

SOCIO-PSYCHOLOGICAL FACTORS AND RELIGIOUS BELIEFS AS DETERMINANTS OF THE FORMATION OF HEALTHY REPRODUCTIVE CONSCIOUSNESS AMONG YOUTH

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Abstract

The article examines the problem of forming healthy reproductive consciousness among young people in the context of contemporary social transformations. Special attention is paid to the influence of socio-psychological factors, internal personality structures, and social attitudes, as well as to the role of religious beliefs as key determinants of psychological and social stability. The paper provides a detailed analysis of both constructive and destructive religious-psychological and socio-psychological factors that either facilitate or hinder the formation of healthy reproductive consciousness among youth.

Keywords:

reproductive consciousness, youth, socio-psychological factors, religious beliefs, social attitudes, value orientations, destructive consciousness.

Under conditions of globalization, intensive sociocultural changes, and the growing informational impact on the individual, the problem of forming healthy reproductive consciousness among youth acquires particular scientific and practical significance.

Modern young people increasingly face contradictory value orientations, transformations of traditional perceptions of family, marriage, and parenthood, as well as the influence of various ideological and cultural factors, which directly affects the formation of reproductive attitudes. In this context, reproductive consciousness should be understood not only as awareness of the biological function of procreation, but also as an integral system of worldview representations, moral norms, social attitudes, and psychological readiness for family life and parenthood. It is formed in the process of personality socialization and is closely interconnected with socio-psychological and religious factors that determine the stability and harmony of personal development.

Reproductive consciousness is a complex cognitive and psychological phenomenon associated with an individual's mental activity, life goals, worldview, and cultural and spiritual orientations. It includes ideas about marriage, family, parenthood, responsibility for procreation, and the upbringing of the younger generation.

From a psychological perspective, reproductive consciousness reflects the level of personal maturity, the ability to make conscious decisions, exercise self-control, and anticipate the

consequences of one's actions. In this sense, reproductive consciousness serves as an important indicator of psychological health and social adaptability of youth.

The formation of reproductive consciousness cannot be reduced exclusively to external social influence. This process requires the active involvement of internal personality structures such as value orientations, motivational sphere, attitudes, and needs. The internal coherence of these structures ensures the stability of reproductive attitudes and their compliance with social and moral norms.

Reproductive consciousness reflects an individual's way of thinking and behavior, life principles, level of responsibility, and readiness to perform family and social roles. In this regard, the following socio-psychological characteristics of personality play a particularly significant role:

- the ability for conscious behavior and reflection;
- a well-developed sense of responsibility for one's actions;
- the ability to build trusting interpersonal relationships;
- adequate self-esteem and developed self-control;
- rational thinking, logical reasoning, tolerance, and adaptability.

These qualities form the foundation of young people's psychological readiness for family formation and responsible parenthood.

A special place in the structure of reproductive consciousness is occupied by social attitudes, which reflect an individual's readiness to adequately perceive social phenomena, groups, and societal norms. Reproductive attitudes are formed under the influence of family, society, cultural and religious environments and are transmitted from generation to generation.

Social attitudes perform a regulatory function by guiding individual behavior in accordance with internalized values and norms. Well-formed positive reproductive attitudes contribute to a responsible attitude toward marriage, family, and child-rearing, whereas distorted attitudes may lead to a devaluation of family relationships and the growth of destructive forms of behavior.

Religious beliefs represent one of the key factors in the formation of stable and harmonious reproductive consciousness. Healthy religious thinking, based on a conscious acceptance of spiritual values and moral norms, contributes to the development of internal personal stability and the formation of a responsible attitude toward family life.

Religious factors, including faith, religious traditions, knowledge, moral norms, and personal spiritual experience, play a significant role in shaping moral qualities of personality such as responsibility, patience, compassion, and respect for others. These qualities constitute an essential foundation for the formation of mature reproductive consciousness.

In Islamic teachings, the process of forming a harmonious personality is considered through the concept of spiritual self-education (*tarbiyat an-nafs*), which includes successive stages of moral and spiritual development. These stages are aimed at purifying the personality from negative qualities, developing virtues, and forming stable moral guidelines.

Islam views reproduction not only as a biological necessity but also as a socio-moral value associated with responsibility for preserving and raising future generations. In this context, reproductive consciousness serves as a means of transmitting spiritual and moral values that ensure social stability.

Family and the socio-religious environment are fundamental institutions in the formation of reproductive consciousness among youth. Parental upbringing, family relationship styles,

religious prescriptions, and social norms have a direct impact on the formation of life attitudes and value orientations of the individual.

A favorable family environment promotes the development of trust, responsibility, and respect, whereas dysfunctional families, lack of attention, and emotional support create prerequisites for the formation of destructive forms of reproductive consciousness.

Factors that hinder the formation of healthy reproductive consciousness include:

- false religious beliefs that distort the essence of faith;
- blaming others and the growth of egocentrism;
- pathogenic thinking that reinforces destructive ideas;
- external religiosity focused on form rather than content;
- the influence of alien ideologies and negative social phenomena.

These factors negatively affect moral self-awareness and psychological well-being of youth, contributing to the formation of destructive reproductive consciousness.

Thus, the formation of healthy reproductive consciousness among youth is a complex and multi-level process determined by the interaction of socio-psychological factors, religious beliefs, and conditions of the social environment. Harmonious personal development is possible only through the coherence of internal psychological structures, positive social attitudes, and authentic religious values. Consideration of these factors is a necessary condition for the development of effective preventive and educational programs aimed at strengthening the psychological and moral health of the younger generation.

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