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## METHODOLOGY FOR STUDYING THE SIGNIFICANCE OF NATIONAL VALUES FOR STRENGTHENING MARRIAGE AND FAMILY RELATIONS IN MODERN UZBEK FAMILIES

**Amina Totlibayevna Ruziqulova**

Doctor of Philosophy (PhD) in Psychology, Senior teacher of the department of "General pedagogy and psychology" of Navoi state pedagogical institute

**Abstract** This article reveals the methodology of studying the importance of national values in the strength of marriage-family relations in modern Uzbek families, the foundations of the marriage-family institution in Western countries, and the development of new models for the development of a healthy culture.

**Key words:** uzbek families, marriage, relationships, methodology, national values, bonds, healthy culture.

Increasingly dangerous are the global problems aggravating in the world, increasing social stratification, deepening differences between rich and poor countries, especially in Western countries, eroding the foundations of the institution of marriage and the family. Although international law states that *"the family is considered the natural and fundamental group unit of society and is entitled to protection by society and the state"* [1], the role of national values in the family is also being diluted. [1], the role of national values in ensuring family stability remains high in many regions. Today, projects are being implemented in the fields of medicine, pedagogy and psychology to create favourable conditions for the formation of a healthy lifestyle as a sustainable national value and the formation of a healthy outlook on the younger generation.

The development of new models of culture in family and marital relations in the world, especially to develop a culture of healthy living between husband and wife, to protect them against various medical and social threats and harmful diseases, to improve the medical and social spiritual literacy of young people, to ensure full compliance with the rules of sanitation and hygiene, and to boost morale in society. Special attention is paid by scientists to the restoration of values. In the context of research on national values, research is carried out on such matters as further improving marital and/or family relations in modern families, enhancing the quality of family life, expectations of the role of the spouses in marriage and the settlement of claims as a matter of priority.

Strengthening the institution of the family in our Republic, ensuring the stability of a healthy and spiritual environment in families through the promotion of universal and national values, respect for the family, the culture of life, medical culture and national values among growing girls and young brides in the neighbourhoods, consistent implementation of institutional and structural reforms aimed at strengthening the family - a legal and regulatory framework has been established and the material and technical basis has been expanded. In the 69th goal of the **State Programme for the**

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About the authors : Amina Totlibayevna Ruziqulova

Email:

**implementation of the "On the strategy of Development of New Uzbekistan 2022-2026"**, which aims to *"support women and girls and ensure their active participation in society"*, *"Work to strengthen the institution of the family"*, *"Strengthening the educational and pedagogical potential of the family"* in section 4 of the National Programme for increasing women's activity in all areas of economic, political and social life in 2022-2026, the preservation of family values in society [3]. As a result, the involvement of the state in regulating the processes of socio-economic development of our country is decreasing, and the functions of the family institution, which serve to further enhance the importance of national values in ensuring the durability of marriage, are diminishing. family relations in modern Uzbek families are improving.

Uzbekistan has managed to draft several acts on the issue:

- Presidential decree (PD-60) of 28 January 2022 "On the strategy of Development of New Uzbekistan 2022-2026";
- PD-81 of 1 March 2022 "On working with Families and Women, and creating Supporting Neighbourhoods; [4]
- Resolution No. PD-87 of 7 March 2022 "On Measures to further accelerate work on systematic support for families and women";
- PD-146 of 1 March 2021 "On the organization of the activities of the State Committee for Family and Women's Affairs"; [5]
- No. PD-3808 of 27 June 2018 "On Approval of the Concept for Strengthening the Institution of the Family in the Republic of Uzbekistan". [6]
- 2022 Decision of the Cabinet of Ministers No. 145 of 31 March on "Measures to further improve the system for the study and resolution of women's problems". [7] and other normative legal documents relating to the institution of the family and this dissertation study serves, to some extent, to successfully achieve its goals.

