

## **Social psychological work family the violence prevention as a factor**

**Ismailova Rano Nuraevna**

Candidate of Psychology, Assistant Professor, Department of "Applied Psychology" Tashkent State University named after Nizamiy.

**Ikramova Kamola Shavkatovna**

Doctoral student of the Research Institute of Family and Women

[ranohon2013@gmail.com](mailto:ranohon2013@gmail.com)

**Abstract:** This article describes the analysis of cases of family violence in our society and the work being done to combat it. It is also emphasized the importance of psychologists in preventing family violence and the importance of timely referral of victims of violence to psychologists.

**Key words:** gender, family, woman, parent, child, violence, problem, motive, women.

The relevance of the topic is that domestic violence against women was considered a social problem and negatively evaluated by society. In America and Europe, this happened in the 70s of the twentieth century, when the idea of equal rights for men and women in marriage and work was widely accepted. All this happened thanks to women's NGOs, gender studies experts and social workers. In 1975, the United Nations (UN) held the first World Conference on Women in Mexico City. As a result of the calls made at this conference, in 1976, the UN General Assembly decided to establish the UN Fund for the Development of Women.<sup>1</sup>

If you look at the global statistics and general trends, it becomes clear that women are the main victims of domestic violence. But this is not absolute, that is, in the family, it is observed that a man also lives under the pressure of his wife or parents by children or other family members. This is also considered a form of domestic violence. Because, in this case, the primary rights of the person are violated, as a result, the victim may develop serious psychosomatic diseases or other unfortunate situations may occur. Another of the most serious consequences of domestic violence is the serious damage caused to children's mental state and morals. Family is the highest value in our mentality. Children are brought up in the spirit of respect for adults and loyalty to traditions. However, it can be observed that the issues of women's rights and personal freedom are being neglected in the family today.

### **Level of study of the problem:**

As in other traditional societies, domestic violence in Uzbekistan is based on gender inequality and stereotypes about the role of women. Women who have experienced violence in the family often turn to internal affairs bodies as victims of violence and do not seek psychological advice in cases of conflict situations in the family, as well as violence against them. Carrying the burden of all negative emotional experiences and having poor health, a woman cannot fully realize herself in various areas of her activity, be it for raising children, professional activities or other things, because she spends a lot of effort to eliminate the consequences of violence.<sup>2</sup>

A necessary condition for the study of family violence began to be reflected in the studies of the 80s and 90s of the 20th century as conflicts in family and marital relations, causes and motives of family breakdown. D.M. Chetot and D.A. Shestakov's alcoholic families were studied, the cases of violence against women and children and the negative impact of this situation on children's socialization were highlighted.<sup>3</sup>

2021 "Social Opinion" republican public opinion research center in Uzbekistan presents the results of a sociological research aimed at identifying the most pressing issues of marriage and family relations, existing family problems and finding their solutions, as follows: the majority of women do not allow the husband to use physical force against his wife, believes that. However, there is also an alarming trend in the public opinion of Uzbeks: 10.3 percent of respondents believe that force can be used in some cases. According to them, a situation of physical violence can be allowed when a woman forces her husband to use force.

### **Methodology:**

Research findings were conducted using complementary qualitative and quantitative methods.

600 citizens aged 15 to 70 living in Tashkent city and Tashkent region, Fergana, Khorezm, Kashkadarya regions were involved in the survey. Also, during the research, in-depth interviews were conducted with 35 experts in order to study the attitude of experts to the problem.

According to various estimates of state bodies, 73 percent of cases of violence against women in Uzbekistan are committed in the family. That being said, violence manifests itself in different ways in traditional and modern societies. In traditional societies, the sources of violence are more based on gender inequality and stereotypes about the roles of women and girls.

The results of the survey show that almost half of the respondents ( 47.1%) believe that there are cases of family violence in our society . It should be noted here that more than half of the participants in the study ( 53.2%) believe that more women are victims of domestic violence. Most of the participants in the study ( 47.9%) were physically abused in cases of domestic violence meet more, 21.7% - psychological, 11.8% - economic, 4.2% - sexual, and 14.4% of the respondents indicated "other" types of violence and reported that they did not witness touching cases in families.

