

THE ROLE OF THE FAMILY ENVIRONMENT IN THE PROTECTION OF HUMAN MENTAL HEALTH

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Introduction

According to Chapter 14, articles 63, 66 and Part 2 of Article 65 of the Constitution of the Republic of Uzbekistan and Part 1 of Article 4 of the Family Code, the family, motherhood, fatherhood and childhood are under state protection. In the Uzbekistan Republic Encyclopedia, family members are considered as a small group of kinship related to common life, mutual moral responsibility and mutual assistance.

The family is a living environment, a complex set of relationships, a space in which a person is formed. A group of persons who jointly decide on the cultural and social affairs of the family on the basis of mutual care, equality and freedom of the family, marriage, kinship and kinship. In order to learn the mental health of family members we conducted research in Ferghana region. The study was conducted from December 2019 to March 2020 in 192 couples living in different regions of Fergana region, ie 384 respondents. Men and women (married, married from 1 to 40 years and older) were interviewed separately on the basis of interviews on the distribution of roles in the family. Interviews were conducted with respondents who expressed a desire to be able to fully express their thoughts and experiences. Interviews were conducted in the respondents' homes, with the couple's information kept secret from each other.

Literature

The family is multifunctional. Among the many functions of the family, the most important is creativity aimed at creating conditions for the development of the personality of its members (Yu.E. Aleshina, T.V. Andreeva, V.M. Medkov, B.M. Levin, M.V. Petrovich and others). Therefore, the family should be considered as a small social group or community unit that gives rise to biological, social, material, spiritual, ideological, psychological, and pedagogical relationships [8;35]. The family is the most important factor in a healthy lifestyle and is an invaluable resource in shaping health and a healthy lifestyle [6;83]. It is the first family to form the basis of human behavior and human behavior as a result of cultivating basic social values: "... the meaning of life is focused on physical abilities and health, love, beauty, material well-being, self-expression in communication with people [7; 11]. In achieving this noble goal, educational institutions will become the closest helpers of the family. This fact is reflected in the Constitution of the Republic of Uzbekistan "On Education" and the National Program of Personnel Training. It is emphasized that parents should be accepted as the first caregiver. Only they can lay the foundations for a child's physical, moral, and intellectual development, and educational institutions operate to maintain and strengthen physical and mental health, develop individual skills, abilities, and correct deficiencies needed to support the family [2; 47].

Mental health of the family is a comprehensive generalized indicator of the socio-psychological activity of family members in family relationships, social environment and professional activities.

It is a state of mental well-being of the family, which ensures the regulation of behavior and activities of all family members in accordance with the living conditions. Psychological health is an integral indicator of modern family activity, which reflects the qualitative aspects of the social, psychological and pedagogical processes that take place in it.

An important factor in a person's well-being, well-being, self-satisfaction, and mental health is the stability of the family environment. The stability of the family environment depends on how well family members understand each other, how they feel, how well they are brought up, and how much they understand and follow the duties and responsibilities in the family. In Abu Ali ibn Sina's book, TadbiriManzil, which covers various aspects of family relations, if the head of the family is inexperienced, he will not be able to educate his members well, and in the end he will not be able to achieve good results can affect". The scientist shows that the duties and responsibilities of the parents in the family, especially the father, are in any case responsible for the upbringing of the child and are the basis of the peace of the family. Russian psychologist I.V. Dubrovina explains the concept of "mental health" as follows. In his view, the concept of "mental health" explains that a person's "spirituality" is related to his or her development, and interprets these concepts as closely related concepts. The founder of humanistic psychology, A.S. Based on Maslow's ideas, I. V. Dubrovina argues that mental health is "the desire of a person to develop his or her potential through self-expression and the pursuit of human values". In the development of psychology, this problem has been addressed by A.D. Andreeva, T.V.

Voxmyanina, N.I. Gutkina, I.V. Dubrovina, V.V. developed intensively by experts such as. A.B.Nikolaeva, V.E. Paxalyan, N.N. Tolstix, N.V. Shurova and others have shown that the term “mental health” has great practical significance.

