



EMOTIONAL DISTANCE BETWEEN SPOUSES IN MILITARY SERVICE AND METHODS TO OVERCOME

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Annotatsiya

Ushbu maqolada harbiy xizmat sharoitida turmush o'rtog'lar o'rtasida yuzaga keladigan hissiy uzoqlikning sabablari, oqibatlar va uni yengish yo'llari psixologik nuqtayi nazardan tahlil qilinadi. Hissiy uzoqlik tushunchasining nazariy asoslari yoritilib, harbiy oilalar uchun psixoprofilaktik yondashuvlar taklif etiladi.

Tadqiqotda hissiy uzoqlik tushunchasining nazariy asoslari, harbiy oilalardagi stress omillari va psixoprofilaktika yondashuvlari o'rganilgan.

Maqolada shuningdek, empatiya, muloqot madaniyati va ijtimoiy qo'llab-quvvatlash tizimining oilaviy moslashuvdagi o'rni yoritilgan.

Kalit so'zlar: hissiy uzoqlik, harbiy oila, muloqot, empatiya, psixoprofilaktika, stress, moslashuv.

Аннотация

В данной статье с психологической точки зрения анализируются причины, последствия и пути преодоления эмоциональной дистанции, возникающей между супругами в условиях военной службы. Освещаются теоретические основы понятия эмоциональной дистанции и предлагаются психопрофилактические подходы для военных семей. В исследовании изучались теоретические основы понятия эмоциональной дистанции, стрессовые факторы в военных семьях и психопрофилактические подходы. В статье также рассматривается роль эмпатии, культуры общения и системы социальной поддержки в семейной адаптации.



Ключевые слова: эмоциональная дистанция, военная семья, общение, эмпатия, психопрофилактика, стресс, адаптация.

Abstract

This article analyzes the causes, consequences, and ways to overcome emotional distance between spouses in military service from a psychological perspective. The theoretical foundations of the concept of emotional distance are highlighted and psychoprophylactic approaches for military families are proposed.

The study examined the theoretical foundations of the concept of emotional distance, stress factors in military families, and psychoprophylactic approaches.

The article also highlights the role of empathy, communication culture, and social support systems in family adaptation.

Keywords: emotional distance, military family, communication, empathy, psychoprophylaxis, stress, adaptation.

Login

Military service is a type of activity that requires not only physical but also mental stability. Military personnel often serve for a long time, separated from their families. As a result, long-term service or trips cause emotional coldness, misunderstanding and alienation in family life. Therefore, maintaining and strengthening emotional closeness in military families is becoming an urgent issue as one of the psychological problems. From the point of view of modern family psychology, this condition is called “emotional distance”.

Emotional distance is not just physical distance, but also a weakening of emotional connection, a decrease in affection and trust. This process, if not managed with timely psychological approaches, has a negative impact on family stability.

Literature study

The work of Western and local psychologists sheds different light on the problem of emotional distance. K. Rogers (1994) in his theory of the “Person-



centered approach” emphasized that the failure to satisfy emotional needs leads to the alienation of the individual. E. Fromm (2000) in his work “The Art of Loving” showed intimacy as a stage of human spiritual development.

Uzbek psychologists O. Karimova (2018), M. Kadirova (2022), S. Ro'zieva (2021) and others have conducted an in-depth analysis of the processes of communication, emotional closeness and adaptation in military families. They believe that the level of psychological adaptation in a military environment is directly related to the quality of communication and social support.

Main part

1. Theoretical foundations of the concept of emotional distance

Emotional distance is a decrease in emotional closeness, affection, trust, and mutual understanding between spouses. According to K. Rogers' concept of "interpersonal communication", when the emotional needs of each person are ignored, he feels lonely, which leads to emotional coldness. E. Fromm's work "The Art of Loving" emphasizes that true closeness is not only physical, but also spiritual connection. Uzbek psychologists M. Kadirova, S. Rozieva, O. Karimova emphasize in their research that the breakdown of family communication leads to emotional indifference between spouses.

2. Causes of emotional distance in military service

Distance and communication limitations. Long-term deployments and geographic separation in military service directly affect the quality of communication between spouses.

Stress and anxiety factor. The sense of danger, uncertainty, and responsibility in service increases mental pressure.

