

THE PRINCIPLES OF A HAPPY FAMILY: AN ANALYTICAL REVIEW OF TUBA KILIÇ'S BOOK "ENG BAXTLI OILA"**Sodiqova Mumtozbegin Olimjon qizi***The Uzbekistan State World Languages University Faculty of Foreign language and Literature sodiqovamumtozbegin@gmail.com*

Abstract: *The concept of family is one of the cornerstones of human society, and its stability plays a crucial role in the well-being of individuals and communities. This article presents a comprehensive analysis of the book Eng Baxtli Oila ("The Happiest Family") written by Turkish author Tuba Kılıç. The book provides practical and spiritual guidelines for constructing a peaceful and fulfilling family life in accordance with Islamic teachings. Through exploring themes such as mutual respect, effective communication, patience, and shared responsibilities, the author highlights the foundations of a harmonious household. This study also discusses the importance of emotional and spiritual preparation for marriage, child upbringing, and the role of faith in overcoming familial challenges. The article concludes that the principles presented by Kılıç align with both traditional Islamic family values and contemporary psychological approaches to family well-being.*

Keywords: *family happiness, Islamic family life, marriage preparation, mutual respect, spiritual well-being, child upbringing, family psychology.*

Аннотация: *Понятие семьи является одним из краеугольных камней человеческого общества, и её стабильность играет важную роль в благополучии личности и общества. В данной статье представлен всесторонний анализ книги «Самая счастливая семья» (тур. Eng Baxtli Oila), написанной турецким автором Тубой Кылыч. Книга предлагает практические и духовные рекомендации по построению мирной и гармоничной семейной жизни в соответствии с исламскими ценностями. Рассматриваются такие темы, как взаимное уважение, эффективное общение, терпение и разделение обязанностей, которые автор выделяет как основы счастливой семьи. Также обсуждается важность эмоциональной и духовной подготовки к браку, воспитания детей и роль веры в преодолении семейных трудностей. В статье делается вывод, что принципы, изложенные Кылыч, соответствуют как традиционным исламским семейным ценностям, так и современным психологическим подходам к благополучию семьи.*

Ключевые слова: *семейное счастье, исламская семейная жизнь, подготовка к браку, взаимное уважение, духовное благополучие, воспитание детей, семейная психология*

Annotatsiya: *Oila tushunchasi insoniyat jamiyatining asosiy ustunlaridan biri bo'lib, uning barqarorligi shaxs va jamiyat farovonligida muhim o'rin tutadi. Ushbu maqolada turkiyalik muallif Tuba Qilich tomonidan yozilgan "Eng baxtli oila" kitobining har tomonlama tahlili keltirilgan. Kitobda islomiy ta'limotlarga asoslangan holda osoyishta va baxtli oilaviy hayotni qurish bo'yicha amaliy va ma'naviy ko'rsatmalar berilgan. Muallif o'z asarida o'zaro hurmat, samarali muloqot, sabr-toqat va mas'uliyatlarni bo'lishish kabi*

mavzular orqali uyg'un oilaning asoslarini ochib beradi. Shuningdek, nikohga hissiy va ma'naviy tayyorgarlik, farzand tarbiyasi va oilaviy muammolarni yengishda e'tiqodning ahamiyati muhokama qilinadi. Maqola xulosasiga ko'ra, Qilich tomonidan taqdim etilgan tamoyillar an'anaviy islomiy oilaviy qadriyatlar hamda zamonaviy psixologik yondashuvlarga mos keladi.

Kalit so'zlar: oilaviy baxt, islomiy oilaviy hayot, nikohga tayyorgarlik, o'zaro hurmat, ma'naviy farovonlik, farzand tarbiyasi, oilaviy psixologiya

INTRODUCTION

The family unit is not only a social construct but also a spiritual sanctuary where individuals find comfort, love, and support. In her book *Eng Baxtli Oila*, Tuba Kılıç discusses the fundamental aspects of achieving family happiness, emphasizing both practical measures and religious values. The author draws heavily on Islamic teachings while integrating psychological insights to address modern family challenges. This paper aims to highlight the main principles outlined in the book and assess their relevance in the context of contemporary family dynamics.

Main Discussion

1. Preparation for Marriage

Kılıç argues that a successful family begins with adequate preparation before marriage. This preparation involves emotional maturity, spiritual readiness, and clear intentions. The book stresses that individuals should not rush into marriage based on superficial feelings but should develop a comprehensive understanding of marital responsibilities.

2. Mutual Respect and Love

The foundation of family happiness, according to Kılıç, lies in mutual respect and love between spouses. Drawing upon Qur'anic verses and Hadiths, the author illustrates how kindness, understanding, and respectful communication foster harmony within the household. She emphasizes that both partners should actively contribute to maintaining a peaceful home environment.

3. Creating a Harmonious Home Environment

The book outlines several practical ways to cultivate peace within the home:

Practicing patience and tolerance during conflicts;

Expressing gratitude and appreciation;

Engaging in quality family time;

Managing disagreements calmly and respectfully.

4. The Role of Faith and Spirituality

Faith plays a central role in resolving familial difficulties. Kılıç encourages couples to engage in regular prayer, seek guidance from the Qur'an, and trust in God's wisdom during times of hardship. Spiritual well-being, she asserts, strengthens the emotional bond between family members.

5. Parenting and Child Upbringing

The book devotes considerable attention to the upbringing of children, stressing the importance of teaching them moral values, religious principles, and respect for others. Kılıç highlights the parents' role as primary role models, whose actions profoundly influence the character of their children.

Conclusion

In conclusion, Tuba Kılıç's *Eng Baxtli Oila* offers timeless guidance for cultivating a happy and peaceful family life. By integrating Islamic values with practical life strategies, the book provides a holistic approach to family well-being.

Modern families facing contemporary challenges can benefit greatly from the principles outlined in this work, particularly in fostering emotional intelligence, mutual respect, and spiritual resilience.

REFERENCES:

1. Kılıç, T. (2018). *Eng baxtli oila* [The Happiest Family]. Istanbul: Kitap Yayınevi.
2. Al-Ghazali, I. (2003). *The Revival of the Religious Sciences* (Vol. 2). Cambridge: Islamic Texts Society.
3. Hassan, R. (2019). Family in Islam: Between Ideals and Practices. *Journal of Islamic Studies*, 30(1), 45–62. <https://doi.org/10.1093/jis/ety067>