



## National values and traditions are the main criteria of a modern family

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**Annotation:** In this article, the importance of national traditions and values in stabilizing a healthy spiritual environment in a modern family is interpreted scientifically and theoretically. Also, the article reflects on the unique influence of national values and traditions in child education, and their potential for creating a healthy spiritual environment.

**Keywords:** society, modern family, healthy spiritual environment, stabilization factors, work with parents, media products, social, spiritual, ideological, cultural, thinking, spiritual-ethical, physically healthy, mentally mature.

Among the national traditions and values of our people, mutual understanding in family relations, complementing each other, mutual cooperation, striving for goals together, yielding to each other, bringing up children together, mutual division of family work, husband being the support of the family, mother being the head of the household being the manager, proper distribution of the family's financial resources, mutual cooperation and working together for the sustenance of the household, being kind to children, recognizing the position of the mother as sacred, deep respect and attention to the father as the head of the family, comprehensively solving the issues of preparing children for community life, it was considered the duty of parents to actively participate in the work of ensuring children's readiness for independent family life, to "keep their heads together". Because family is the smallest unit of society, a social institution based on natural, economic, legal, spiritual and psychological relations of people. The family, depending on its social content, consists of a unit of three components. They consist of: marriage as the basis of the family, husband and wife relations as the result of marriage, and children as the result of the couple's relations. So, the system of achieving a prosperous family and preparing young people for family life also consists of a set of these three components, and its content It is related to explaining to young people who are going to start a family.

"Relationships between husband and wife, the birth of a new generation give the family a certain integrity, a certain social group, community, a system of relations between family members is created.



Therefore, "couple" is the initial component (part) of the family, from which "mother-child", "father-child" and "parent" relations arise. Within the framework of the pedagogical aspects of preparing young people for family life, to form the culture of communication and 16 mutual relations of the same groups, that is, "couple", "mother-child", "father-child", "parent" systems, on the basis of national values and universal values. special emphasis is given. Their rights in preparing young people for family life are determined by the construction of the family based on freedom and consent of the parties. There are psychological, gender, legal, medical, social, religious and educational, ideological, sexual, personal culture, conflict resolution, physical education and sports, housekeeping, dress code, and family traditions aspects of preparing young people for family life. Preparing young people for family life is a complex process, and this process includes the solution of several topical issues. The unity of these topical issues, bringing them to the minds of every young person and their correct understanding will serve for the prosperity and development of families, their peace. Examining the specific aspects of this multifaceted complex process makes it clear how extensive and multifaceted the issue is.

In fact, in raising a physically healthy, intellectually mature and well-rounded generation, instilling national and universal values into the minds of young people, characterizing the family as a value and emphasizing its influence in the life of society, together with studying the factors of its development, especially in the family, regularly carrying out the work of spiritual and moral education going is an urgent matter of great importance.

It is permissible to recognize the special tasks of the "Parents' Universities" in the neighborhood assembly in matters of raising a mature generation by strengthening the knowledge of parents in the family, increasing responsibility in this regard, and improving the socio-spiritual environment in the family. In this regard, the implementation of activities aimed at increasing the legal, spiritual-ethical, psychological, pedagogical and physiological knowledge of parents on raising the young generation is defined as a priority task. Especially working with parents who have a negative impact on the upbringing of children, situations that have a negative impact on the stability of the social and spiritual environment in the neighborhood (criminality, including crimes among women and young people, troubled families, drug addiction, alcoholism, early marriage of underage girls, etc.) preventing: ensuring the strengthening and stability of families, assisting parents in mastering the secrets and traditions of raising children, helping to ensure a healthy environment in the family are gaining importance. it is desirable to strengthen the mechanisms, systematically establish cooperation of



families, parents and citizens' self-government bodies with educational institutions, and increase the activity of state and public organizations in this regard. [4;]

Of course, the place where every family lives is the neighborhood, which is also the place of national values. Today, the wise saying "Neighborhood is both father and mother" is becoming more and more strengthened in the case of neighborhoods, which are considered to be self-governing bodies of citizens.

Naturally, there are principles of social morality that are characteristic of each era. Because the spirituality of a person is interpreted in different ways and the corresponding moral principles are put forward. In Eastern countries, social morality is based on the principles of unity and collectivity.

