

# Family Conflicts and Their Psychological Characteristics

Otanazarova Muhayyo Uktamovna

Teacher of the Department of Psychology at Tashkent University Applied Sciences, Uzbekistan

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**Abstract:** Conflict is understood as a mutually negative state of mind characterized by negativism in hostile relations that occurs as a result of the mismatch of views, interests and needs of two or more people. Conflicts in the family are one of the most common forms of conflicts. External factors have a significant impact on the occurrence of conflicts inability to separate, or lack of employment of family members and mutual betrayals are the main reasons. And of course, the interference of other family members in the couple's relationship. These can be mother-in-law, sister-in-law, sister-in-law, or brothers. Continuity of conflicts causes the family to come to the brink of separation. The increase in the number of divorces, in turn, has a negative impact on the development and progress of society. Therefore, preventing divorce and preserving the family remains one of the priority issues in our country.

**Keywords:** Conflict, family, conflicts, individual, motives, social health.

**Introduction:** The conflict arises due to some difficult problems for spouses. Conflicts are characteristic of different stages of family development. The role of marriage is of greatest importance during the formation of the family, when spouses are just beginning to adapt to each other. It is at this stage that it is important to identify ways and means of resolving conflict situations. At the first stage of Family Development, the function of free time plays an important role when a value system is formed and a family micromanagement is formed. With the birth of a child, new problems arise that require solving, and economic, domestic and educational functions are especially important. When the children have grown up and the spouses retire, the family relationship changes and the dispute takes on a different basis.

Psychology has identified the main types of conflicts. There are conflicts over whether or not the spouses are able to perform their duties. For a happy life, each spouse is obliged to sacrifice part of his benefits and spend a significant part of his energy and time creating and maintaining a family home. However, not every married couple can stand the test of everyday family life. In the early part of family life, a difficult period begins to create common needs, interests, views, tastes and habits. The strength of marriage and the creation of a favorable environment for the further development of family relations largely depend on the

adaptation of young spouses, the acquisition of new roles, the creation of an atmosphere of mutual understanding and respect. The main group of disputes includes disputes related to the negative impact of the external environment, which leads to a deterioration in financial, housing and other conditions. Some of these conflicts are due to the inability or unwillingness of spouses to adapt to changing living conditions, and some are due to the lack of objective opportunities for such adaptation. There will be disagreements in the family, and this is natural. After all, individual mental differences, a man and a woman with unequal life experience, a different worldview, interests, unite to live together; later, adults and children - representatives of three generations-were included in the orbit of family relations. There may be conflicting opinions on various issues, such as where to spend your vacation or vacation, which higher educational institution your son or daughter is enrolled in. Conflict, as a rule, occurs not one, but with a set of reasons, among which it is possible to very accurately determine the main one. The following groups of family conflicts that arise for the main reason, that is, for the leading reason, can be distinguished:

- based on an unmet need for self-esteem and importance, a violation of the dignity of another partner;
- based on the dissatisfaction of one or both of the

spouses with their sexual needs;

-as a source of dissatisfaction with the needs of one or both of the spouses for positive emotions;

-due to the dependence of one of the spouses on alcohol, gambling or drugs;

-due to financial disagreements arising from the excessive needs of one of the spouses;

-satisfaction of the needs of spouses for food, clothing, improvement of housing-due to financial disagreements arising from the excessive needs of one of the spouses; on the basis of modernization, as well as expenses for the personal needs of one of the spouses;

- based on different needs for rest and leisure.

- violation of Information Processes in the family involves the problem of communication and the presence of a communication barrier.

- the development of the problem of communication is a set of processes that occur under its influence and lead to the psychological traumatic characteristics of the family.

Of course, this classification does not cover all types of family conflicts, but allows you to systematize the main ones.

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