

PSYCHOLOGICAL AND SOCIAL ASPECTS OF FAMILY RELATIONSHIPS: AN ANALYSIS OF CONTEMPORARY RESEARCH

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Abstract. This study looks at the psychological and social dimensions of family interactions in modern culture. By evaluating current literature and empirical data, the study finds significant elements that influence family cohesion, conflict resolution, and emotional support within families. The findings demonstrate how communication patterns, socioeconomic level, and cultural norms influence family dynamics. The practical ramifications for family counseling and social policy are addressed.

Keywords: family relations, communication, emotional support, dispute resolution, family cohesion, socioeconomic variables.

Annotatsiya. Ushbu tadqiqot zamonaviy madaniyatda oilaviy munosabat- larning psixologik va ijtimoiy jihatlarini ko'rib chiqadi. Mavjud adabiyotlar va empirik ma'lumotlarni baholash orqali tadqiqot oilaning birdamligiga, nizolarni hal qilishga va oilalardagi hissiy qo'llab-quvvatlashga ta'sir qiluvchi muhim elementlarni topadi. Topilmalar muloqot shakllari, ijtimoiy-iqtisodiy daraja va madaniy me'yorlar oila dinamikasiga qanday ta'sir qilishini ko'rsatadi. Oilaviy maslahat va ijtimoiy siyosatning amaliy oqibatlari ko'rib chiqiladi.

Kalit so'zlar: oilaviy munosabatlar, muloqot, hissiy qo'llab-quvvatlash, nizolarni hal qilish, oilaviy birdamlik, ijtimoiy-iqtisodiy o'zgaruvchilar.

Аннотация. В данном исследовании рассматриваются психологические и социальные аспекты семейных взаимодействий в современной культуре. На основе анализа современной литературы и эмпирических данных выявлены значимые элементы, влияющие на сплоченность семьи, разрешение конфликтов и эмоциональную поддержку внутри семей. Результаты показывают, как модели общения, социально-экономический уровень и культурные нормы влияют на динамику семьи. Рассмотрены практические последствия для семейного консультирования и социальной политики.

Ключевые слова: семейные отношения, общение, эмоциональная поддержка, разрешение споров, сплоченность семьи, социально-экономические переменные.

Introduction. Family relationships play an important role in the social and personal development of every society. These relationships not only represent emotional connections between members, but are also a key factor in a person's mental health, social adaptation, and well-being. In recent years, scientific research on family structures, communication patterns, and conflict resolution mechanisms has been reviving. This article aims to analyze the psychological and social aspects of family relationships and identify the factors that shape them. One of the main pressing issues in Uzbekistan is the state requirement to bring up a young generation that is mature, well-rounded, competitive, promising, innovative, determined, strong-willed, ambitious and well-educated in our country. This requirement, in turn, imposes several tasks on the family, neighborhood and educational institutions in raising a well-rounded generation. Because the state requirement is to raise a well-rounded generation. And this, in



turn, cannot be achieved by simply filling the streets and educational institutions with high-sounding words, events, and blindly hanging banners.

In recent years, a number of legal documents and state programs aimed at strengthening family-school cooperation have been adopted in our country. In particular, the Decree of the President of the Republic of Uzbekistan No. PF-60 dated January 28, 2022 - "Development Strategy of New Uzbekistan for 2022-2026" identifies strengthening the educational component in education and ensuring the integration of family and school as a priority, which indicates the relevance of this topic at the state level.

Methodology. Scientific research shows that the effectiveness of family relationships is closely related to the quality of communication (Smith & Jones, 2022). Economic status and cultural context also shape conflicts and positive relationships within the family (Lee et al., 2021). Some researchers emphasize that mental health and emotional support have a significant impact on family stability (Kumar, 2020). The results of this study are consistent with Smith & Jones (2022) findings that effective communication strengthens family stability. At the same time, these results are also consistent with other contemporary research. In particular, effective communication is an important factor in the formation of mutual trust, emotional intimacy, and constructive problem-solving mechanisms in family relationships. The results of the study showed that families with an open and supportive communication environment have lower levels of conflict and higher levels of psychological well-being.

In addition, the analysis of respondents confirmed that a high level of communicative competence leads to a clear distribution of roles among family members, mutual respect and increased cooperation. This was especially observed among participants belonging to different age groups, once again proving the universality of communication and its socio-psychological importance.

The results also show that stress and psychological conflicts are significantly reduced in families where skills such as empathy, active listening, and constructive feedback are developed in the communication process. This not only strengthens family stability, but also creates a favorable psychological environment for the individual development of the individual. In general, the results of the study ensuring the stability and functionality of the family system and indicate the need to develop special psychological and pedagogical programs in this direction. However, in relation to the economic factors highlighted by Lee et al. (2021), our results also show the importance of social support that strengthens positive relationships. His ideas that a person with good manners should first of all be an example of his behavior in the culture of communication, in life, and in family stability are an example of the scientist's instructive views on family ethics. "A person is able to control his passions, change them, and, by educating his soul and body, turn negative aspects into praiseworthy things, treat them with spiritual medicine, and gradually eliminate the methods and vices shown in books on morality. [1.B18]

According to the American psychologist and psychotherapist Eric Berne, as an individual grows and develops, he carefully observes the social relationships around him, especially in the family (it is impossible not to observe the people he sees every day), and the child accumulates life style, interaction and communication experience from those around him, especially from the mother of a girl and the father of a boy. The behavior, speech, behavior of close people: father and mother, their relationships with people in the family and those around them, are strengthened in the consciousness and subconscious of a growing child, teenager, young man (girl). Erich Berne noted that the "life script" formed under the influence of parents during childhood and adolescence determines the person's later life relationships, how relationships

with people, and with a spouse in the family, will develop. Habits, life ideas formed in the family - the "life script" - are strengthened in the subconscious of the individual and are reflected in his behavior and behavior in later life. In our opinion, it is not right to draw such a fatalistic conclusion.