According to many psychologists, a person's mental health or ill health depends on the psychological environment of the family, its climate and the nature of family relationships. A number of Western researchers have concluded that in modern society, the family loses its traditional function and becomes an institution of emotional communication, a kind of "psychological refuge". Some psychologists emphasize the growing role of emotional factors in family activities. The psychological climate of the family can be defined as the result of family relationships.

The psychological environment in the family determines the stability of interpersonal relationships and influences the development of family members. The comfortable, awkward relationships created by family members are unchanging. It was created by family members. The following symptoms are characteristic for a favorable psychological climate in the family: family solidarity, solidarity; the opportunity to develop the personality of each member of the family in all respects, the satisfaction of the highest benevolent requirements of family members, i.e. a sense of friendship, security and satisfaction, a sense of pride in belonging to his family, responsibility and so on. Important indicators of a favorable psychological climate of the family include meaningful leisure of family members at home, communication on topics of interest to all members of the family, doing household chores together, openness of family members, its broad connections. Such a climate promotes harmony, reduces the severity of conflicts, relieves stress, allows for the assessment of personal social significance and the realization of the individual potential of each family member. If there are constant conflicts in the family, family members will treat each other negatively, there will be insecurity, anxiety, emotional discomfort, tension, alienation. All this prevents one of the main functions of the family - psychotherapeutic, coping with stress and fatigue, as well as depression, conflict, stress leads to a lack of positive emotions. If family members do not seek to change the situation for the better, then the existence of a family becomes problematic [5; 44]. The child is an indicator of family relationships. His worldview, his relationships with those around him, and his personal characteristics are indicative of what kind of relationships prevail in the family. For adults and children, family means something completely different: - adults strive to live together and build it, it is their choice, their decision; - The child chooses the parent. Family is the closest, most important, protection from all misfortunes and sorrows. If an adult in the family has a serious conflict, which is constantly repeated, it is a painful, unpleasant experience for the child, which disrupts his peace of mind and leads to stress. If there is a warm environment in the family, even problems at school will be easier. In today's situation, mental health is not only the preservation of mental traits and processes, but also the ability to know a person - it is the ability to manage your behavior, love life, set and achieve goals, strive for self-improvement, improvement. This is why the family, which has a quick and clear influence over other links of family social institutions, plays an important role at the same time. Family is the only opportunity for a person to grow into a mentally healthy person.

Main categories of family mental health

V.S. Torokhtiy states that the main criteria of family mental health are similarity of family values, compatibility of functional roles, compatibility of social roles in the family, emotional satisfaction, adaptation to microsocial relationships and the family's desire for longevity. We cite the following as their manifestation features [9; 406].

1. The similarity of family values reflects the principles of formation, development and progress of the family as a small social group, the unity of views, the attitude of family members to universal human norms, rules, principles. Each of these trends represents a factor influencing the psychological health of the family.

2. Coordination of functional roles is a dynamic indicator of a family's mental health. This reflects the level of development of socio-psychological mechanisms of family relationships such as mutual understanding, mutual support, mutual trust, mutual patience between family members. This is due to the high degree of coherence of the actions of family members, which are independently included in the performance of a particular function, due to the fact that its expediency is necessary for the whole family. Close connection and positive emotional interaction ensure the stability of the family system

3. The social role is determined by the structure of the roles in the family, which is more rigid than most of the small groups in the process of its life activities. This reflects the level of fulfillment of certain roles that individuals in the family are required to perform: each family member was expected to perform a specific role (father - male, leader, provider, helper in a difficult situation, etc.; mother - caring mother, housewife, loving wife, etc.); daughter, son - child, parental helpers, future support, heir, etc.).

