

## PSYCHOLOGICAL AND SOCIAL INDICATORS OF SPOUSAL RELATIONSHIPS IN FAMILY CONFLICT SITUATIONS

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**Mirzasoliyev Jaxongir Mirzasoipovich**

*Researcher at the University of Public Security*

*E-mail: [mjahongir@mail.ru](mailto:mjahongir@mail.ru)*

### **Abstract**

This article analyzes the psychological and social factors influencing marital relationships in conflict situations. It provides a scientific and theoretical examination of the causes of family conflicts and their impact on emotional intimacy, communication, mutual understanding, and the social roles of spouses.

### **Keywords**

family, family conflicts, marital relationships, psychological indicators, social factors, communication, emotional stability.

### **Аннотация**

В данной статье анализируются психологические и социальные факторы, влияющие на супружеские отношения в конфликтных ситуациях в семье. Научно и теоретически рассмотрены причины семейных конфликтов, их влияние на эмоциональную близость, общение, взаимопонимание и социальные роли супругов.

### **Ключевые слова**

семья, семейные конфликты, супружеские отношения, психологические показатели, социальные факторы, общение, эмоциональная стабильность.

### **Annotatsiya**

Mazkur maqolada oiladagi nizoli vaziyatlarda er-xotin munosabatlariga ta'sir etuvchi psixologik va ijtimoiy omillar tahlil qilingan. Oilaviy nizolarning kelib chiqish sabablari, ularning er-xotin o'rtasidagi emotsional yaqinlik, kommunikatsiya, o'zaro tushunish va ijtimoiy rollarga ta'siri ilmiy-nazariy jihatdan yoritilgan.

### **Kalit so'zlar**

oila, oilaviy nizolar, er-xotin munosabatlari, psixologik ko'rsatkichlar, ijtimoiy omillar, kommunikatsiya, emotsional barqarorlik.

The family is one of the most important and stable social institutions in society, and the psychological climate and interpersonal relationships within it play a crucial role in social development and generational continuity. At the center of family relationships lies the interaction, cooperation, and responsibility between spouses. The harmony of these relationships ensures family stability, proper child upbringing, and the psychological well-being of individuals. However, modern socio-economic processes, the acceleration of life, the expansion of information flows, and changes in value systems have contributed to the emergence and intensification of conflicts within families.

Today, family conflicts are becoming not only a personal issue but also an urgent socio-psychological concern. Statistical data indicate that divorce, domestic violence, and increasing psychological instability are often associated with unresolved conflicts between spouses. Such conflicts create constant tension within the family environment, weaken mutual trust, lead to emotional alienation, and disrupt interpersonal relationships.

Family conflicts are multifactorial and cannot be explained by a single cause. From a psychological perspective, conflicts between spouses are directly related to personal characteristics, temperament, emotional stability, stress tolerance, communication skills, and levels of empathy. Each individual enters family life with their own experiences, upbringing models, and value systems. When these factors are not harmonized, the likelihood of conflict increases.

From a social perspective, economic conditions, employment, distribution of social roles, gender stereotypes, cultural traditions, and social support systems significantly influence the emergence of family conflicts. In particular, the changing roles of husbands and wives in modern society and the unclear distribution of responsibilities contribute to the intensification of conflicts. This situation disrupts balance in family relationships.

Therefore, there is a need for scientific analysis of the psychological and social indicators of spousal relationships in family conflict situations. This research aims to better understand the nature of family conflicts, identify their underlying mechanisms, and develop constructive methods for conflict resolution. Studying this issue scientifically contributes to strengthening family stability, creating a healthy psychological environment, and ensuring social well-being in society.

Family conflicts are contradictory situations that arise between spouses as a result of clashes in interests, values, needs, or roles. From a psychological perspective, conflicts are closely related to an individual's emotional state, personality traits, stress tolerance, and level of empathy. From a social perspective,

the origins of conflicts are explained through social roles, economic conditions, gender stereotypes, and cultural norms.

