

**ETHNOPSYCHOLOGICAL APPROACHES TO PREPARING GIRLS FOR FAMILY
LIFE IN UZBEK SOCIETY: THE ROLE OF NATIONAL VALUES, FAMILY
TRADITIONS, AND PSYCHOLOGICAL READINESS**

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Annation: This article presents an in-depth analysis of ethnopsychological approaches to preparing girls for family life in Uzbek society. The study explores the role of national values, family traditions, cultural norms, and psychological readiness in shaping girls' personal, emotional, and social development. Particular attention is given to the influence of the family environment, especially mother–daughter relationships, on the formation of moral qualities and emotional stability. The article also examines modern social challenges and emphasizes the need to integrate traditional upbringing with contemporary psychological approaches. The findings highlight the importance of a comprehensive, culturally sensitive system for preparing girls for future family life.

Keywords: girls, ethnopsychology, family life, national values, family traditions, psychological readiness, upbringing, Uzbek society.

The preparation of girls for family life has always been considered a vital social and psychological task in many cultures. In Uzbek society, this process is deeply rooted in national traditions, moral values, and long-standing family practices. From early childhood, girls are raised within a cultural framework that emphasizes respect for elders, responsibility, modesty, patience, and devotion to family harmony.

In recent decades, rapid social changes, globalization, and technological development have significantly influenced traditional family models. These transformations have altered gender roles, family expectations, and interpersonal relationships. As a result, the preparation of girls for family life now requires not only traditional upbringing but also psychological readiness, social competence, and emotional intelligence. This article aims to analyze ethnopsychological approaches that help bridge traditional values and modern social realities.

Ethnopsychological Foundations of Girls' Upbringing

Ethnopsychology is a scientific field that studies psychological characteristics shaped by a nation's historical experience, culture, traditions, and social environment. In the Uzbek context, ethnopsychological features are closely connected with collectivism, strong family bonds, respect for authority, and moral responsibility.

National upbringing traditions play a crucial role in forming girls' attitudes toward family life. Qualities such as kindness, patience, modesty, diligence, and emotional restraint are highly valued. These traits contribute to emotional stability and help girls adapt to future family responsibilities. Ethnopsychological approaches emphasize the importance of cultural continuity while allowing for personal growth and self-awareness.

Stages of Preparing Girls for Family Life

1. Psychological preparation – self-awareness, emotional regulation, and understanding responsibility.

2. Social preparation – communication culture, understanding family roles, and social position.
3. Moral and spiritual preparation – instilling national values, honor, loyalty, and patience.
4. Practical preparation – household management, economic literacy, and problem-solving skills.
5. Working with parents – increasing pedagogical competence through seminars, trainings, and counseling.

The Role of Family and Mother–Daughter Relationships

The family is the primary social institution responsible for transmitting cultural values and behavioral norms. Within the family, the mother holds a central position in shaping a girl's psychological readiness for family life. Through daily interaction, emotional support, and personal example, mothers influence their daughters' perceptions of marriage, motherhood, and family responsibilities.

From an ethnopsychology perspective, the mother is regarded as the first educator and psychological guide. A warm and supportive mother–daughter relationship fosters emotional intelligence, empathy, self-control, and communication skills. These qualities are essential for building healthy marital relationships and maintaining family harmony in the future.

Stages of Preparing Girls for Family Life

Preparing girls for family life is a gradual and multidimensional process that includes several interrelated stages. Psychological preparation involves self-awareness, emotional regulation, stress management, and the development of responsibility.

Social preparation focuses on communication skills, understanding family roles, and adapting to social expectations. Moral and spiritual preparation emphasizes national values, respect, loyalty, patience, and ethical behavior. Practical preparation includes household management, financial literacy, and problem-solving skills.

These stages should be implemented consistently and adapted to individual characteristics, ensuring balanced personal development. Modern Social Challenges and Psychological Readiness

Modern society presents new challenges for girls' upbringing. Exposure to mass media, social networks, and diverse cultural influences can create conflicts between traditional values and modern lifestyles. Therefore, developing media literacy and critical thinking skills is essential. Families and educational institutions must help girls navigate information responsibly, build resilience to stress, and maintain a stable value system. Psychological counseling, educational programs, and preventive training play an important role in strengthening girls' psychological readiness for future family life.

Conclusion

In conclusion, preparing girls for family life in Uzbek society requires a comprehensive and culturally sensitive approach. Ethnopsychological foundations, when combined with modern psychological and pedagogical strategies, contribute to the formation of emotionally stable, socially responsible, and morally mature women. Effective cooperation between families,

educational institutions, and society is essential for ensuring successful preparation for future family life.

Today, rapid information flow, technological development, and the widespread use of the internet exert a strong influence on girls' psychological well-being. Therefore, families should focus on developing media literacy, explaining healthy relationship principles, strengthening stress resilience, and increasing psychological awareness. Modern studies indicate that girls with strong socio-psychological preparedness are better able to resolve conflicts constructively, manage their emotions, make responsible decisions, and provide wise upbringing for their children.

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