4. Emotional satisfaction is the emotional acceptance and respect of family members for each other. This clear emotional intimacy - a “wise attitude” towards each other - is a hallmark of a healthy family. It is clear that the emotional connections of family members are mediated by their joint activities, the tasks facing the whole family community. At the same time, emotional satisfaction in the family is an important source of psychological relief and support for all its members. "If there is no love and affection among the members of the family, the powerful states that threaten the whole world, and the nations with the highest levels of fame, will

also be in crisis," Rizouddin ibn Fakhruddin wrote in his book *The Family*. He argues that the impact of interpersonal relationships in the family is significant at the community, state level. The mental health of a family is determined by many factors: the level of knowledge of the parents, the motives of the marriage, the nature of the family relationship, the goals of raising the children, the ways to achieve results, and so on.

5. Flexibility in family relationships is primarily characterized by the adaptation of older family members to the socio-psychological environment of the family after a difficult, problematic day. The family can successfully solve its problems only if each member of the family tries to maintain the traditional feature of interpersonal communication, the comfort in the emotional background of the relationship.

Problems with the flexibility of a couple's relationship are sometimes related to the overuse of professional relationships, often with representatives of the "man-to-man" profession (doctors, teachers, managers, police officers, priests, public figures, psychologists, social workers, etc.). They lead to communicative fatigue. Over time, increased nervousness and fatigue (often from children or a spouse, a friend) can lead to "stronger ways" of influencing others. Leaving such situations "on the street" by a family member is an important indicator of a family's mental health.

6. The pursuit of family longevity is the constant involvement of family members in new goals, their rational planning and ensuring the active participation of all family members in achieving them. An integral attribute of any healthy family is the close and promising goals of the family. In the formation of each family, the needs, intentions, interests, desires and attitudes of the family member, the choice of ways to achieve them and the expected outcome are reflected as a rule. Satisfaction with their fulfillment is an important condition for maintaining family activities in setting new life goals

7. Family identity and stability. One of the founders of family therapy, N. Ackerman, introduced two concepts - "personality" and "family stability". He defined family identity as values, aspirations, feelings, concerns, and adaptation issues that family members share or complement in the process of performing family roles

In addition to the above-mentioned key indicators of family psychological health, there is psychological and pedagogical solvency or insolvency of the family, the degree of maturity of their age-appropriate relationships, mobility in subject-reflex relationships, and more.

All of these elements of psychological health reflect stable, socio-psychological phenomena that are formed in a particular family and must be managed both within and outside the system.

The considered indicators of the psychological health of the family create an overall psychological portrait of a mentally healthy family and, above all, describe its well-being. One of the most important responsibilities of a family is to influence through the upbringing of the child. Unfortunately, given the mass family upbringing, this is often done unsatisfactorily. This is because family upbringing is often based on reprimands, instructions, etc., or is formed by blindly imitating their parents. In this regard, it is impossible not to emphasize the special importance of emotional relationships in the family, which are the basis for effective interaction between parents and children. This relationship is based on the love of family members and their mutual feelings. Here is the analysis of the questionnaire for couples "Distribution of roles in the family." This method was co-authored by Russian psychologists Yu.E. Aleshin, L.Ya. Gozman, E.M. Dubovskaya. This methodology clarifies couples' perceptions of family roles. We know that the successful performance of roles in the family is one of the factors that ensure family peace, family happiness, family peace.

