

SOCIAL-PSYCHOLOGICAL CHARACTERISTICS OF FAMILY RELATIONS

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Abstract: In this article, the family is a small social group, the most important form of personal life organization, which is based on the marriage union and family ties, that is, the relationship between husband and wife, parents and children. Therefore, special attention is paid to family and marriage issues, family life rules, duties and responsibilities of spouses. The issue of family strength and family-marriage relations is relevant at all times. The socio-psychological features of the formation of conflicts in family relations were discussed.

Key words: Marital relations, conflict, conflict, conflict, divorce, happy life, behavior, research results.n family relations were discussed.

Family is a small social group, the most important form of personal life organization, which is based on marriage union and family ties, that is, relations between husband and wife, parents and children. In any society, the social system inevitably arises and develops as a family system. For thousands of years, every society has cared for mothers, and children have flourished as a result of caring for the physical safety and protection of the family. According to historical sources, since ancient times, the family has been regarded as a sacred abode, a social institution that ensures human perfection, development and stability of society. Therefore, special attention is paid to family and marriage issues, family life rules, duties and responsibilities of spouses. Problems related to family life are solved in accordance with his well-being, children's maturity, the wishes and interests of the couple. The experience gained by the Uzbek people during the historical development of family life is of great importance in solving their problems and organizing their lifestyle accordingly.

Every family faces problematic situations throughout its life, the solution of which is carried out in the context of conflicting individual needs, motives and interests. Conflict is defined as a clash of opposing goals, interests, positions, and views. Conflict can arise when family members have conflicting views or beliefs. Sometimes conflicts can arise when people misunderstand each other and come to wrong conclusions. Conflicts that are not resolved peacefully can lead to quarrels and resentment.

He considers it natural that family disputes come into conflict with the opinions or desires of two people, as a result of which they want to find common ground. It can even be said that it shows the unity of the couple, despite the fact that they quarreled during the fight.

First, if spouses quarrel, then they have something to share, and people always share not only common property, but also freedom, personal territory, children, etc. In other words, spouses quarrel only if the subject of the dispute is important to them. In addition, if a person does not want to quarrel with the other party, a conflict will arise. Such a paradox: people fight because they don't want to hurt each other, but they don't hurt themselves.

Secondly, the quarrel shows that the spouses are still on the same path. The contradiction is that there is no path that two people are willing to take. It is during the fight that they try to find him.

This shows that people want to work together, so they work hard to do what they think is the best option for each other so far.

The psychology of family life, family-marriage relations, mutual relations in the family, conflicts in it, divorces and their consequences are becoming an object of extensive research in the science of psychology in recent years. In this field, scientific research works carried out by psychologists G. B. Shoumarov, M. G. Davletshin, E. Ghaziyev, V. M. Karimova, N. A. Soginov, H. Karimov, F. R. Rozikulov and others are noteworthy. G.B.Shoumarov, one of the leading psychologists of our republic, based on the results of his research, shows that the family's strength, the couple's happy life and their peaceful coexistence play an important role in their reunification.

Psychologists consider family conflicts to be normal. As a result of conflicts, couples begin to hate each other, and their divorces are more common. Therefore, the question of how to solve the conflicts that always arise in the family remains very important.

Family conflicts are a way of relationship between spouses and even children. There is a process and there is a positive side: conflict encourages relationships to develop, to change, to go in any direction. Sometimes people fight because it's the only way to bring them together. In this regard, each family has its own characteristics.

It is natural when people quarrel, especially when these people are spouses and loving partners. It is foolish to hope that a person will never have a quarrel in his relationship, because no two people in the world are alike. No matter how close and loving you are to each other, there are always issues where you and your partner disagree, and you need to remember this so that you don't wonder why a perfect relationship turns into a fight.

Nowadays, spouses consider a family without love as the greatest misfortune, a personal misfortune. Unwilling to put up with this, they are ready to destroy family relations even with the relatively comfortable functioning of the family and the presence of children - another extreme. Interestingly, in most cases, women are the initiators of divorce, although women are less likely to remarry. The family system is open. In today's society, it is easy to get married, but it is also easy to get divorced. Legal, moral, religious, socio-psychological barriers to divorce are reduced to a minimum. Spouses have the right to freely determine the future fate of the family, based on the system of priority values. The freedom and responsibility of the individual in making decisions about creating and maintaining a family is increasing, the fate of the family begins to be completely determined by the personal choice of each spouse.

