

OBSTACLE TO FAMILY HARMONY: PSYCHOLOGICAL CONSEQUENCES OF CONFLICTS AND WAYS OF ELIMINATION

Kholmirzayeva Munisa Saidjonovna

Samarkand State University named after Sharof Rashidov

A graduate student in psychology

Email: kholmirzayevamunisa624@gmail.com

phone: 94 473 2344

Key words: family harmony, family conflicts, psychological consequences, interaction, family therapy, stress management, conflict resolution, community stability.

Abstract: In this work, ways to maintain family harmony and resolve conflicts are analyzed. The work focuses on the psychological and social causes of family conflicts and their consequences. Among them, the role of communication culture, psychological methods of listening, family therapy, and counseling services is highlighted. Stress management techniques and practical recommendations for ensuring emotional stability are presented. Strategies for conflict resolution and the development of preventive measures were also considered. The work emphasizes the importance of family harmony for the stability of society.

Ключевые слова: семейная гармония, семейные конфликты, психологические последствия, взаимодействие, семейная терапия, управление стрессом, разрешение конфликтов, стабильность сообщества.

Аннотация: В данной работе анализируются способы сохранения семейной гармонии и разрешения конфликтов. В работе основное внимание уделяется психологическим и социальным причинам семейных конфликтов и их последствиям. Среди них выделяется роль культуры общения, психологических методов выслушивания, семейной терапии, консультационных услуг. Представлены методы управления стрессом и практические рекомендации по обеспечению эмоциональной устойчивости. Также были рассмотрены стратегии разрешения конфликтов и разработка превентивных мер. В произведении подчеркивается важность семейной гармонии для стабильности общества.

Introduction: Implementation of measures aimed at strengthening family harmony, prevention of family conflicts, and their elimination is one of the urgent issues of today. In this regard, the cooperation of the state, public organizations and psychologists is important.

Relevance of the topic: Family harmony is the basis of social stability.

Family harmony plays an important role in the sustainable development and

progress of every society. First of all this concept is formed on the basis of mutual respect, kindness, and solidarity between family members. The health of the family environment is of great importance in the upbringing of children, their successful adaptation to social life, as well as the provision of personal happiness.

However, in recent years, the increase in the number of family conflicts and divorces is causing social problems. Family disagreements can cause stress, depression, and other negative situations from a psychological point of view. In addition, family conflicts have a negative effect on children's psyche and weaken their confidence in future relationships. At the level of society, this situation can lead to a decrease in social trust and the emergence of special problems among the population [1, 67]. Personal reasons for family conflicts often arise from mutual misunderstandings of family members. These reasons include:

1. **Differences in character and temperament.** The character and temperament of each person directly affect his family relationships. For example, one member's extroverted nature may not be compatible with another's introverted nature, which may cause conflicts. These differences are reflected in everything from ordinary daily activities to the process of making important decisions.

2. **Stress and internal conflicts.** Everyone faces various difficulties and stressful situations during life. Personal problems, failures at work, or studies have a negative impact on family relationships. These internal conflicts can manifest through unwarranted criticism of others, anger, or depression.

3. **Emotional deficits or conflicts.** A lack of mutual support and affection between family members leads to emotional distancing. Such situations usually increase misunderstandings and anger. Moreover, difficulties in openly expressing feelings can lead to negative attitudes of family members towards each other. To resolve these conflicts based on personal reasons, it is necessary to use the help of a family psychologist, improve communication, and take each other's feelings into account.

The causes of family conflicts related to social and external factors are formed under the influence of existing conditions in society and the external environment. These factors include:

1. **Financial difficulties.** Financial problems are one of the most common causes of family conflicts. Lack of income or mismanagement of the family budget causes various conflicts. This situation increases stress and dissatisfaction, especially when it becomes difficult to meet daily needs.

2. **Social pressure and influence of society.** Society's views and social norms sometimes put additional pressure on family members. Overly depending on the opinion of others, trying to fulfill the expected social status or role can cause mutual misunderstandings in the family.

3. Violation of the balance between work and personal life. The high pace of modern life often makes it difficult to maintain a balance between work and family. Increased working hours or stress at work lead to family members not spending enough time with each other, which increases conflicts.

