

**THE ROLE OF NATIONAL UPBRINGING AND ETHNOPSYCHOLOGICAL
FACTORS IN SHAPING THE SOCIO-PSYCHOLOGICAL MATURITY OF GIRLS IN
UZBEK SOCIETY**

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Abstract

This article provides a comprehensive analysis of the role of national upbringing and ethnopsychological factors in shaping the socio-psychological maturity of girls in Uzbek society. The study examines the influence of traditional family values, cultural norms, and ethnopsychological characteristics on the personal, emotional, and social development of girls. Particular attention is paid to the importance of the family environment, especially mother–daughter relationships, in fostering emotional stability, moral qualities, and psychological readiness.

In addition, the article explores modern social challenges related to globalization, mass media, and digital technologies, which significantly affect the worldview and psychological well-being of girls. The necessity of integrating traditional educational approaches with modern psychological and pedagogical methods is emphasized. The findings highlight that a culturally sensitive, comprehensive approach plays a crucial role in raising socially active, emotionally stable, and morally mature girls capable of successfully fulfilling their roles in family and society.

Keywords: girls' upbringing, ethnopsychology, national values, socio-psychological maturity, family environment, mother–daughter relationships, modern society.

Introduction

In the context of globalization and rapid social change, the development of human capital has become one of the most important factors determining the progress and stability of society. In this regard, special attention is paid to the upbringing and psychological development of the younger generation. The education and upbringing of girls, in particular, has always been considered a significant social and pedagogical task, as girls play a vital role in ensuring family stability, raising future generations, and preserving moral values within society.

In Uzbek society, the upbringing of girls has traditionally been based on national values, customs, and moral norms formed over centuries. Respect for elders, modesty, patience, responsibility, and devotion to family harmony have been regarded as essential qualities for girls. These values have contributed to the formation of emotionally balanced and socially responsible individuals. However, modern social conditions, technological progress, and the expansion of information space have significantly influenced traditional upbringing models. Changing gender roles, increased exposure to global culture, and the growing impact of social media require new approaches to preparing girls for adult life. Therefore, the integration of ethnopsychological foundations with modern psychological and pedagogical strategies has become increasingly relevant.

Ethnopsychological Foundations of Girls' Upbringing

Ethnopsychology is a branch of psychology that studies psychological characteristics shaped by a nation's historical experience, cultural heritage, traditions, and social environment. In the Uzbek context, ethnopsychological features are closely connected with collectivism, strong family ties, respect for authority, and moral responsibility. Traditional Uzbek upbringing emphasizes communal values over individualism. From early childhood, girls are taught to consider the interests of family and community, demonstrate empathy, and maintain harmonious relationships. Such values contribute to emotional regulation, social adaptability, and psychological resilience.

National upbringing practices aim to cultivate qualities such as kindness, diligence, modesty, patience, and self-control. These traits are considered essential for maintaining interpersonal harmony and fulfilling future family responsibilities. Ethnopsychological approaches help preserve cultural continuity while supporting the personal growth and self-awareness of girls.

The Concept of Socio-Psychological Maturity

Socio-psychological maturity refers to an individual's ability to function effectively within society, regulate emotions, establish healthy interpersonal relationships, and make responsible decisions. For girls, socio-psychological maturity is a key indicator of readiness for independent life, family roles, and social participation.

The main components of socio-psychological maturity include:

- emotional stability and stress resistance;
- self-awareness and self-regulation;
- communication and conflict-resolution skills;
- understanding and acceptance of social roles;
- adherence to moral and ethical norms.

These qualities develop gradually under the influence of family upbringing, educational institutions, and the broader social environment. A balanced combination of traditional values and modern psychological knowledge is essential for fostering socio-psychological maturity.

The Role of the Family Environment

The family is the primary social institution responsible for transmitting cultural values and behavioral norms. The psychological climate within the family significantly influences a girl's emotional development, self-esteem, and worldview. A supportive and emotionally warm family environment promotes psychological well-being and social confidence. In Uzbek families, the upbringing of girls is often based on close interpersonal relationships and collective responsibility. Family members serve as role models, demonstrating appropriate behavior, communication styles, and emotional responses. Girls raised in stable and harmonious families are more likely to develop positive social skills and emotional resilience.

Conversely, family conflicts, lack of emotional support, or authoritarian parenting styles may lead to psychological difficulties, including anxiety, low self-esteem, and problems in social

adaptation. Therefore, creating a healthy family environment is a crucial factor in shaping socio-psychological maturity.

Mother–Daughter Relationships as a Key Ethnopsychological Factor

From an ethnopsychological perspective, the mother occupies a central role in a girl's upbringing. The mother–daughter relationship serves as the first and most influential emotional bond, shaping the girl's perception of herself, others, and future family roles. Through daily interaction, emotional support, and personal example, mothers transmit national values, moral principles, and social norms. A trusting and affectionate relationship fosters emotional intelligence, empathy, and self-control. Girls who experience positive maternal support are more likely to develop confidence, emotional stability, and healthy relationship patterns.

In Uzbek culture, mothers traditionally teach daughters household skills, interpersonal communication, and ethical behavior. At the same time, modern psychological approaches emphasize the importance of open dialogue, mutual respect, and emotional validation in strengthening mother–daughter relationships.

Modern Social Challenges and Psychological Readiness

Modern society presents new psychological challenges for girls. Exposure to mass media, social networks, and diverse cultural influences can create internal conflicts between traditional values and contemporary lifestyles. Unrealistic social expectations, online comparison, and information overload may negatively affect girls' self-esteem and emotional well-being. Therefore, developing media literacy, critical thinking, and stress-management skills has become essential. Psychological training programs, counseling services, and preventive interventions help girls navigate modern social pressures and maintain psychological balance.

Educational institutions and families should work together to support girls in developing resilience, emotional awareness, and responsible decision-making skills. Integrating traditional moral education with modern psychological support enhances psychological readiness for adult life.

The Role of Educational Institutions

Educational institutions play an important role in shaping socio-psychological maturity alongside the family. Schools and universities provide opportunities for social interaction, self-expression, and personal development. Psychological education, life-skills training, and moral-spiritual activities organized within educational institutions contribute to the development of communication skills, leadership abilities, and emotional competence. Teachers and psychologists act as facilitators, guiding girls toward self-awareness and social responsibility. Cooperation between families and educational institutions ensures continuity in upbringing and creates a supportive environment for comprehensive personal development.

In conclusion, shaping the socio-psychological maturity of girls in Uzbek society is a complex and multifaceted process. National upbringing and ethnopsychological factors play a decisive role in preserving cultural identity, moral values, and emotional stability. The integration of traditional upbringing practices with modern psychological and pedagogical approaches contributes to the formation of socially active, morally mature, and psychologically resilient girls. A collaborative effort among families, educational institutions, and society is essential for preparing girls for successful participation in family life and social development.

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