Based on our experience and observations, we can say that there is a legitimate question of what are the factors of stabilizing a healthy spiritual environment in a modern family where "gadgets" are the main part of the agenda of most young people.

Healthy lifestyle is a concept relevant to all eras and peoples, and it is one of the factors of forming a healthy nation. Work and national traditions play an important role in the upbringing of a child in an Uzbek family. In particular, respect for elders is an important characteristic of the Uzbek people. Another positive quality in the Uzbek family is caring for the younger ones. In the process of family upbringing, if the parents bring up the child in the spirit of observing the principles of recognizing the priority of human dignity, harmonizing the interests of the individual and society, regardless of nationality, religion, race, and not being indifferent to the fate of others - if he follows the tenets of a healthy lifestyle, he will bring up the child has a positive effect.

One of the factors of stabilizing a healthy spiritual environment in a modern family is to inculcate humanitarian ideas in children. Humaneness means justice, compassion, kindness, diligence, generosity, giving humanity and nobility to people. If humanitarian ideas are inculcated in children from the family, it is possible to instill in them a feeling of love for people of different nationalities, as well as to form intolerance to immoral behavior such as injustice, inequality, gratuity, and dishonesty.

The third and one of the most important factors is the formation of spiritual and moral education among young people, and the peculiarity of spiritual and moral education is to prepare our children for the single goal of building a prosperous society. This is an important factor in building a free, prosperous and prosperous society.

Therefore, stabilization of a healthy spiritual environment in the family is of great importance for raising a young generation who is not indifferent to a person's worldview, faith, mentality, norms of behavior, morals, fate of the nation, well-being and stability of the Motherland.



Stabilization of a healthy spiritual environment in the family is another factor that positively affects family unity, in a broad sense, family members, first of all, parents, have a good understanding of their duties and responsibilities, sincere respect for each other, and thus for relatives of both sexes. concern for the well-being of the family, striving to show that this family is mature and virtuous in front of other families. [7;]

It is worth saying that a child brought up with loving feelings in a family can not only "infect" his human qualities to others, but also promote such qualities. Another factor that forms the culture of kindness and serves to stabilize the spiritual environment of the family is the integrity and completeness of the family. The family in the brochure, which includes parents, children, grandparents, and relatives, is a whole family, and the smoothness of the educational process is usually noticeable in this family. It is not without reason that the absence of one of the father or mother, even if there is cultural prosperity, cannot fill the deficiency in the family.

It is worth saying that the environment in the family is stable when parents feel their responsibilities. In order for children to grow up to be polite, the neighborhood, along with the parents, is a great school of example. It is not for nothing that our people say, "A bird does what it sees in its nest." A parent who is raising a child should be able to show noble qualities in every movement, posture, behavior, and interaction with others. Because the child is extremely imitative and observant by nature. Therefore, the people around him influence them with their habits, sometimes without realizing it. Rough relationships in the family, a lot of lying, unpleasant behavior create an unhealthy environment that negatively affects the upbringing of a child. Parental behavior plays an important role in raising a child. If a child grows up hearing harsh words from his parents and being beaten, this will have a negative effect on his character. This, in turn, creates "spiritually sick" people from children raised in an unhealthy environment in the family. They also have a negative impact on the morale of society. In the family, parents are influenced by "mass culture", which has a negative impact on the education of children. [6;]

We know that Uzbek families have a unique education system that has been passed down from generation to generation. In order to properly address the issues of stabilizing a healthy spiritual environment in a modern family, it is necessary to continuously improve the ways of educational influence on the basis of a clear plan.

This educational effect:

the sanctity of the family;

raising children from a young age in a family work environment;



education of media culture (use of media products in a social, spiritual, ideological, cultural context) in children from a young age;

Strengthening children's ideological immunity to destructive ideas serves to create a healthy environment in families.

In short, man has always strived for goodness, spiritual elevation, tried to live a good life, to leave a good name for future generations. That is why it is important and urgent to guide morally sound children to correctness, honesty, purity, patriotism and humanitarianism, goodness, high morality in modern family upbringing, according to vital values, advanced principles characteristic of national moral culture.

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