

PSYCHOLOGICAL STUDY OF DESTRUCTURE OF FAMILY RELATIONS

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ABSTRACT

This article presents the causes of family disputes, several problems and their psychological solutions and conclusions.

Key words: *communication, social environment, society, character, marriage, spouse, spouse.*

Since ancient times, people have been living and working as a family. The social environment in the family, the processes of interaction in it lead to the unity or destruction of the family.

Preserving the family and forming unity in it is one of the current urgent problems. The family is an integral part of the society. In order for the family to be strong, it is necessary to prepare young men and women for the family, to form knowledge, skills and abilities in them, psychologically I think it is necessary to give knowledge.

In Uzbekistan, research was conducted in order to determine the social and psychological characteristics of the factors that cause family conflicts through scientific aspects and the influence of interpersonal relations on it. percent", childlessness in the family [94 percent], lack of love and affection between husband and wife [91 percent], inability to rationally manage the family budget" (90 percent) are the main causes of family disputes was recorded.

A big reason is that the couple's characters are not compatible with each other and they don't understand each other. That's why young people who have applied for marriage now are given 33 days, during which time young people talk and talk to each other. with an individual approach, they can understand what kind of person, what place they have in society, their mental and spiritual conditions, draw conclusions about each other, and understand each other.

According to the Russian sociologist S. Golod, all the positive processes observed in family relations in the life of the European peoples occurred due to the preservation of the monogamous, patriarchal family, while all other negative situations, on the contrary, are the result of negative and bad processes occurring in the family. Such interpretations naturally encourage many researchers to understand the perspective of the family and to conduct serious research in this direction.

According to the results of the research conducted in 2003 by the Republican "Family" scientific and practical center, more than 90 percent of the young families who broke up indicated "love-to-be-loved" as the motive for marriage. The uniqueness of the relationship is that it;

- 1) Includes long-term continuous communication;
- 2) Most of these relationships take place in the form of a dyad;
- 3) Satisfaction with treatment and communication is a direct factor for marital satisfaction.

Scientists include the following in the emotions that are the basis of negative relations between husband and wife;

1) Bitterness is common in family life, because it appeared spontaneously in conditions of reduced mutual care and dependence; according to F. Perl, "From time to time to be angry with each other means to love each other and to look forward to mutual treatment".

2) Guilt is a feeling of revenge for one's actions, often this feeling is deliberately expressed;

3) Harassment is an emotion expressed in order to take revenge on a spouse.

4) Hatred is treating one's spouse as if they were an enemy, sometimes not speaking for long periods of time, or deliberately pretending to be mean. Unfortunately, this feeling is very common in family life. But it causes a person to cry out from the inside and eat his insides;

5) Criticism leads to cowardice, it does not allow to show the character of clear relations. According to Shostram, it is better that this feeling turns into bitterness.

6) Staying away from your spouse is a form of controlling each other in a certain sense, but it prevents you from clarifying the situation clearly.

7) Since indifference is a feeling that hides relationships in general, it accelerates the deterioration of relationships, and it even becomes difficult to provide psychotherapeutic help. Another reason for the deterioration of family relations is that both the husband and the wife consider themselves to be right, the husband tries to assert his opinion that I am the leader in the family, even if it is wrong, and the wife also He doesn't deviate from his conclusion that it is true.

In conclusion, we can say that in order for family relations not to break up, both husband and wife should work and fight equally to have a strong place in the society. And in this, without being an outside spectator, we can help solve family problems, eliminate conflicts, improve their relationships, give them a number of recommendations and skills.

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