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## PSYCHOLOGICAL CHARACTERISTICS OF FAMILY CONFLICTS

**Abstract:** This article examines the psychological features of family conflict research.

**Key words:** Conflict, married couple, psychological research, family, marriage, marital relations, family conflict.

Conflict, as a subject of psychological research, has existed for over a century. One of the first mentions dates back to the beginning of the 20th century. The three-volume dictionary of philosophy and psychology introduces the concept of "Conflict of laws". Later, the problematic field of the concept expands, and as a consequence, the concept itself needs to be clarified and refined. Currently, there are more than 20 theories of conflict, which were developed within the framework of philosophical and social works, psychoanalytic, behaviorist, and cognitive approaches.

In Russian psychology, it is customary to distinguish theories based on the subject of the conflict. There are different approaches to defining the following types of conflicts: intrapersonal, interpersonal, intergroup and intragroup conflicts. Within each group of approaches, there are various ideas regarding the essence of the conflict. For the purposes of this work, we use the concept of the nature of conflict by V.N. Myasishchev, who believed that the cause of conflict lies in the discrepancy between the various sides of objective reality and the internal needs and goals of a person.

Within the framework of this study, we will consider in more detail the substantive meaning of interpersonal and intra-group conflicts, since conflicts within a married couple belong to these groups.

Understanding the family in the modern world is of a dual nature. On the one hand, family is understood as the main value of life, which has the greatest significance in comparison with work, success and material status. On the other hand, family is understood as a crisis area of the life cycle of people living together.

Family in the modern sense is a dynamic system, which is less normalized by social factors. Currently, social norms and rules have much less influence than communicative interactions and personal motives of spouses.

Family accompanies a person throughout his life. A.I. Antonov notes that family is a direct connection on the axis of the continuum marriage - parenthood - kinship. Thus, there is a continuity of generations, reproduction of the population and socialization of the children's generation. A.I. Antonov mentions that a family is built only in this way, with the interaction of three components: marriage - parenthood - kinship. In the presence of one or two links in this chain, fragmentation of the family system is observed. This can be due to the breakdown of the family or after the children grow up, their departure to another family. Or in the case of young married couples, when they are in the initial phase and have not yet had children. Let's consider the differences between the concepts of "family" and "marriage". M.B. Shchhaveleva believes that family is a more extensive formation than

marriage. Family consists of parents, children, close relatives, spouses. Marriage is "a historically changing social form of relations between a man and a woman, by means of which society regulates and sanctions their sexual life and establishes their marital and parental rights and obligations." Due to the large number of scientific and life spheres in which the concept of conflict is used, it is impossible to give an exhaustive definition. We will use the definition of Grishina N.V., who defined interpersonal conflict as a situation of confrontation between participants, perceived and experienced by them as a significant psychological problem that requires its resolution and causes the parties to be active, aimed at overcoming the contradiction that has arisen and resolving the situation in the interests of both or one of the parties. In such a formulation, the subjectivity of the concept of "conflict" itself draws attention: a conflict exists only if at least one of the participants perceives the situation of social interaction as a significant psychological problem. Thus, 2 practically identical situations that happened to different people can be perceived completely differently: a conflict will be present in one situation and absent in the other.

It can be said that this subjective perception is significantly influenced by the individual characteristics of the participants in the interaction. Among the significant characteristics, the following are distinguished:

- personality characteristics;
- role expectations;
- attitude towards the interlocutor;
- features of interaction in a conflict situation.

The presented characteristics are true for any social interaction, however, since the work is related to the study of conflicts in interethnic marriages, we will give a separate definition of marriage, which we will use. Marriage in a broad sense is a socially organized relationship between a man and a woman. In a narrow sense, marriage is the civil status of a man and a woman, their union for the formation of a family, the birth of children.

Now let us consider each of the presented characteristics separately.

Personality characteristics are understood not as the presence of certain traits that lead to conflict in any situation, but a special combination of personality traits of the participants in social interaction. At the same time, it must be recognized that there are separate types of conflict personalities who have an increased probability of creating a conflict situation. A number of Russian psychologists, F.M. Borodkina, N.M. Koryak, V.P. Zakharova, Yu.A. Simonenko identified the following personality types in the context of behavior in conflict:

- demonstrative type;
- rigid type;
- uncontrollable type;
- super-precise type;
- non-conflict type;
- rationalist.

For people of the demonstrative type, it is important to be in the center of attention and look good in the eyes of others.

People of the rigid type are more suspicious and straightforward than others. They are distinguished by ambition, inadequate high self-esteem, and an inability to take into account the opinions of others.

People of the uncontrollable type are impulsive and unpredictable, often have weak self-control, and their behavior is defiant.

Super-precise type. People often make increased demands on themselves or others. Due to their often reduced social intelligence, they can do this in such a way that the interlocutor feels as if they are being picked on. Such people have increased anxiety and suspicion.

Conflict-free type. A person of this type has a high level of suggestibility and often a large number of contradictions in their own beliefs. Extremely dependent on the opinions of others, the desire for compromise prevails, volitional functions are usually reduced.

