

## ACTUAL PROBLEMS OF DEVELOPING THE FIELD OF "POSITIVE PSYCHOLOGY: FAMILY CONSULTATION AND COACHING" IN UZBEKISTAN

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**Abstract:** The research paper investigates the advantages of a coaching approach for personal and family development and problem solving in different situations: transformation of family relations, development of career, creative self-determination, searching extra materials to obstacle issues in the procedure of student-centered learning. Nowadays, a scientific concept of family consultation and coaching methodology based on positive psychology is being formed in Uzbekistan. Furthermore, the article suggests a detailed presentation and analysis of the development and modern state of a recently emerging new direction in psychology – positive psychology. Positive psychology is seen as a search ground new approaches in general psychology, adequate to the tasks and challenges of the new centuries. In particular, the result of consultation and coaching is achieved by emphasizing and fulfilling the potential of a coaching partner as opposed to psychotherapeutic work with the past, resulting in compensation and overcoming client's weaknesses. The author of article applies the notion of dialogic nature of consciousness to analyze the psychological structure of the coaching process and its effectiveness.

**Keywords:** positive psychology, family consultation and coaching, coaching and consultation, happiness, well-being, traits,

In recent years, a number of activities related to the training of pedagogic personnel in the field of psychology and supporting the activities of practicing psychologists have been carried out in the country. Currently, 2,503 pedagogues and psychologists are working in the preschool education system and 14,272 in the public education system. Nowadays, more than 5,717 students are studying "Psychology" in 10 higher educational institutions of the republic, "Pedagogy and psychology" in 19 higher educational institutions. Admission quotas in this field have been dramatically increased; in particular, 2,665 students were admitted in the 2018/2019 academic year alone. Since 2017, the system of working with youth in educational institutions of preventive inspectors and public representatives has been established, preventive inspectors have been established in 5,696 general secondary educational institutions, and rooms of neighborhood representatives have been established in 5,328 general secondary educational institutions. Despite the scope of the work, there are still a number of problems that need to be solved immediately [1].

In particular:

- firstly, although there are psychological personnel and organizations specializing in the diagnosis of the psychological condition of young people at all levels of the educational system, the lack of a single structure for coordinating and

managing their activities affects the low level of effectiveness of psychological services;

- secondly, although offices of prevention inspectors and community representatives have been established in educational institutions, the directions of their cooperation with educational institutions and the mechanisms for evaluating the effectiveness of their activities have not been determined;

- thirdly, as a result of insufficient provision of psychological services to the population, socio-psychological, including family problems (divorces, family disputes, parent-child relations, marriage between relatives, early childbirth), subjection to the negative effects of "mass culture" in the society, cases of suicide continue;

- fourthly, the knowledge of practicing psychologists trained in the field of psychology in the higher education system remains general, and the practice of training specialists in a narrow field has not been established;

- fifthly, due to the low number of admissions to master's and doctorate courses in the field of psychology, the formation of the national school of psychology is felt as lame;

- Sixthly, the financial incentive of psychologists, the unsatisfactory state of activity of centers providing psychological services to the population does not give them the opportunity to attract experienced psychologists [3].

Under the Cabinet of Ministers of the Republic of Uzbekistan, a department of providing psychological services to the population was established in the scientific and practical research center "Family" by allocating 2 additional staff units.

The scientific and practical research center "Family" under the Cabinet of Ministers of the Republic of Uzbekistan should fill the departments and branches with qualified personnel who have experience in working with social-psychological and family problems in society and who can ensure the performance of the tasks assigned to them at a high professional level, as well as it was organized to equip them with the necessary material and technical means.

The plan of measures for further improvement of psychological services in the Republic of Uzbekistan was approved in accordance with the appendix.

It should be noted that the heads of the ministries and departments were considered personally responsible for the timely, complete and high-quality implementation of the activities provided for in the action plan [2].

The Pedagogical Museum and Pedagogical Laboratory, established in 1918 in Tashkent and later in Shymkent as the first centers of pedagogical and psychological thought, is a universal educational institution that covers all tasks related to education and training. . The educational methods of this aid were produced, tested here and distributed to other educational institutions of the republic. Such organization of the work made it possible to implement. According to the regulations about the pedagogical laboratory, this place should be the center of pedagogical thought and work. Therefore, on the one hand, it is necessary to give an opportunity to use the rich experience gathered in the laboratory of every innovation of pedagogical work, and this opportunity should be given directly to schools.

Currently, the field of psychology is gaining attention in Uzbekistan as well. All our current mature scientists make a great contribution and strive to make the psychology of Uzbekistan as high as the psychology of foreign countries. They educate people on the basis of national psychology, that is, in the spirit of nationality, and break psychology into their minds. The current state of psychology in Uzbekistan is more advanced than before. Because this science is reaching people's minds with the opening of training institutions and centers. In addition, it plays a key role in solving various problems in the fields of psychology. The contribution of Uzbek psychology, the works of B. Kadirov, V. Karimova, M. Vokhidov, M. Davletshin and others to the development of this science is great. Currently, the science of psychology is also developing its branches. In short, the development of the science of psychology has an impact on people's lives, that is, on the way of living.

It should be noted that the psychological research conducted in Uzbekistan is mainly devoted to family and family relations. Second, the first social psychological research was conducted by I. Yaqubov in the late 70s and early 80s, and he studied the socio-psychological factors that ensure the stability of family relations and the compatibility of the social roles of the couple. As a result of the research, it was found that the appropriate interaction of family members in terms of roles is an important condition for family harmony. Family disputes are mainly due to the fact that modern Uzbek women are engaged in social work and the preservation of old traditions in family relations.