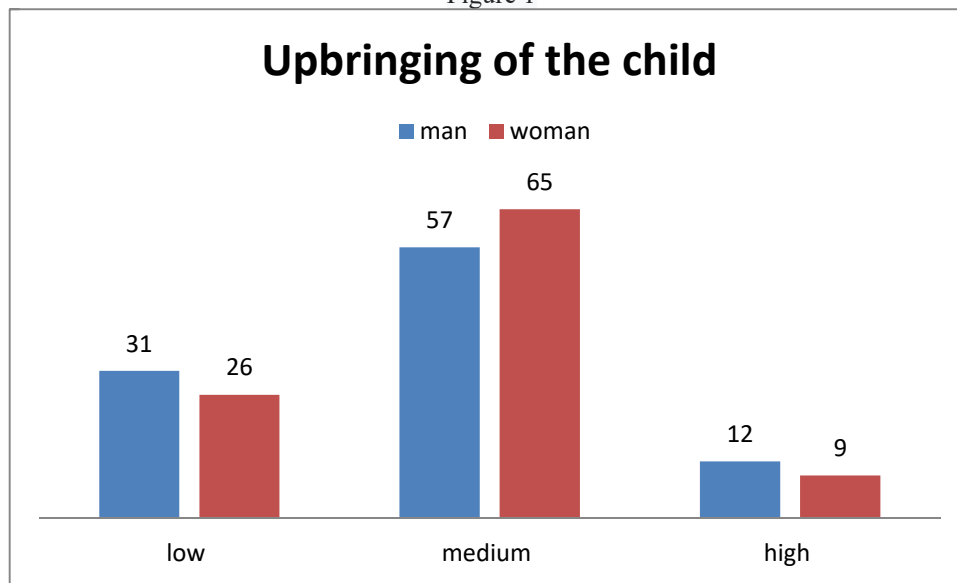
Methods

We conducted this study based on the process of analyzing the above points. The study involved 192 people and 96 families living in different parts of Fergana region. In the experiment, a family relationship survey scale questionnaire was used. According to him, the factors that influence family members to feel mentally healthy have been identified.

Result

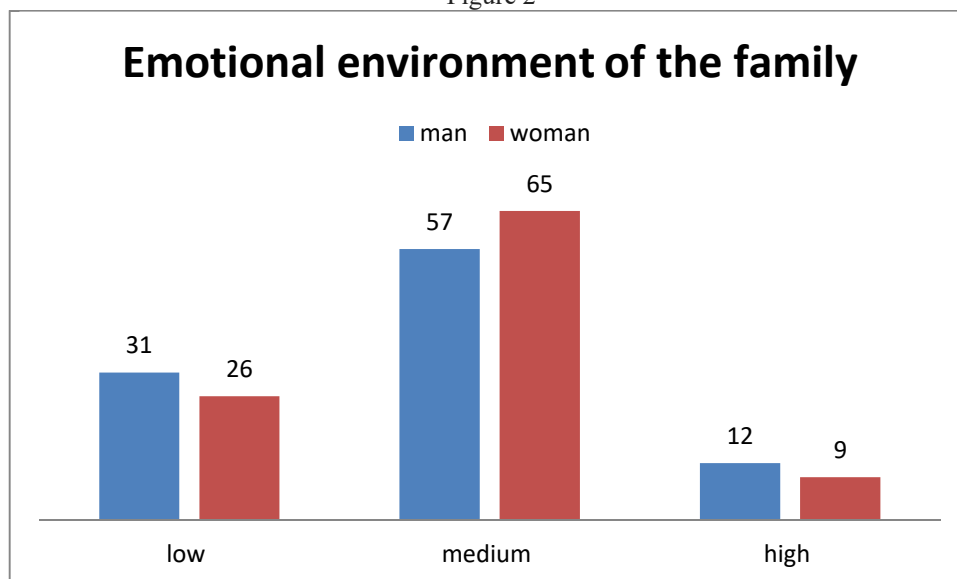
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Figure 1



An analysis of the results related to child rearing shows that 21% of men and 8% of women defined this task as low, 70% of men and 77% of women as moderate, 9% of men and 15% of women as high. In the middle and upper echelons, women are more likely than men to be involved in child rearing. The emotional environment in the family showed a result of 0.158848 when correlated with child rearing. That is, if there is an emotional environment in the family, there will be success in raising a child. A couple who wants their family to be comfortable, relaxed, and their children to be beautiful should always live in harmony and respect for each other. When a husband and wife can listen to each other in the family, support each other, grieve together, and rejoice together, their love for each other will surely increase. The pleasant and necessary emotional environment in the family is the love between husband and wife. The main of the difficulties and hardships in raising a child will be on the mothers. Although these circumstances are not prescribed by law, mothers do so with their own kindness and goodness. If fathers treat their children's mothers well, live a good life and respect them, children will learn nobility, manners from such a situation. When children see that their mothers are being treated in this way by their fathers, they begin to have a strong respect for their fathers and prefer to be treated in the same way when they get married.