In the developed countries of the world there is a specific tradition regarding scientific research on marriage and family problems. Of foreign scientists I. J. Bakhofen, J. F. McLennan, L. G. Morgan, D. Lebbock, G. Spencer, W. Wilken, F. Helwald, S. Letourneau, M. M. Kovalevsky. In the works of N. Smirnov, E. I. Yakushkina, N. N. Kharusin, opinions on formation of marriage and family relations, periods of matriarchy and patriarchy were put forward. [8]

According to socio-political and pedagogical specialists, important social changes in the last decades of the twentieth century have led to the destruction of the social norms that determine the orientation of personal life. Such changes have caused changes in the family and marriage attitudes of modern people. The problem of changing the nature of attitudes towards the family as a social institution, the problem of marriage and family relations between husband and wife, children and parents, brothers and sisters has not been solved.

Conducted by such scientists as G. M. Andreeva, L. B. Tolstova, A. Kharchev, S. I. Golod, V. M. Chernyak, A. Libin, O. A. Karabanova, R. S. Nemov from the CIS countries. The studies investigated sociological and socio-psychological aspects of marriage and family relations. [9]

Scientists who conducted a number of scientific studies of marriage and family relations in our country Davletshin M.G., Shumarov G.B., Tokareva V.A., Karimova V.M., Barotov Sh.R., Sunnatova R.I.,

attention to ethnic, territorial and social and psychological features of interpersonal relations of the Uzbek family. [10]

The specificity and ethno-psychological peculiarities of Uzbek families are widely covered in the studies of Z. A. Rasulova. This work as a methodological basis provides a basis for studying the place of national values in the development of marriage and family relations of modern Uzbeks. [11]

Despite extensive research into the problem of family relations in the modern family, a number of problems remain unresolved: national values as factors ensuring family stability have not been studied as a separate subject. The philosophical and psychological analysis of the role of traditional values in the system of values and opportunities to influence family relationships, as a logical continuation of the materials set out in the previous chapters and paragraphs of the thesis text, in modern times, that is, with the change of mores since the 20s of the 21st century, the basic national values (family, humanism, freedom, education, etc.) is emphasized that it has not lost its power.

It has been proved that the reflection of national values in the customs of people's behaviour is linked to the way of life. Table 1 shows the manifestation of national values by family type.

Table 1

### Manifestation of national values in the form of the family

Values	The forms of -marriage			
	Traditional	Religious	Legal marriage	Civil partnership
System of national values	The role of religion in society, its status, customary traditions, stereotypes, forms	Religious values	Universal human values, human, citizen, individual rights	Personal values

Moreover, in this place, the post-independence attitude to such concepts as "values", "national revival", "national consciousness", "national pride" and their coverage in scientific and public literature, comments on them in scientific and artistic dictionaries, etc. are examined. The importance of values in the durability of marriage and family relations is shown.

The study was conducted in Tashkent city and province (group 1), Navoi city and province (group 2), and families living outside Uzbekistan, i.e. abroad (group 3). They also differ depending on their family histories. They have been extracted from the questions and answers in the demographic section of the IPS.

Quality of life in the family (QLF) "SF-36 – Health Status Survey". The relationship of the health survey questionnaire to the value system was identified and examined.

The results obtained from groups of respondents were sorted and analysed on the basis of the keys presented in the methodology and are presented in Table 2.

