

WAYS TO RESOLVE AND PREVENT CONFLICTS IN FAMILIES

<https://doi.org/10.5281/zenodo.17354694>

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Abstract

This article discusses conflicts that arise in families, their causes and methods of resolution. Family conflicts often arise as a result of communication problems, economic difficulties, personal characteristics and social factors. This study analyzes psychological, legal and social approaches to conflict prevention. The importance of forming a culture of communication, using the mediation process, psychological counseling and education is highlighted. The role of the state and society in ensuring family stability is also discussed. The results of the study include recommendations aimed at improving the family environment and effectively managing conflicts.

Keywords

Family conflicts, conflictology, psychological counseling, mediation, communication problems, social support, family psychotherapy, legal measures, stress management, communication culture.

Аннотация

В статье рассматриваются конфликты, возникающие в семьях, их причины и методы разрешения. Семейные конфликты часто возникают из-за проблем в общении, экономических трудностей, личностных особенностей и социальных факторов. В данном исследовании анализируются психологические, правовые и социальные подходы к предотвращению конфликтов. Подчеркивается важность формирования культуры общения с использованием процесса медиации, психологического консультирования и образования. Также будет обсуждаться роль государства и общества в обеспечении стабильности семьи. Результаты исследования включают рекомендации, направленные на улучшение семейной обстановки и эффективное управление конфликтами.

Ключевые слова

Семейные конфликты, конфликтология, психологическое консультирование, медиация, проблемы общения, социальная поддержка,

семейная психотерапия, правовые меры, управление стрессом, культура общения.

Introduction

The family is one of the most important social institutions in society and plays a vital role in ensuring human stability and well-being. However, it is natural for certain conflicts to arise within any family over time. Such conflicts may lead to instability in family relationships, psychological stress, and, in some cases, even divorce. In particular, communication problems, financial difficulties, differences in personal characteristics, social pressures, and discrepancies in parenting styles often appear as the main causes of family disagreements.

Family conflicts are not limited only to disagreements between spouses but also affect relationships among children, parents, and other relatives. Timely resolution and prevention of such conflicts are crucial factors in maintaining social stability and prosperity. Therefore, this study is devoted to exploring effective ways of managing and preventing conflicts within families.

In this research, the causes of family conflicts, their psychological and social consequences, as well as the legal, psychological, and communicative methods of conflict resolution are analyzed. Based on the research results, recommendations for ensuring family stability are developed.

The Level of Research on the Topic

The issue of family conflicts and their resolution has been extensively studied across various academic disciplines, including psychology, sociology, law, and conflictology. Numerous local and international studies have been conducted on this topic, focusing on analyzing the causes of family conflicts, developing preventive strategies, and proposing effective management methods.

From the perspective of psychology and conflictology, renowned scholars such as J. Gottman, K. Lewin, E. Fromm, and V. Satir have analyzed the psychological foundations of family conflicts, communication styles, and constructive approaches to conflict resolution. In particular, J. Gottman emphasized the importance of positive and negative types of communication within families, while V. Satir developed methods of resolving conflicts through family therapy.

Within the fields of sociology and social sciences, scholars such as T. Parsons and P. Berger examined the role of the family in society, its transformation as a social institution, and the social consequences of family conflicts. These studies have paid special attention to gender roles, changes in family relationships in modern society, and the stability of the institution of marriage.

From a legal perspective, the legislative systems regulating family conflicts have also been thoroughly studied. Internationally, organizations such as the United Nations (UN), UNICEF, and others have developed numerous documents and conducted research on family conflicts, children's rights, and gender equality. In Uzbekistan, the *Family Code*, the *Law on Equal Rights and Opportunities for Women and Men*, and the *Law on Combating Domestic Violence* play an important role in the legal regulation of family conflicts.

Moreover, local scholars have paid significant attention to analyzing the specific features of family conflicts within the national context. Research in the fields of psychology and pedagogy has revealed how family conflicts affect children's upbringing, mental well-being, and future social life.

Overall, although family conflicts and their resolution methods have been widely studied, the unique characteristics of each society and the evolving conditions of modern life require the continuous development of new approaches to studying these issues. Therefore, this research is aimed at providing a deeper analysis of the causes of family conflicts and developing modern methods for their prevention.

Results

Research and statistical data on family conflicts demonstrate the seriousness and prevalence of this issue. Based on studies conducted both globally and within the context of Uzbekistan, the following key statistical findings can be presented:

Frequency of Family Conflicts

- According to the World Health Organization (WHO), 30-40% of families experience conflicts on a regular basis.
- Data from the Statistics Agency of the Republic of Uzbekistan indicate that more than 65% of divorces occur as a result of ongoing family disagreements.
- Research by the Committee on Family and Women's Affairs of the Republic of Uzbekistan shows that 25% of families experience conflicts based on violence or psychological pressure.

Main Causes of Family Conflicts (in percentages)

According to various survey results, family conflicts arise mainly due to the following factors:

- Financial difficulties - 40%
- Communication problems - 30%
- Infidelity and lack of trust - 20%
- Unequal distribution of family responsibilities - 15%
- Family pressure and external interference (influence of relatives) - 10%

Impact on Children

– Family conflicts have a significant impact on children’s mental health. Studies show that more than 50% of children whose parents frequently argue exhibit signs of stress, anxiety, and depression.

– 35% of children whose parents are divorced face difficulties in social adaptation.

