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Youth Problems in the Sphere of Interpersonal Relations

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Abstract

With the strengthening of the development of information technologies and the possibilities of the Internet, live communication between people is increasingly exposed to social dangers. Mutual understanding between individuals is becoming an acute problem in interpersonal relationships. Young people today are more friends with the virtual world than with family and close friends from their environment. This phenomenon can lead to mental devastation of the personality and an increase in stress. This research is aimed at studying the causes and conditions for the development of relationships between living people as mutual understanding and compassion, which are always important spiritual values of interpersonal relationships. The factors that can negatively affect the upbringing of young people are considered and the need to always consider the problem of upbringing high moral and socially competent youth as an urgent problem is analyzed. The degradation of family relationships between parents and the gradual growth of single-parent families negatively affect the upbringing of the child. Preparing young people for family life is one of the important tasks of every society. If every child is brought up in a complete family – surrounded by parents and close relatives, he will easily find his place in society in the future and he himself also tries to create the same complete family.

Keywords: spiritual needs, the younger generation, independent life, interpersonal relationships, mutual understanding, social competence, interests, cultural level, upbringing of a child, life values.

1. Introduction

Communication between people is always characterized by its diversity and richness of emotions. The positive or negative aspects of these relations can to a certain extent affect the level of a person's development and shape his inner and outer world. Internal readiness and the level of upbringing of a person show how ready he is for this or that relationship. The first communication in a child's life, a warm attitude and a positive appeal to him affects his level of mental development. A negative attitude, that is, rudeness, neglect, can make it difficult for the child to adapt to the environment, the child becomes more prone to mental disorders.

The inner position, spirituality and knowledge of a person reflect his readiness for a certain behaviour. The successful implementation of socio-political, economic, legal, spiritual and educational reforms in society, the solution of problems associated with strengthening a stable market economy in our country, largely depends on a harmoniously developed person who is

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distinguished by modern creative thinking and high morality. In short, in the era of globalization, a strong state can only be built by spiritually perfect people.

The history of mankind shows that the achievement of material well-being does not in itself mean that the country is highly developed. If material prosperity is not accompanied by a high level of spiritual development, it is quite natural for such a society to face a crisis. The role of spiritual needs in the development of society has no analogues; they determine the economic and cultural level of society.

Throughout his life, a person strives for perfection, enriching his spirituality and satisfying his spiritual needs. A need is a need for a way of life necessary for the survival and improvement of a person, which consists of material and spiritual needs. Spiritual needs are specific to different areas, that is, they can be divided into social, political, scientific, moral, religious, legal and a number of areas. Failure to meet the spiritual needs of members of society, especially the younger generation, can lead to the emergence of various destructive ideas in the sustainable life of society, and in some cases even pose a serious threat to the life of the country.

The issue of training well-educated, modern national specialists in our country, preparing them to become professionals capable of demonstrating their potential is not only a very important social problem, but also a key area of state youth policy. Young people are an important social factor that determines the future of any country, therefore, the main attention is paid to the spiritual image of young people, that is, to their upbringing in the spirit of national and universal values. In the modern world of information, spiritual needs are a key factor affecting the harmonious development of young people, their growth on the basis of broad and deep spiritual knowledge.

At a video conference on youth issues held by the President of the Republic of Uzbekistan on March 19, 2019, the head of state confirmed that if we do not guide our youth now, it will be too late tomorrow. The President stressed that it is necessary to work closely with young people in order to improve the spiritual and moral character of each child. To this end, the President of the republic put forward five important initiatives aimed at ensuring full-fledged leisure for young people (Mirziyoyev, 2019).

It should be noted that the achievements of science are an important factor influencing the satisfaction of the spiritual needs of society and a person, on his spiritual and cultural level. Meeting spiritual needs is also linked to the worldview, aspirations and interests of young people, as well as literature, various art forms, creative ideas and reflections that affect their minds. Each young generation striving for excellence must acquire knowledge that enhances its spiritual potential, understand itself as an active participant in social transformations, be able to make the right decisions, control their desires and emotions.

An educated and morally educated person is distinguished by such noble qualities as selflessness, courage, love for his people, respect for his homeland, pride in his ancestors. An educated and spiritually rich person differs from others in his own opinion, the ability to make the right decisions in the right situation. If a person is morally weak spiritually, does not know how to make an independent decision, then he always expects spiritual help from someone and any destructive idea can take possession of him. Any ideological influence emanating from the outside takes root only as a result of the lack of inner spirituality.

2. Methods

In this article, we have used the survey method conducted by the central Oila. We also used the social reliability benchmarking method. On the basis of comparison, there is a process of generalization and concretization of concepts.

