

THE ROLE OF THE FEELING OF MATERIAL DEPRIVATION IN SHAPING FAMILY PSYCHOLOGICAL WELL - BEING.

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Abstract

In this article, the relationship between the psychological climate within the family and the sense of material deprivation and an individual's social and psychological relations is analyzed on the basis of empirical research findings, and through a correlational approach it is scientifically substantiated that economic difficulties in the family environment act as a significant factor in the formation of result-oriented behavior, altruistic and egoistic tendencies, as well as psychological attitudes toward money.

Keywords

Family psychological climate, material deprivation, altruism, egoism, social and psychological relations, financial security.

Introduction. In the context of today's globalization and socio-economic changes, the issue of family psychological well-being is considered one of the important research areas in psychological science. The psychological climate within the family is a key factor in the formation of an individual's emotional state, social adaptation, and system of values. Especially in families experiencing a sense of material deprivation, specific psychological characteristics of the family environment emerge, which directly influence an individual's socio-psychological development.

The sense of material deprivation is more of a subjectively perceived psychological state than an objective reflection of actual economic conditions. It can generate constant anxiety, emotional tension, and uncertainty about the future within the family. Under such circumstances, relationships among family members, the level of emotional closeness, and the system of mutual support may change significantly. As a result, the sense of material deprivation can either intensify family conflicts or, conversely, contribute to the strengthening of solidarity and mutual assistance.

Family psychological well-being is one of the important factors in a person’s life and is closely connected with the emotional climate within the family, interpersonal relationships, and mutual support among its members. In today’s world, the formation of psychological well-being in families is influenced not only by social and cultural factors, but also by financial conditions. A sense of financial insufficiency can increase stress, dissatisfaction, and conflict within the family, which in turn leads to a decline in family well-being. From this perspective, studying the relationship between the psychological climate and interpersonal relationships in the family and material factors is considered a relevant and important issue today.

In order to identify the above-mentioned issues, a study was conducted to examine the psychological state within the family in relation to the sense of material deprivation. This study was aimed at empirically examining the impact of the sense of material deprivation on the psychological climate within the family, as well as the relationship between this climate and an individual’s socio-psychological characteristics. In the course of the research, the influence of the psychological environment formed in materially disadvantaged families on such socio-psychological indicators as result orientation, altruism, egoism, independence, and attitudes toward money was identified.

The study was conducted on an empirical basis and involved a total of 420 respondents (N = 420). The collected data were processed using statistical analysis methods, particularly correlation analysis, which made it possible to identify the relationships between the psychological climate in the family and the individual’s socio-psychological relations. The research findings confirmed that the sense of material deprivation is a significant factor in an individual’s socio-psychological development.

The scientific significance of this study lies in the fact that the sense of material deprivation was examined as a key factor shaping the family psychological climate, and its dual impact on individual development was demonstrated on the basis of empirical evidence. From a practical perspective, the results of the study can serve as an important methodological basis for developing family psychological counseling, socio-psychological support, and preventive intervention programs.

Correlations between the family psychological climate and an individual’s socio-psychological relationships (N=420)

	Process	Work	Result	Independe nce	Altruism	Domi nance	Egoism	Money
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Family psychological climate	0,01	0,019	0,181**	0,069	0,207**	0,089	0,197**	0,123*
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Izoh: * $p \leq 0,05$, ** $p \leq 0,01$

The psychological climate formed in families experiencing a sense of material deprivation has a significant impact on an individual's socio-psychological development. In such families, the emotional atmosphere is often tense, emotionally unstable, or oriented toward conserving limited resources. This, in turn, shapes an individual's emotional state, value orientations, and behavioral strategies in social relationships.

The positive correlations between the psychological climate in materially constrained families and the indicators of result orientation ($r = 0.181, p \leq 0.01$), altruism ($r = 0.207, p \leq 0.01$), and egoism ($r = 0.197, p \leq 0.01$) indicate that economic difficulties encourage the strengthening of self-preservation and adaptation strategies. In other words, individuals who grow up in financially difficult conditions tend to increase their orientation toward results and demonstrate both cautiousness and empathy in their relations with others.

