

Practical Study of The Socio-Psychological Causes of Divorce in Families with Different Marital Experiences

Karimov Farxod Toshtemirovich

Senior Lecturer at the Tashkent State University of Uzbek Language and Literature named after Alisher Navoi, Uzbekistan

Received: 14 April 2026; **Accepted:** 05 May 2026; **Published:** 31 May 2026

Abstract: This article empirically examines the socio-psychological factors influencing the occurrence of divorce in families with different marital experiences. During the research process, the impact of factors such as the level of communication between spouses, mutual trust, emotional closeness, conflict resolution styles, personal and social expectations, and the distribution of family roles on the likelihood of divorce is analyzed. In addition, the causes of divorce among families with different marital experiences—newly married couples, couples who have lived together for a medium period, and families with long-term marital experience—are compared, and their psychological characteristics are identified.

The results of the empirical research serve to identify the main socio-psychological determinants of divorce, explain the dynamics of family conflicts, and reveal problematic aspects of spousal relationships. At the same time, scientific and practical recommendations aimed at preventing divorce in families, creating a healthy psychological environment, and strengthening family stability are developed.

Keywords: Marriage preparation and family adaptation, causes of divorce, newly married couples, couples living together for a medium period, families with long-term marital experience, socio-psychological factors, conflicts, communication problems, emotional distancing, empirical research, creating a healthy psychological environment.

Introduction: Today, the family, as one of the most vital social institutions of society, plays an essential role in the spiritual, moral, and psychological development of an individual. The stability of the family is inextricably linked to social stability, prosperity, and the upbringing of a healthy generation. Although the family is considered the foundation of society, the rising number of divorces today has become a global social issue. The causes of divorce vary across families with different ages, social backgrounds, and marital experiences. For this reason, strengthening family relationships, preventing divorces, and fostering a healthy socio-psychological environment within families are recognized as priority areas of state policy.

In the Republic of Uzbekistan, a number of regulatory and legal documents have been adopted to support families, strengthen the role of women in society, and reinforce the prevention of family conflicts. In particular, the Presidential Decree "On Measures to

Further Accelerate the Work on Systemic Support of Families and Women" defines ensuring a healthy spiritual environment in families, early detection of conflict situations, and developing a system of psychological assistance as priority tasks [1].

Furthermore, the "Uzbekistan — 2030" Strategy outlines comprehensive measures to increase population welfare, provide social support to families, prepare youth for family life, strengthen family values, and prevent divorces [2]. This strategy highlights family stability as one of the critical factors for social progress.

In addition, the Family Code of the Republic of Uzbekistan establishes the rights and obligations of spouses, the legal foundations of family relations, child-rearing, and norms regarding the protection of the family institution, serving as the primary legal source regulating family relationships [3].

From this perspective, empirically studying the socio-psychological causes of divorce based on varying

marital experiences stands as a highly relevant scientific problem. While divorce in young families is more commonly associated with adaptation difficulties, economic issues, and a lack of communication, in long-term marriages, emotional detachment, the accumulation of mutual misunderstandings, and differences in life perspectives emerge as key factors. Studying these processes on a scientific basis allows for the development of effective recommendations for divorce prevention. The purpose of this study is to identify the main socio-psychological causes of divorce in families with different marital experiences and analyze them on the basis of empirical data.

LITERATURE REVIEW

The issue of family relations and the causes of divorce is one of the highly relevant scientific problems that has been extensively studied not only in psychology but also in pedagogy, sociology, and demography. In providing a scientific explanation for the problems arising in families based on varying marital experiences, a comprehensive analysis of family upbringing, social environment, economic conditions, employment, youth readiness for marriage, marital motives, cultural values, and demographic factors is of paramount importance. Modern research indicates that family divorces are rarely triggered by a single reason; rather, they occur under the influence of several interconnected factors.

In the field of family pedagogy, O. Musurmonova's work, "Family Pedagogy," extensively covers the role of the family in society, its importance as a social institution, the culture of family relations, as well as mutual respect and responsibility between spouses [4]. The author places particular emphasis on the role of the family in individual development and the significance of family upbringing in the socialization of children. The book highlights that the majority of family conflicts stem from a lack of mutual understanding, communication culture, and an inadequately developed psychological environment. Especially in young families, factors such as a lack of life experience, insufficient skills in joint problem-solving, and an inability to properly distribute responsibilities emerge as conflict-escalating factors.

