

## **PEDAGOGICAL CONDITIONS OF PREPARING TEENAGERS FOR INDEPENDENT LIFE**

**Nagmetova Nursulu Muratbaevna**

Nukus State Pedagogical Institute named after Ajiniyaz,  
doctor of philosophy (PhD) in pedagogical sciences, associate professor

In the world, international organizations, in particular, UNICEF, prepare all children for independent life, ensure gender equality in children's education and upbringing, create ample opportunities for children to learn and find their place in life, protect their social and cultural rights, prepare teenagers for independent life based on innovative educational technologies great attention is being paid to the improvement of the pedagogical mechanisms for the development of social partnership.

In world practice, the formation of strong life beliefs of teenagers, strengthening of their ideological and spiritual immunity, effective use of information and communication technologies in the teaching of social and humanitarian sciences, improvement of the components of life ideal motivational activity of teenagers, increasing the effectiveness of educational work through social cooperation, integration of socially stratified teenagers and their integration into society adaptation issues are becoming more urgent.

To educate teenagers in our republic in the spirit of protecting the constitutional system, sovereignty and territorial integrity of our country, to introduce relevant subjects and training in all educational institutions to teach young people to protect family and society, to strengthen their ideological immunity, to increase their social activity and to support their talent, physical and mental development wide opportunities have been created to assist, increase technical and professional knowledge and skill levels, and prepare students for independent life. At the same time, there was a need to improve the pedagogical mechanisms of preparing teenagers for independent life in general secondary schools.

In the Strategy of Actions for the further development of the Republic of Uzbekistan, "educating young people who are physically healthy, spiritually and mentally developed, independent-thinking, loyal to the Motherland, with a firm outlook on life, deepening democratic reforms and increasing their social activity in the process of developing civil society" (paragraph 4.5) [1 ] was defined as an urgent task. In this regard, it is of particular importance to enrich the content of social and humanitarian sciences with topics such as bravery and courage, perseverance, patriotism, self-sacrifice and to form them in teenagers through innovative educational technologies.

Recibido: 27 October 2023 / aceptado: 23 November 2023 / publicado: 08 December 2023

Preparing the young generation for independent life has always been one of the most important and complex problems both theoretically and practically. Today's teenagers are free-thinkers, free from any negative influencing ideas, mind and thinking dependence, truthfully evaluate the events happening in the family and environment and can express their free attitude to family members, classmates, and friends with their advanced thoughts and example. It is meant to be able to influence, have intellectual power, diligent, knowledgeable, brave and polite. In this regard, the educational system has an important responsibility, and fundamental reforms are being implemented to implement it.

Indeed, it is an important task of every teacher and the public to give young people excellent knowledge based on the application of modern methods of pedagogy and psychology, to form free thinking in them, and to prepare them for an independent life based on our traditions and customs.

Therefore, it is the responsibility of teachers and parents to make teenagers become self-directed, worthy people of their time in the future independent life. Parents are in the first place of responsibility in raising children.

According to researches, it is necessary to add a father's example and mother's love in preparing a teenager for an independent life. Because there is a saying in our nation that "A son grows up according to his father, a girl grows up according to her mother." There are moral criteria that determine their readiness for independent life, which are interpreted differently by educationalists. In particular, psychologist G. B. Shoumarov, the relationship between parents and children in family relations, the unique characteristics of Uzbek families, the psychological, sexual, moral aspects of preparing teenagers for a family, the moral-psychological environment in the family are important psychological factors in preparing teenagers for independent life. states that [8].

A. Kadirova believes that the family environment is an important aspect of preparing adolescents for independent life in the formation of social perceptions about family disputes. In the system of family spirituality, it shows the level of priority relationships, discipline and awareness of parental duty in that family and the importance of family guidelines. Conflicts that occur naturally in the course of family relations, sometimes caused by the fault of adults, are perceived and understood by the adolescent child and have a certain value (positive or negative). These evaluations are manifested in behavior in the form of positive or negative instructions in real situations, and are reflected in the adolescent's instructions to the family and its values, as well as to building a family in the future [4].