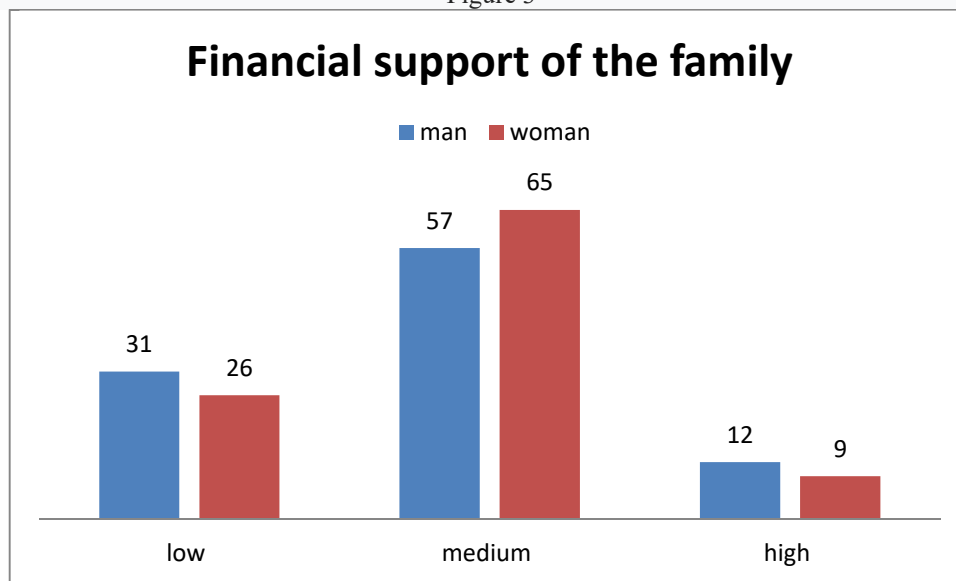
Figure 2



An analysis of the results on the emotional climate in the family shows that 18% of men and 5% of women defined this task as low, 69% of men and 59% of women as moderate, 13% of men and 36% of women as high. In the family, women are the main figure in the formation of emotional relationships. This can also be seen from the high score of 36% of women above. Whether the emotional climate in the family is moderate depends more

