

FORMATION OF FAMILISTIC COMPETENCE IN STUDENTS

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Abstract: Familistic competence, the ability to maintain healthy family relationships and effectively manage family responsibilities, is a crucial aspect of personal development for students. This article explores the formation of familistic competence in students, focusing on the role of education, family environment, and social factors. Drawing on psychological and sociological theories, as well as empirical research, the article highlights strategies for promoting familistic competence in educational settings. It also discusses the importance of familistic competence in enhancing student well-being and academic success.

Keywords: familistic competence, students, family dynamics, communication, conflict resolution.

Introduction

Familistic competence, defined as the ability to navigate and manage family relationships and responsibilities effectively, plays a significant role in individual development. For students, the formation of familistic competence is particularly important, as it can influence their well-being, academic performance, and future relationships. This article examines the factors that contribute to the development of familistic competence in students and discusses strategies for fostering this competence in educational settings.

Key Components of Familistic Competence:

Familistic competence encompasses a range of skills and abilities that are essential for healthy family functioning. These include effective communication, conflict resolution, empathy, and the ability to set boundaries. Effective communication is crucial for expressing thoughts, feelings, and needs in a clear and respectful manner. Conflict resolution skills help individuals manage disagreements and differences of opinion within the family unit. Empathy enables individuals to understand and appreciate the perspectives of others, fostering mutual respect and understanding.

Setting boundaries is important for maintaining individual autonomy and promoting healthy relationships within the family.

Formation of Familistic Competence in Students:

The formation of familistic competence begins in childhood and continues throughout adolescence and adulthood. Educational settings play a crucial role in shaping students' familistic competence by providing opportunities for learning and development. Schools can promote familistic competence through family-focused interventions, such as family counseling, parent education programs, and family therapy. These interventions can help students develop the skills and strategies needed to navigate family dynamics, communicate effectively, and resolve conflicts in a constructive manner.

Education plays a crucial role in shaping students' understanding of family dynamics and their ability to manage familial relationships. Schools and universities can promote familistic competence through curriculum content, extracurricular activities, and support services. For example, courses on family psychology and communication skills can help students develop a deeper understanding of family dynamics and improve their communication with family members. Additionally, school-based counseling services can provide students with the support and guidance they need to navigate family-related challenges effectively.

Family Environment and Social Factors:

The family environment is a primary influence on the development of familistic competence in students. Families that prioritize communication, mutual respect, and support are more likely to foster familistic competence in their children. Social factors, such as cultural norms and societal expectations, also play a role in shaping students' attitudes and behaviors regarding family relationships. For example, students from collectivistic cultures may place greater emphasis on familial obligations and interdependence, leading to a stronger sense of familistic competence. Familistic competence is a crucial skill that enables individuals to maintain healthy relationships and navigate the complexities of family life effectively. In recent years, there has been a growing recognition of the importance of familistic competence in promoting individual well-being and family harmony. This article aims to explore the concept of familistic competence in students and examine how it can be formed and enhanced within educational settings.

Strategies for Promoting Familistic Competence in Students:

There are several strategies that educators can employ to promote familistic competence in students. One approach is to integrate family-focused content into the curriculum, such as lessons on effective communication and conflict resolution skills. Schools can also provide opportunities for students to practice these skills in real-life situations, such as through peer mediation programs or family projects. Additionally, schools can collaborate with families to reinforce the importance of familistic competence and provide support and resources to help families develop these skills. Educators and policymakers can implement several strategies to promote familistic competence in students. These include incorporating family-related topics into the curriculum, providing training for teachers and parents on effective communication and conflict resolution skills, and creating a supportive school environment that values family involvement. Additionally, schools can offer workshops and counseling services to help students develop healthy coping mechanisms for managing family-related stressors.

Importance of Familistic Competence for Student Well-being and Academic Success:

Familistic competence is essential for student well-being and academic success. Students who possess strong familistic competence are better able to manage stress, build supportive relationships, and achieve their academic goals. Additionally, familistic competence can serve as a protective factor against various mental health issues, such as anxiety and depression, by providing students with a sense of belonging and support.

Conclusion

The formation of familistic competence in students is a complex process influenced by education, family environment, and social factors. By promoting familistic competence in educational settings, educators and policymakers can help students develop the skills and attitudes necessary to maintain healthy family relationships and manage family responsibilities effectively. This, in turn, can contribute to student well-being, academic success, and overall quality of life.

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