In our opinion, the effectiveness of preparing teenagers for independent life in general secondary schools requires following a number of psychological and pedagogical rules. That is:

- taking into account their age, personal and sexual characteristics in preparing teenagers for an independent life, treating them individually in the organization of educational work;
- on the basis of pedagogical and psychological diagnosis of teenagers, organization of educational work with them. To do this, create a psycho-diagnostic program;

- taking into account the appropriateness of the educational activities conducted with teenage children according to their age, worldview, inclination, ability and interest;
- vitality, interestingness of the natural activity conducted with teenage children, compatibility with the life position of the teenager;
- ensuring the cooperation of educational institutions and civil society institutions in organizing an educational event with teenagers;
- relying on the position of "I" characteristic of teenagers in preparing them for an independent life;
- modernity, interestingness of selected forms and methods of educational work, achievement of viability of information coverage, etc.

A. Munavvarov sheds light on the opportunities and means of influencing education in Uzbek families, as well as general and private aspects, and researches the forms, methods and tools that increase the effectiveness of education of modern Uzbek families [6].

According to O. Musurmonova, in preparing young people for independent life, it is necessary to inculcate the feelings of trust in the future, kindness, patience, justice, enlightenment, humanity, and hard work into the minds of every young person, based on the age-old traditions, customs, language, religion, and spirit of our people. . Their interest, aspirations, inclinations, dreams, abilities, qualifications and skills play an important role in instilling these high moral and spiritual values into the minds of young students. The same characteristics are characteristic of adolescents [5].

Studies show that pedagogical factors, psychological factors, economic factors, and legal factors also play an important role in the formation of a teenager's personality.

Factors influencing the formation of adolescent personality	The goal	Result
Pedagogical factor	Formation of understandings about the specific aspects of child upbringing in the family, the necessity of acquiring a profession in preparing teenage children for independent life, family traditions and values.	It is possible to develop the imagination of teenagers about independent life, to form their initial knowledge and practical skills. Understands the need to appreciate family values and traditions, and is responsible for their continuation.

Psychological factor	To prepare teenagers for a mentally independent life, to expand their vision of an independent life and to overcome their fears, to analyze various psychological situations they experience, to train their willpower, to teach them to enter into a relationship with their loved ones and the people around them.	The socio-psychological environment of the society, interpersonal relations, how to behave in different psychological situations are taught and the need to master the culture of communication is explained..
Economic factor	To increase the economic knowledge of teenagers, to form their ideas about the family economy, income, saving, to explain that a prosperous marriage depends on the family economy.	As a result of doing planned work with economy in the family, they understand that it is necessary to increase the attendance of the family, to engage in useful work for himself, his family and society in an independent life..
Social factor	In the future, each person will have his place and position in society, the influence of society on his formation as a person, and the process of socialization of a person.	It is possible to form the understanding of the factors affecting the preparation of the adolescent for independent life and their characteristics, the process of socialization.
Legal factor	To develop their understanding of the state and society, to arm them with knowledge about the rule of law in the country, the protection of individual rights and interests, the rights and obligations of the family.	They realize that in order to lead an independent life, a person must know his rights, duties and responsibilities in society..
Physical factor	To explain the necessity of physical education and sports regularly to train the body and develop all body parts.	Adolescents understand that they must be physically healthy in order to fulfill their duty as a man to the Motherland, to engage in physical and mental work.
Spiritual and moral factor	Formation of concepts of parental responsibility in families; development of a culture of healthy	The place and role of parents in the family, responsibilities, duties of the

	living, formation of spiritual and moral qualities in teenagers.	child in the family, what qualities he should have тушунадилар.
Reproductive factor	Formation of concepts about sexual education, family and marriage; teaching to understand the meaning of the concepts of healthy mother, healthy child, and healthy father in continuing the healthy generation of the nation, explaining the roles of parents, men and women in the family.	They will have an understanding of reproductive health, they will understand the responsibility of a man in the birth of a healthy child, care, leaving a healthy offspring.