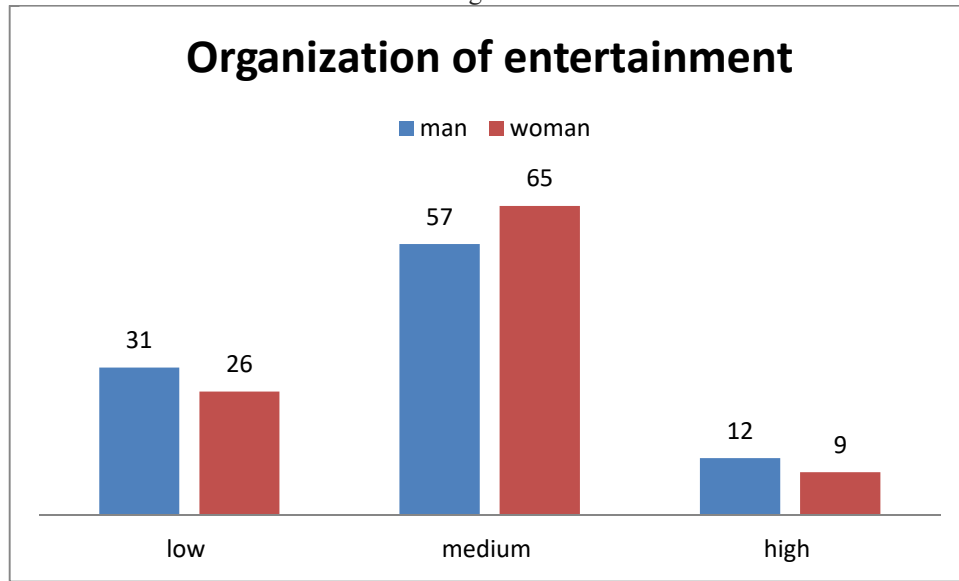
on the housewife, i.e. the woman. Imam ibn Jarir al-Tabari and Ibn Abi Hatim narrated from Abu Hurayra that the Prophet (peace and blessings of Allah be upon him) said: "The best of women is the one who pleases you when you look at them, obeys you when you command them, and protects you in your desires and possessions when you disappear." (10; 413]. A knowledgeable, intelligent woman possesses the same qualities and succeeds in raising her family and children. When the mothers of children who imitate the good and bad habits of their parents are wise and knowledgeable and intelligent, children will love science, and the moral skills they need to know will be nurtured and developed. It is a fact that a father, no matter how educated, does not have time to bring up his children. However, when children are taught to read and write in educational institutions, they are not found to be equal to our mothers in terms of manners and ethics. That is why the greatest number of offers and services on child rearing falls on mothers. At this point, in Rizouddin ibn Fakhruddin's book "Family", do you know what time it is when a woman pleases her husband? It is a time when a woman with an open face is giving moral advice to her children, or sitting and sewing, or tying a scarf around her forehead and working." (Ziyodov A. Rizovuddin ibn Fakhriddin on the work "Family". T.: 1991.-60p. [Taken from page 22]).

Figure 3



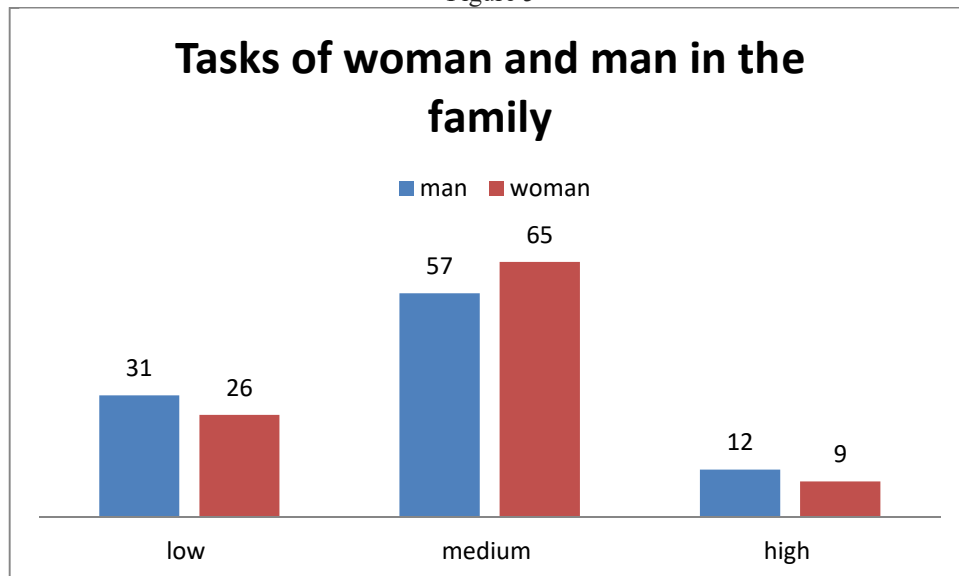
18% of men, 36% of women, 73% of men, 59% of women, 9% of men and 5% of women are considered to have a low level of family income. This result means that men are primarily responsible for the financial well-being of the family. It is no coincidence that men give a higher percentage in the middle and upper echelons of the family's financial provision. The material provider of the family is mainly men and they have the highest responsibility. Rizawuddin ibn Fakhriddin wrote in his book, *The Family*, that al-Mutawakkil Ali, one of the most famous of the Abbasid caliphs, said to Allah ibn Ja'far, "There is no one happier than you on earth." The caliph said, "You have made a mistake. He who has a good wife and a good life is happier than we are." The human child is commanded to learn a profession. Having a professional, working, earning a living contributes to the health and purity of the human heart.