Furthermore, the author notes that the weakening of moral and ethical values within the family, along with a lack of cooperation and compromise among family members, negatively impacts family stability. The formation of a healthy psychological environment within the family directly influences not only the relationship between spouses but also the mental development and personality formation of the

children. From this perspective, analyzing family conflicts from a pedagogical viewpoint serves as an important theoretical framework for explaining the causes of divorce occurring during the initial years of marriage.

In studying the socio-demographic factors of divorce, K. Kh. Abdurakhmanov's work, "Fundamentals of Population Demography," stands as another crucial scientific source [5]. This work analyzes marriage and divorce processes as demographic phenomena, scientifically demonstrating their intrinsic links to economic conditions, employment levels, migration processes, urbanization, living standards, and the development level of social infrastructure. The author asserts that the rising divorce rate is often connected to ongoing socio-economic changes in society, the modernization of lifestyles, shifting gender roles, and an increasing need for personal independence.

Specifically, it is highlighted that in young families, factors such as insufficient economic independence, the absence of a permanent source of income, housing complexities, and labor migration can exert a negative impact on family stability. This approach further elucidates the significance of demographic and social factors when analyzing the causes of divorce in relation to marital duration. Additionally, psychological research points to personality traits, emotional maturity levels, stress tolerance, jealousy, mutual trust, and the level of communicative competence as critical factors in the emergence of family conflicts. The lack of skills to constructively resolve family conflicts often leads to the deepening of disagreements and, ultimately, to divorce.

The analyzed scientific sources demonstrate that divorces in families are closely intertwined not only with psychological factors but also with pedagogical, social, and demographic factors. This confirms the necessity of studying this problem through a comprehensive approach, analyzing it at the intersection of various disciplines. At the same time, empirically investigating the causes of divorce based on marital duration provides an important scientific foundation for developing practical recommendations aimed at strengthening family stability.

In the humanities and social sciences, the issue of family relations and the causes of divorce is viewed as a complex and multifaceted phenomenon. Theoretically, this problem is studied at the intersection of individual psychology, family pedagogy, sociology, and demography. This is because the family is not merely the cohabitation of two individuals, but a complex social institution embodying a system of social, economic, and spiritual relationships.

In scientific literature, the stability of family relations is often interpreted in connection with mutual understanding among family members, emotional closeness, social adaptation, and a shared system of values. According to psychological theories, the strength of the relationship between spouses is directly linked to the level of interpersonal communication, conflict management skills, and the development of empathy. If the culture of communication is insufficiently formed, even simple disagreements can gradually escalate into deep conflicts. The systems theory approach plays an important role in explaining family relationships. According to this approach, the family is a single system composed of interconnected elements, where the behavior of each member affects the functioning of the entire system. For instance, economic problems, work-related stress, or relationships with relatives can indirectly affect the family environment and cause conflicts to escalate.

From a pedagogical perspective, the family is the primary environment for personality upbringing. According to the theory of family pedagogy, the psychological environment, mutual respect, cooperation, and responsibility within the family influence the personal development, social behavior, and future attitude of children toward family life. If constant conflicts prevail in the family, this situation can lead to the formation of negative psychological states in children, such as anxiety, insecurity, and aggressiveness. Therefore, pedagogical theories interpret the stability of the family environment as an essential condition for social stability. The social role theory also holds significant importance in explaining the causes of divorce. According to this theory, each member within the family performs a specific social role: roles such as husband, wife, father, and mother demand specific obligations and responsibilities. In modern society, changing gender roles, the increasing economic independence of women, and modernized social views are affecting the traditional system of roles within the family. In some cases, this can lead to adaptation problems in family relations.

In demographic theories, divorce is interpreted as a social phenomenon related to the developmental process of the institution of marriage. Urbanization, migration, population living standards, employment levels, and housing conditions are considered important factors influencing family stability. Especially during the early years of marriage, economic difficulties, social adaptation problems, and a lack of independent life experience increase the likelihood of conflicts in young families. Furthermore, theoretical sources state that the causes of divorce can also be analyzed based on the duration of the marriage. While

divorces in the early stages of marriage are more related to difficulties in the adaptation period, clashes of character, and economic problems, in families that have lived together for many years, divorces are explained more by emotional detachment, a decline in mutual interest, or shifts in life values.