**Figure 1.** Factors influencing the formation of adolescent personality.

Paying attention to gender character, family types, parents' social origin in the education of teenagers acquires a historical character. In particular, the role of the mother in the upbringing of a girl child, and the role of the father in the upbringing of a boy, is in the leading position. In Uzbek families, the dream of girls is shy, shy, submissive, subservient, the head of the family is submissive to the demands of the husband; and boys' abilities of courage, enthusiasm, entrepreneurship, and leadership are formed. Despite the fact that men and women have equal rights according to the Constitution of Uzbekistan, there is a difference in their gender characteristics, family and community duties, and professional relations. This issue is scientifically interpreted in the directions of masculinism and feminism in Western philosophy.

In our opinion, it is necessary to take into account the spiritual, moral and psychological characteristics of teenagers in preparing them for an independent life. Including:

- to know the role of father or mother in the family;
- awareness of the level of trust and affection of family members towards a girl or a boy;
- understanding of the interaction of teenage friends, their place in the class team;
- what kind of family the child is growing up in (complete, incomplete, peaceful, turbulent, entrepreneurial, intellectual, multinational and other families);
- the adolescent's ability, inclination, interest, aspiration, responsible attitude to study, his duties and tasks;
- an important role is played by the ability of the adolescent's growing family to determine its place in society.

Preparation of adolescent children for independent life is a component of birth and upbringing of a healthy generation, which is primarily based on the formation of a healthy lifestyle.

Pedagogical scientist S. Yoldosheva scientifically substantiates the fact that the content of a healthy lifestyle should include the following content when deciding on a healthy lifestyle in the family: the compatibility of the relationship between husband and wife in the family: age, education, worldview, the formation of spiritual and moral qualities in family members; to the level of material and economic support of the family; to the level of availability of medical and hygienic requirements in the family; to the level of pedagogic and psychological factors related to child upbringing in the family; cooperation of the family with the neighborhood, community, school; instead of national traditions and values in the family and so on [2].

The role of reading in preparing teenagers for an independent life is huge. Especially in the life of teenagers, the book teaches them to think independently, to have a broad worldview, to increase their social activity, to be religious and loyal to the country. There are specific principles of ensuring the effectiveness of the activities of parents, teachers-educators in preparing teenagers for life based on reading, and they also apply to the upbringing of teenage children.

S. Chinnieva classifies them as follows: choosing books suitable for the age and level of preparation of the teenager; creating a book stock in the family; monitoring children's reading in the family and systematic organization of reading; instilling a love of books in teenagers in the family and forming the skill of careful preservation of books; use effective methods and methods of reading books; taking into account the books read and clarifying the opinions about them; step by step book reading; teaching children to think about the books they read; not to force a teenager to read, but to make them want to read; in the organization of adolescent reading consists of creating a family↔school↔family system [7].

In our view, parents and teachers are examples of reading and choosing books according to these principles; efficient use of electronic libraries; to have a culture of book selection; it is necessary to include principles such as learning to apply the advanced ideas in the works read to practice in their lives.

Also, Susan Merrill, one of the foreign scientists, recognizes the need to prepare teenage children for independent life and points out that they should acquire the following skills:

- knowing how to cook;
- knowing how to manage a household budget;
- concern about health;
- communicative skills, i.e. having the ability to communicate and behave;
- knowledge and understanding of working with cars;
- to have the basic skills of managing a household;
- ability to understand how people are;
- feeling of responsibility;

- able to distinguish true love from temporary infatuation;
- admit failures and move forward [3].

Formation of these skills in teenagers is of great importance in foreign countries, including Eastern countries. It is necessary to educate the national identity in teenagers based on our national mentality, especially when making food, managing the economy and interacting with people.

It is known that negative symptoms occur in children's behavior during adolescence. For example, habits such as stubbornness, stubbornness, not admitting one's own shortcomings, not doing what adults say on time, create a lot of difficulties for the teacher. In order to prevent teenage children from falling into bad ways, the pedagogue should not only evaluate the student's behavior and morals, but also know the psychological reasons.

