

THE ROLE OF ETHNOPSYCHOLOGICAL FACTORS IN GIRLS' ADAPTATION TO FAMILY LIFE

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Annotation: This article analyzes the role and significance of ethnopsychological factors in the process of girls' adaptation to family life. The national values, traditions, and family model of the Uzbek people are studied in interaction with modern social conditions. The study highlights the psychological, social, and cultural factors that influence adaptation to family life and justifies the importance of the national mentality in preparing girls for marriage. Moreover, based on the ethnopsychological approach, psychological recommendations are developed to facilitate girls' adaptation to the family environment.

Keywords: girls, family life, adaptation, ethnopsychology, national values, traditions, family environment, psychological readiness, mentality, education system.

In today's era of globalization and rapid information exchange, the stability and sustainability of the family institution are becoming increasingly important. Especially for young people — and for girls in particular — adaptation to family life and assuming a new social role require deep psychological, cultural, and spiritual preparation. The family is the main social environment in which a person's worldview, values, and interpersonal relations are formed.

In the process of adaptation to family life, not only the individual characteristics of girls but also ethnopsychological factors such as national mentality, folk traditions, moral norms, and upbringing systems play an important role. The traditional family values of the Uzbek people have been formed over centuries, defining not only moral behavior but also social and gender roles. Therefore, a girl's psychological readiness, patience, sense of responsibility, and communicative skills, based on national culture, are crucial for successful adaptation to marital life.

Family life adaptation is the process of entering a new social environment, accepting new roles, and integrating into a system of specific psychological and moral relations. For girls, this process represents not only a personal transformation but also changes in social status, responsibility, and relationships.

Psychologists emphasize that family adaptation occurs in two stages: emotional adaptation (through feelings, love, trust, and empathy) and social adaptation (accepting roles, responsibilities, and coordination within the family). In both stages, upbringing, worldview, family traditions, and ethnopsychological features are crucial.

Ethnopsychological factors include the mentality, traditions, national values, religious beliefs, moral norms, and lifestyle of a particular people. In Uzbek culture, the family is regarded as a sacred institution. Respect for elders, compassion, patience, loyalty, and sincerity have long been

key components of girls' upbringing.

In the traditional Uzbek education system, the image of the “future mother” plays a central role. Thus, girls are taught kindness, household management, communication skills, patience, and tolerance — all of which facilitate their adaptation to married life.

However, modern trends such as globalization, digital media, and changing gender relations have significantly influenced girls' perceptions of family and marriage. This has created the need to balance traditional values with modern expectations.

To ease girls' adaptation to family life, it is essential to strengthen ethnopsychological approaches in education and upbringing, to organize psychological training programs based on national values, and to enhance cooperation between families, schools, and communities. Such measures will help young women develop emotional stability, responsibility, and social maturity — essential qualities for a successful and harmonious family life.

The findings of the study show that ethnopsychological factors play a decisive role in the adaptation of girls to family life. The national traditions, moral values, and upbringing methods of the Uzbek people foster essential qualities such as patience, devotion, compassion, and respect — all of which contribute to successful family adaptation.

In modern conditions, it is important to harmonize traditional values with the requirements of contemporary society, to provide psychological training, and to strengthen life skills among young women. The ethnopsychological approach should thus be considered an integral part of the national education and family upbringing system, ensuring the formation of conscious, responsible, and emotionally mature young families.

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