Figure 4



An analysis of the results related to entertainment, i.e., the organization of various activities, shows that 16% of men and 22% of women are rated as low, 76% of men and 67% of women as moderate, 7% of men and 11% of women as high. At lower and higher levels, women are more likely than men to be involved in organizing family entertainment. It was found that the organization of family entertainment depends on the upbringing of children 0.149091 and the financial well-being of the family 0.328614. Thus, it was studied that the effective organization of interpersonal relationships of family members, the creation of a positive emotional environment in the family is directly related to family entertainment. Family entertainment ensures the mental stability of family members, the effectiveness of interpersonal relationships, covers all aspects of family culture, history, customs, values, material and spiritual wealth, economic and social life.

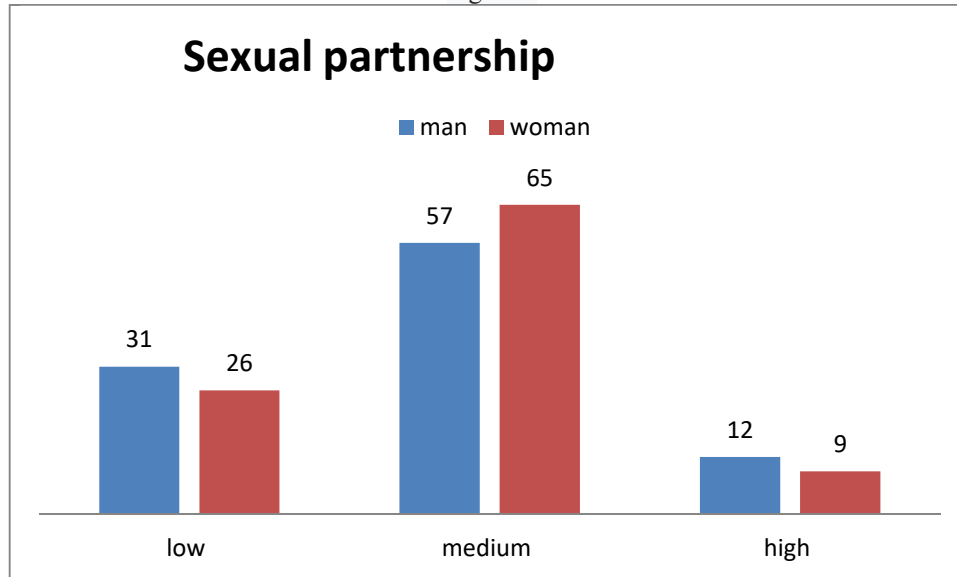
Figure 5



In terms of landlord and hostess, 30% of men and 28% of women perform their duties in the family at a low level, 64% of men and 68 women perform their duties at a moderate level, 6% of men and 4% of women perform their duties at a high level finds the opposite. There is a correlation of 0.271164 with the financial well-being of the family, as well as 0.287403 with theentertainmentin the family.