**Table 2****Quality of life in the family (QLF)**

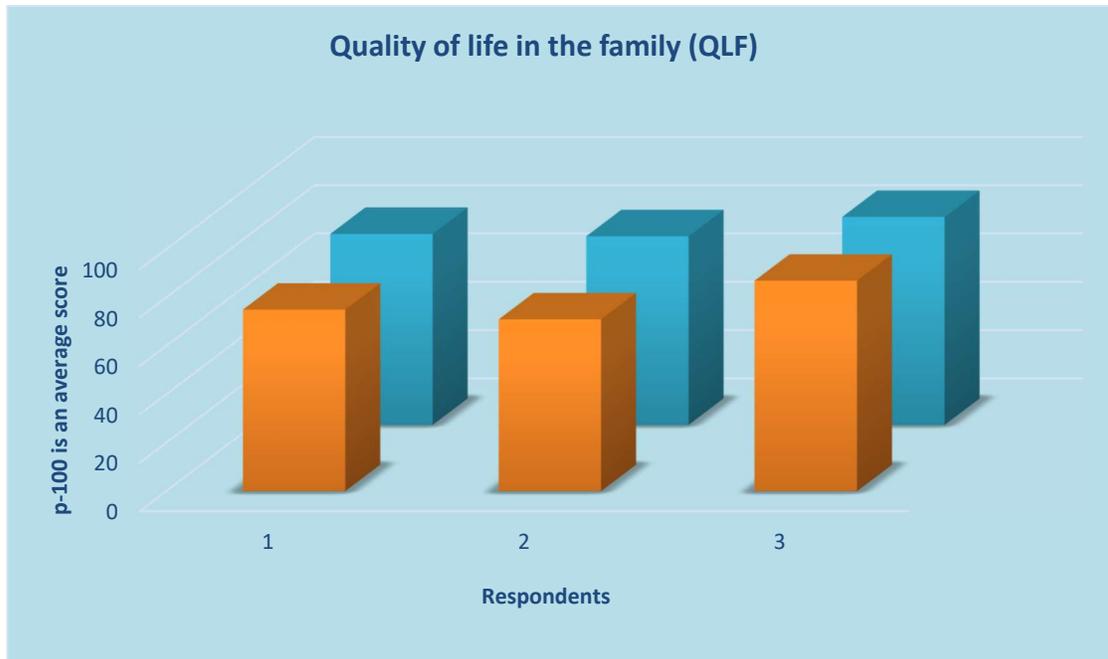
<b>№</b>	<b>Mental Health</b>	<b>Tashkent (p=100)</b>	<b>Navoi (p=100)</b>	<b>Abroad (p=100)</b>
1.	Vitality –VT	90	80	99
2.	Social Functioning-SF	60	75	80
3.	Role-Emotional-RE	90	59	79
4.	Mental Health-MH	60	70	90
5.	Physical Health - PH	75	71	87
1.	Physical Functioning – PF	75	73	90
2.	Role –Physical Functioning- RP	96	95	86
3.	Body pain –BP	67	54	79
4.	General Health- GH	76	89	90
		<b>79</b>	<b>78</b>	<b>86</b>

Based on the analysis of the following results, based on the average value of the quality of life by number of families, the graph shows the sequence of lifestyle formation and its absence in contemporary Uzbek families.

For example, families in Tashkent have an overall average score of 79, determined by the physical component of the quality of life index. The basic quality of life index comes first. Overall, role-based activities have the highest score and account for 96 in relation to the core set.

Based on the analysis of the following results, based on the average value of the quality of life according to the number of families, the graph expresses the sequence of formation and manifestation of a way of life in modern Uzbek families.

The representation of the psychological and physical components of the quality of life dimension is shown in Figure 1.



