
THE STUDY OF THE EMOTIONAL RELATIONSHIP OF A COUPLE IN A FAMILY BY UZBEK PSYCHOLOGISTS

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ABSTRACT: The article presents the results of a study conducted by Uzbek psychologists based on a study of the emotional relations of spouses in families. In addition, the article reveals mutual respect and understanding, as well as trust and problems between spouses in engaging stability in family interpersonal relationships.

KEYWORDS: Family, upbringing, relationships, values, research, sympathy, marriage, marital satisfaction, mutual respect, emotional desire, mutual understanding.

INTRODUCTION

Without taking into account the national-cultural and socio-psychological characteristics of Uzbek families, there is no way to purposefully organize and implement marriage relations, family life activities, its stability and well-being. This situation also reduces the effect of its main task – to restore the population through procreation, stabilize the continuity of generations and ensure the historical progress of mankind, preserve our traditions and carry it from generation to generation.

Today, raising the younger generation and giving them knowledge about family relationships is one of the main urgent tasks. Motives also determine what constitutes their basic needs in preparing young people for family life and preventing problematic situations that arise in the process of marriage[1]. Various socio-psychological aspects of marital relations in the family have been studied by Uzbek scientists. In Particular, Y.A.Yakubov of the earliest socio-psychological studies of marital relations in Uzbek families was conducted by Yakubov. As the object of research carried out by the author, groups of couples with high performance depending on the strength of marriages and couples on the verge of divorce were selected. It has been argued that in both groups, there are discrepancy differences between the emotional support of the couple in their performance of their functions in the family, their approach to family values, and their orientation towards family roles. From his research, the scientist noted that the presence of children in Uzbek families and their number are considered one of the other important factors that ensure the strength of marriage. At the same time, having listed such characteristics as traditional, national, family lifestyle, guidance, parental intervention in the relationship of young spouses, the distribution of roles in the family and their perception by a couple as one-sided, negative factors, he assessed the position of women, and their increased social activity from a positive side[2].

In our people, the attention to national values increases day by day, and such ethnic characteristics inherent in the Uzbek family are the impetus for the further increase in the influence of marital strength.

U.S. Saribayeva's work "the effect of sexual-psychological proportionality on family stability" outlines issues related to the topic of our study. In this work, research was carried out on the impact of sexual-psychological proportionality of spouses on family stability in Uzbek families, as well as on the causes of imbalance.

The higher mutual understanding, emotional intimacy, and mutual respect in couples, the greater their sexual-psychological proportionality and stability of the family are observed. In ensuring family stability, an important conclusion has been drawn about the need to increase the level of mutual understanding, emotional closeness and mutual respect in order for a couple to achieve sexual proportionality[3].

Indeed, mutual respect between the couple, mutual trust, respect, affection, companionship, loyalty and sincerity of the relationship serve as the basis for further enhancing the family's strength.

One of the studies that studied the specific socio-psychological character of the fact that in Uzbek families the relationship of a couple changes depending on the length of family life is G. Niyazmetova. It is expressed that the degree of satisfaction of marriage between husband and wife, understanding each other, emotional aspiration, mutual respect are a dynamic process that changes and develops in the process of family marriage.

G.Niyazmetova noted in her research that the dynamics of the formation and manifestation of a couple's relationship in Uzbek families are associated with specific psychological characteristics that reflect ethnic traditions in family-marriage relations, the character of marital satisfaction, mutual understanding, emotional aspiration, mutual respect, the distribution of family roles between a couple, this has been cited as factors such as the assessment of distribution by husband and wife, and so on, changing at different stages of family marriage.

One of the important studies in the study of the psychological characteristics of the Uzbek family is N.A.Sog'inov is mentioned in Sighinov's research. In the candidate work "socio-psychological characteristics of marital satisfaction in Uzbek families", the influence of factors such as mutual understanding, mutual respect and emotional closeness between spouses in Uzbek families, the characteristics of marital satisfaction of couples on family strength, the ethnopsychological components of the emergence of conflicts in their relationship were studied using the example of Uzbek Ethnos. This work explores the motivations of young people in family building, matrimonial factors and levels of marital satisfaction, the indicators of "mutual understanding", "emotional aspiration", "mutual respect" among couples recorded on the example of urban and rural families as well as divorced couples.

It has also been cited that the degree of marital satisfaction of a couple is related to mutual respect, mutual understanding and emotional attitude.

It should be noted that in the scientific research carried out in the following years, a wide variety of aspects of the family are reflected. Including X.Abdusamatov's dissertation, "socio-psychological characteristics of extramarital relations", explored socio-psychological issues such

as” falling in love“,” satisfying material needs“,” treating sex as an obligation“, and” sexual dissatisfaction with a spouse”, which cause extramarital relationships in families. In this case, the following reasons have been cited that cause extramarital affairs:

- dissatisfaction with sexual life with a spouse;
- non-existence of feelings of love towards the spouse (sympathy or positive feelings towards the general opposite sex;
- that women are dominated by emotional closeness towards men;
- presence of differences in family life experience;
- * conflict situations between spouses;
- sexual illiteracy;
- * psychological crises;
- the presence of differences between knowledge, skills and qualifications about sexual relations;
- the presence of one of the spouses on a long service trip;
- incompatibility of needs;
- * families built on a material and economic motive;
- * hastily built families based on breeding;
- extramarital relationships that occur under the influence of alcohol;
- frigidity in women;
- * falling in love with a representative of the opposite sex;
- the fact that religious information in couples is practically non-existent;
- to adopt a position held, to engage in a sexual relationship with a leader or directly a subordinate person or a scientific leader in order to achieve an action and position;
- the fact that men behave more freely in the family and have sex with other women whenever they want;
- feeling of love in youth;
- for the purpose of having children if a woman or a man is infertile;
- unhealthy environment in the family;
- * chronic quarrels in the family.

In addition, the researcher also compared the level of social frustration in migrant and non-migrant families. In this case, when the indicator results of migrant families were analyzed, the social frustration rate in migrant families in the Fergana region was 190.66, in the Andijan region was 114.91, and in the Samarkand region was 112.34. The indicators show that the social frustration rate in migrant families in Fergana province was higher compared to migrant families in other provinces. The author explained the high rate by the fact that in this province the population is densely settled, as well as the migration of migrants to the territory of more than one country and the main activity of labor migration, mainly focused on farms, services and hiring.

In place of the conclusion, it is worth saying that, according to the results of a study conducted by Uzbek psychologist scientists, we can see in recent years a decrease in these factors that make up the emotional relationship of spouses in families. Another factor in this is that even as a result of migration, we can see the main psychological characteristics of the family, such as marital

satisfaction of spouses, emotional relationships, the structure of family roles, conflicts in the family, children and parents' relationships and changes in the psychological climate of the family. It should be noted separately that since the family is characterized as a small group, the low level of marital satisfaction in migrant families, the appearance of material and household problems are the cause of an increase in conflicts in the family.

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