### **Psychological Indicators of Family Conflicts**

Conflict situations in the family are directly connected to the psychological processes between spouses, and several psychological indicators play an important role in their formation and development. Psychological indicators refer to the internal traits, behaviors, and emotional reactions that determine how individuals respond to conflict situations.

**Emotional stability** is the ability to control emotional reactions during conflicts. A spouse with high emotional stability is capable of resolving conflicts constructively, whereas low emotional stability increases tension and aggression in relationships.

**Quality of communication** between spouses is a key factor in managing family conflicts. Communication skills include:

- expressing thoughts clearly and openly;
- actively listening to one's partner;
- engaging in constructive discussion and resolving conflicts through agreement.

Individuals with poor communication skills often express dissatisfaction in unclear or aggressive ways, which deepens conflicts. Effective communication reduces stress within the family and strengthens emotional closeness.

**Empathy** is the ability to understand a partner's emotional state and perspective. Couples with high levels of empathy support each other during conflicts and soften emotional tension. When empathy is low, conflicts often appear as personal attacks and criticism. Empathy also plays an important role in creating a positive emotional climate and strengthening mutual respect.

**Stress tolerance** is the ability to maintain psychological balance and adaptability in conflict situations. Individuals with low stress tolerance tend to react excessively, which prolongs and intensifies conflicts. Those with high stress tolerance approach problems calmly and develop constructive strategies for conflict resolution.

Another psychological indicator of family conflict is an individual's **problem-solving strategy**, which may be expressed through:

- **Constructive strategies** - communication, negotiation, compromise, and solution-oriented approaches;
- **Aggressive or passive strategies** - escalating conflicts or avoiding problems.

Family conflicts are influenced not only by interpersonal psychological factors but also by the social context and external environment. **Social indicators** refer to

the external factors that contribute to the emergence, duration, and intensity of conflicts between spouses.

One of the most common social indicators of family conflict is the family's **financial situation**. Financial difficulties, insufficient income, or job instability increase stress and intensify conflicts between spouses.

An unclear or unfair distribution of responsibilities between husband and wife also leads to conflict. For example, unequal division of household tasks, childcare responsibilities, and management of relationships with relatives can cause dissatisfaction and tension. In addition, **gender stereotypes** in society shape social roles, which can further intensify conflicts between spouses.

One of the social indicators of family conflict is the presence of external support for spouses. Relatives, friends, local communities, and social networks play an important role in reducing stress and helping couples resolve conflicts constructively. When a support system is lacking, family conflicts may intensify and become prolonged.

Cultural and religious values also influence family conflicts. Each individual enters marriage with their own upbringing and cultural experiences. Differences in values, attitudes toward traditions, or expectations related to religion may create tension between spouses. Therefore, intercultural differences and value mismatches are considered important social indicators of family conflict.

Conflict situations within families and spousal relationships have been widely studied by psychologists, sociologists, and family therapists. The views of scholars provide a foundation for analyzing family conflicts from psychological and social perspectives.

The famous American family therapist **Virginia Satir** viewed family conflicts as a result of disrupted communication and emotional closeness. According to her, conflicts between spouses often arise from misunderstandings in interpersonal communication and unmet emotional needs. Satir emphasized constructive communication and the development of empathy as key tools in family therapy.

**John Gottman**, an American researcher of family relationships, scientifically studied family conflicts and identified four destructive behaviors that negatively affect relationships: criticism, contempt, defensiveness, and stonewalling. Gottman also developed strategies for constructive conflict resolution and for improving positive communication between spouses.

These scholars developed socio-psychological models of romantic and family relationships. According to their views, conflicts between spouses are often related to mismatched values, expectations regarding social roles, and external social

pressures. From this perspective, resolving conflicts requires considering not only individual psychological traits but also the broader social environment.

