



Concepts Of Satisfaction With Family And Family Life

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ABSTRACT

This article describes the basics of family psychology, the psychology of family relationships.

Keywords:

"Marriage satisfaction", "Marriage success", "family harmony", "harmony of spouses", "Tender equality".

In the historical development of mankind, the family is one of the unique foundations. The family is the foundation that continues the human race and the first link that forms the basis of society.

Family is an integral part of society. Any perspective cannot be imagined apart from the interests of the family. After all, for everyone, the family is the beginning of life, the prelude to everything. In addition, every person connects his happiness and happiness first of all with his family, that is, only a person who is happy in his home and family feels fully happy. Therefore, the fair policy of our country, where human interests are recognized as the highest value, is aimed at strengthening this sacred corner in every way.

The family is a center of education that ensures the eternity of life, continuity of generations, preserves our sacred traditions, and at the same time, directly affects how future generations will grow up to be human beings.

The role of the family in raising a healthy generation is important and unique. The first foundation of human health and spiritual maturity is laid in the family. In this regard, the experience of the Uzbek people in raising children in the family is noteworthy. Closeness,

dependence, trust, respect, sincerity, sense of duty and responsibility to each other, demandingness, gentleness among family members are among the spiritual factors that influence the formation of the inner world of young people.

The family has always been an object of study as an important part of society and will continue to be so. French writer Victor Hugo called "Family - the crown jewel of society" [1] and showed its status in society. It can be seen that society and family are a necessary process that takes place in an important relationship. The American scientist F. Adler writes about this, "The family is a kind of society, and the inviolability of society lies in its integrity." In this case, unity in the family, a positive moral and spiritual climate forms the cohesion of the family, ensures the social stability of the society, and ensures cohesion in social relations.

The place, role and importance of the family in the life of society is indicated in Article 63 of the Constitution of the Republic of Uzbekistan, which states that "The family is the main link of society and has the right to be under the protection of society and the state." [2] At any stage of the society's development, the family was considered as a social institution of

great importance as a reflection of the state's interests.

Many disciplines have been paying attention to the study of the family. Family and various issues related to it are being researched as an object of scientific research within the framework of such disciplines as history, philosophy, sociology, pedagogy, medicine, law and psychology. In particular, the family is being studied as a psychological process within the framework of psychological sciences. While studying the psychological aspects of various processes and situations that occur in the family, psychologists obtain many practical results necessary for the science of psychology, as well as achieve scientific achievements such as the creation of various theories, scientific concepts, and psychological methodologies. entered. Thanks to the psychological services provided by practical psychologists, the conditions in the family are studied, and during the study, the formation of the family as a whole is being helped to take an important place in society and its life as a strong family[3].

It is a necessity to ensure the formation and passing of family, social and cultural relations. Academician E. Yusupov writes about this: "Family is a small group formed on the basis of social and natural factors, it is a form of relations between persons belonging to two sexes arising from the need to live together and leave offspring." [10]

Family is a socio-cultural unit based on natural-biological, economic, legal and spiritual relations of people. The concept of family is not a narrow concept that reflects only domestic relations. He is a wonderful example of a social community. Therefore, the family is a part of society. In turn, families unite and form a single social system - society. Just as changes in society affect the family, changes in the family also affect society. More specifically, it is expressed in the character of relations, adherence to values and traditions, and behavior patterns.

Scientists who conducted scientific research on the issue of the family approached the functions of the family from different points of view. For example, A.G. Kharchev shows that "restructuring of the population structure, socialization, economic function, consumption

and free time are the functions of the family", G.M. Sverdlov, V.A. Ryasensev "continuation of the offspring, upbringing, economic and o considers "mutual help as the main function of the family", and researchers led by G.V. Osipov "continue the generation, education, economy, mutual help, health care, organization of free time, recreation, the first considers social control to be the function of the family. Academician S.S. Frolov indicated that "managing sexual life, giving birth to a new generation, socialization, emotional satisfaction, protection, and economic functions are the main functions of the family."

Among the many definitions given about the family, the definition given by L.D. Stolyarenko and S.I. Samigin helps to understand the socio-psychological nature of the family while increasing scientific interest. They are defined as: "Family is a social group of people, it is the needs of each member of the family aimed at satisfying self-preservation, self-expression, and self-esteem." [9]

At the moment, the family is one of the most traditional and unchanging social institutions of society, and it is quite free and independent from socio-economic relations. Of course, despite this stability, the structural structure of the family changes in the process of performing various social functions. In order to get deeper into the essence of the family, it is necessary to classify these functions from a socio-psychological point of view. The most important of them are:

- sexuality management and population reproduction;
- education-maturity and socialization;
- ensuring the management of household affairs;
- organization of free time;
- sexuality management and population reproduction.

The family is a social institution that represents and ensures the national-cultural way of life. Through it, society regulates and controls people's way of life. The family always fills the society with new generations. New and new generations are entering the society instead of the old and those who have lost sight of the world. And the society lives at the expense

of these young people and continues to acquire new labor reserves, new productive forces, enlightened creators. So the family is an institution that fills the society with new members. Other ways are fruitless and not socially approved. Therefore, on the basis of traditional values, a child born outside the family is discussed and condemned, and is evaluated as an ethno-psychological characteristic.[7]

Every relationship in the family leaves its mark on the upbringing of the child. Therefore, every family should pay great attention to child education. Improper upbringing creates incompetent children. That is why the family is studied as a separate institution.