People of the rational type are calculating. They view conflict as an opportunity to achieve benefits for themselves. They can adapt to the interlocutor as needed and imitate any other type of behavior while waiting for the right time to start a conflict.

Marital relationships differ significantly from other types of relationships: they are usually longer lasting, and both participants, when deciding to enter into them, attach great importance to the personal characteristics of a potential partner. Thus, the risk of conflict in family relationships is probably significantly lower than in any other types of relationships. This is due to the fact that a person initially chooses a partner taking into account his and his own psychological characteristics and, as a result, does not attach subjective significance to situations that could potentially lead to conflicts. On the other hand, a person is in a family relationship for a significant part of the day, regularly over a long period of time. Apparently, it is this factor that leads to the fact that family conflicts are one of the most frequent conflicts in principle. A family conflict is a confrontation between family members based on a clash of opposing motives or views. According to G.D. Faroyan, a family conflict is a confrontation between family members based on a clash of opposing motives or views. In this light, the cause of the conflict can be seen not in the personality type of one of the partners as such, but in a specific combination of personality traits that leads to the emergence of the conflict. Another possible source of conflict is the discrepancy between role expectations. First of all, let us discuss the content of the concept of "role expectations". Role expectations are understood as a behavioral repertoire, the performance of which is expected from a person playing a certain role. A social role, in turn, is a set of actions that are expected from a person of a certain social status. In society, depending on the environment in which a person finds himself, he can play different social roles in different situations. Even in one environment, a person can realize different roles: in a family, a man can be both a husband and a father.

As we discussed earlier, role expectations do not cause conflict in themselves, but when they differ radically between spouses. For example, each spouse can see himself in the role of a child-rearing teacher and have different views on proper upbringing. The same social role can cause conflict when a woman expects her husband to fulfill it, and the husband, in turn, expects his wife to fulfill it. Thus, one of the possible causes of conflict is the discrepancy between the role expectations of the spouses.

There are several similar ideas regarding social roles. In this study, we will use the classification of Yu.E. Aleshina. Let's take a closer look at the functions implied by each of the social roles.

Responsible for material support. This role primarily refers to providing income, various duties related to earning money. Historically, this role was a male responsibility, however, in modern society there is a tendency to establish a balance in its provision, which can also become one of the causes of conflict.

"Master" of the family. In this case, this role implies the satisfaction of everyday needs. Traditionally, this role includes purchasing food and cooking, maintaining order and cleanliness in the house. The role of caring for a baby implies the need to provide the baby with physical and psychological comfort: wash, feed, play, monitor safety. Traditional norms prescribe that this role be performed by the mother. On the other hand, in modern society, there is an increasing tendency for spouses to perform this role equally.

Raising children involves the implementation of a number of responsibilities related to the child's development. This role includes: instilling concepts of morality and ethics, conveying to the child the social norms accepted in society, and helping with studies. This role is less strictly assigned to one of the spouses and depends on a number of factors; in some families, it may not be performed at all. These factors include, in particular, the level of education: a number of studies have noted an inverse relationship between the level of education and the number of children. Thus, in families where parents have a higher level of education, more attention is paid to this role. Also, the fulfillment of this role largely depends on the gender of the child and the psychological characteristics of the spouses. In most cases, both parents are involved in raising a boy, and girls are raised to a greater extent by their mothers.

The role of a sexual partner implies the initiator of sexual activity. Traditionally, it is believed that the leading position in this matter is occupied by the man. At the same time, a number of studies show that men are interested in the manifestation of sexual activity on the part of their wives. The role of the family leisure organizer was formed relatively recently and implies the initiation of activities related to the organization of joint pastime: going to the cinema, on walks, visiting, etc. The role of the family subculture organizer is in many ways similar to the previous one and also emerged relatively late. It implies activities aimed at forming certain hobbies, interests, and various interests in family members. This does not include the fact of organizing a trip to the cinema or theater, but the choice of the establishment to visit, the genre of the work of art, and so on. It can be said that this person is responsible for the formation of the "artistic taste of the family."

The role of the person responsible for maintaining family ties includes organizing communication with relatives and spending time together in a wider circle. Usually, both spouses play this role, with traditionally greater activity on the part of the wife.

The role of the psychotherapist is, on the one hand, quite old in historical terms, and on the other hand, it is most susceptible to change due to the social and economic characteristics of society. In modern Western European society, this role is associated with the expression of sympathy, support and care; with activity aimed at paying attention to the personal problems of the partner. A number of studies show that this role has a strong influence on the degree of satisfaction with marriage. Some studies show that this role is usually better performed by women.

Another important factor is the typical behavior of the participant in the conflict. One of the classification options is to distinguish two tendencies with opposite strategies: "dominance-submission" and "aggressiveness-friendliness". In this case, as with role expectations, the determining factor for the formation of a conflict is not some specific behavioral style, but the discrepancy between the behavioral styles of the partners.

The subjective perception of the initiator of the conflict by the participants also plays an important role. For example, a husband may blame the wife for starting a conflict, and the wife may blame the husband. Or both spouses may believe that one is to blame. Probably the most conflict-prone situation is mutual accusation.

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