

SOCIAL PSYCHOLOGICAL PROBLEMS OF PREPARING BOYS FOR FAMILY LIFE

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Abstract: This article is an important study of the problems that arise in relationships between young people, especially between boys aged 20-25 and their peers or romantic partners, in the process of personality formation, emotional growth and achieving personal goals. Psychological research and scientific articles, by studying the relationships between individuals of this age, help to understand the problems more deeply.

Keywords: personality formation, emotional growth, personal goals, psychological research, communication differences.

INTRODUCTION Psychological research helps to understand the changing and complex relationships between individuals of this age. Erikson's theory of personality and social development is an important factor in the formation of relationships and emotional conflicts between young people. It also draws on attachment theory to show the influence of childhood parental relationships in providing trust and security in young people's romantic relationships. Emotional conflicts that arise in romantic and friendship relationships, competition between peers, lack of mutual trust, personal goals and career paths, cause psychological and emotional problems for boys of this age. Social networks and online relationships also have a specific impact on the formation of young people's personal lives and romantic relationships.

Main part.

Relationships and emotional conflicts between young people, changing relationships between boys and girls, play a major role in the processes of self-understanding and personality formation. Young people between the ages of 20 and 25 are going through a variety of social, emotional, and personal changes in their lives, and these processes can lead to conflicts and complications in their friendships and romantic relationships. Psychological research offers a variety of psychological theories and approaches to better understand the problems that boys and their friends or romantic partners face at this age.

1. Communication Differences Between Men and Women

The communication differences between men and women play an important role in relationships between young people. John Gray's book "Men are from Mars, Women are from Venus" has become a major theoretical framework for studying relationships between men and women. According to him, men are more inclined to solve problems, while women want emotional support. These differences can lead to misunderstandings and difficulties in expressing feelings in romantic relationships between boys and girls. Young people often have difficulty clearly expressing their needs, which can create emotional conflicts between friendships and romantic relationships.

2. Social Change and Competition

Social change and competition among young people also cause conflicts between romantic relationships and friendships. According to Erik Erikson's theory of "Personality and Social Development", personality formation continues between the ages of 20 and 25, which can lead to conflicts in friendships and romantic relationships. Young people face many internal and external problems in determining their identity. Conflicts between personal goals, social norms, and family traditions complicate relationships between boys and their partners.

3. Emotional Conflicts and Romantic Relationships

Emotional conflict in romantic relationships is analyzed in particular based on Attachment theory. How young people connect in romantic relationships depends on how they connected with their parents in childhood. People who have a secure attachment experience greater success in establishing trusting and fulfilling relationships in romantic relationships. However, those with an anxious attachment experience constant insecurity and anxiety, which makes it difficult for their romantic relationships to be consistent and successful. Young boys are influenced by the attachment styles they developed in childhood in their first serious romantic relationships, which can cause problems.



4. Emotional Conflicts in Romantic Relationships

Emotional conflict in romantic relationships often stems from miscommunication and a lack of attention to each other's needs. According to research from the Gottman Institute, people have difficulty expressing their feelings appropriately, which can lead to emotional crises. Young people, in romantic relationships, have difficulty paying enough attention to each other's needs and expressing their feelings appropriately, which can lead to conflicts and breakups. At the same time, finding mutual trust and emotional support is important for maintaining successful relationships in romantic relationships.

5. Gender Identity and Romantic Relationships

Learning about gender identity and self-expression is related to the internal conflicts that arise in romantic relationships for young people. Young people between the ages of 20 and 25 face many internal conflicts in the process of determining their sexual identity, in their relationships with friends and romantic partners. Sexual Identity Development Theory studies the formation of

sexual identity in this process and analyzes the emotional state of young people in romantic relationships. Young people's sexual identity determines how they express themselves in romantic relationships and how successful these relationships will be.

6. Adjustment in Personal Goals and Relationships

Balancing personal goals and romantic relationships is a difficult test for young people. According to sociocultural theory, young people need to achieve adjustment with their peers or romantic partners in achieving their personal goals, especially in terms of choosing an education or career. However, this process can often cause conflicts between friendships and romantic relationships. For example, finding time for study or career, maintaining personal freedom, and finding intimacy in romantic relationships can be a constant problem among young people.

7. Social Networks and Online Relationships

Social networks and online relationships have led to new types of emotional conflicts among young people. Studies show that young people, by observing the "ideal" lives of others on social networks, increase emotional distress in their own relationships. Online relationships, sometimes far from real and honest communication, can reduce the success of young people in romantic relationships. Comparing the online lives of others increases uncertainty and conflicts in their own lives.

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