Most of the respondents ( 76% ) stated that oppression in the family is often committed by men, 13.3% - "women" and 10.6% of respondents indicated the answer "others" (mother-in-law against daughter-in-law). Violence against women was found to be perpetrated by those they know, including spouses, parents, siblings, grandparents, and relatives.

According to the results of the survey, the main cause of violence is alcoholism (43.7%) and low level of culture (30.4%). According to 14% of respondents, there are material and housing problems, another 3% indicated "personal enmity" and 8.7% "other" reasons (for example, the presence of bad education).

"Who or what organization did you turn to when you were subjected to domestic violence ?" The analysis of the answers to the question shows the following situation: 40.7% of the respondents said that they did not apply anywhere. In cases of violence, respondents indicated that they turn to law enforcement agencies and the prosecutor 's office more often (24%). 19 percent of the respondents said that in this case they turn to their close relatives, and 10.3 percent to human rights protection organizations.

The results of the research show that we can conclude that close relatives provide real help to victims of domestic violence (41.1%). Because victims of violence in most cases turn only to their loved ones. At the same time, it is known that women who have suffered from domestic violence have a greater need for "free psychological counseling" (32.7%) services.

Also, in-depth interview method was used in the research. Victims of family violence and psychologists, lawyers, who were placed in the Rehabilitation and Adaptation Center of Tashkent city, took part in the survey. The interview consists of 2 parts, in the first part 16 questions reveal the level of general awareness of domestic violence, its causes and factors, and possible consequences. The second part consists of 6 questions, which are devoted to methods of working directly with victims of violence, problems faced by professionals in their work. A total of 36 experts participated in the survey.

When asked whether there are certain methods and techniques for working with victims of violence and perpetrators of violence, psychologists said that they use the following methods when working with victims:

- psychological conversations aimed at eliminating emotional tension, tension, stress, suicidal thoughts, searching for internal resources.
- Psychotherapeutic conversations
- Projective methods (Metaphoric associative maps, various drawing techniques, fairy tale therapy, neurography)
- Methods of cognitive behavioral therapy, in particular, the search for one's own resources, as well as work aimed at changing the psychology of the victim
- Visiting the gym.

- One of the experts mentioned that he sometimes recommends going to mosques and priests.

- Ways to improve self-esteem

Most experts say there is little to no work with people who have committed violence, except for interviews with law enforcement agencies. Sometimes, if they want to reconcile with the victim, abusers turn to psychologists, but very rarely.

It was also emphasized that the work with the perpetrators of violence should be carried out by specialists specially trained in this field. There are almost no such specialists. Some NGOs conduct such training by inviting trainers from abroad, but this is unfortunately very rare.

The head of the "Ayol va Zamon" center noted that she was trained by experts on the "Knox model" (trainers invited from Russia to work with abusers).

Almost all organizations emphasize the need for special training to work with an attacker.

When asked what methods do you use to assess the risk of domestic violence reoccurring when a victim is returned to the family, most professionals said they do not use such methods. Basically, it teaches victims how to behave if the situation starts to repeat itself: who to turn to for help, how to find help among loved ones who can help prevent the situation, how to get a protection order. Also, survey participants noted that more than 50 % of victims return to crisis centers out of 100% who return home.

The following answers were received to the question in which areas work is being done on the rehabilitation of victims of domestic violence.

- Restoring mental balance, increasing the level of self-esteem, changing the psychology of the victim.

- Learning how to behave when the situation is repeated
- Training in professional skills (to get a job, to achieve financial independence).
- legal advice to improve legal literacy and help solve legal problems.

Almost all organizations pointed out the lack of social support for the victim after leaving the crisis center. Many victims themselves do not want to go to contact to monitor the situation.

