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## Dependence of psychological maturity on the strength of family relationships.

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**ABSTRACT**

The family plays a significant role both in the formation of a person and in his further independent life. In recent years, quite a lot of work has been published in which various family crises, destructive changes - conflicts, violations of education, pathologies of family members, the problem of divorces are considered .

**Keywords:**

Family, marriage, strength , positive factor .

We consider the family as a positive factor in the life and development of a person, as the environment in which he lives, develops, overcomes hardships, illnesses, receives support and feels happy and protected. According to David Myers, married people feel more satisfied with their lives than single people 1 . However, St. Gregory the Theologian wrote about this in his poem:

“Common concerns reduce hardships. Common joys become more pleasant. Through marriage, we have a double strength for the great joy of friends and the grief of enemies.

The problem of the quality of marriage is one of the most important topics in the study of the family. In the literature on family problems , there is some vagueness in terminology, in particular, in the definition of marital stability. In the works devoted to this problem of attics , one can come across such

concepts as stability, stability, satisfaction with marriage, marital compatibility, quality of marriage, the socio-psychological climate of the family, the success of marriage and family relations, etc. Stability and satisfaction with marriage — related concepts, however, they should be distinguished, and the definition of differences between them is due to the division of approaches to the study of the quality of marriage into sociological and psychological.

In line with the sociological approach, a sufficient indicator of the success of marital relations is the very fact of the safety of the marriage, that is, the absence of a divorce. This characteristic is called marital stability and is widely used in various demographic, sociological and other studies. “Stability is the most important fundamental concept. In specialized literature, the concept of “stability” is usually understood as “strength”, an

established regime, as opposed to conflict, a critical situation in a family ending in divorce”<sup>3</sup>. This characteristic has many advantages - there is practically no measurement problem here: it is enough to know whether the spouses are divorced or not, thanks to which the study can be analyzed the sample of respondents of virtually any size was lysed , etc. But there are also disadvantages, the most significant of which is that the fact that the marriage is intact says practically nothing about how spouses evaluate their relationship, how happy they are in marriage, and for purposes of psychological research, especially for psychological correction, this is what is important <sup>4</sup>. In addition , legal preservation The validity of marriage does not mean at all that the spouses really live with each other and run a joint household<sup>5</sup>.

The study found the following trend: with an increase in marital experience, the effectiveness of psychological support for spouses increases , but already For married couples, the effectiveness of psychological support is somewhat reduced. In part, this phenomenon can be explained by the growth of psychological adaptability in mature marriages. At the same time, both psychological and sexual problems increase with age; older people have the lowest satisfaction with the psychological atmosphere and communication in the family. In the course of a study conducted by O. A. Dobrynina, it was found that women are more critical in assessing the SEC than men. The main thing for a stable marriage, according to women, is a fair distribution of the household load between spouses, a good rest in the family, sexual harmony, mutual understanding with children, satisfaction with the psychological atmosphere, communication, friendly disposition and care. In the male ideal, the most important element of a stable marriage is a community of interests, but with a child- centric tinge. This indicator correlates first of all with the encouragement of individual aspirations, secondly with a comfortable psychological atmosphere and well-organized leisure, and thirdly with sexual harmony. Consequently, the image of a happy marriage in men is formed mainly through the

prism of the psychological, sexual components of marriage, and in women through the everyday, recreational, sexual and psychological substructures of marriage . A person who takes responsibility for everything that happens in his life is more satisfied with marriage, regardless of gender.

There are also some gender differences in the factors that affect marital satisfaction. Satisfaction with the marriage of women is statistically significantly associated with such a personality trait as introversion. More introverted women are more satisfied with marriage than extroverted women . In men, no such linear relationship was found. On the other hand, their marriage satisfaction is related to the wife's marriage motivation: if a woman's motive for marriage was love, it is statistically more likely that a man will be satisfied with marriage. Unanxious men are more satisfied with marriage ; on the contrary, a high rate of neuroticism in women statistically more often coincides with an assessment of their own marriage as successful. In addition, introvert women with high neuroticism (who can be classified as melancholic) are significantly more likely to be satisfied with marriage than women with other temperamental characteristics. A study of military families showed that satisfaction with marriage is higher among those male officers who are more inclined to cooperate and compromise when conflict situations arise.

An attempt to study the influence of personality traits and value orientations on men's satisfaction with marriage on the example of nightclub security guards did not reveal significant linear correlations. Satisfaction of men, according to our data, is associated only with such a value as efficiency in business: the more significant this value is for a man, the more satisfied he is with marriage. Such an indicator as men's assessment of "calmness in the house" is significantly associated with one of the personality traits - the sociability of men: more self-sufficient ones indicate a lack of peace in the house, and more conformal ( sociable ) feel more comfortable.

Satisfaction with marriage among women is

interconnected with the degree of internality of husbands - the higher the indicators of internality of men, the greater the satisfaction with the marriage of his wife. Accordingly, the externality of husbands is associated with less satisfaction with marriage among women. A. A. Rean connects internality with responsibility, maturity of the individual. It can be concluded that marriage with more responsible, mature men is subjectively more favorable for women. This is also confirmed by a significant correlation between women's marriage satisfaction and their husbands' employment. At the same time, no such correlations were observed in male satisfaction factors. Probably, male satisfaction with marriage is determined by somewhat different characteristics of wives (for example, the aforementioned love of a wife, which can manifest itself in the warmth of the relationship to her husband).

Satisfaction with the marriage of men (on the example of a sample of workers and engineers) is statistically significantly associated with such a factor as family income. This may be due to their traditional role as a breadwinner. Navaitis pointed out this pattern: in men with a rigidly fixed attitude to the material support of the family, in case of failures of a financial or professional nature, not only a negative assessment of family relations is manifested, but also a decrease in satisfaction with intimate relationships with his wife according to the principle "a loser cannot have successful sexual relations".

Another study, in which young married couples were considered in the general sample (without separating by gender), showed that the following manifestations of character accentuations lead to a decrease in satisfaction with marriage: pedantry, increased accuracy, frequent mood swings characteristic of cyclothymes, excessive focus on some event factors.

Satisfaction with marriage is also associated with the satisfaction of the needs of spouses in family and marriage relations, such as the need for communication, openness, home support, etc.

Satisfaction with the family in a sample of men with secondary specialized education (from 26

to 40 years old) had significant positive relationships with job satisfaction and health, well-being, and the team. Thus, all aspects of life turned out to be interconnected - greater satisfaction with one aspect of life entails an improvement in the quality of another area. Satisfaction with the family in men is associated with the values of love and knowledge, and negatively with high demands, freedom, entertainment, friends, material security.

Satisfaction with life in men is significantly interconnected with all aspects of life - first of all, with job satisfaction, teamwork, health, and well-being.

The relationship between life satisfaction and terminal values - life wisdom, love, knowledge, development, interesting work was found. Life satisfaction is negatively associated with the values of freedom, material security, friends, social recognition, active life. Satisfaction with life correlates with instrumental values - responsibility, tolerance, broadmindedness, sensitivity, strong will, efficiency in business, but negatively correlates with such values as rationalism, education,

For women (with secondary specialized education), family satisfaction is correlated with job satisfaction. It can be assumed that the emotional support provided by harmonious relationships with close people makes it possible to successfully realize oneself in work. The more women are satisfied with their family, the more they value love, knowledge, development and creativity, but to a lesser extent - the presence of friends (the level of reliability of the connection is not lower than 0.99). It is likely that family relationships that satisfy a woman contribute to the desire to learn about the world around them, to develop and be creative in their activities, while communication outside the family is less significant.

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