

THE IMPORTANCE AND UNIQUENESS OF TALK SHOWS IN STRENGTHENING FAMILIES

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Abstract: *Talk shows significantly strengthen family bonds by addressing important social, emotional, and psychological topics. They serve as platforms for open dialogue, fostering communication and understanding among family members. Talk shows provide valuable insights into family dynamics and conflict resolution by featuring expert advice, real-life stories, and interactive discussions. The unique format of talk shows allows for a blend of entertainment and education, making them accessible and engaging for diverse audiences. This paper explores how talk shows contribute to family unity, promote positive values, and encourage collective problem-solving, ultimately enhancing family stability and cohesion.*

Keywords: *Talk shows, family strengthening, communication, family dynamics, conflict resolution, emotional well-being, social influence, entertainment, education, family unity.*

INTRODUCTION.

Television talk shows are important social platforms that help raise awareness of societal issues, facilitate discussions among people, and provide solutions to these problems. These programs are not only a source of entertainment for viewers but also play a crucial role in addressing pressing societal issues, particularly discussing topics such as family relationships, youth education, divorces, violence, and other important subjects (Karimov, 2012).

One of the most significant aspects of talk shows is their ability to widely discuss family problems, moral and social conflicts in society, and misunderstandings between spouses. These programs not only highlight these issues but also encourage viewers to reflect on them and share their opinions. Additionally, through the advice of experts, sociologists, psychologists, and family counselors, talk shows propose effective ways to resolve these problems.

Talk shows also play a significant role in preparing youth for family life. By promoting values such as family relationships, mutual respect, love, and the sanctity of family, they help prepare young people for family life. Talk shows provide practical advice on family issues and encourage youth to approach these matters in a conscious and responsible way. This is crucial in preventing divorces and building healthy families. Talk shows are an important tool for social change.

METHODOLOGY

The study of the peculiarities of family relationships within the social sciences on television dates back to the late 20th century.

“Talk shows originated from ordinary conversations and evolved into a genre that combines the characteristics of artistic journalistic genres”, writes the renowned researcher V.L. Svik (JI, 2004). The distinctive features of this genre have been studied in the works of Russian scholars such as G.V. Kuznetsov, V.L. Svik, A.Y. Yurovskiy, N.V. Vakurova, V.V. Voroshilov, Y.V. Pobereznikova, and Y.P. Zasurskiy.

Later, these issues were explored not only in the field of methodology but also in sociology, political science, social group culture, social psychology, and other social sciences. In the years of independence, various researchers in Uzbekistan, including Mo‘minomatov F.A., Nurmatov A.A., Ibragimov Sh.M., Rahmatullayeva I, H. Akbarov, A. Karimov, S. Arifxanova, O. Otayev, Y. Hamidov, P. Allamberganova, Y. Ortiqova, and I. Abduxoliqov, have analyzed various issues related to television. Research, books, and articles by N.A. Abduazizova, M. Khudoyqulov, X. Do‘stmuhammad, B.A. Do‘stqorayev, Sh. Qudratxo‘jayev, R. Muhammadiyev, M. Mirsoatova, O. Toshboyev, and G. Tog‘ayeva also provide insights into this topic. This shows that there is a clear need to fill the theoretical gap in the field of journalism regarding this subject.

RESULTS

The social and legal knowledge presented to society through talk shows teaches young people how to resolve issues with their spouses and protect their rights (G.V., 2004). Such programs help improve the legal literacy of the population and explain how to obtain legal assistance to overcome family violence, infidelity, and other problems.

The talk shows “Gap chiqdi”, broadcast on the “Toshkent” channel, and “Zarb”, aired on the private “Milliy” channel, play a significant role in addressing family issues. These programs not only provide entertainment for viewers but also aim to uncover pressing issues in family life and suggest solutions.

In “Gap chiqdi” and “Zarb”, topics such as family problems, divorces, domestic violence, and misunderstandings between spouses are extensively discussed. These programs openly highlight family issues, helping viewers reflect on how to handle similar problems in their own lives. By showcasing social and moral issues between young people and adults on public air, these talk shows foster an informed public attitude toward such matters (Mo‘minov F. Nurmatov A. and others. , 2008).

Through these shows, the opinions of psychologists, family counselors, sociologists, and lawyers are heard to address family issues and problems. They analyze problems and propose solutions. This shows viewers, especially young people and spouses, how to deal with arising issues. Such advice helps improve family relationships and personal lives.

Psychologists, sociologists, lawyers, journalists, and other professionals participate in the talk shows, conducting in-depth analyses of real-life problems. Their involvement allows for multiple perspectives on issues, giving viewers a broader understanding (D., 2003). The recommendations and explanations provided by experts help address the root of the issues and suggest ways to prevent or resolve them. This plays an important role in addressing social issues in society.