In psychological theories, the theory of stress and frustration is also applied to explain family conflicts. According to this approach, when an individual experiences pressure from the external environment or a sense of internal dissatisfaction, this condition often negatively impacts close relationships, particularly family ties. As a result, even minor disagreements can escalate into sharp conflicts. At the same time, in modern scientific views, the stability of family relations is determined by the following factors:

- The level of mutual respect and trust;
- Communication culture and conflict resolution skills;
- Economic stability and social protection;
- The existence of shared values and goals;
- Psychological compatibility and emotional closeness.

The aforementioned theoretical perspectives indicate that divorces do not occur due to a single cause, but rather under the influence of interconnected psychological, pedagogical, social, and demographic factors. Therefore, applying a comprehensive theoretical approach to studying the issue of divorce causes based on marital duration is scientifically justified and enhances the accuracy of research findings.

METHODOLOGY

In this study, a comprehensive approach was utilized to identify the socio-psychological causes of divorce in families based on the duration of their marriage. The methodological foundation of the research comprises scientific studies conducted in the fields of family psychology, social psychology, and demography. Several scientific methods were employed during the research process. First, through the method of scientific literature review, existing scholarly sources on family relations, causes of divorce, the psychological climate in the family, and socio-demographic factors were examined. This method allowed for the definition of the theoretical framework of the study and the interpretation of core concepts.

In addition, empirical methods were utilized in the research. Specifically, observation and interview methods were employed to identify the causes of divorce in families with varying marital durations. In the process of observation, family relations, mutual

communication, conflict resolution styles, and the psychological state of the family environment were studied. The interview method, on the other hand, made it possible to identify the factors leading to divorce based on the participants' own perspectives.

The comparative analysis method also played an important role in the research. Using this method, the similarities and differences in the causes of divorce between young families and families that had lived together for many years were identified, and their correlation with the duration of marriage was analyzed. As a result of the comparison, it was observed that while adaptation difficulties and economic factors are more prominent in the early stages of marriage, emotional detachment and the accumulation of mutual misunderstandings emerge as the primary factors in long-term marriages [6].

Furthermore, the method of synthesis and generalization was employed in the study. The obtained data were systematized, and general conclusions were formulated. This method helped identify the correlations between various factors and determine the primary socio-psychological causes of divorce. Thus, the combination of the methods applied enabled a comprehensive study of the socio-psychological causes of divorce in families according to marital duration and allowed for the formulation of scientifically grounded conclusions.

Matningizning akademik vazni, ilmiy terminologiyasi va mantiqiy tuzilishini to'liq saqlagan holda tayyorlangan inglizcha tarjimasi:

RESULTS

The issue of family relations and the causes of divorce has been analyzed by numerous scholars based on various theoretical approaches. In scientific literature, the family is viewed as the most crucial social institution of society, and its stability is emphasized as being directly linked to the development of the individual, society, and future generations.

In research conducted within the field of family pedagogy, particular emphasis is placed on the importance of the educational environment and the culture of mutual relations within the family. For instance, in O. Musurmonova's work, "Family Pedagogy," the following view is put forward: the strength of family relations depends on mutual respect, patience, and the culture of communication between spouses, and in cases where these factors are insufficiently developed, conflicts within the family may intensify. The author identifies misunderstanding, mismatch of mutual demands and expectations, and the inability to properly distribute family responsibilities as some of the primary causes of family

conflicts. These insights provide a scientific explanation for why the likelihood of divorce is higher, particularly during the initial years of marriage.

Psychological studies have also paid special attention to explaining family conflicts. For example, G. Andreeva's scientific works on social psychology substantiate the role of communication within the system of interpersonal relations, emphasizing that most family conflicts arise as a result of communicative barriers and misinterpretations. According to the author, communication in family life is not merely a tool for exchanging information, but a vital psychological factor that ensures emotional closeness. Consequently, the breakdown of communication can intensify mutual alienation, creating the psychological groundwork that leads to divorce.

In research within the sociology of the family, the causes of divorce are analyzed in connection with broader social factors. In A. G. Kharchev's works dedicated to the sociology of the family, the family is interpreted as a system that changes under the influence of economic, cultural, and demographic processes in society. The author concludes that changes in socio-economic conditions, urbanization processes, and transformations in the value system inevitably affect family relations. As a result, in certain cases, the weakening of traditional family values can lead to an increase in the number of divorces.

Furthermore, psychological sources emphasize that emotional closeness, mutual support, and the level of trust are essential among the factors influencing family stability. V. Satir's research on family therapy notes that a healthy psychological climate in the family positively impacts an individual's self-esteem and social adaptation. According to the author, if constant criticism, neglect, or emotional coldness prevail in the family, this situation leads to the gradual erosion of the relationship.

