

DIVORCE AND WAYS TO PREVENT IT**Yuldoshev Tojiddin Abdukarimovich****tojiddinyuldoshev1@gmail.com**

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Annotation: The family is the main link of the society, and a stable family is important for the improvement of the population's well-being, especially for economic development. Family disputes, on the contrary, have a negative impact on the quality of life of family members, raising children, and cause sharp social conflicts and dangers. Taking into account that divorce threatens the economic and social stability of the country, many scientists have begun to research the factors that increase the risk of divorce. This article discusses measures to prevent divorce and divorce.

Key words: Divorce, divorce rate, ways to prevent divorce, psychological support, family health, family environment, impact and outcomes.

Observing the historical trends in the process of family transformation, we witness the increasing number of family divorces in the initial stages of the liberalization and industrialization of society. At the same time, some scientists put forward the idea that "when the development reaches a certain point, the stability of the marriage will be restored." It is known that the causes of family separation are influenced by the geographic location, culture, customs, religion, morals and the level of education and poverty of the population of each country, as well as various economic, social, psychological, internal and external stress factors. Over the past half century, interest in researching the impact of various socio-economic factors on the transformation of the family structure and family stability has been growing. Some studies have examined the effects of macroeconomic indicators such as inflation and unemployment on divorce, while others have assessed the effects of women's empowerment, education, and other social factors.

Conceiving a child is one of the main goals of starting a family. Initially, scientists suggested that the presence of children in the family, especially if they are young, reduces the likelihood of divorce. It was later found that second and subsequent children increased the risk of divorce in Denmark while strengthening the family in Italy and Spain. Therefore, the influence of children on family strength can change depending on the moral and cultural values formed in the society.

Much of the research on health and divorce has focused on the effects of divorce on the health of couples and children. At the same time, there are scientific works on the fact that health itself is the cause of divorce. For example, a number of scientists have determined that the risk of divorce increases due to alcoholism and illegal psychotropic drugs, and the birth of a mentally ill or disabled child in the family. For example, in Russia, alcoholism is causing an increase in the divorce rate, a decrease in the birth rate, and an increase in the death rate.

Analysis shows that getting married reduces alcoholism by 59% in men and 73% in women. It is especially useful for people who have a history of alcoholism at the time of starting a family. For example, if a husband or wife had a tendency to drink before the wedding, in the future, this stupid habit will make the drunkard's wife a drunkard.

The problem of divorce is one of the most important social problems of modern human society. Therefore, both abroad and in Uzbekistan, the attention of the scientific community is being paid to the study of the problem of divorce. This problem is being studied by experts in various fields: lawyers, demographers, economists, sociologists, psychologists and experts in other fields of science. Their attention is focused on studying the causes, factors, motives of this phenomenon, eliminating them, and reducing the negative complications of divorce. Because due

to the breakdown of families, not only the divorced couple and their children, but also the society suffers a lot. Divorce causes many unpleasant phenomena: an increase in the number of dysfunctional families, an increase in delinquency among children and adolescents, an increase in the number of children left without pedagogical control, loneliness, deterioration of relations between ex-spouses and relatives. may cause it to occur.

Perhaps banning divorce, not giving freedom of divorce, in turn increasing the age of marriage, not starting a family, premarital and extramarital sex, the increase in the number of psychologically unhealthy families, crimes that occur in the context of marriage-family relations, murder, treason, etc. leads to an increase. Of course, these are no less harmful to the individual, human psyche, family upbringing, and society. That is why the freedom of divorce is currently recorded in the marriage and family legislation of almost all countries. What is important here is not to ban divorce and officially destroy it, but to prevent divorce, to eliminate the causes and factors that lead to it. So is divorce a tragedy or an escape from tragedy?

For some, if there are no children in the family, this is an escape from the tragedy, if the relationship between the spouses is not formed in accordance with the purpose, if they do not have mutual understanding, mutual respect, emotional closeness, kindness towards each other. , if the family is not fulfilling its functions, they believe that it is better for such couples to separate. Divorces have their own socio-psychological and ethno-psychological characteristics. These characteristics are expressed in the reasons that lead to the breakdown of families, their implementation process, consequences, and the situation of couples before and after divorce. One of such features is manifested in who is the initiator of the divorce, who addresses the official organizations with the intention of divorce. In Eastern families, especially in Uzbek (rural) families, there are more men who initiate divorce, and on the contrary, in families of European nations, young families and urban families with a high degree of urbanization, there are more women who initiate divorce.

Education of children in dysfunctional families. When talking about the dysfunctional family, it should be emphasized that dysfunctional families also occur in different ways. Families can become dysfunctional due to the death of one of the spouses or their divorce. Of course, the death of a father or mother in a family is a great tragedy, first of all, this tragedy should not happen to anyone, but in such families, respect for the spirit of the deceased, positive attitudes towards him and his honor are preserved. However, "living orphan" children remain in dysfunctional families caused by the separation of spouses. First of all, "living orphan" is more strongly stigmatized among the public, especially in children's groups (kindergarten, school, peer group). Secondly, in such families, relations are formed by the father or mother, by their relatives, which give negative colors to the honor of the ex-spouse and his personality. Ex-spouses are more likely to criticize each other.

So, starting a family with an alcoholic is worse than living alone. According to Kenneth Kendler, scientists are now studying whether alcoholism leads to divorce. According to them, divorce causes an increase in alcoholism. Family is very important to women, so they are often willing to compromise to avoid divorce. Women have the opportunity to influence the decisions of their spouses, for this they must perform the following tasks:

- pay attention to external attractiveness.
- trying to rekindle the flame of extinguished feelings.
- it is not necessary to force, but to give the husband the opportunity to independently analyze and make a decision.

- arousing the interests of the spouse, encouraging him to restore the relationship.
- forget complaints and criticisms.

In order for a woman to feel her value and importance, she should start paying more attention to her husband. Not every family will be ready to overcome financial problems together. If a woman is not used to spending money correctly and purposefully in the family, if she does not know how to save, she will be reprimanded by her husband for her wasted money. Excess expenses harm the family economy. In such cases, the couple is not satisfied with each other, a family crisis begins. Today, it has become common for young families to get a mortgage loan. It takes a large part of the family income and makes you pay for a long time. A woman always wants to look beautiful, buy new things, jewelry. Money is lacking due to credit. Slanders begin, disputes and quarrels arise. A woman demands that her husband earn more money.

Change the family environment. If misunderstandings and disagreements begin to arise in your relationship, if you feel that you are in a crisis, immediately change the atmosphere to a positive one. Take a vacation from work and spend it with your spouse. You can do these things even during short breaks. That's when you get to relax and enjoy each other's company. Problems and worries recede. You will realize that the events that caused the problem are not the main thing. There you can remember happy times with your spouse. A change in environment has a positive effect on relationships and can be restored.

Conclusion. You often neglect yourself in family life and solving family problems. Change your appearance and focus on it all the time. Always looking for something new. Then your spouse will never get bored of you. Sharing warm memories. Remember together the photos of happy days in the past. When you go somewhere, don't forget to take a memorable photo. Make those moments a topic of conversation. Remember together the good and funny situations. You begin to feel that you have a right to be happy. If you don't have pictures of happy days between husband and wife, share memories of relatives or childhood friends. Often people forget how important it is to feel and express gratitude for having a spouse after living together for a certain period of time. It is necessary to learn to understand and appreciate it. Women are more dissatisfied with their husbands because of family difficulties, especially financial difficulties. At that time, thanking your spouse even in such a situation will make his life easier. Don't overlook the little things.

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