



MECHANISMS FOR RESOLVING CONFLICTS IN YOUNG FAMILIES BASED ON RELIGIOUS VALUES

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Abstract: *This article scientifically and theoretically analyzes the role and importance of religious values in resolving conflicts in young families. The importance of values such as patience, forgiveness, mutual respect and responsibility established in Islamic teachings in ensuring the strength of the family institution is highlighted. The article also examines mechanisms for resolving family conflicts based on religious sources, including compromise, consultation (shura), and the formation of a positive psychological climate in the family environment. The results of the study show that religious-educational approaches are an effective tool in preventing divorces in young families.*

Keywords: *young family, divorce, religious values, family psychology, conflict resolution, patience, forgiveness, mutual respect, Islamic teachings.*

INTRODUCTION In today's conditions of globalization and social transformations, ensuring the stability of the family institution is one of the urgent issues. Conflicts and divorces, especially in young families, are becoming an important social problem that negatively affects the development of society. Statistical data show that the majority of divorces occur in the first years of marriage, which is associated with factors such as the lack of readiness of young people for family life, poor psychological adaptation, and intolerance in relationships.



In this regard, the development of effective mechanisms for resolving conflicts in young families is an important scientific and practical task. Religious values, in particular Islamic teachings, serve as an important theoretical and practical basis in this regard. In Islam, the family is recognized as a sacred institution, and it is emphasized that relations between spouses are based on the principles of mutual respect, love, patience, and forgiveness.

Religious values not only shape moral norms, but also act as an important factor regulating people's social behavior. Therefore, the use of religious approaches in resolving conflicts in young families can be an effective tool in ensuring their stability.

LITERATURE ANALYSIS The issue of family and family relations has also been widely studied by local scholars. Uzbek researchers analyze family conflicts in connection with the national mentality, value system and upbringing, and emphasize the importance of spiritual and moral factors in preventing divorces in young families.

An analysis of religious sources shows that family relations are in the center of special attention in Islamic teachings. In particular, the verses of the Quran define love, patience and forgiveness between spouses as basic principles. Also, the hadiths of our Prophet Muhammad emphasize the need to resolve family conflicts on the basis of compromise, patience and mutual respect.

One of the Islamic scholars, Abu Hamid al-Ghazali, in his works, extensively covers the moral foundations of family life, noting the importance of love, justice and responsibility in relations between spouses. In his opinion, the basis of family stability is spiritual harmony and moral maturity.

DISCUSSION AND RESULTS The research comprehensively analyzed the role and importance of religious values in resolving conflicts in young families. The results show that the main causes of family conflicts are misunderstanding, lack of communication, irresponsibility, economic difficulties, and personal egoism. In such situations, religious values appear as an important internal mechanism that regulates individual behavior.



According to the results of the discussion, the principles of patience, gratitude, forgiveness and mutual respect, formed on the basis of Islamic values, play an important role in preventing the escalation of family conflicts. In particular, resolving disagreements between spouses based on compromise, maintaining emotional control and striving to understand each other allow for constructive resolution of conflicts.

The analysis also shows that in families with a high level of religious knowledge and enlightenment, conflicts occur less often or the process of resolving them is relatively easy. This is because religious education forms a sense of responsibility, patience and loyalty to family values in a person. This, in turn, reduces the likelihood of divorce.

CONCLUSION The results of this study show that religious values have important theoretical and practical significance in resolving conflicts that arise in young families. Religious and moral principles such as patience, forgiveness, mutual respect, love and responsibility play a key role in ensuring the stability of the family institution. These values regulate relations between spouses and prevent the escalation of conflicts.

The study found that in families where religious values are observed, conflicts are less common and the process of resolving them is based on compromise. This is an important factor in preventing divorces. At the same time, combining a religious approach with modern psychological methods expands the possibilities for effective resolution of family problems.

In conclusion, in resolving conflicts in young families, strengthening religious and educational work, promoting family values and adhering to moral standards in interpersonal relationships are of great importance. This has a positive effect not only on the sustainable development of an individual family, but also on society.

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