Talk shows emphasize promoting family values such as the sanctity of family, mutual respect, love, and solving problems together. These programs explain the importance of family life and how they help prevent divorces and ensure social stability. They are particularly important for young people, helping them make informed decisions about family matters, understand the sanctity of family, and maintain mutual respect.

The talk shows “Gap chiqdi” and “Zarb” not only highlight problems but also foster a socio-legal approach to family life within society. These shows provide legal and psychological resources to help overcome domestic violence, divorces, stress, and other issues within families. They enable viewers to gain the necessary knowledge to protect their rights, approach problems correctly, and resolve them.

As mentioned above, “Gap chiqdi” and “Zarb” are designed to address family, social, and psychological issues in the form of open dialogue. The programs create opportunities for free exchange of opinions between viewers and experts, with psychologists, sociologists, lawyers, and journalists participating to analyze real-life problems. By featuring live audiences, the shows highlight real-life events and examples, increasing public interest and engagement.

Furthermore, these talk shows present problems through real-life examples, making the topics more relatable and understandable for viewers. The programs showcase real events, family conflicts, divorces, or successful experiences, helping audiences learn valuable lessons (Pobereznikova, 2004).

For example, in the “Onamdan or qilaman” (I am ashamed of my mother) segment of the “Gap chiqdi” talk show, the perspectives of a child on his family and mother are thoroughly discussed, and the child is provided with appropriate guidance and advice. Similarly, in the “Ota-ona qariganda xormi?” (Are parents a burden when they age?) episode of the “Zarb” talk show, the views of viewers and experts are debated, and discussions are held within the topic's framework.

This method not only makes the discussions engaging but also offers practical advice to society on how to prevent and address problems. By presenting real examples, the shows allow viewers to foresee potential situations they might face in their own lives and use the experiences shared in the program to find solutions.

DISCUSSION

One of the important characteristics of this genre is that during a talk show, the audience directly participates and shares their opinions on the topic being discussed. The live participation of the audience allows for a broader coverage of the issues and takes into account the opinions of various segments of society (S. Shomaqsudova, M. Isroil, 2022). This makes the programs more interactive and interesting, helping to analyze issues more deeply through real-life experiences. Furthermore, through the participation of the audience, pressing societal issues are raised, and recommendations for solutions are provided. For example, in the “Zarb” talk show, during the episode titled “Treatment was free, wasn't it?”, live audience members raised the topic of current problems in hospitals and the main issues were analyzed with facts, along with recommendations and solutions.

When it comes to the differences in the language of talk shows, it can be observed that it is largely dependent on the audience and the format of the program. “Zarb” is conducted in simple, popular language. The topics discussed in the program are taken from the lives of ordinary people and are debated in a clear and lively style. This ensures that the show feels closer to the general public (Rusmatov, 2017).

On the other hand, “Gap chiqdi” is conducted in a more formal and authoritative tone. In this show, experts, lawyers, and sociologists provide deep analyses of complex social issues. Although the language is more lexically complex, the pressing issues are presented in a clear and fact-based manner (Arifkhanova, 2007).

Both talk shows focus on family and social topics, but their language styles differ depending on the audience and the purpose of the program. “Zarb” emphasizes emotions and focuses on lively and emotional communication, which can also be seen in the titles of its topics. In “Zarb”, topics are named with an emotional focus, such as “Divorce without separation”, “Should I sell my child?”, “Please, don't hit me...”, “My mother-in-law is 'unhappy’”, “My husband left me”, and other similar titles. On the other hand, “Gap chiqdi” uses titles like “The Truth about Twins”, “Human Rights as a Standard”, “How Well Do Today's Teachers Know?” “Invisible In-laws”, and “Why is Everyone an Actor?” These topics aim to address issues through formal communication and expert opinions.

The talk shows “Gap chiqdi” and “Zarb” stand out with their formats and choice of topics. On “Gap chiqdi”, the focus is mainly on pressing issues in family life, social-psychological problems in society, upbringing, and values. The show features open and sincere dialogues, with many interactive segments involving the audience. This makes the topics more relatable and understandable for the public.

“Zarb”, on the other hand, is more focused on discussing sharp and serious issues. It deeply analyzes topics such as domestic violence, crimes, preventing divorces, and the legal aspects of problems. Experts and specialists thoroughly explore the legal, psychological, and sociological aspects of the issues.

The differences lie in the approach: “Gap chiqdi” tends to address the root of the problems and discusses them in a softer tone, encouraging viewers to reflect, whereas “Zarb” aims to present clear solutions and proposals. While both programs play an important role in shedding light on societal issues, their style and approach differ.