**Figure 1. Quality of life in the family (QLF) data**

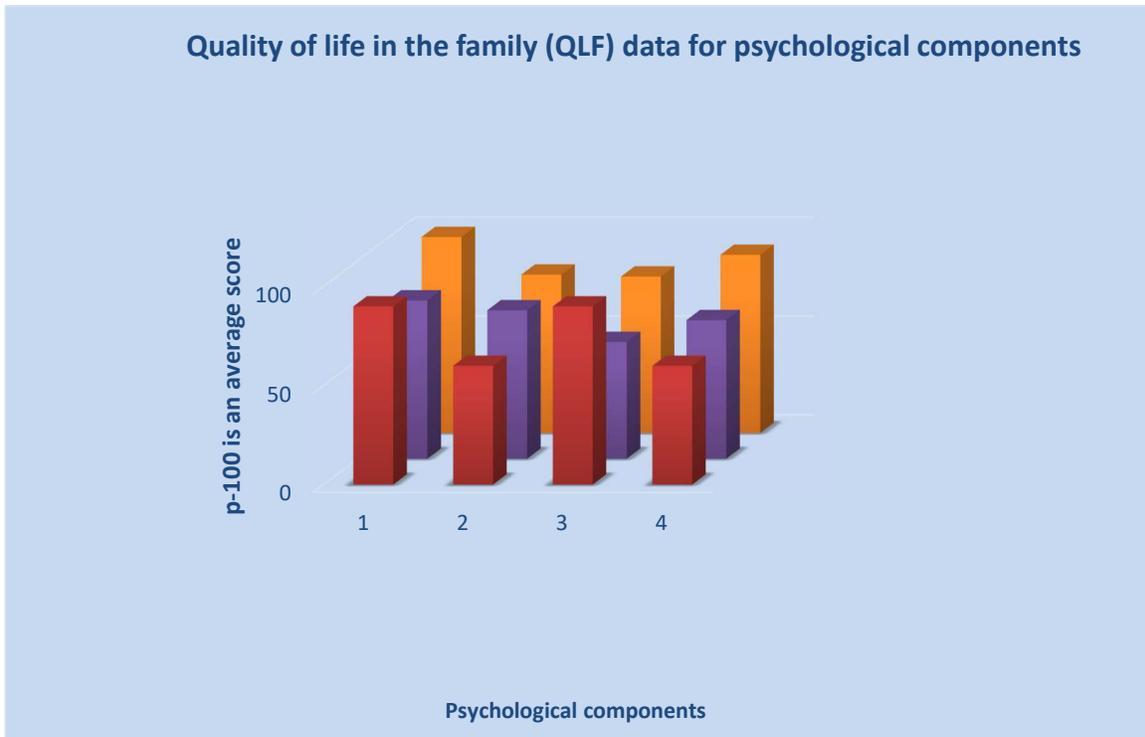
Note:

- 1- Respondents from Tashkent;
- 2- Respondents from Navoi;
- 3- Foreign respondents.

**BLUE figures** – data for physical components

**ORANGE figures** – data for psychological components

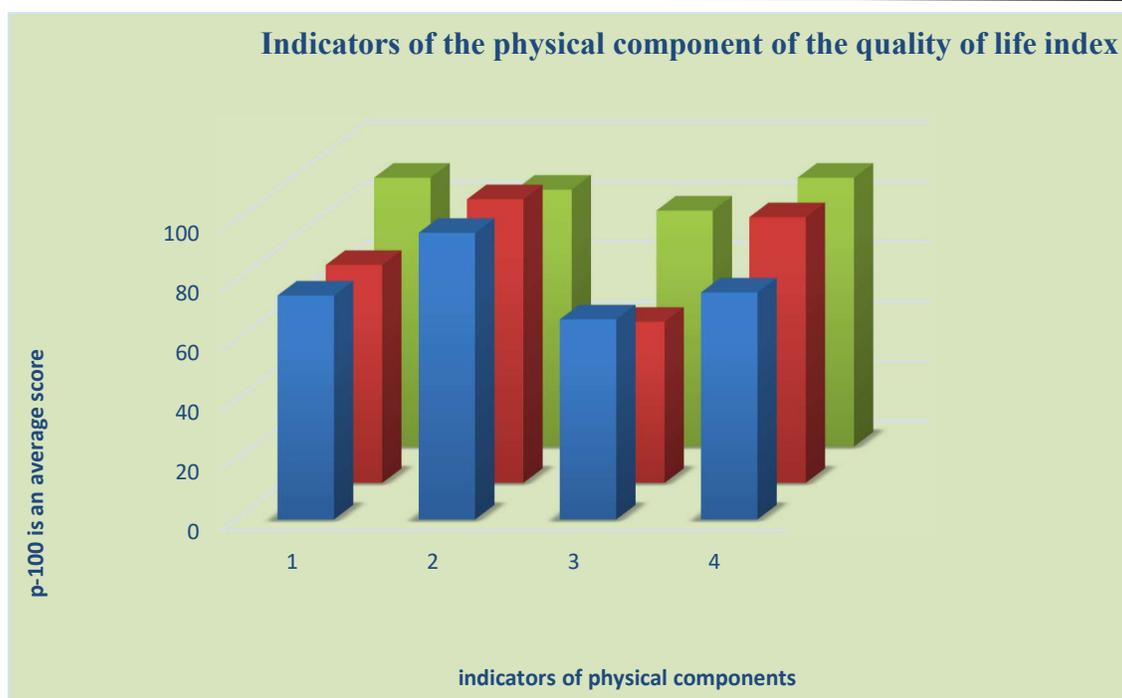
This situation has been revealed to testify to a high degree of influence of social roles on the family's way of life. It is interesting and noteworthy that according to the scale of body pains it was found that decrease of attention is more related to others' interests and then to personal interests. The findings are reflected in figure 2.