The structure of the modern family has changed. There has been a transition from the extended family to the nuclear family (parents and children). In a number of regions, the dominance of the large (multigenerational) family, which includes not only spouses and children, but also grandparents and other relatives, remains. There are also "territorially extended" families. As a rule, young spouses do not yet have their own place of residence, they have not yet achieved financial independence, so they live in the same apartment with their parents and rely heavily on their support.

Features of modern Uzbek family:

1. A family consisting of several (usually three) generations is preserved.
2. Boundaries between subsystems are scattered and poorly structured, power in the family often belongs to grandparents.

3. In families, men often disappear for several generations, just as they do not exist in public institutions (kindergartens, schools, polyclinics), where the main characters are women.
4. Several generations depend on each other not only spiritually, but also materially, young families often live in rented houses or with their parents.
5. The ideology of the totalitarian society formed a system of strict coercion and obligation, as a result of which life, behavior, and moral values were formed in such a way that a person forgot his "I", his desires and needs.
6. The disappearance of the previous ideology and the lack of a new ideology that helps to unite the family and have a sense of security, led to an increase in the need for illusions in society, and people's search for "forgetting". Alcohol, drugs and domestic violence are on the rise.

Psychological characteristics of Uzbek families: high level of material, psychological, emotional dependence of family members on each other; confusion of family roles, their differentiation and lack of consistency; distance, low emotional involvement of the husband in family life; intergenerational power struggles due to cohabitation and clear boundaries of the family system.

In solving family disputes, it is necessary not only to avoid problems, but also to solve them. Communicate constructively and calmly to resolve, not to win or defend. Involvement of third parties in the dispute is not recommended, as they can be a catalyst for further resolution of the dispute.

Suggestions for minimizing conflicts in families

1. The development of the conflict is influenced by the temperament of the conflict subjects. Undoubtedly, the dispute between a choleric and a sanguine person proceeds more impulsively than a dispute between a melancholic and a phlegmatic.
2. A conflicted liberal is assumed to be able to agree to anything, but in the end his promises mean nothing. A democrat, agreeing to the principle of yours and ours, he is more inclined to make mutually beneficial terms mutually beneficial terms. In general, it is difficult to look for any communication with the autocrat in a conflict situation, because it is believed that any concessions force him to stricter demands.
3. The development of the conflict is often influenced by the situation: if the situation is depressed and tense, then the same methods are used to resolve conflicts, if the environment is favorable and if there is no conflict, it requires immediate resolution, can look softer.

How the family environment looks like depends on the behavior and communication of the partners. A happy future can only be achieved through joint efforts. In the end, partners must follow some rules of dispute resolution:

- ✚ Accept each other as you go.
- ✚ Be realistic about disagreements and don't expect them to go away on their own.
- ✚ Get to know your partner and accept their characteristics and uniqueness.
- ✚ Try to overcome them without difficulty to get closer.
- ✚ Learn to forgive and let go of resentment.
- ✚ Learn to negotiate, not force your opinion. Make your case if you think it's important, but accept that the other side wants something different.

The family occupies one of the leading places among the values that are important for a person. In the conditions of modern society, when the existence of the family is associated with many objective and subjective difficulties, there is a need for a personal and socio-psychological study of marriage and the family, the search for the laws of its functioning, and the development of the family. Therefore, approaches and models of providing psychological support to the family are becoming more and more relevant.

Summary

Every family has conflicts. Often there comes a time when spouses want to divorce. But the family will be strong and happy, in which the spouses decide to accept each other, not to violate freedom and rights, and to solve problems in a more constructive way. , no matter how large-scale the research on mutual relations in it is carried out, there is still no question of their adequate solution. Family relations and their important aspects, the development of the couple who are its founders and the children growing up in it, interpersonal relations in the family and the conflicts that arise in it constitute the socio-psychological features of the formation process. In the current conditions, it is appropriate to use family psychotherapy tools and methods to coordinate family relations, they help the family to function normally, to study the types of conflicts in it and the reasons for their formation, to organize their prevention, and to ensure the compatibility of interpersonal relations.

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