



SOCIAL-PSYCHOLOGICAL CHARACTERISTICS OF CONFLICT FORMATION IN HUSBAND-WIFE RELATIONSHIPS

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ABSTRACT

In this article, the scientific research works and scientific views of psychologists about marital relations in the family, socio-psychological features of the formation of family conflicts, and constructive and destructive conflicts between spouses are analyzed, and conclusions are written.

Key words

family, couple, relations, conflicts, constructive, destructive, psychologist, youth, counseling, family well-being, ideal family.

АННОТАЦИЯ

В данной статье анализируются научно-исследовательские работы и научные взгляды психологов о супружеских отношениях в семье, социально-психологических особенностях формирования семейных конфликтов, конструктивных и деструктивных конфликтов между супругами, а также пишутся выводы.

Ключевые слова

семья, пара, отношения, конфликты, конструктивные, деструктивные, психолог, молодежь, консультирование, семейное благополучие, идеальная семья.

Introduction. In recent years, in our republic, attention to strengthening the family institution, creating a healthy environment in families, achieving family well-being, and stabilizing family relations by adequately forming the relationship of young people who start a family to family values has been raised to the level of state policy, and the necessary normative foundations have been created.

Psychologists say that most young people raised in a successful family consider their parents' family ideal for their future family life. Young people who want to build such an ideal family, if their marriages do not go as they expected, they get confused in front of the problems that arise in the process of adaptation and complain that they are lost in starting a family. For this reason, it is appropriate



not only to show the relationship of a couple from a good side, but also to show the psychological conditions that occur in this relationship and exist in real life. Only then will our young people have a relatively adequate idea of family life.

American psychologist Virginia Satir, the founder of family counseling, says: "I have seen many couples who married on the basis of love, but from the first days the love faded, the relationship reached an unbearable level, anger, anger, hatred entered their lives. The reason for this is that each of them put their "I" in the first place in the family, tried to agree on who will rule in the family, and allowed stupidity in communication. For example, one's attitude towards one's partner when solving an issue: whether to be polite, to touch one's chin, to firmly approve one's position, to avoid or carelessness. According to Satir, there will be no family harmony until one or both of the couple abandons the idea that "I will not change and I will remain as I am."

Sometimes the reason for family conflicts is love and jealousy. Among the remnants, the gift of pre-wedding affection gives way to the expectation and demand of affection. Jealousy does not come from not trusting your partner, but from underestimating yourself and underestimating your own capabilities. The fact that a couple considers their partner as their personal property after marriage and does not give them independence and freedom in some areas leads to the fading of love between those couples. It takes a certain amount of time and necessary psychological conditions for the owners of young families to understand how to manage their relationships. A couple should not only love each other, but also build a harmonious family on the basis of building family relationships.

The main part. If the life process between spouses does not match their characteristics, certain conflicts may arise. The system of interpersonal relations that is normal for one family is completely incompatible with another family, or a conflict that is not so important for any family and its cause causes serious consequences in the relations of other family members. it is necessary not to forget that it is possible.

Therefore, it is illogical to show all the conflicts and their causes with a single dimension or characteristic. But on the basis of studying different categories of families (especially conflict families), comparing the mutual relations of their members, and the like, it is possible to come to some relative conclusions and opinions, so that each person can draw relatively "relevant" conclusions for himself from this relativity. it will be necessary.

Disputes, in turn, serve as a catalyst for the development of marital relations. They differ from each other psychologically according to their origin, external expression, speed of repetition and consequences. The illogicality of setting any special criteria depends on the subject himself, his personal, psychological



characteristics, age, gender and other factors. But it is possible to study different families, compare the mutual relations of their members and come to relative conclusions based on them. In order to positively solve the problems of identifying and preventing conflicts in the family, first of all, it is necessary to distinguish between whom they are happening.

The problems that are the basis for the emergence of constructive (joining) conflicts and their solution are aimed at the interests of both the husband and the wife and the whole family. If they are solved, as a result, problems related to the common interests of the family will be solved. Examples of such conflicts are family order, discipline, tidiness, maintaining a family budget, orderliness, frugality, not allowing extravagance, child upbringing, and other similar categories of conflicts. They mainly occur between spouses, and only the spouses themselves are considered their participants.

In the successful resolution of such conflicts, processes that serve to ensure the stability of family life, such as spouses getting to know and understand each other more closely, studying each other's negative and positive characteristics, adapting to each other, cooperating in solving problems will be done. In other words, it belongs to the category of disputes such as "a fight between a couple and the drying of a scarf".

In destructive (separating) disputes, the problem that is the basis for their occurrence and its solution are aimed at the benefit of one of the spouses. In such disputes, the interests of one party are often resolved at the expense of the interests of the other party. For example, when a husband or wife buys something for himself or herself, because of the husband or wife's work, which is one of the conflicts characteristic of the Uzbek family, which arises because of the relations between the husband or wife with relatives. disputes include. The resolution of such disputes, that is, the satisfaction of the interests of one party, is carried out in most cases at the expense of the interests of the other party. In such situations, dissatisfaction and objection remain on the side that has lost its interests, and this may serve as a basis for the emergence of the next dispute. In separatist disputes, once the dispute is resolved, the disputed situation remains.