Clash of culture and values: differences in culture and values in the family often cause conflicts. These conflicts may include:

1. Differences in customs and disagreements. Differences in family adherence to different cultural traditions can cause conflicts. For example, disagreements about celebrating holidays, raising children, or religious beliefs disrupt family harmony.

2. Conflict of views between different generations. Incompatibility of worldviews and values between generations within the family often leads to conflicts. While the younger generation accepts new technologies and modern lifestyles, the older generation wants to preserve traditional values, which creates misunderstandings in the family environment. In solving such problems, mutual respect, tolerance of cultural differences, and open communication are important.

Family conflicts have a great impact not only on the environment within the family but also on the mental health of its members and the general state of society. In this section, aspects related to psychological, children's psychology, and social consequences are analyzed. Family conflicts often cause constant stress for family members. This condition can lead to depression and increased anxiety over time [2, 33]. Continuity of conflicts reduces the overall quality of human life. As a result, of disagreements in the family, nervousness increases and emotional stability is lost. This can lead to difficulties in making decisions and loss of balance. As a result, a person's success in social life decreases. Conflicts in the family leave a deep mark on the psyche of children and adolescents. Insecurity and lack of confidence in parental relationships lead to low self-esteem. Family problems also affect children's adaptation to society. Such children often have difficulties in social relations, which limits their chances of having a healthy social life in the future. Prolonged family conflict leads to divorce. Divorce is a painful process not only for family members but also for their close relatives and those around them, and this process causes the weakening of family values in society. The loss of family harmony has a negative impact on the stability of society. Since family values are the mainstay of society, the loss of these values leads to an increase in crime, a weakening of social ties, and a decrease in the level of general trust. In order to alleviate the consequences of family conflicts, it is important to focus on mutual communication, to identify problems early, and to establish psychological support [3, 404].

Different methods and strategies should be used to resolve family conflicts and restore family harmony. Effective solutions to these issues are described below. It is

important to have open and honest communication between family members. Seeking understanding and free expression of feelings play a key role in preventing conflicts. Each member's opinion should be listened to with respect, without judgment. Active listening techniques, such as reflection (paraphrasing) and affirming feelings, are effective in de-escalating conflict. In this case, the listener tries to understand the emotional state of the interlocutor, not just listening to the speech.

Family psychotherapy is important in identifying and solving problems of family members. This process helps to improve relations within the family, find the root causes of conflicts, and eliminate them. Psychologists use special techniques to solve family problems, including role-playing, analytical interviews, and group exercises. It is important to consider the feelings and needs of each member in these processes. Regular relaxation exercises such as deep breathing techniques, meditation, and exercise are recommended to reduce family conflict. These techniques increase the mental stability of family members. It is important to psychologically support each family member. For this, it is necessary to show love to each other, to have a positive attitude and to form a culture of mutual support.

When resolving conflicts, it is necessary to reach an agreement between the parties based on compromise and mutual interest. Encouraging parties to neutrality and fairness through meditative techniques produces effective results. In order to maintain a healthy family environment, it is necessary to implement measures aimed at preventing conflicts. In this case, it is important to conduct joint activities on time, organize constant conversations, and participate in family events. By using these methods regularly, family harmony can be restored and strengthened.

Summary: Family harmony is the basis of society's stability. Strong family relationships play an important role in ensuring personal happiness and social stability. Family conflicts have a negative impact not only on the mental health of family members but also on the overall healthy development of society. Stress, depression, divorce, mental health problems in children, and impaired social relationships are the most common consequences. In order to effectively resolve conflicts, it is necessary to focus on psychological methods, including the improvement of communication, the development of a culture of listening, and the practice of family therapy. With the help of these approaches, it is possible to solve problems in the family and restore a healthy environment.

Recommendations:

1. Steps to create a healthy family environment:

- Creating a culture of open and sincere communication between family members.
- Discuss family problems together and try to find a solution.
- Regularly use physical and mental relaxation techniques to reduce stress and maintain emotional stability.

- Focusing on spending quality time with children and teenagers and meeting their emotional needs.

2. The role of society and the state:

- Expansion of psychological counseling centers and family therapy services by the state to support families.
- Explaining the importance of healthy family relationships to the general public through social promotion.
- Organization of free training and programs for families on stress and conflict management.
- Strengthening the social protection system for timely detection and elimination of family problems.

By implementing these steps and recommendations, it is possible to strengthen family harmony and reduce the negative consequences of conflicts.

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