One of the important researches on the psychology of family relations is N. Soginov's marriage and family relations typical of the Uzbek family - satisfaction with marriage, motives of marriage, age characteristics of family formation typical of Uzbeks, young Uzbek is a scientific work that systematically studied the causes of psychological conflicts and divorces in families. In this study, scientific data that have never been studied before were collected, according to which the main motive that causes the construction of an Uzbek family is "Having a child" (in the first place), and in the second place "Not to be left behind by the public's words", in the third place, "Fulfilling the wishes of parents and people-relatives" and so on. The information collected by N. Soginov is an important scientific guide for young families, conflict families, and those involved in the education of young people [6].

In addition, a number of studies on the psychology of large groups have been conducted in recent years. For example, V.M. Karimova's research on the mechanism of changes in social perceptions of Uzbek women (1987), E. Usmanov's study of suicidal (i.e. self-immolation) of Uzbek women )'s research on social-psychological causes of behavior (1993), E. No'monova's study on the characteristics of reproductive institutions in Uzbek families, M. Zokirova's study on the uniqueness of perceptions of men's and women's roles Scientific research dedicated to learning, M. Toshpolatov's works aimed at studying the specific aspects of social behavior of Uzbek youth in the conditions of the market economy, and others are among them. As a result of these studies, a new ethnopsychological concept will be formed in the near future, and it will contribute to the development of scientific work in our republic [6].

There are very important research topics for psychologists in Uzbekistan, which include the changes occurring in the psychology of individuals and different social groups in the current conditions of independence, social perceptions of people belonging to different age groups, demographic ethnic professional groups, and social behavior based on them. The foundations of scientific management should be developed. That is, the issues of social psychology of production, psychology of management, psychology of groups, and the influence of mass mental processes are waiting for their solution from Uzbek psychologists, in which the national specific aspects of the region should be developed using advanced scientific achievements.

Psychologists who played a great role in the development of the science of psychology are: B. Ananov, P. P. Blonsky, S. L. Rubinshtein, L. Vygotsky, R. S. Nemov, and others, as well as great scientists in Uzbekistan. They include M.G. Davletshin, E.G. Goziev, M. Vahidov, V.A. Tokareva. R.Z.Gainutdinov, V.M.Karimova, G'.B.Shoumarov, R.I.Sunnatova, Z.T.Nishonova and others can be included. The above-mentioned scientists, with their ideas and national ideologies, pay attention to the formation of thinking qualities such as independence and criticality in young people [10].

Psychology without a doubt enters the group of Positive sciences. The main tasks of psychology are:

- learning to understand the essence of psychic phenomena and their laws;
- learning to manage them;
- to use the acquired knowledge in order to increase the efficiency of other fields of practice, which stand alongside the formed sciences and fields;
- to serve as a theoretical basis of practical service [9].

In addition to the specified general tasks, psychology is currently engaged in the following specific tasks: the emergence and development of the psyche; neurophysiological bases of mental activity; laws of transition from outside to inside; dependence of the human psyche on socio-historical factors; the formation of mental images of the universe and the laws of applying them to external, practical activities; the unity of biological and social factors in the management of the human psyche; structure of human psyche; feedback-controlled nature of cognitive, volitional and emotional processes, individual-psychological behavior of a person in the social environment; psychology of certain types of human activity.

These situations illustrate the fact that coaching, unlike, for example, psychoanalysis, is a short-term type of psychological practice that allows you to achieve quite significant changes. This makes it attractive to successful people who have already achieved significant results in life and are focused on quickly solving emerging problems. In both examples, the coaching process was completed and completed successfully, which was reflected in the satisfaction of the coaching partners with the results of the sessions and the whole process, as well as the constructive desired changes in their lives [4]. Nevertheless, sometimes the client can be offered an alternative to coaching - psychological counseling, psychotherapy. This is useful if the client is not ready to set goals and work to achieve them. Formed as a result of the successful completion of the coaching process, a constructive attitude

towards life tasks is expressed in the further, already independent work of the client to solve them [5]. The example of a specific technique used in coaching to effectively and consciously set goals in different areas of life. It is performed as follows: the drawn circle is divided into 8 equal parts. Each part of the circle symbolizes one of the areas of life:

- health;
- family;
- self-realization (creativity, career, work);
- finance;
- personal growth (training);
- communication (friends, like-minded people);
- spirituality (development of interest in the non-material aspects of life);
- relaxation.

Once the parts of the circle are in place, the coach suggests scoring each quadrant on a scale from 0 to 100% (how satisfied you are with your life in that area) and then identifying 1-2 quadrants for further coaching work. An example of coaching questions for continuing with the life balance wheel: What does a 100% score mean for you in this area? What is important to do to reach the desired level? The actual practice of coaching relies on a whole arsenal of methods and techniques [7].

In conclusion, to illustrate the above psychological principles of coaching effectiveness, the coaching process begins with the client setting a goal and determining its authenticity. The coaching session begins with a sequential chain of questions, each of which has a deep psychological meaning, helping the client to comprehend: what will achieve the goal give him, how environmentally friendly it is - how its achievement will affect the people around him, what changes it will lead to in his personal life. At the next stages, the client analyzed her capabilities: abilities, skills, knowledge, and other things that would help her achieve her goals, and also determined what could prevent this, and what could be done to remove these obstacles. There was also a session aimed at changing habitual ineffective patterns of behavior in areas of life that are significant for the client. While coaching, at the same time the client continued to do business in her field.

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