



Emotional and Psychological Competencies of Gender Equality in the Modern Uzbek Family

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Abstract

This article addresses the issue of equal rights and opportunities for women and men. It also provides information on the achievement of gender equality, the role of national and ethnic characteristics in the maintenance of social equality, and the role of psychological knowledge.

Keywords: family, women and men, gender equality, psychological compatibility, national ethnicity, opportunity, ethnic values.

Introduction

Today, Uzbek women are not only busy with housework and raising children, but they are also trying to manage "both their family and their beloved work" in the development of society. Increasing the social activity of our women in all spheres of development, the problem of the equality of men and women in the society requires the formation of new relations based on the principle of a new worldview in the new Uzbekistan.

Nevertheless, there are some of the most acute problems of development emerging as some factors that can hinder gender equality, and it has become one of the most difficult issues to find a solution to achieve gender equality of men and women both in society and in the family. celibacy, living orphans are being achieved at the expense of education.

Literature Review

The results of a number of researches on "Human rights" by specialists of the field were published in the press of Oxford University, where "Types of inequality and forms of manifestation of inequality" were determined. "Types of inequality and forms of manifestation of inequality" were determined. In particular, the process of human development is continuous and implies the regular expansion of people's opportunities in terms of participation in the political, economic, social, spiritual, and cultural life of society.

According to the concept developed by the United Nations Development Program, the main components of human development are effective cooperation, expansion of people's powers and opportunities for participation, stability of development, equality of opportunities and choices for all people.

In the September 2000 materials of the Millennium Development Goals meeting, special attention was paid to the issues of promoting the equality of men and women and girls, and expanding the rights and opportunities of women and girls. It was also noted that the development of the society should be evaluated not according to the indicators of economic potential, but according to the prosperity and proper development of each person in it.



"Sustainable development" is a unique approach to global resource management that incorporates economic, social, and environmental strategies aimed at improving people's lives today, as well as preserving natural resources for future generations.

It is noted that the stability of human development is achieved when development issues are solved without harming future and current generations, that is, when the goals of the current and future direction are rationally combined.

Equal rights of men and women play an important role in people's well-being, social peace, family stability, and economic stability. The history of the study of the gender problem and the scientific research of the socio-psychological and national-ethnic aspects of the problem, justifying the emergence of gender equality in the example of Uzbek families and society, continuous observation of its invisibility in emotional-emotional communication and practice, the basic principles of "gender equality" justifies the need for scientific research of its characteristics. Achieving gender equality between men and women in the family is one of the most pressing problems of development.

Unfortunately, women are often left out of the development process, and even if they participate in it, they achieve it at the expense of great difficulties and even losses (in most cases, family disputes, and divorces).

For this purpose, in our research, we will study the different needs and needs of men, women and girls in Uzbek families, determine the attitude and influence of teenagers and the elderly on gender equality, study the specific positive and negative effects of ethnic values and psychological factors on the manifestation of gender equality, study the sources and causes of inequality, we aimed to determine the methods of elimination.

Experimental Research

The process of absolutizing the biological differences between men and women led to the fact that many areas of human activity began to be artificially divided into "female" and "male" types. Gender is an anatomical, physiological concept, that is, a unit of biological characteristics that determine an individual's biological sex. However, in addition to biological differences between people, there is also a division in social roles, types of activities, behavior and psychological characteristics. Unlike sex, gender is shaped by psychological, cultural, and social means.

Due to the special importance of emotional-psychological factors affecting the equality of men and women in family relations, this article defines the difference between "emotional-psychological competences of the manifestation of gender equality in the modern Uzbek family".

When examining the emotional-psychological competences of the manifestation of gender differences, the confirmation of independence in men's evaluation was 89%, women's 32%, men's independence was 61%, women's 35%. . When asked this question, 50 percent, even 60 percent in some places, said that they have independence, and they felt a sense of satisfaction when they realized this.

When we determined the affirmation of submissiveness, it was observed that only 7% of men can be submissive in certain situations only when a woman is right, and 30% of women are submissive to their wishes.

In most cases, it was observed that the formation of stereotypes of behavior in men with a managerial, domineering, submissive, submissive character in women conditionally also manifests in the emotional components between them.

It also shows that the desire of male representatives to maintain their social status and male status in the family in terms of masculine roles depends on the submissiveness and submissiveness of their women. This is explained by the manifestation of the emotional-psychological mechanism of men's protection from danger in the case of gender equality.



Also, existing social institutions and stereotypes regarding gender equality, which are still preserved in the majority of Uzbek families, prevent the regulation of modern family relations, and based on the theory of attribution, the behavior of men and women, within the framework of emotional-psychological influence, in behavior, emotional-psychological relations also shows that attempts to separate the differences are maintained. This shows that there are deep roots of national-ethnic values, traditions and customs, emotional-psychological relations in Uzbek families regarding gender equality. Even though it is stated in the legislation of the Republic of Uzbekistan that housework cannot be the basis for direct or indirect discrimination based on gender, it has been determined in a number of research studies that most men are not mentally and psychologically ready to accept these legal norms as a norm.

Conclusion

Inconsistencies in emotional and psychological components between men and women in the family can deepen gender differences.

A certain way of thinking, stereotypes in the imagination, which have been found in the society, alienate men and women emotionally and psychologically from each other.

The rules about the need to keep men's feelings secret, the obligation not to reveal their feelings even in necessary situations - the notion that a man should not cry, should not express his weakness, causes men to become emotionally closed and emotionally distanced from each other. Emotionally, it was observed that men are less excited and try to hide their feelings, which leads to psychological imbalance in gender relations.

In order to eliminate these problems, it is necessary to "resolve conflicts between humanity's desire to ensure equality in society and the possibility of achieving absolute equality, harmonious development from the conditions of life for people, natural, production, material resources, ecological and social points of view, education, science. it can be eliminated by eliminating ethno-psychological and existing emotional-psychological problems, as well as ensuring equal rights in the use of science, physical education and sports, spiritual culture.

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