It was also noted that there are not enough social workers. The survey confirmed that only one organization has such a position. The rest have only psychologists and lawyers.

When asked what kind of work is being done with the perpetrators of violence, and in which areas, only one organization (Ayol va zamon), "Oydin" non-governmental non-profit organization, said that it had trained experts in this regard. Nur" is preparing a program for training specialists in this direction. The remaining participants of the survey answered that such work is not carried out, except in rare cases of contact with a rapist. Most of the participants of the survey emphasized that psychological work should be conducted with such people, and in case of refusal, they should be forced to work with a psychologist and not just talk with law enforcement agencies.

what methods are used to work with violent individuals, and if not, why, the psychologists were unable to give examples of any specific methods because there was no work being done with violent individuals.

The head of the "Ayol va Zamon" center called trainers from Russia and noted that he had trained experts of the "Knox model" (psychological work with the aggressor).

As part of the study, the following was also determined by studying the process of psychological work with victims of violence :

1. Psychologists mainly use conversation, interview, observation, analysis and life experience methods in their activities.

Local specialists: school psychologists are voluntarily involved in solving domestic violence situations . .

3. School psychologists in addition to NGO psychologists do not undergo systematic training on working with victims of violence , which limits their ability to provide systematic and professional support to victims of violence.

There is no clear step-by-step mechanism and methodology, standards for working with victims of domestic violence .

on customs and norms that violate the principle of priority of human rights. are operating . For example, they are trying to justify their name in society by marrying off victims of sexual violence, rather than providing them with psychological help.

6 . NGO psychologists and psychologists of state institutions are working independently to prevent domestic violence and work with violent individuals.

**According to the results of the research, the following conclusions and recommendations are put forward:**

1. It is desirable to develop standards for providing psychological support and services to victims of violence .

2. It is desirable for psychologists to undergo special courses to provide psychological support and services to victims of violence and to work with persons who have experienced violence in the family and who have shown violence.

4. Training seminars and trainings for psychologists should be systematically conducted in order to develop the skills of complex work with citizens who have become victims of violence, as well as to increase the effectiveness of prevention work in society .

5. Special attention should be paid to prevention of recurrence of violence by early detection of violence against women and children, continuous monitoring in families and society .

6. Prevention of domestic violence through the mass media should strengthen activities aimed at the importance of consulting a psychologist.

7. It is proposed to develop standards of social and psychological services for the population.

## References

---

<sup>1</sup>Chutkova , I. Life bez nasiliya eto nashe pravo: regional informational and educational campaign in the Republic of Belarus / I. Chutkova . Campaign UNIFEM v zashchitu prav jenshchin na jizn bez [Electronic resource]. – 2002. - Regim dostupa: <http://www.nasilie.net>. - To the source entry : 2021.01.2021.

<sup>2</sup>Vasiliuk, F.E. Psychology perezhivaniya / F.E. Vasilyuk. - Moscow: Izdatelstvo MGU , 1984. - 200 p.

<sup>3</sup> Chetot D.M., Shestakov D.L. Sotsialnoe zlo - alcoholism. Semya i pravo. JI.: Izdatelstvo Sankt-Peterburgskogo universiteta. 1988 , 216 str

Alieva K. Family violence that society "digests". <https://www.uzanalytics.com/> August 19, 2021. Reference: 09/20/2022

Vasiliuk, F.E. Psychology perezhivaniya / F.E. Vasilyuk. - Moscow: Izdatelstvo MGU , 1984. - 200 p.

Chetot D.M., Shestakov D.L. Sotsialnoe zlo - alcoholism. Semya i pravo. JI.: Izdatelstvo Sankt-Peterburgskogo universiteta. 1988.

Chutkova , I. Life is not right - this is what it is: regional informational and educational campaign in the Republic of Belarus / I. Chutkova . Campaign UNIFEM v zashchitu prav jenshchin na jizn bez [Electronic resource]. – 2002. - Regim dostupa: <http://www.nasilie.net>. - To the source entry : 2021.01.2021.