3. Results and discussion

There is now a need for well-educated people who are well versed in speaking and writing. Unfortunately, there are also serious problems in the behavioural competence of current students that can create barriers to their integration into society, the main reasons for which are the following:

- decrease in the level of reading culture among young people;
- insufficient personal lexical vocabulary;
- poorly formed individual characteristics for access to treatment.

The lack of the above qualities creates problems for young people to integrate into society, developing qualities such as shyness, not joining society, to hide their shame from lack of knowledge.

This, in turn, leads to problems in directing young people to the profession. Preparing the younger generation for choice and work, for a conscious choice of socially necessary professions is one of the main tasks of education and upbringing.

The threat to the spirituality of the individual is more influential than any armed attack, so it is important to instill in the minds of our young people a sense of dedication to the ideas of peace, prosperity and human well-being.

Today, the education and development of young people in every country is one of the most pressing problems, and objective environmental factors have a significant impact on the education of young people.

Socio-economic changes in the world, urbanization, growing migration among the population, the development of science and technology, a powerful flow of information and a number of other factors have a serious impact on people and human relations. As a result, these factors cause our young people to succumb to influences such as disobedience.

In our age of the Internet and the age of information, young people's ideas about upbringing and morals, social relations and life are changing. Today, aggravation of interpersonal relations, problems in family relations, a sharp increase in the number of divorces due to misunderstandings between young families and the fact that this is considered normal for our youth, affect the norms of social relations in our society. More than half of the observed divorces are based on subjective reasons, and not on economic and objective reasons in the family, and do not have sufficiently serious reasons.

These divorces, in turn, cause many social problems related to the family. One of these problems is the increase in the number of illegal families. The increase in the number of illegal families in society has a negative impact on the education of well-rounded individuals.

Indeed, the problem of upbringing the younger generation is one of the most pressing and controversial problems of the modern world. Despite the fact that our ancestors and many scientists have created and carried out a number of works, proposals and recommendations on the correct organization of upbringing and education, there are still many problems with the upbringing of modern youth. Naturally, we receive different answers to the question of who should be more involved in educating the younger generation – educational institutions or the parents themselves. Youth is not only our future, but also our hot life today.

The challenge of educating them comprehensively requires us to know what problems exist in their upbringing today. Today we see such problems as a lack of discipline in the upbringing of young people, the fact that crime is not decreasing, values in their lives are changing, and there is no mutual understanding between the older generation and the younger.

When we think about the behaviour and ethics of young people, we must first remember that they are brought up primarily in the family under the influence of adults. Because in 90 % of cases, children who see the disrespectful attitude of one of the parents in the family try to apply the same attitude in external life. On the other hand, parents try to find a problem in raising their child not from within, but from his peers. It is also a bitter truth that the desire of our young people to look modern, blindly follow "mass culture" leads to a change in life values.

In the process of studying the problems of young people, we see that the main causes of problems are the lack of interpersonal relations, the lack of social relations in the upbringing of children as a result of the immersion of parents in life, the lack of communication skills and conflicts with others.

The irresponsible attitude of our young people to their personal fate, to the problems that arise in society, to ignoring not only their own fate, but also the fate of their children, is becoming a social problem of today. "Experts admit that one of the main reasons for these problems is the lack of preparation of young people for social relations, a low level of competence in solving social problems.

According to a survey of young people who have turned to the Internet, educational institutions and the registry office, most young people believe that many conflicts in the family are due to a lack of a sense of responsibility, lack of understanding and lack of knowledge about how to deal with each other. In addition, to the question "Do you think that it is necessary to organize

psychological, medical, religious and legal courses for young people applying for marriage, in the registry office, which will help them expand their knowledge of family life?" 82 % of the respondents chose the answer "I think it is necessary".

It is obvious that our young people strive to build a strong family, but due to a lack of knowledge about the family, they are incompetent in solving various problems that may arise in the future" (Tashmammedova, 2019).

In turn, "social competence is an integrative knowledge of a person, which is formed in the process of socialization of a person and includes knowledge, skills, abilities and abilities that help a person adapt to the social environment and effectively interact (Samsonova, 2008). When talking about competence, more attention is paid to pedagogical competence and professional competence. "Social competence is the ability to be active in social relations, to have skills, to communicate with subjects in professional activity" (Sunnatov, 2019).

Kunitsyna defines social competence as the totality of a person's knowledge about social reality and self. She identifies the following six components of social competence: a person's ability to communicate, verbal, socio-psychological, interpersonal adaptation, ego-competence and personal competence (Kunitsyna, 1995). Spanish scholars Leganes-Laval and Perez-Aldeguer argue that social competence is measured by students' ability to interact and interact with each other in the learning environment. According to them, successful communication and cooperation during training creates a wide range of opportunities for students, an excellent way to behave during the lesson, and develop skills (Leganes-Lavall, Santiago, 2016).