**Figure 2. Indicator of the physical component of the quality of life index**

Explanation: Physical component: 1- Physical functioning (PP), 2- Role-Physical functioning (PP); 3- Body pain (BP); 4- General Health (GH).

The results of the mental health scale show that respondents are more mindful of their internal state when managing themselves. They focus on activities that give them a high level of satisfaction. Emotional states were found to be manageable and have a manageable effect on performance. The expression of the mental component is shown in Figure 3.



**Figure 3. Indicators of the mental component of the quality of life (HS) index**

**Explanation.** Psychic component: Mental Health: 1- Vitality (VT); 2- Social Functioning (SF); 3- Role-Emotional (RE); 4- Mental Health (MH).

According to the obtained results, it was found that the respondents of each group showed a high quality of life index. However, these results revealed that the high level of life satisfaction is not manifested by the level of life satisfaction, but by the situation in the value system.

It was studied using the methodology of M. Rokich that satisfaction with the standard of living and the level of satisfaction are related to the value system. It was found that the system of values is directly related to indicators of quality of life. The results of the analysis are shown in Table 3 below.

**Table 3**

**Satisfaction with the level of life and the relationship of the level of satisfaction with the value system**

Groups of respondents	Purposeful goals	Instrumental values	Conclusions
<b>Tashkent</b>	Role - physical functioning: Family, community, society	Vital mobility and emotional state	Group, collective, national values
<b>Navoi</b>	Role play. health and its main symptoms	Social mobility	Group values and valuing one's own health (national values)

<b>Foreign</b>	Vital mobility in the first place	Vital and social mobility, physical activity, mental health	Personal values. Predominance of individualistic views in outlook on life
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In assigning values, respondents were divided into groups. The research work was carried out by dividing into groups "A" the group of people satisfied with their life and lifestyle and "B" the group of people dissatisfied with their life and lifestyle. Respondents who were satisfied (90 people) or dissatisfied (90 people) with their life and lifestyle participated in the study phases. Our study identified (25) nuclear families, consisting of parents and their children, and (25) multigenerational families, including close relatives other than parents and children (grandparents, grandchildren, sisters, brothers). The 40 interviewees comprised women and men separated from their families. Among them, 45 women with an average age of 22 to 47 years and 45 men with an average age of 28 to 55 years who had been married for 5 to 25 years were selected.

Table 4 shows the presence of family and national values in the value system.

**Table 4**

**The existence of family and national values is reflected in the value system**

Values	Group A (p-90) % (1-3 positions)			Group B (n-90) % (7-18 positions)		
	Tashkent	Navoi	Foreign	Tashkent	Navoi	Foreign
The existence of national values	1	1	2	7	7	11
Happy motherhood and fatherhood	1	1	3	8	7	17
Reliability and strength of family relationships	1	1	1	7	8	10
Happy family life	1	1	2	9	8	11
Peace, unity, tranquility of the house	1	1	2	11	15	17

When the indicators in Table 5 were calculated according to the criterion of the Student's formula, differences between the groups were determined. The main difference is that in families that are satisfied with their lives, national values and family values are put first. In those who are not satisfied with life, it was shown from the seventh to the eighteenth place.