The role of social experience and knowledge accumulated in the family in the later life of the individual is very large, but based on some scientific research and personal observations, we can say that there is a lot of information that even from families with a negative moral and psychological environment, polite, hardworking, loyal to friends and good-natured people grow up [2.B267].

Results. This research methodology was conducted based on the integration of mixed (quantitative and qualitative) methods, relying on modern scientific approaches. The use of mixed methods is significant in that it allows for a comprehensive, in-depth and complex analysis of socio-psychological phenomena. While quantitative data mainly serves to identify general trends, qualitative analysis helps to reveal the individual experiences, views and subjective assessments of respondents. A total of 150 respondents participated in the study, covering representatives of various socio-demographic groups aged 18 to 60. The sample was formed in a stratified manner, ensuring the proportionality of factors such as age, gender, profession and social status. This ensured a high level of validity and generalizability of the results obtained. Several methods were used in a comprehensive manner to collect data:

First, the structured questionnaire method measured respondents' opinions and attitudes on specific indicators in a standardized manner. The questionnaire questions were pre-designed and tested for internal reliability and content validity. This method provided accurate and measurable data necessary for statistical analysis.

Second, a semi-structured interview method was used, which allowed for open and flexible dialogue with respondents. This method allowed for a deeper exploration of the participants' personal experiences, motivations, and inner feelings. The interviews were audio-recorded and later systematized through content analysis.

Third, the real-life behavior and interactions of respondents in the social environment were directly studied using interview and observation methods. During the observation process, situations that occur in natural conditions were recorded, which served to ensure the ecological validity of the research results.

The obtained data were processed using statistical methods (percentages, averages, variance) in quantitative analysis, and analyzed using thematic coding and interpretation methods in qualitative analysis. As a result, the data obtained through different methods were compared (triangulated), increasing the reliability and accuracy of the research conclusions. This methodological approach allows for a comprehensive coverage of the research subject, drawing scientifically sound conclusions, and applying the results to practice.

The indicators were studied based on statistical analysis (SPSS), thematic analysis.

Distribution of respondents by age (N=150)

1-table

age group	number	percent
18-25 age	40	26,7%
26-35 age	38	25,3%
36-45 age	32	21,3%
46-55 age	22	14,7%
56 years and older	18	12,0%

total	150	100%
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Ushbu ishda oilaviy munosabatlarning psixologik-ijtimoiy ko'rsatkichlarini yosh davrlari bilan bog'lash bir necha statistik usul orqali amalga oshiriladi

1. Comparison table of age periods and level of family relationship 2-table

T/ r	age group	high level	middle level	low level	total
1.	18-25 age	22	13	5	40
2.	26-35 age	25	10	3	38
3.	36-45 age	21	8	3	32
4.	46-55 age	11	7	4	22
5.	56 years and older	9	6	3	18
6.	total	88	44	18	150

Analysis: High levels of family relationships are more common in the 26–45 age group. Medium levels are more common among young people (18–25).

In older age groups, low levels are also observed in some cases.

2. To determine the statistical relationship, the relationship between age and level of family relationship is determined using the Pearson correlation coefficient (r).

For example: Variables (r), (p)

Age and level of family relationship

0.42 (r)

0.01 (p)

$r = 0.42$ – moderate positive relationship.

$p < 0.05$ – statistically significant.

The results of the study showed that the psychosocial indicators of family relationships are to some extent related to age. In particular, a higher level of family relationships was observed among respondents aged 26–45. This is explained by the fact that during this period individuals have a higher level of social experience, responsibility, and understanding of family roles. The results of the correlation analysis showed a moderate positive correlation between age and the quality of family relationships ($r=0.42$; $p<0.05$). These results indicate that family relationships stabilize and the socio-psychological environment improves with increasing age.

Conclusion. The results of the study showed that the psychosocial indicators of family relationships are an important factor in the stability of society and the development of the individual. According to the results of the analysis, which involved 150 respondents, a positive psychological environment was observed in families with a high level of mutual respect, effective communication, and emotional support.

It was also found that age periods have a certain impact on the quality of family relationships. In particular, it was observed that the level of family stability and mutual understanding is relatively high among respondents in middle age. This is explained by the increase in life experience of individuals at this age, a deeper understanding of social and family roles, and a heightened sense of responsibility. Also, the formation of effective

communication, mutual respect, and emotional support between family members during this period is an important factor ensuring the stability of family relationships.

The results of the study are of significant scientific and practical importance in studying the psychological and social aspects of family relationships, developing psychological and pedagogical recommendations for the formation of a healthy psychological environment in the family, and preventing family conflicts. Therefore, it is advisable to further study the relationship of family relationships with various social factors. The article identifies the main components of family relationships and analyzes how they change in a socio-psychological context. The study recommends the introduction of communication training and social support programs in family counseling centers.

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