Also, the causes of separation disputes directly depend on factors outside the scope of the relationship between spouses. Their causes and participants can sometimes be a third person besides the couple, and their solution depends not only on the couple themselves, but on this third person. As a result of this, the number of disputes will increase.

Separation disputes, in most cases, are "unlimited" disputes, which, according to their character, participants, resolution and consequences, go beyond the scope of marital relations. spells and others are also involved.



When a husband or wife talks about it to a third person after a fight, the subject's words, tone, gestures, facial expressions, emphasis, etc. are almost all verbal and non-verbal. The tools provide a more exaggerated perception of the event than it actually is. The more people are told about a conflict, the more it escalates and can lead to negative outcomes.

As we mentioned above, the resolution of one conflict creates the basis for the emergence of the next conflict, in turn, due to such "unlimited" conflicts of the "I" nature, an "escalation" of conflicts is formed in the couple's relationship. Such a conflict environment has a serious impact not only on the mental world of the couple in this family, their nerves, health, and social status, but also on the mental world of the children born in these families and brought up in such an environment. The conflict situation, constant quarrels and unkindness that prevails in such families can not only leave their complications in these families, but also carry their complications to the families of the next generation, which will be formed by the children of this family.

Therefore, it is not appropriate to look at conflicts that may occur in family life from the same negative point of view, or to justify them in the same way. Our young people should be ready for the binding conflicts that occur in family life, binding them, adapting the couple to each other, ensuring the development of their mutual relations, aimed at the benefit of both of them, that is, "us". They should learn to effectively use the possibilities of attachment of conflicts, not to turn them into conflicts with negative consequences.

Four different types of families conditionally arise as a result of the development of spouses' relations in one way or another in newly created families. These are:

- families with strengthened mutual relations;
- families whose relations are temporarily strengthened;
- families where new conflicts arise and repeat;
- families whose relations have broken up and separated.

Among them, the most acceptable are families of the first category. Each of our young people should strive to build such a strong family. The second category of families are families whose relations are temporarily strengthened. After the disputes in such families, if the spouses draw the correct conclusions from the disputes and conflicts, realize their mistakes in time, and try to understand each other, their cooperation may also occur. If there are no favorable conditions, if the spouses do not have enough knowledge and experience to understand their mistakes and correct them, or if they do not want to eliminate these mistakes, as well as their older relatives and relatives if, based on their rich life experiences, they do not give guidance and advice to young people, and on the contrary, they seem



to interfere inappropriately in the life of a young family, in such cases, the temporary reduction of tensions will escalate with the emergence of new conflicts.

According to the nature of the post-conflict situation, the third category of problems: families in the chain "conflicts are partially resolved, tensions increase, new conflicts arise, and they are partially resolved again" are the most characteristic of the four types of families and require serious attention. is to be done. Because some families (fourth category) may break down due to badness, deepening of disputes, and aggravation of tensions. Of course, the event of divorce is sad for the marriage-family relationship. Especially in such cases, if there are children in the family, they are left without a father or a mother. After the divorce, the socio-psychological situation of both parties becomes acute. But a person whose family broke up for the first time may correct his mistakes the next time, and may later "find his match" and lead a happy life.

However, another aspect of third-class families that is characteristic of the Uzbek ethnic group is that Uzbeks, as well as Tajiks, Kyrgyz, and Kazakhs, have a strong tradition of having a negative relationship with family breakdowns compared to other European nations. . That is, divorce is condemned according to public opinion. In addition, consanguinity is more common in Uzbek families than in families of other related nations. In such families, if the relationship between husband and wife does not develop as expected, that is, they are conflicted, do not understand each other, and are not compatible with each other. , even if they cannot reconcile psychologically, they try to preserve their families by acting like "the family should not be broken", "kinship should not be broken".

Currently, most of the unpleasant events that occur at the heart of marriage and family relations, various disorders, the origin of diseases, various crimes, murders, suicides, betrayal, child rearing disorders and similar disappointments are attributed to this third category of families. it's worth it.

Therefore, not only our young people, but also senior officials whose work is directly related to marriage-family relations, neighborhood representatives, authorities, and adults should have relevant information about the socio-psychological characteristics of the modern family, marital conflicts, and the psychology of family conflicts. it is appropriate to do so. And our young people should be aware of the "unlimited" types of "I" character that separates couples, which lead to serious and tragic consequences, the knowledge necessary to prevent and eliminate this type of conflict in their lives. they must have information.

Conclusion. Mainly by analyzing analytical data and theoretical sources, the following conclusions were reached:

The system of interpersonal relations in each family is unique, it may be observed that it does not correspond to another family at all, or a conflict that is not



so important for one family has serious consequences in the relations of another family.

The solution of family problems is of great importance in defining the development of the society, in the process of bringing up a mentally and spiritually healthy generation. In this case, if spouses are able to constructively solve the conflicts that inevitably arise in family life, if they resolve conflicts by mutual agreement, the socio-psychological environment in the family allows for the formation of positive ideas in the minds of the young generation.

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