Table 5

## Value system indicators Student's correlation (based on mean values)

The level of values	A high level of life satisfaction in group "A" of the value system	Value system group "B" has a low level of life satisfaction				
		1	2	3	4	5
1	The existence of national values	1.98	1.83	1.79	1.85	1.78
2	Happy motherhood and fatherhood	1.83	1.72	1.69	1.73	1.67
3	Reliability and strength of family relationships	1.05	1.64	1.75	1.78	1.81
4	Happy family life	1.12	1.85	1.79	1.71	1.69
5	Peace, unity, tranquility of the house	1.01	1.13	1.45	1.79	1.75

**Note:** criteria: rank  $P < 0,05$

Based on the analysis of the results obtained, the following conclusions can be made: *firstly*, there is a relationship between values and life satisfaction, and *secondly*, qualitative differences in the value systems of group "A", who are satisfied with life and group "B", dissatisfied with life have been revealed. These differences are related to the results of the SF-36 Health Survey. happy motherhood and fatherhood; reliability and strength of family relationships; happy family life; values such as peace, unity, peace at home were identified at the first level; fourthly, life conditions, social environment, personal orientation, level of satisfaction and lifestyle as factors influencing these values; fifthly, the methodology used separated group "B" and revealed significant differences in values For example, group "B" is characterised by disregard for national values, non-recognition of family as a value, resentfulness, aggressive situations, self-righteousness, self-interest, self-justification through disrespect for others, using defensive means, whereas in group "A" the desire to maintain constructive relationships, consider the opinion of others, use warm relationships for children, value family connected with national values, constructively exit from conflict situations prevail. level of national values and lifestyles According to the results of the analysis, the collective values of the Tashkent respondents; the assessment of collective values and personal health of Navoi respondents; it was found that foreign respondents' individualistic views in their personal values and outlook on life predominate. The methodology developed by A. N. Volkova. Volkova's methodology was used to determine the relationship between family values and role attitudes in a couple. Based on the capabilities of the psychodiagnostic tools used to collect empirical data, the subjects were conditionally divided into groups "A" (satisfied with life) and "B" (dissatisfied with life).

Table 6 shows that the compatibility of the couple's family values in group "A" did not exceed 3 points.

Table 6

**The compatibility of the couple's (CC) family values in group "A"**

Family values	Gender	Personal identification	Household	Parents' influence	Social activism	Emotional state	Physical attractiveness
Husband ' CC	9	9	6	7	8	4	5
Wife' CC	6	6	8	9	7	7	8
Spouses' CC	3	3	2	2	1	3	3

**Note:** These are the scales of family values of men and women, respectively, and the compatibility of family values between spouses

In general, men in this group are assigned the task of leadership as an individual, being authoritative in the family, satisfying in the sexual sphere, striving for social life and providing material support for the family, and participating in child care and education. Most of the women show their role in the first place in the care and upbringing of the child, in paying attention to their appearance, in being busy with household chores, at the same time, in striving to provide emotional psychotherapeutic support to the husband and family members, and trying to become the owner of a certain profession. Determining the role adequacy of the spouses in group "A" is presented in Table 7 below.

Table 7

**Role adequacy (RA) of couples in "A" group**

Family values	Role claim		Role adequacy (husband)	Role claim		Role adequacy (wife)
	Wife's RA	Husband's CC	Wife's RA and Husband's CC	Husband's RA	Wife's CC	Husband's RA and Wife's CC
Household	0	0	0	4	3	1
Parent's influence	3	2	1	3	3	0
Social activism	2	3	-1	2	1	1
Emotional state	3	4	-1	1	2	-1
Physical attractiveness	4	3	1	3	4	-1

			RA (husband) = 0			RA (wife) = 0
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**Explanation:** RA (husband) - male role adequacy, RA (wife) - female role adequacy. CC of husband and wife - scales of role claims. RA of husband and wife - scale of role expectations.

**Conclusion: the smaller the difference, the higher the adequacy.**

Summary analysis of the results in Table 8 obtained in group "B". This group was formed by respondents who were dissatisfied with their lives. Determination of this condition was carried out by means of direct interviewing. Thirty families, families facing separation or families with conflict and violence between husband and wife were selected from the group.