In order to form independence in teenagers, it is necessary to do things that require independence. In order to do independent work, a teenager must be able to manage himself. At this age, a teenager's lack of confidence in his own ability to act independently, conflicting opinions of others can have a negative effect on him. For this reason, it is appropriate to encourage teenagers to be self-confident and do things they can without anyone's help, without stubbornness and lack of enthusiasm.

There are several ways to build self-esteem and self-awareness in teenagers. One of them is to develop oneself as an adult. Because in the eyes of the child, this adult person is embodied in an image that can do independent work. Therefore, the first thing that a teenager strives for is to be able to convince those around him that he is no longer a child, but an adult.

The fact that a child is diligent and cheerful from a young age depends on education. Every parent wants their son to grow up to be strong, strong-willed, intelligent and capable. "What can you do, you're still young, don't interfere" will kill the child's aspirations and interest..

In order to form the qualities of hope and confidence in the future in teenagers, the teacher should be more involved with them. The teacher should look for ways to raise the image of the child in front of the general school community, taking into account that it is important to form a sense of self-esteem in the child at this age. For this purpose, the teacher informs many of the child's achievements in one or another field, does not immediately reveal some of his mistakes and shortcomings to the public, but talks with the teenager and shows in practice that he believes in his strength, knowledge and capabilities. A teenager who feels good about such support is involuntarily influenced by the teacher, because the teacher now becomes the person the teenager needs to build relationships.

The teacher should involve teenagers in activities outside the classroom, should pay attention to their participation in club activities based on their interests. Some of them are interested in the secret of carving and painting, some may be interested in studying economics and technology.

Also, it is the demand of the time to have an understanding of the secrets of modern professions, to prepare them for independent life, to form a culture of healthy living, and to strengthen reproductive health.

Thus, in preparing teenagers for independent life:

- adherence to psychological and pedagogical principles, conditions, factors, laws;
- organization of psychological, physical, and medical preparation of adolescents for independent life;
- relying on best practices, theoretical ideas advanced in world science;
- to increase the medical-psychological and pedagogical knowledge of parents and the general public on this issue;
- to prepare, publish, and ensure that they penetrate into every family, special columns in the mass media, including the preparation of adolescents, including the preparation of adolescents for independent life;
- it is important to pay particular attention to the scientific-theoretical study of the accumulated historical experience in preparing teenagers for independent life, the practical implementation of conclusions and recommendations.

#### References:

1. Ўзбекистон Республикаси Президентининг Фармони. Ўзбекистон Республикасини янада ривожлантириш бўйича Харакатлар стратегияси тўғрисида. Ўзбекистон Республикаси қонун ҳужжатлари тўплами, 2017 й. 6-сон, 70-модда.
2. Йўлдошева С.М. Ўзбекистонда соғлом авлодни маънавий тарбиялашнинг ижтимоий – педагогик асослари. Пед. фан. ном. ... дисс., - Т.: 2001. – 119 б.
3. Сьюзен Меррилл, 10 навыков, необходимых подростку для самостоятельной жизни. <http://www.uaua.info/ot-9-do-16/tvorchestvo-ot-9-do-16/news-44677-11-navykov-neobhodimyh-podrostku-dlya-samostoyatelnoy-zhizni>.
4. Қадирова Айсулу. Ўсмирларда оилавий кадриятлар тўғрисидаги ижтимоий тасавурларнинг шаклланишида оила муҳитининг роли: псих.фан.номз. ...дисс. - Т.: 2006. – 132 б.
5. Мусурмонова О. Юқори синф ўқувчилари маънавий маданиятини шакллантиришнинг педагогик асослари: Пед.фан.док. ...дисс–Т.:1993.364–б.
6. Педагогика / А.Қ.Мунавваровнинг умум. тахр. остида. – Т.: Ўқитувчи, 1996. – 200 б.
7. Чинниева С.А. Ўзбек оилаларида китобхонлик воситасида ўсмирлар маънавиятини шакллантириш. Пед.фан.номз. ...дисс. - Т.: 2006. – 149 б.
8. Шоумаров Ғ.Б. Муҳаббат ва оилавий ҳаёт–Т.: Ибн Сино, 1999.–93 б.