Changing family roles. In the absence of a military spouse, family responsibilities are completely shifted to the other party, which disrupts the balance.



Social isolation. Military wives (or husbands) often feel isolated from their social support system, which exacerbates loneliness.

Limited communication. Brief communication over the phone or internet does not fully meet emotional needs.

3. The consequences of emotional distance

Prolonged emotional distance leads to a number of negative consequences in family psychology:

Decrease in mutual trust.

Increased coldness and apathy.

Increased jealousy, suspicion, and conflict.

The emergence of instability in the psyche of children.

Loss of general life meaning.

4. Ways to overcome emotional distance

Strengthen communication: Having short, intimate conversations every day and using positive words strengthens emotional intimacy.

Develop empathy: Spouses should try to understand each other's feelings.

Psychological counseling and training: Psychoprophylactic training (stress management, communication skills) for military families is effective.

Shared goals: Making plans for the future increases mutual trust and solidarity.

Social support system: Sharing experiences through military wives' clubs and online groups can be helpful.

5. Psychoprophylactic approach

Early diagnosis – early detection of signs of emotional coldness.

Individual counseling – conducting separate interviews with military personnel and their spouses.



Practical trainings - such as "Empathy Exercises", "Active Listening", and "Emotional Adaptation".

Family Day programs - cultural events with families in military units.

6. Analysis and discussion

The following factors contribute to the increase in emotional distance:

1. Long business trips and poor communication.
2. Mental pressure, risk, and uncertainty.
3. Role reversal and unequal responsibility.
4. Social isolation and feelings of loneliness.
6. Psychoprophylaxis training, empathy training, family therapy, and communication skills development exercises are effective in reducing emotional distance.
7. Regular, honest communication;
8. Develop empathy;
9. Psychological support and training;
10. Expanding the social support system.

Methodology

The study involved 10 military families. They were interviewed, observed, and surveyed using the Family Adaptation and Cohesion Scale (FACES III) methodology.

The following indicators were measured in the survey:

1. emotional intimacy,
2. adaptability,
3. solidarity,
4. stress resistance.



5. Rating scale: 1 to 5 (1 - low, 5 - high).

1. Purpose

To determine the level of psychological adaptation in military families and analyze the relationship between factors such as emotional distance, stress, and cohesion.

1	4.5 3.8 4.2 3.6
2	4.2 4.0 4.4 3.9
3	3 3.7 3.2 3.8 3.0
4	4 4.8 4.4 4.6 4.2
5	5 3.5 3.0 3.3 2.8
6	6 4.1 4.2 4.3 3.9
7	7 3.8 3.5 3.7 3.1
8	8 4.4 4.0 4.5 3.8
9	9 3.9 3.3 3.6 3.2
10	10 4.6 4.5 4.7 4.3

2. Results analysis

According to the analysis results:

Average emotional closeness – 4.15;

Adaptability – 3.89;

Solidarity – 4.11;

Stress resistance – 3.68.

These indicators indicate that military families have relatively high levels of emotional closeness and cohesion, but average levels of stress tolerance.



The study results suggest that emotional distance may be a natural state in the military setting, but that by properly managing it, family stability can be maintained.

Practical recommendations (suitable for the Uzbek context)

1. Early screening and monitoring - introduce simple questionnaires in military units and military clinics to identify signs of family stress (for example, decreased communication, sleep disturbances, severe anxiety).

2. Strengthening local resources — cooperation between the community, family, and military unit: military wives' clubs, mental health helplines.

3. Training and prevention programs - organizing practical exercises on empathy, active listening, stress management. Alignment with APA recommendations is in line with the goal.

4. Support for children - adapted psycho-pedagogical support for children from military families in schools and preschools.

5. Development of scientific research - increasing the number of empirical studies in Uzbekistan, creating registers and comparing them with international literature.

Conclusion

Emotional distance between spouses in military service is a natural but manageable process. However, this process can be mitigated or stopped with the help of psychological approaches. In particular, the development of empathy skills, effective communication, open expression of mutual feelings, and psychoprophylactic trainings have a positive effect on restoring emotional intimacy. Psychologists should widely implement psychoprophylactic programs in this direction, organize emotional preparation trainings for military families. Also,



reliance on religious, moral, and cultural values will be an important factor in restoring family emotional intimacy.

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