

**ANTICIPATORY STRESS AND PSYCHOLOGICAL ADAPTATION MECHANISMS
AMONG YOUNG BRIDES AND GROOMS**

Makhmudova Mahliyokhon Valijon kizi

1st-cycle master's student

Psychology specialty, Faculty of Pedagogy

Psychology and Art History

Abstract: The mechanisms of kuturov stress and psychological adaptation among young brides are one of the complex psychological states that arise in the process of entering a new period of family life. This process requires young couples to adapt to personal, social and cultural changes. The beginning of family relationships, new Rolls and obligations, changes in relations with relatives create deep internal and external pressures in young brides. It is important to manage and adapt to the stress caused by these pressures, since the stability of the family and the mental health of young people will largely depend on this process.

Keywords: bride and groom, psychological service, family, society, obligations, culture, stress.

Couture stress is a state of psychological tension and uncertainty that brides and grooms face while stepping into a new family life. This stress is caused by various factors, including mastering new family roles, building relationships with relatives, fulfilling family obligations, as well as responding to expectations imposed by individuals and society. Young brides often expect a lot from themselves or remain under the high demands imposed by those around them. This negatively affects their mental state, increasing their stress levels. The stress that occurs in the process of adapting to a new family life also affects the interaction of young people. Many young couples experience misunderstandings, conflicts, and disagreements. These often result from difficulties in adapting to new conditions, lack of interaction, and lack of emotional support. Therefore, it is necessary to use effective strategies to reduce stress and improve psychological adaptation among young brides. Psychological adaptation mechanisms are internal and external resources that help young brides adapt to new life circumstances. These mechanisms play an important role in the process of managing stress, solving problems and adopting new Rolls. They include developing emotional intelligence, communicating openly and sincerely, building mutual respect and trust, and solving problems together.[1]

Emotional intelligence helps young brides to understand and control their feelings. This increases their chances of reducing stress, understanding and supporting each other's feelings. Open communication, on the other hand, enhances trust and understanding in family relationships. Young people reduce disagreements and improve relationships by freely expressing their thoughts and feelings. It is important for young brides to develop mutual respect and patience. Each person has his own experiences, values and views. Accepting and respecting these differences in a new family life will help young couples better understand each other. Patience, on the other hand, is an important tool in overcoming difficulties and solving problems. Developing problem-solving skills will help young brides reduce stress and adapt to a new

family life. These skills include identifying a problem, seeking alternative solutions, making decisions, and evaluating outcomes. Solving problems together strengthens the interaction of young people and ensures family stability.[2]

External support systems are also of great importance in the stress management of young brides. Relatives, friends, as well as psychological counseling and support services help young couples overcome difficulties. The help of professionals serves as a guide for young people to learn stress management strategies, improve relationships and solve problems. Also, young brides should pay attention to their personal development. To reduce stress, it is useful to practice sports, meditate, devote time to art and creative activities. These activities not only improve physical health, but also stabilize the mental state and increase stress resistance. In the process of adapting to a new family life, young brides and grooms must create a system of mutual support. This system not only strengthens relationships, but also leads to positive changes in the family environment. The joint study of family traditions and values, the formation of new family rules will ease the psychological adaptation of young people.[3]

The quality and quantity of interaction is important for the prevention and management of kuturov stress among young brides. Open and intimate conversations, listening and respecting each other's opinions reduce the stress levels of young people. At the same time, timely resolution of disagreements and open discussion of problems serve to strengthen family relationships. The stress and difficulties that arise at the beginning of family life can stimulate the personal and Family Growth of young brides. Through this process, they deepen their relationships, develop problem-solving skills and adapt to a new family life. Thus, the mechanisms of kutuv stress and psychological adaptation are an important factor in ensuring the family happiness of young brides.[4]

Conclusion:

In conclusion, the stress of expectation among young brides is a psychological strain that occurs naturally in the process of entering a new family life. Effective psychological mechanisms are needed to manage and adapt to this stress. Open communication, emotional support, mutual respect, problem-solving skills, and a focus on personal development can help young couples ensure stability and happiness in family life. In this way, young brides can overcome all the difficulties of a new family life and build a strong and happy family.

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