The modern family is facing many changes based on the process taking place in the society. They are trying to solve the crises before them and save the family. This is one of the most important issues for the society. Modern families are experiencing unique social and psychological crises. Many problems arise in their organization, in the outlook of two young people, in the fulfillment of family and family customs and traditions, dissatisfaction with family life.

Psychological support, practical advice, and guidance are necessary for the family in such processes faced by the modern family. Such conflicting issues make it necessary to provide family psychological services, practical psychological work, consultation and diagnostics.

- There are different indicators of marital success; one of them is the spouse's subjective satisfaction with family life, which reflects a person's attitude to his marriage and is an indicator of the needs of the family system [Aleshi-na Yu.Ye. et al., 1987]. Commonly used synonyms of the term "marital satisfaction" are "marital success," "family cohesion," "spousal harmony," etc. Researchers define satisfaction with family life as an internal subjective assessment, the attitude of spouses to their marriage. One of the definitions of marital satisfaction belongs to S.I. Golod: "Marital satisfaction is undoubtedly the result of adequate implementation of the idea (image) of the family formed in the human mind under the

influence of meetings with various events that make up its experience (real or symbolic) in this field of activity. develops" [see: Andreeva T.V., 1998]. The experience of dissatisfaction with marriage is the result of a sharp discrepancy between the real life of the family and the expectations of the individual, as well as excessively high expectations for marriage and the partner [Karabanova O.A., 2001; Eidemiller ET., 1999]. The consequence of marital dissatisfaction is a state of conscious or unconscious despair. The nature of the traumatic effect of dissatisfaction largely depends on the level of awareness of this condition. In the case of conscious dissatisfaction, the spouse openly admits that family relations do not satisfy him, the desire to change something in marital relations, family life, distribution of roles, feelings of futility, dissatisfaction, and injustice appear. Dissatisfaction has a global character [Karabanova O.A., 2001; Eidemiller E.G., 1999]. Conscious dissatisfaction is usually accompanied by family conflicts. Not well-understood, "catch-up" dissatisfaction is indirectly manifested: with relative satisfaction with the life of the family as a whole, during the study of spouses, it was found that they are individually dissatisfied with all aspects of life. This form of dissatisfaction leads to fear, anxiety, uncertainty, and hopelessness. Subjective satisfaction can be complete when spouses are fully satisfied with family life, and it can be partial when attention is paid to changing any aspects of the family situation [Karabanova O.A., 2001]. Marital satisfaction is a constant emotional phenomenon - it is a feeling that can manifest itself in different situations, as well as in different thoughts, evaluations, comparisons [Stolin V.V. et al., 1984]. The feeling of satisfaction/dissatisfaction with marriage generalizes the attitude to most areas of family life, shapes the evaluation of certain areas of life and brings them to the "common denominator": a person who is not satisfied with marriage can perceive even clearly successful aspects of family life as emotionally negative. Conversely, a person who is completely satisfied with a marriage can see the advantages in the disadvantages. Marital satisfaction has a direct

impact on the stability of marriage - low marital satisfaction, with little influence of other important factors, leads to family breakdown [Antonov A.I., 1998]. If we consider the family from the point of view of the idea of a small group, we can apply to it the results of research obtained in social psychology: the most effective working groups appear only when there is satisfaction in joint activities. Consequently, families whose members are satisfied with their relationships and the activities they conduct together are the most effective in fulfilling their tasks (including raising children and so on). Thus, marital satisfaction plays an important role in maintaining family stability, a comfortable emotional background in the family, and affects the construction of child-parent relations. In a number of studies [Kerig P. K., 1990; Cowan F. A., 1989; Spireva Ye. N., Lideres A. G., 2001] it was found that marital satisfaction affects the parenting style, especially communication with children. The relationship between the style of parents' behavior and the relationship between parents and children was determined. Most couples who were satisfied with their marriages showed more warmth in their relationship, less conflict than those who were not satisfied, and more mutual support in working together and playing with the child [Cowan F.A., 1989].

- Gender differences: Maritally satisfied mothers showed more warmth and less anger toward their sons, whereas maritally satisfied fathers were more authoritarian toward their daughters. According to the observations of psychologists, both parents who showed positive feelings towards each other showed great authoritarianism towards their daughters [Cowan F.A., 1989].

- Marital-satisfied parents show more warmth toward their children, and use more expressive and non-directive speech, which in turn produces warmth and affection in the child. Thus, the quality of family relationships in general is reflected in the relationship between parents and the child, and thus in his emotional and cognitive development, partly through differences in the speech style of parents [Kerig P. K., 1990].

- Marital satisfaction is positively related to parenting deviance, which mediates parental attitudes toward the child. Mothers who are not satisfied with marriage attach their symbiotic sons to themselves and emotionally reject their daughters [Spireva Ye.N., Liders A.G., 2001].

One of the attempts to systematize factors of marital satisfaction obtained in various studies can be called the work of T. A. Gurko, where four groups of such factors were identified as follows [see: Andreeva T. V., 1998]:

- 1) socio-demographic and economic characteristics of the family (total family income, age of spouses, number of children in the family, etc.);

- 2) characteristics of the life of the spouses outside the family - the professional sphere, relations of the spouses with the immediate social environment, etc.;

- 3) attitude and behavior of spouses in the main spheres of family life - distribution of household tasks and compatibility of relations in this sphere of family life, organization of free time;

- 4) characteristics of the relationship between spouses - emotional and moral values (love and respect for the partner, common views and interests, marital fidelity, etc.).

So, satisfaction with family life means that the spouses understand each other, that the tasks and obligations of the spouses within the framework of the family institution are fulfilled to the extent that both the husband and the wife are happy.

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