The selection of relevant topics plays a crucial role in highlighting pressing societal issues, increasing viewers' interest, and prompting their active participation (Do'stmuhammad, 2007). Topics such as family life, preventing divorces, child upbringing, social issues, and psychological matters are chosen to directly reflect the needs of society in programs like “Gap chiqdi” and “Zarb”.

It is important to note that the skill of the host is key to the success of the show. The host must not only present the topic clearly but also maintain balance between the audience and guests, manage the discussion, and resolve conflicts. The host’s questioning style, interaction with the audience, and communication culture determine the dynamic of the show.

In the educational manual titled “*Screenwriting Skills*”, the role of the host and their place in the program are also discussed. It emphasizes how the host’s correct interpretation of the script, effective communication with guests, and management of the program’s dynamics directly impact the success of the show (Rusmatov, 2017). Other studies also highlight the host’s skill and their role in the success of the program. They stress that the host’s professional preparation, public speaking skills, and ability to communicate with the audience are crucial factors in improving the quality of talk shows.

A host who deeply understands the issues, respects the opinions of each guest, and correctly guides the discussion at the right moments is what sets them apart. This is especially important when family and social issues are discussed in “*Gap chiqdi*” and “*Zarb*”, as the sensitivity and diplomatic approach of the host play a significant role.

The styles of addressing family and social issues in “*Gap chiqdi*” and “*Zarb*” differ in their approaches. In “*Gap chiqdi*”, the issues are openly and actively discussed. The host provides the participants with the opportunity to freely express their opinions and uncovers the main issues through questions. Viewers also actively participate and share their life experiences. In this format, the host plays the role of a moderator, balancing the conversation and calming tensions.

In “*Zarb*”, issues are analyzed in depth, with more attention given to the opinions of experts. The host takes on a more controlling role, ensuring the discussions are conducted in a structured and planned manner. The topics are addressed with a sharper approach, urging viewers to form conclusions.

In both programs, the host’s sensitivity and diplomatic approach ensure that the discussion process remains sincere and constructive. The host of “*Gap chiqdi*” softens conflicts with a balanced approach, while the host of “*Zarb*” seeks to uncover the roots of the problems. These differences give each program its unique style and ability to engage the audience.

Experienced hosts play a significant role in increasing the program’s rating by making the topics more lively, enriching the discussions with interesting facts, and engaging the audience. The host's task is not only to manage the discussion but also to create an environment where everyone can freely express their opinions (Xudoyqulov, 2011).

Overall, there are noticeable differences in the language and format of Uzbek talk shows, which are mainly determined by the audience and the purpose of the program. “*Gap chiqdi*” is conducted in a formal yet simple language, discussing life events, family conflicts, and daily issues in a lively and emotional manner. Audience participation makes the discussions even more interesting and relatable. The host attempts to maintain balance while ensuring the discussions are open and free. This brings interactivity and sincerity to the program.

On the other hand, the talk show “*Zarb*” is conducted in a popular yet authoritative style, ensuring that the topics are analyzed deeply. The program involves experts and specialists who provide well-founded opinions on social and legal issues. The host manages the discussion coherently, relying on clarity and facts when addressing the topics. This talk show helps the audience understand the deep roots of the issues and aids them in finding real solutions. Both programs highlight urgent societal matters through their unique style and approach.

CONCLUSION

In conclusion, talk shows play a vital role in strengthening families by addressing key issues that directly impact family dynamics and societal well-being. Through open dialogues, expert insights, and interactive segments, talk shows create a platform for discussing sensitive topics such as family life, relationships, child upbringing, and social challenges (Mo‘minov F. Nurmatov A. and others. , 2008). By presenting these issues in an engaging and relatable manner, talk shows help raise awareness, foster understanding, and encourage constructive conversations that contribute to healthier family structures. The unique ability of talk shows to combine entertainment with education makes them an essential tool for addressing pressing family matters and promoting positive change in society.

Both “*Gap chiqdi*” and “*Zarb*” are crucial platforms in raising awareness about family and social issues, though they differ significantly in their approach and style. “*Gap chiqdi*” fosters an open, interactive environment where issues are discussed in a soft and reflective manner, encouraging the audience to engage in critical thinking. On the other hand, “*Zarb*” tackles serious issues head-on, offering a more structured and analytical approach with a focus on expert opinions and solutions. These contrasting styles allow both programs to address societal problems effectively while catering to different audience preferences.

The success of these talk shows is highly dependent on the skill of the host, who plays an integral role in shaping the dynamic and ensuring that the discussions remain balanced and productive. Whether softening tensions in “*Gap chiqdi*” or uncovering deeper insights in “*Zarb*”, the host's ability to maintain control, facilitate constructive dialogue, and respect

diverse viewpoints is key to the program’s impact. Ultimately, both shows contribute to important conversations in society, providing valuable insights and fostering an environment where viewers can actively participate and reflect on pressing issues.

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