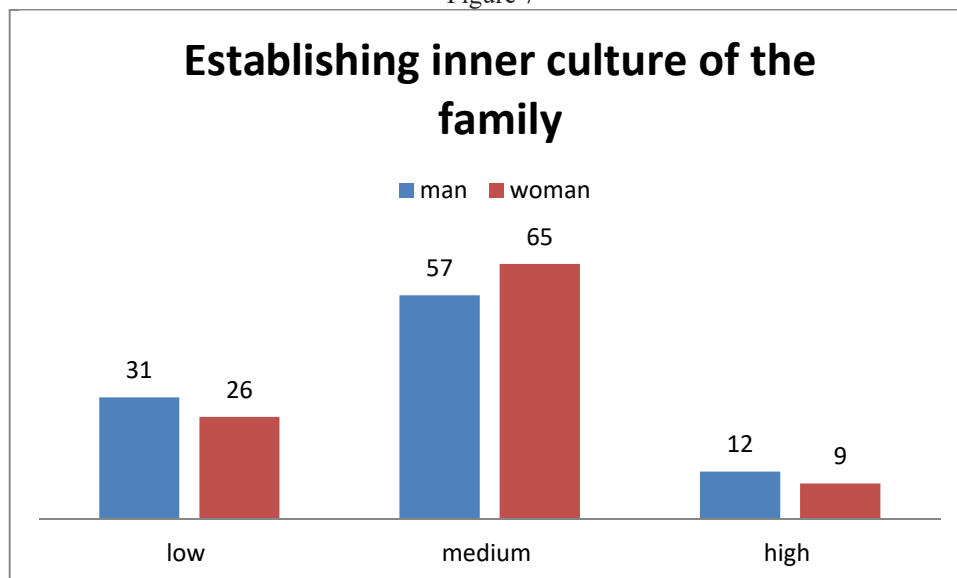
Woman and man, that is, a couple who marry and live together, is a covenant between them to raise children together. What unites them is love. A couple who love each other will spend their lives happily not only in the pleasures of the world, but also in their labors. In order for love to emerge between them, the couple must have several personal stakes. The family will continue to be a stronghold if both parties strive for each other and make a habit of doing good to each other.

Figure 6



In terms of sexual partnership, 22% of men and 45% of women have low-level, 72% of men and 50% of women have moderate levels, 6% of men and 5% of women have high-level sexual partner roles. The correlation between child rearing and child rearing was 0.142917. It was also observed that the financial security of a family with a sexual partner is 0.186086, i.e. they are interdependent. Sexual intercourse is also related to the level of host and hostess 0.27933. Their goal is to build a strong family, to give birth to beautiful children, to bring them up in a beautiful manner, and to bring them up. In this difficult work, the husband and wife support each other, help each other in the performance of their duties, increase the feelings of love between them, increase the strength of the family.

Figure 7



On the organization of internal culture in the family, 31% of men and 26% of women marked a low level, 57% of men and 65% of women a moderate level, 12% of men and 9% of women a high level. The correlation of the organization of the internal culture in the family with the material well-being of the family is 0.248955, the organization of the internal culture in the family is 0.255536 with the organization of entertainment in the family. There are great differences between families in the values that govern the family, in the organization of ceremonies, and in the observance of customs. In each family, the internal cultures are radically different. The

activities organized in the family have enriched the children's thinking, spirituality, culture, and tempered the emotional climate in the family. Thus, special events in families have become a kind of motivating holiday for family members. Being proud of one's family and lineage is deeply rooted in a sense of patriotism. This is, first of all, the desire to carefully preserve and enrich family traditions, to strive not to tarnish the blessed names of ancestors, to strengthen the reputation of the generation with their hard work, knowledge, to gain people's respect and attention. Such family activities are also related to the financial well-being of the family, as well as the fact that the couple is properly distributed roles in the family, and is active in improving the family economy.

IV. Conclusion

By putting the husband's respect in place and obeying him, the pious, virtuous women ensure that the inner culture of the family becomes stronger. The correlation of the results shown in Figure 7 above shows that the organization of the internal culture in the family is related to the financial security of the family, the organization of the internal culture in the family is related to the organization of entertainment in the family. This means that there is an emotional climate in the family, effective interpersonal relationships. This leads to a healthy environment and strong mental health of family members.

In conclusion, it can be said that the family is the most basic and important part of people's lives. It is the first duty of a parent to bring up a child, to educate him, to make him spiritual, to inform him of the masterpieces of culture. From the moment the child sees and understands these, he begins to observe them. It is these qualities that enrich a child if the child feels the climate of intimate relations in the family, if the parents respect each other, first of all, as well as their children and others. In our experience, the emotional climate in the family, the material well-being of the family, the organization of entertainment in the family, the owner and hostess and sexual partnership, as well as the organization of the internal culture in the family.

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