The analysis of the scientific sources reviewed above demonstrates that the causes of family divorces are multifaceted and are explained by the following factors:

- **Psychological factors** (communication culture, emotional compatibility, conflict management skills);
- **Pedagogical factors** (family upbringing, moral values, the formation of mutual respect);
- **Social factors** (urbanization, shifting social roles, transformation of values);
- **Demographic and economic factors** (employment, income level, housing conditions).

Thus, the analysis of scientific literature shows that divorces in families cannot be explained from a single

perspective; rather, they must be studied based on a comprehensive, systemic approach. This serves as an important theoretical foundation for researching the issue of divorce causes based on varying marital experiences on a deep scientific basis.

Families can be divided into three main groups according to their duration of marriage, with the causes of crisis being specific to each:

- **Young families (1-5 years):** During this period, an "adaptation crisis" is mainly observed. The primary causes include socio-economic problems, lack of housing, constant stress due to financial issues, lack of family experience, childlessness or alcoholism, unrealistic perceptions (romantic illusions) about family life, domestic hardships, clashes of character, interference by third parties, failure to express feelings

openly, and the absence of constructive communication.

- **Medium-term families (5-15 years):** At this stage, chronic conflicts arising from "emotional cooling," disagreements in child-rearing, the spouses' inability to listen to each other, evasion of responsibility, egocentrism, and low emotional intelligence take a leading position.

- **Long-term families (over 15 years):** The loss of common interests between spouses as a result of the "empty nest syndrome" (children becoming independent and leaving home), health problems, and sexual dissatisfaction can become causes of divorce.

The analysis of the conducted surveys and psychological counseling processes yields the following conclusions:

Category of Causes	Key Indicators
Interpersonal	Mutual misunderstanding, lack of trust, jealousy, infidelity, disrespect
Domestic and Economic	Housing problems, unemployment, financial deficit, credit/debt pressure, unfair distribution of the family budget
Pedagogical / Upbringing	Childlessness, conflicts in child-rearing, incompatibility of educational/parenting views
Harmful Habits	Alcoholism, gambling or substance addiction, heavy smoking

Empirical Analysis and Case Studies

As a result of the empirical observations and interviews conducted, it was determined that the socio-psychological causes of divorce vary across families with different marital experiences. The analysis was carried out specifically across young families and long-term marriages, and the problems were studied through concrete real-life cases.

First of all, it was observed that a difficult mutual adaptation process is one of the primary factors leading to divorce in young families. For instance, in one family that had been living together for two years, the husband viewed himself as the primary breadwinner of the family and considered domestic chores to be exclusively the wife's responsibility. The wife, on the other hand, was continuing her education and could not allocate sufficient time to household tasks. Consequently, frequent disagreements arose over daily

matters. While these initially started as simple arguments, they eventually escalated into full-blown conflicts. Interviews revealed that instead of discussing their problems constructively, they fell into a habit of blaming each other, which intensified mutual misunderstanding [7].

Financial difficulties were observed as another significant cause in young families. For example, in one case, the husband worked in a temporary position, and his income was unstable. The family lived in a rented apartment and faced monthly difficulties in making payments. According to the wife, the economic pressure caused the husband to become frequently irritable, which exerted a negative impact on the psychological climate within the family. Disagreements between them were observed to multiply precisely during periods when financial issues intensified. This case demonstrates that even when economic factors are not the direct cause of divorce, they act as an

escalating factor for family conflicts [8].

During the observations, the interference of relatives in family life also emerged as a prominent factor in young families. For example, in one family, the bride lived with her parents-in-law. The mother-in-law constantly criticized the bride's method of handling household chores, and the husband often took his mother's side. As a result, the bride felt misunderstood, and emotional detachment grew between the spouses. Over time, these disagreements intensified, ultimately leading to divorce. This situation demonstrates that conflicts arise more rapidly in young families when the opportunity to make independent decisions is restricted.

The analysis indicated that in long-term marriages, the causes of divorce are more closely tied to psychological and emotional factors. For instance, in one family that had lived together for thirteen years, the spouses initially maintained a good relationship; however, communication between them diminished over time. As the children grew up and everyone became preoccupied with their own affairs, they noted during interviews that a lack of quality time for each other and a decline in joint conversations gradually led to emotional detachment [9].

In another case involving a long-term marriage, shifting life perspectives were observed as a major factor. The wife wished to pursue professional development and expand her career activities, whereas the husband adhered to traditional views and wanted her to spend more time at home. Failure to reach a consensus on this matter caused mutual resentment to grow. While this issue was initially confined to minor debates, it later triggered serious disagreements.