The correlation with result orientation ($r = 0.181, p \leq 0.01$) suggests that individuals living under conditions of material deprivation are more strongly motivated to achieve their goals. For such individuals, work and achieving tangible results become the main sources of restoring stability and confidence in life. This situation activates internal motivation, although in some cases it may also lead to excessive competitiveness or an increased need for self-affirmation.

The positive relationship with altruism ($r = 0.207, p \leq 0.01$) indicates that individuals raised in materially constrained families place greater value on kindness, empathy, and mutual support. In such environments, the sense of mutual assistance is more highly developed, as family members strive to cope with stress through emotional unity and solidarity despite material difficulties. In this way, the experience of deprivation can become a psychological factor that reinforces altruistic values.

At the same time, the positive correlation with egoism ($r = 0.197, p \leq 0.01$) reflects the activation of mechanisms aimed at self-protection, resource conservation, and the promotion of personal interests under conditions of material limitation. In environments with scarce material resources, individuals naturally tend to defend their own interests more actively and strive to maintain safety and stability. However, these egoistic orientations often function as protective mechanisms that help maintain social balance.

The relationship with the money-related indicator ($r = 0.123, p \leq 0.05$) is weak but statistically significant. This finding confirms the role of the sense of material

deprivation in shaping an individual's attitude toward finances. Such individuals perceive money not only as an economic means, but also as a symbol of security, freedom, and stability. For them, financial resources appear to be a key guarantee of quality of life and psychological well-being.

Although the correlations with indicators such as independence, work, and dominance are relatively weak, individuals who grow up in materially difficult conditions develop diverse life strategies. Some perceive these circumstances as an opportunity to rely on their own strength, develop diligence, and make independent decisions, while others, on the contrary, demonstrate tendencies toward avoiding initiative or self-limitation.

Overall, the psychological climate in families experiencing a sense of material deprivation exerts a dual influence on an individual's socio-psychological development. On the one hand, it strengthens protective and cautious strategies, while on the other hand, it promotes the formation of mutual support, solidarity, and altruistic values.

Conclusion. The results of the conducted study indicate that the psychological climate formed in families experiencing a sense of material deprivation is a significant and multifaceted factor in an individual's socio-psychological development. Under conditions of material constraint, the tension of the emotional atmosphere, emotional instability, and an orientation toward conserving resources serve as a key psychological background that shapes an individual's emotional state, value system, and behavioral strategies in social relationships.

The findings demonstrate that the sense of material deprivation is not solely a factor that produces negative outcomes, but rather a psychological condition that activates various adaptive mechanisms in individuals. In particular, the positive association between the psychological climate and result orientation suggests that individuals who grow up in economically difficult circumstances tend to be more goal-oriented and perceive work and productivity as means of achieving stability. This, in turn, can strengthen internal motivation and contribute to the development of an active social stance. At the same time, the positive relationship identified with altruism indicates that under conditions of material deprivation, social values such as mutual assistance, empathy, and solidarity are reinforced. Material difficulties encourage family members to cope with stress through emotional closeness and mutual support, as a result of which altruistic behavior becomes an important psychological adaptation strategy.

However, the positive association with egoism reflects the activation of behavioral mechanisms aimed at self-protection, preservation of personal interests, and rational use of limited resources under conditions of material constraint. These

egoistic tendencies should not be interpreted solely as negative traits, but rather as psychological defense mechanisms that help ensure personal safety and stability. The findings related to attitudes toward money show that the sense of material deprivation increases the psychological significance of financial resources in an individual's consciousness. For such individuals, money becomes not only a means of meeting material needs, but also a symbol of security, independence, and psychological well-being, directly influencing their financial behavior and life planning.

Overall, the psychological climate in families experiencing a sense of material deprivation exerts a dual influence on an individual's socio-psychological development: on the one hand, it strengthens cautious, self-protective, and resource-conserving strategies, while on the other hand, it fosters the formation of mutual support, solidarity, and altruistic values. Therefore, in developing psychological and social programs aimed at enhancing family psychological well-being, it is essential to consider the sense of material deprivation as a significant psychological factor influencing individual development in a comprehensive manner.

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