**Table 8**

**Compatibility of family values (CFV) of the spouses in group B**

Family values	Gender	Personal identification	Household	Parents' influence	Social activism	Emotional state	Physical attractiveness
CFV of husband	9	5	8	3	4	7	9
CFV of wife	8	9	6	8	7	4	9
	1	4	2	5	3	3	0

It is emphasised that the conflict situation in the group is the emergence of problematic situations in child rearing. That is, the main objection of women is that they are not involved in childcare. In addition, differences were found on the personality identification scale. Male respondents considered "female emancipation" to be the main reason for the differences. Female respondents believe that working on oneself is the need of the hour.

Table 10 shows the role adequacy of spouses in group "B": male role adequacy 7.5, female role adequacy 3, which is also a low level. During the conversation they mentioned that they blame each other and are dissatisfied with their lifestyle.

**Table 10**

### The role adequacy of the men and women in group B

Family values	Role claims		Role adequacy (husband)	Role claim		Role adequacy (wife)
	Wife's RA	Husband's CC	Wife's RA and Husband's CC	Husband's RA	Wife's CC	Husband's RA and Wife's CC
Household	4,5	3	1,5	4	2	2
Parent's influence	4,5	2	2,5	4,5	4,5	0
Social activism	4,5	3	1,5	3	3	0
Emotional state	4	2	2	4,5	4	0,5
Physical attractiveness	4	3	1	4.5	4	0,5
			<b>RA of wife = 7,5</b>			<b>RA of wife = 3</b>

**Explanation.** RA (husband) - male role adequacy, RA (wife) - female role adequacy. CC of husband and wife - scales of role claims. RA of husband and wife - scale of role expectations.

Respondents who are said to be confident in all situations, do not rely on the experience of others, and make decisions very quickly. This situation poses serious difficulties. When we talk about national values of hardship and its elimination, values were denied, they were seen as relics of the demands of the past.

Based on the results, we can say that respondents who are not grounded in the national value system and are not satisfied with their lives, go for divorce without knowing the value of their family.

### CONCLUSION

1. Although the quality of life index is at a high level, there are differences.
2. The existence of differences is taken into account because of the characteristics that make up life and arise from the social environment of the community.
3. The socialisation process of the Tashkent respondents revealed the existence of a position in the social environment and an analysis of their lifestyle in terms of norms and stereotypes. Role activities and associated value system (family, work, interpretation by others, etc.) were identified. As instrumental values: physical activity, general health.
4. Navoi respondents are characterised by the uniqueness of their environment, the value of health in the first place, and in addition, the creation of role-playing activities. Life and social mobility, physical activity, and mental health emerge precisely as instrumental values.

5. The value of life itself was identified as the ultimate value among foreign respondents. Life mobility comes first, followed by mental health, physical activity and general health, followed by role performance and social status. Healthy lifestyle.

6. Life satisfaction and level of satisfaction have been found to be related to the value system. Changes in the system of values cause Tashkent respondents to face sanctions, low levels of satisfaction, and potential emotional negativity in their role activities, leading to corresponding changes in health and decreased social mobility. Navoi respondents cannot be physically and mentally active in their role activities or social life. Among foreign respondents, it is determined that changes in the value system lead to changes in "Healthy Lifestyle".

7. According to the results of the study, it has been proved that the value system is related to the living environment, this position has been confirmed from all sides. The value system does not affect the standard of living index. At the same time, violation of the value system affects satisfaction with the standard of living.

8. Living conditions, social environment, personal orientation, level of satisfaction and lifestyle can be identified as factors influencing the occurrence of these values.

9. The methodology revealed significant differences in the value systems of divorced men and women in group "B" and divorced men and women in group "A". These include a lack of consideration of national values, non-recognition of the family as a value, resentment, aggressive situations, complacency, self-interest, self-justification through disrespect for others, and the use of defences. In group "A", there is an inclination to maintain constructive relations, to consider the opinion of others, to prioritise warm relationships for children, to value the family connected to national values and to get out of conflict situations in their own way.

10. Similar qualities of strong families: life satisfaction, high level of family and national values in the value system, manifestation of quality of life in the social environment of residence. Here, in the social environment, there is no difference between collective and individualistic world-views. in Tashkent respondents - group, collective values; in Navoi respondents - group values and assessment of their own health; in foreign respondents - personal values. The prevalence of individualistic attitudes in views on life

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