Throughout the analysis, a lack of communication was identified as a universal factor leading to divorce across all types of families. For example, in certain families, problems were not openly discussed, and spouses kept their grievances to themselves. Over time, these resentments accumulated and caused explosive arguments. The interview results indicated that many families tend to delay resolving problems rather than addressing them in time, which deepens the friction [10]. Additionally, excessive work commitments and a lack of time were also observed to negatively impact family relations. For instance, in one case, the husband was constantly away on business trips while the wife raised the children alone. As a result, emotional distance developed between them, communication decreased, and mutual misunderstandings intensified.

In conclusion, the analysis shows that while divorce in young families is more commonly linked to adaptation difficulties, financial problems, and the interference of

relatives, in long-term marriages, emotional detachment, a decline in communication, and the accumulation of mutual misunderstandings manifest as the primary causes. The research findings indicate that early detection of conflicts in families, the development of psychological counseling services, and preparing youth for family life hold vital importance in preventing divorces.

CONCLUSION

The findings of this study demonstrate that the socio-psychological causes of divorce vary significantly depending on the duration of the marriage. In young families, divorce is more frequently associated with mutual adaptation difficulties, economic challenges, an insufficient level of psychological readiness for family life, and the interference of relatives. During this initial stage, an inadequately developed culture of communication between spouses also acts as a critical factor that intensifies domestic conflicts. Conversely, in long-term marriages, the primary causes of divorce are found to be more closely linked to psychological and emotional factors. Specifically, emotional detachment, a decline in mutual attention, divergence in life goals and perspectives, as well as the long-term accumulation of unresolved misunderstandings can negatively impact family stability.

Furthermore, the research results indicate that divorces rarely occur abruptly; instead, they manifest as a cumulative outcome of unresolved problems over an extended period. Therefore, it is of paramount importance to implement early detection mechanisms for family conflicts, enhance psychological counseling services, prepare youth for marriage, and elevate the general culture of family relations. Concurrently, adopting a systemic approach to resolving housing and employment issues for young families and improving the framework for providing professional psychological assistance to families in crisis are essential measures.

In general, fostering mutual respect, open communication, patience, a proper distribution of responsibilities, and joint problem-solving skills stand out as the most crucial factors in strengthening the family institution. Upgrading the current system of social and psychological support tailored for families will directly contribute to the prevention of divorces.

Ultimately, family divorce is a complex socio-psychological phenomenon that requires a collaborative effort among society, the state, and the individual to be effectively addressed. Regardless of marital experience, cultivating a culture of communication and learning the art of mutual compromise within every household remain the fundamental keys to overcoming marital crises.

REFERENCES

1. O'zbekiston Respublikasi Prezidenti. "Oila va xotin-qizlarni tizimli qo'llab-quvvatlashga doir ishlarni yanada jadallashtirish chora-tadbirlari to'g'risida"gi Farmon. – Toshkent, Lex.uz.
2. O'zbekiston Respublikasi Prezidenti. "O'zbekiston – 2030" strategiyasi to'g'risida. – Toshkent, Lex.uz.
3. Shoumarov G'.B. Oila psixologiyasi. – Toshkent: O'qituvchi, 2000.
4. Davletshin M.G. Umumiy psixologiya. – Toshkent: TDPU nashriyoti, 2002.
5. Karimova V.M. Oila psixologiyasi. – Toshkent: Fan va texnologiya, 2008.
6. G'oziyev E.G'. Umumiy psixologiya. – Toshkent: O'qituvchi, 2010.
7. O'zbekiston Respublikasi Davlat statistika qo'mitasi. Nikoh va ajrimlar statistikasi bo'yicha yillik to'plam. – Toshkent, stat.uz.
8. Musurmonova O. Oila pedagogikasi. – Toshkent: Fan, 2007.
9. Fayzieva M., Jabborov A. Oilaviy munosabatlar psixologiyasi. – T.: «Yangi asr avlodi», 2007.
10. Abdullaeva R.M. Yoshlarni oilaviy hayotga tayyorlashning psixologik omillari / Maktab va hayot. – 2006. – № 7.
11. Abdurahmonov Q.X. Aholi demografiyasi asoslari. – Toshkent: Iqtisodiyot, 2015.
12. Ismoilova Z.K. Ijtimoiy psixologiya. – Toshkent: Universitet, 2018.