– Among children raised in conflict-prone families, 25% are more likely to experience similar problems in their own future families.

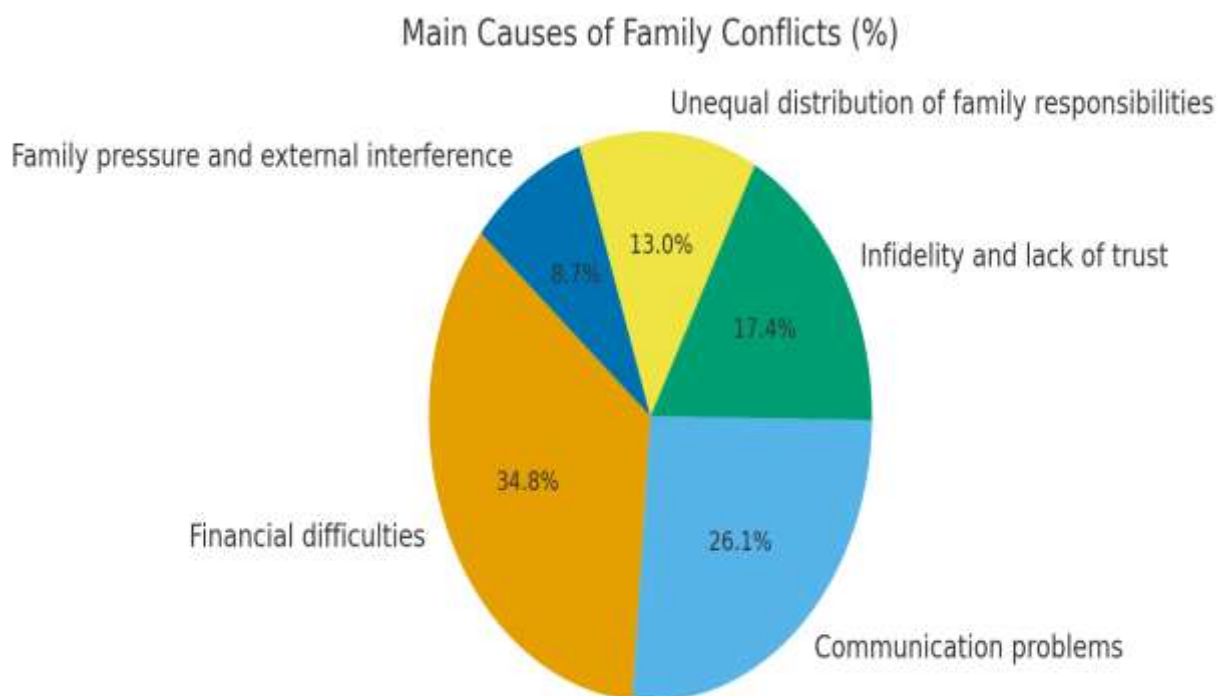
Effectiveness of Family Conflict Resolution Methods

Research on various approaches indicates that the following methods are considered most effective for resolving conflicts:

- Improving communication and engaging in open dialogue – 60%
- Family counseling and psychological training – 50%
- Utilizing mediators – 45%
- Legal measures and formal procedures for family conflict resolution – 35%

This statistical analysis shows that family conflicts are among the most pressing social issues, and their prevention requires a comprehensive approach.

Figure 1



The Role of the State and Society in Preventing Family Conflicts

– The *Family Code of the Republic of Uzbekistan* and laws protecting women’s rights play an important role in reducing family conflicts.

– The likelihood of divorce decreases by 30% among couples who participate in pre-marital psychological preparation courses.

– As a result of the development of social support programs, the number of women who experience violence due to family conflicts has decreased by 10–15% in recent years.

The main recommendations are as follows:

- **Developing a culture of communication** – spouses should improve their mutual understanding and active listening skills.
- **Expanding the activities of psychological counseling centers** – consulting family psychologists should become a common and accepted practice.
- **Enhancing legal awareness** – both partners should strengthen their legal literacy before and during marriage.
- **Strengthening social and state support** – government bodies, NGOs, and public organizations should contribute to reinforcing family stability.

The results of this study serve to provide a deeper analysis of family conflicts and to develop effective measures for their prevention.

Conclusion

The results of this study show that family conflicts are among the key factors influencing social stability. The main causes include financial difficulties, communication problems, infidelity, unequal distribution of family responsibilities, and interference from relatives. These issues negatively affect not only the relationship between spouses but also the psychological well-being of children and the overall social stability of society.

According to the analysis, developing a culture of communication, utilizing psychological counseling centers, resolving conflicts with the help of mediators, and improving legal literacy are considered effective methods for managing family conflicts. In addition, expanding state and community support programs, as well as organizing training sessions on family education and psychological preparation, play an important role.

Based on the research findings, the following recommendations can be proposed:

1. Developing a culture of communication – creating an open and trusting atmosphere in the family plays an important role in reducing conflicts.
2. Using psychological counseling centers – seeking professional help in managing conflicts should become a common practice.
3. Improving legal literacy – explaining family conflict legislation can help prevent many misunderstandings.
4. Strengthening state and community support – government bodies and non-governmental organizations should expand support programs aimed at ensuring family stability.

5. Expanding pre-marital preparation courses – couples should be trained in advance on how to build and maintain healthy relationships.

In general, managing and preventing family conflicts is of great importance for the development of society. Stability within the family is one of the main foundations of social stability, and it requires a systematic and comprehensive approach.

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