Uzbek scholar **V. M. Karimova** analyzed family conflicts through the integration of psychological and social factors. According to her, emotional stability, communication skills, and stress tolerance, along with economic conditions, social support, and cultural values, jointly play an important role in constructive conflict resolution.

**E. G. G'oziyev** associated family conflicts with systems of social roles and responsibilities. He emphasized that unfair distribution of household duties, childcare responsibilities, and financial matters intensifies conflicts between spouses. He also highlighted the importance of strengthening social support systems to help reduce family conflicts.

Eliminating conflict situations in the family is the process of stabilizing relationships between spouses and restoring constructive communication. Research shows that effective resolution of family conflicts is associated with the integration of psychological indicators (emotional stability, communication skills, empathy) and social factors (economic conditions, social support, and cultural values). The main approaches are presented below.

**1. Developing Constructive Communication.** Constructive communication is one of the most effective tools for resolving family conflicts. It includes:

- expressing thoughts openly and respectfully;
- actively listening to one's partner and valuing their perspective.

Constructive communication reduces misunderstandings between spouses and prevents the escalation of conflicts.

**2. Developing Emotional Intelligence and Empathy.** Emotional intelligence is the ability to understand and effectively manage one's own emotions and those of one's partner. Empathy allows spouses to understand and support each other during conflict situations.

**3. Applying Problem-Solving Strategies.** In family psychology, problem-solving strategies are divided into two main types:

- **Constructive strategies:** resolving conflicts through negotiation, compromise, communication, and cooperation.
- **Non-constructive strategies:** ignoring conflicts, responding with aggression, or showing passivity.

Constructive strategies reduce family stress and strengthen positive relationships between spouses.

**4. Psychological Counseling and Family Therapy.** Family counseling or therapy is an effective tool for resolving conflicts between spouses. Therapy helps to:

- identify the root causes of conflicts;
- develop constructive communication between partners;
- manage stress and improve emotional stability.

Research shows that family therapy reduces conflicts and strengthens mutual understanding between spouses.

**5. Activating Social Support.** Social support plays an important role in resolving family conflicts. Relatives, friends, and local community networks can provide psychological assistance, advice, and guidance that help ease tensions between spouses. Research shows that in families with sufficient support systems, conflicts are resolved more quickly and levels of psychological stress are lower.

**6. Fair Distribution of Economic and Household Responsibilities.** Family conflicts are often related to financial issues and household responsibilities. Clearly and fairly distributing responsibilities between spouses reduces tension. In addition, open communication and joint financial planning help prevent misunderstandings and future conflicts.

### **Conclusion**

The family is one of the most important social institutions, and spousal relationships play a decisive role in family stability, child upbringing, and the psychological well-being of its members. Conflict situations in families are closely connected not only to interpersonal psychological factors but also to the broader social and cultural context.

Psychological indicators play a central role in managing family conflicts. These include emotional stability, communication skills, empathy, stress tolerance, and problem-solving strategies. Couples who demonstrate high levels of these indicators are more capable of resolving conflicts constructively, maintaining a stable emotional climate, and strengthening mutual trust.

Social indicators determine the formation and duration of family conflicts. These include economic conditions, social roles and responsibilities, cultural values, social support systems, and societal norms. Research shows that social support and the fair distribution of responsibilities reduce family conflicts and strengthen relationships. Resolving family conflicts requires a multifaceted approach. Developing constructive communication, enhancing emotional intelligence and empathy, applying effective problem-solving strategies, seeking psychological counseling and family therapy, activating social support systems, and fairly distributing economic and household responsibilities are effective measures.

Scholarly perspectives confirm that family conflicts arise from the interaction of psychological and social factors; therefore, both dimensions must be considered in the resolution process. Scientifically grounded approaches contribute to strengthening family stability, reinforcing trust and respect between spouses, and ensuring the healthy psychological development of children. In general, the comprehensive study and resolution of family conflicts serve not only the well-being of individual families but also the broader social welfare of society.

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