#### **What can premature marriage and early pregnancy lead to:**

- Psycho-emotional unpreparedness of young people for marriage;
  - The emergence of misunderstandings between the young bride and groom;
  - Difficulties in young brides adapting to the new family environment;
  - Pregnancy of a physiologically immature young girl;
  - young marriage and early motherhood can limit women's opportunities for education and work;
  - a large number of problems arise due to the fact that the young mother is not financially supported;
  - The occurrence of various psychological changes (stress) in a young woman as a result of early pregnancy;
  - a young mother is constantly very nervous, and this condition also negatively affects the child.
- If we pay attention to the establishment of the marriageable age in the law and from a medical point of view, the establishment of the marriageable age in the law at 18 years for men and women (amendments and additions were made to Article 15 of the Family Code from September 1, 2019) - this is still a perfect age, which is the right only for marriage.

After all, in 2008, the Law "On Guarantees of the Rights of the Child" was adopted in our



country, and in the first chapter of this law, it is established that a person under the age of 18 is considered a child. Thus, adolescent girls entering into marriage and becoming mothers at the age of 16-18 are still considered children according to our country's laws.

Raising a healthy child is the dream of every parent. Therefore, by giving away or marrying off our children who are still children, we can cause them great harm not only physically but also spiritually.

According to psychologists and scientists, the optimal age for marriage is 22-25 years for girls and 24-30 years for boys. By this age, a person has already formed as a personality. At this age, a person approaches the matter of marriage with responsibility.

Also, marriage between relatives is a factor that undermines the health of future generations. Because due to kinship marriage, physically and mentally unhealthy children are usually born, that is, weak, sick, mentally deficient, deaf-mute, overweight, double, dwarf or defective, disabled. They lag behind their peers in growth. It is often observed that children with heart and kidney diseases are born from such families. Biological research shows that the healthier the offspring, the more marriages are made with strangers.

According to statistics, over the past years in the USA, 22.5% of children born from blood-related marriages died, and 16% of children born from non-related marriages died.

Marriages between relatives even lead to childlessness. All these are well-founded conclusions of medical science. According to Academician K.N.Bochkov, if closely related marriages are stopped, the incidence of diseases among the population will significantly decrease. Thus, in some cases, the incidence of the disease can be reduced by half.

For a child to develop mentally and physically mature in the family, parents must seriously engage in their moral education and make great efforts. The enlightener Abdurauf Fitrat emphasizes that "Moral education means the perfection of human morality, that is, a person should be educated in such a way that their behavior and actions benefit both themselves and others."

If the first studies were more philosophical, historical, ethnographic, and were aimed at studying the educational and working conditions of the family, then the studies of subsequent years, by their nature, are distinguished by the fact that they are aimed at studying the cultural, legal, medical aspects of the family, its lifestyle, the significance of the educational environment in it, and the psychological regularities of relationships.

"It is known that a person's spiritual maturity, especially legal culture, begins to form in the family. The stronger, peaceful, and stable the family, the more spiritually mature, deeply thinking, healthy, and perfect the younger generation grows up in it. In the family, the parents' conscious attitude to their duties and responsibilities in accordance with the Family Code, their legal capacity, and the culture of communication are the foundation for a child's self-awareness. However, in many cases, the rights of spouses, parents, or children are violated due to parents' lack of legal literacy, weak legal activity, and a lack of awareness of their civil, material, and moral rights. In many cases, in the process of divorce, the interests of women are not protected within the framework of the law, but are violated.

Protecting human interests requires every citizen to be legally literate.

In this regard, the "Marriage Contract," which entered into force with the entry into force of the Family Code of the Republic of Uzbekistan, is a guarantee of the protection of the rights and



freedoms of persons entering into marriage, the definition of their property and legal obligations, and the strengthening of the legal foundation of the family.

Moreover, the Decree of the President of the Republic of Uzbekistan dated March 14, 2025 No. PP-103 "On Measures for Further Improvement of the System of Support for Families and Women" serves to increase the medical, psychological, and legal literacy of the family and women in our country.

In conclusion, it should be noted that, based on today's requirements, increasing the medical, psychological, and legal knowledge of young people and parents, further strengthening promotional work in this area, as well as widely promoting brochures on the topic among the population, especially improving additional classes on the topics discussed above in the teaching hours of our youth studying in the education system, creates a foundation for strengthening marriage-family relations of young families being built.

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