The European Union recognizes that social competence is the ability of a person to take responsibility, participate in joint decision-making and implementation, and be tolerant of different ethnic cultures and religions (Vinokurova, 2011).

The child's social competence is assessed as a "phenomenon of adaptation", and the mechanism of action of this phenomenon ensures the child's socio-psychological readiness. Human social competence manifests itself in various forms (spiritual maturity, civic maturity and professional maturity). Social competence is the ability of oneself and society to understand each other, choose the right social direction and organize one's activities on their basis (Kudaeva, 2004).

Social competence helps a person to organize the process of self-realization of an individual on the basis of the existing social conditions created in society.

The concept of "social competence" includes the degree to which a person understands the strategy for the development of society, legal culture, the strategy of organizing his activities and the coordination of these two strategies within his legal framework (Egorov, 2003).

The importance of the environment in social relations is great, it includes the family, community, preschool organization, school and higher educational institution. For example, when we talk about the classroom environment in a school, we mean the system of relationships between students in that class.

The classroom environment has a tremendous impact on the learning and skill of every student who is taught and raised in that class. In educational institutions, the group environment is the basis of the learning process and affects the behaviour and emotions of students.

Students of higher educational institutions, who are considered future specialists, must have the skills to freely communicate with each other, freely discuss their problems and make independent decisions.

According to Mackenzie, each group has 3 constituent parts that are specific to the group environment. These are: group participation, avoidance of participation and conflict. Group participation shows that a student in a group can also share their personal information by participating in group work, fighting for the group's victory and achieving a goal. To avoid participation, group members try to express their opinions through someone who cannot communicate openly with each other.

It can be noted that in the event of a conflict, group members do not trust each other, do not consider themselves equal to each other, which leads to misunderstanding and alienation (MacKenzie, 1983).

The group's ability to act in harmony and unity and achieve its goals largely depends on the social competence of the group members, that is, on their adherence to moral norms, the formation of a culture of communication and communication. Social competence is more evident when you

work in a group or team, it develops the person's ability to communicate successfully with others and participate in creative activities.

4. Conclusion

Choosing the right profession by a person in the future forms a sense of pleasure in life, that every young person will be satisfied with his life for the rest of his life. If a person is satisfied with his work, first of all, if he is satisfied with himself, if he shows a creative approach to his work throughout his life, his interest in life will increase along with his productivity.

Thus, based on the above analysis, the following conclusions can be drawn:

Social competence is, first of all, the sum of the views, behaviour, knowledge and skills of a person in social life, ensuring the correct relationship of each with members of society in his personal life, as well as understanding his or her participation in events around him. A rapidly developing human society requires that a person not only acquire professional skills, but also know the rules of etiquette, understand others, have a culture of behaviour, communicate with others without harming society, and understand that every action is responsible for the future.

Increasing attention to teaching young people based on oriental culture, national customs and traditions will direct their morality, culture and spirituality in the right direction. For this, it is advisable to use the knowledge, skills and historical experience of the older generation. The activities carried out in educational institutions, the constant appeal to national and universal values in the educational process, the organization of practical classes leads to the spiritual and moral education of youth, the impeccable fulfilment of any tasks set by teachers and educators, deep respect for national values.

This, in turn, can have an effective impact on the development of such qualities as patriotism, humanity and an increase in the level of interpersonal relations.

5. Recommendations

It is necessary to create conditions for young people so that they can independently solve their problems, expand their knowledge in various fields, prepare them for an independent life not only before marriage, but also in kindergarten, school, college or institute, help them become socially competent.

Social competence includes knowledge about the structure of society, social institutions, structures and processes in society, customs and traditions, laws in various aspects of society.

Social competence also includes a person's knowledge of himself as a social subject, the requirements and expectations of his role, behavioural skills and the ability to participate in effective social interactions – verbal and non-verbal means of communication, mechanisms of mutual understanding in the process of communication.

Today, experts consider social competence as a strategy for human interaction with other people in a society that changes from day to day. Social competence means not only the development of a person's attitude towards others, but also the achievement of life goals, an assessment of events and responsibility for the consequences of their actions.

The importance of the environment in social relations is very great; it includes the family, community, preschool organization, school, secondary – special institutions, and a higher educational institution. For example, by the school setting we mean the system of relationships between students in that class. The classroom environment places great emphasis on the teaching and nurturing of each student who is taught and raised in that class. In educational institutions, the group environment is the basis of the educational process and affects the behaviour and emotions of students.

Students of higher educational institutions who are considered future specialists should have the skills to freely discuss their problems and make independent decisions. The ability of a group to act in harmony and unity and achieve its goals largely depends on the social competence of the group members, that is, on their adherence to moral norms, the formation of a culture of behaviour and communication. Social competence is more evident in working in a group or team, developing a person's ability to communicate successfully with others and participate in creative activities. Behavioural ability is the most essential element for every person in all aspects of life.

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