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On Family Conflicts and Ways of Resolving Them

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A B S T R A C T
The article is devoted to the growing problem of divorces among young families and emphasizes the importance of psychological readiness for family life. The author examines key aspects that contribute to harmony in marriage, including communication skills, conflict resolution abilities, respect, trust, and the capacity for compromise. The article highlights the significance of upbringing, shared values, and the family's role in shaping perceptions of marriage. Special attention is given to the causes of family conflicts common in Uzbekistan and to psychologists' recommendations for their constructive resolution.

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Introduction

The steadily increasing number of divorces in our country demonstrates that many young people are not fully prepared for a marital partnership, which requires an emphasis on communication, respect, mutual support, and the fair distribution of responsibilities. Very often, newlyweds lack the skills of effective communication, which involves openly expressing one's needs and expectations. In our view, one of the key reasons for divorce is the lack of psychological knowledge, since psychology explains the causes and consequences of human behavior and interpersonal relationships.

Psychological readiness of young people for family life is a complex characteristic that includes motivational, emotional, volitional, and intellectual components. It reflects the ability of young individuals to accept the role of husband or wife, their willingness to take responsibility for a partner and future children, and their capacity to resolve emerging family conflicts effectively. Such readiness also presupposes a realistic understanding of family life, based on mutual respect, trust, and the ability to compromise. The absence of psychological preparedness may lead to difficulties in adaptation, dissatisfaction in marriage, and an increased risk of divorce.

Methods

This study employed a qualitative descriptive approach with elements of sociological and psychological analysis. The goal was to explore the underlying causes of family conflicts, assess the level of psychological readiness among young couples, and examine strategies for conflict resolution in the cultural context of Uzbekistan. The design focused on analyzing both documentary sources (laws, policy documents, scientific literature) and empirical observations (case examples, interviews, and expert opinions).

Results and Discussion

Shared values are the foundation of harmonious relationships. Among the most important are:

- Mutual respect;
- Honesty and trust;
- Prioritizing family and caring for loved ones;
- Responsibility and reliability;
- Joint development and education;
- Mutual support and understanding;
- Diligence and striving toward common goals;
- Loyalty and devotion.

These values help to create a solid foundation for family life and make it possible to overcome difficulties. It is important to discuss them beforehand to understand the degree of agreement and alignment of mutual expectations.

The Committee on Family and Women of Uzbekistan has identified three major causes of divorce:

1. Interference by parents, siblings, and neighbors in the life of the couple.
2. Early marriages and marriages arranged by agreement.
3. The lack of readiness of men and women for family life [3].

What constitutes psychological readiness for family life?

- Emotional maturity and stability: the ability to manage one's emotions and remain calm in stressful situations.
- Self-awareness and responsibility: understanding one's needs and goals, and the capacity to take responsibility for one's actions.
- Communication skills: the ability to listen, articulate one's thoughts, and seek compromise.
- Conflict-resolution skills: readiness to respond constructively and search for solutions.
- Readiness for compromise: acceptance of differences and a willingness to work on relationships.
- Understanding of family roles: awareness of responsibilities and willingness to share duties.

Marital dissatisfaction often begins with minor disagreements and conflicts that, when accumulated, can have an explosive effect on the relationship. Interference by third parties further aggravates the situation. Family conflicts, defined as disagreements between members of the same family, may arise due to differences in views, values, interests, or expectations.

Upbringing plays a decisive role in shaping a person's perception of family, their values, and the skills necessary for a successful marriage. Cultural features and personal experience must also be taken into account. Unfortunately, arranged marriages are still practiced, where parents prioritize the material and social status of the candidate's family. While this may ensure similar lifestyles, other important factors—such as upbringing, cultural level, and personal values—are often overlooked.

Family disagreements are a natural part of married life and do not necessarily indicate dysfunction. The main causes of family conflicts include:

1. Differences in values and beliefs (religion, politics, morals, traditions).
2. Unclear roles and expectations, such as uncertainty about household responsibilities.
3. Financial difficulties, which often create tension and disputes.
4. Parenting challenges, particularly disagreements about methods of child-rearing and discipline.
5. Stress, related to work, study, or caregiving responsibilities.
6. Communication problems, including ineffective or insufficient dialogue [1].

Conclusion

Traditionally, young families in our country turn to parents for help in resolving conflicts. It is important in such situations to be honest and respectful. Parents should first carefully listen to their child, consider complaints, and point out mistakes or inappropriate behavior. Unfortunately, in practice, accusations against the other party often dominate, colored by the parents' own grievances. Much depends on the maturity and wisdom of older relatives, who should model a culture of dialogue, show flexibility, and help find compromise. Conflict resolution is the ability to seek solutions together while preventing escalation.

What do psychologists advise?

1. Acknowledge the problem instead of ignoring it. Recognition is the first step to resolution.
2. Stay calm and control emotions, taking breaks when necessary.
3. Practice active listening, showing genuine interest and repeating key points to ensure accurate understanding.
4. Express feelings constructively, using "I-messages" (e.g., "I feel ignored when…").
5. Seek joint solutions by asking: "What can we do to make things better for both of us?"
6. Learn to yield and forgive, recognizing that compromise strengthens relationships.
7. Use de-escalation techniques, such as pausing the discussion, reframing statements, or writing down concerns.
8. Seek professional help when conflicts persist, turning to a family psychologist or counselor.

The key to harmony lies in respect, honesty, the ability to listen, and the willingness to work together on resolving problems. The more such practices are integrated into everyday life, the easier it becomes to maintain balance and stability in relationships.

For a successful family life, it is essential to learn to communicate openly and sincerely, acknowledge each other's values and boundaries, manage one's emotions and stresses, and stand by one another during difficult times.

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