

Effective methods for developing communication between husband and wife in the family

Ugiloy Nomozova Akmaljon qizi

"Family and Gender" Research Institute, doctoral student, Tashkent, Uzbekistan

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Abstract: In every society, the strength and peace of the family are considered among the most crucial issues. Among the problems related to the family, the matter of family communication holds particular importance. This article aims to substantiate methods of sincere and effective communication between husband and wife in the family. Within the framework of implementing this goal, a brief analysis and summary of the results from a sociological study conducted among married men and women are presented. Additionally, the views of scholars on the raised issue have been analyzed.

Keywords: Family, communication, effective communication, family communication, active listening, understanding, positive feedback, mutual respect.

Introduction: The family is considered the most fundamental social structure of society, greatly influencing its development and stability. The formation of each individual, their moral and ethical upbringing, and their entry into social relationships all take shape within the family. Therefore, ensuring peace and stability in families should be a priority for every society. The family is the most important unit of society, and its well-being and happy life depend on many factors. Among these factors, mutual understanding and communication between husband and wife are the most essential. Through effective communication, couples can better understand each other, find ways to resolve issues, and strengthen their family life. Communication between husband and wife is not just about daily conversations but also serves as the foundation of mutual understanding, respect, and support. Open and sincere discussions allow couples to express their thoughts and emotions freely, helping them understand each other better. Communication based on trust and respect is one of the key elements of family happiness. Therefore, to build a happy family, spouses must not only listen to each other but also strive to understand one another. Open communication enables everyone to express their opinions freely, which enhances mutual respect and trust. Conflicts in family life are natural, but how they

are resolved is crucial. If a husband and wife can discuss disagreements calmly and with mutual respect, it strengthens their relationship. Resolving issues through communication and respecting each other's opinions helps to solidify the family. If spouses do not show care and attention to each other, their relationship may become distant, negatively impacting their communication. In daily life, simple words such as "thank you," "I love you," or "how are you feeling today?" can help strengthen love and affection between husband and wife. Thus, family well-being is directly linked to communication between spouses. When a husband and wife sincerely listen to, understand, and respect each other, family life will be happy.

Main part

The issue of communication is not solely the object of study of a single field; rather, research on this issue has been conducted in several fields (pedagogy, psychology, sociology, philology). In particular, Uzbek philologists such as Sh.Iskandarova [15], K.Sh.Kaharov [17], S.M.Muminov [19], K.A.Rasulov [20], N.Sh.Akhmedova [10], and Z.A.Akbarova [9] have studied topics such as communication, speech habits, speech culture, forms of communication in the Uzbek language, and etiquette in Uzbek communication. In

these works, communication has been examined as an object of philological research.

The issue of communication has also been studied by scholars in pedagogy and psychology. Specifically, Uzbek pedagogical scholars such as M.Ochilov, M.Kuronov, O.Musurmanova, and F.Akramova have discussed communication, the moral aspects of interaction, and the role of communication within the family. In psychology, scholars such as E.Goziyev, E.Azamkhojayeva, M.Dadakhojayeva, and M.Maxsudova [4, 11, 12,] have explored the psychological essence of communication and the psychological content of interaction.

Moreover, a number of foreign scholars have studied communication from different perspectives. In particular, Paul Watzlawick [8], Deborah Tannen [5, 6, 7], Robin Lakoff [3], Janet Holmes [1], L.Vygotsky [13], Anatoliy Lushin [18], and Olga Karpova [16] have conducted research on the general characteristics of communication and speech, the relationship between thought and speech, as well as topics such as family communication and the psychology of family communication. Additionally, Deborah Tannen, Robin Lakoff, and Janet Holmes [5, 3, 1] have explored the distinctive features of male and female speech in their works.

In families with a high level of communication culture, spouses treat each other with respect. Expressing thoughts openly and sincerely, engaging in free conversation on any topic, and making decisions collaboratively strengthen mutual understanding.

Communication culture not only affects the

relationship between spouses but also plays a significant role in child upbringing. Children who grow up in families where parents communicate respectfully and resolve issues through mutual agreement (compromise) develop strong communication skills and learn communication culture. Communication culture is an integral part of family relationships, fostering trust, respect, compassion, and unity among family members. Through open, sincere, and attentive communication, it is possible to solve any problem and maintain family happiness.

A lack of communication or incorrect communication can negatively impact family relationships. Misunderstandings, conflicts, and emotional distance often arise due to improper communication. If spouses do not communicate adequately or openly, they may fail to understand each other's feelings and desires. Consequently, unnecessary doubts, misinterpretations, and conflicts increase. Furthermore, a lack of communication or harsh, inappropriate communication intensifies arguments and negatively affects trust, love, and respect within the family. Often, instead of explaining the problem, spouses resort to blaming each other or reacting negatively, which damages mutual trust and worsens relationships. To strengthen family relationships, open, sincere, and cultured communication is crucial. Listening to each other, striving for understanding, and expressing thoughts with respect are essential conditions for family well-being.

Based on the above, we propose the following effective methods for developing communication between spouses in the family:

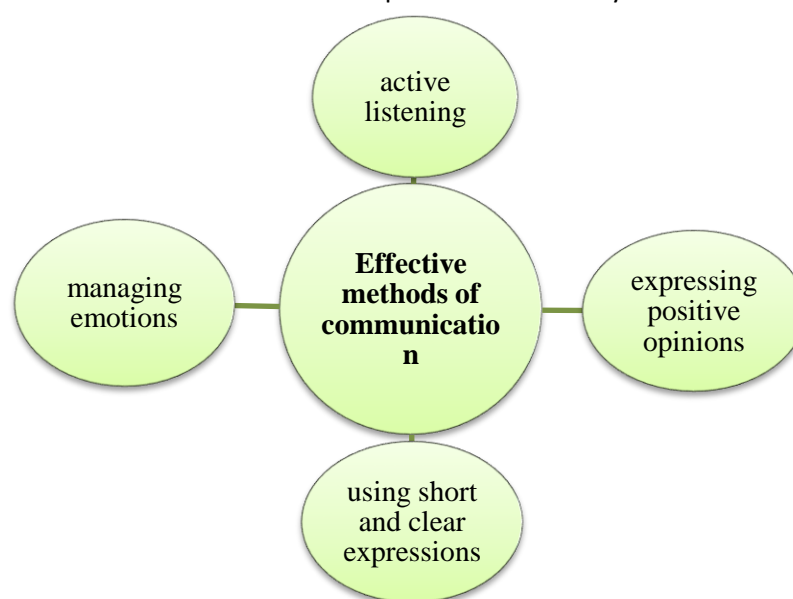


Figure 1. Effective Methods for Developing Communication Between Husband and Wife in the Family

Let's discuss each of the presented methods separately:

1. Active Listening – Listening to the interlocutor during communication demonstrates mutual respect. Carefully listening to the speaker and respecting their opinions is considered the golden rule of communication. Instead of briefly responding to the interlocutor's words, it is more effective to fully and clearly understand their thoughts.

2. Expressing Positive Opinions – During a conversation and in general interpersonal relationships, after listening to each other, one should not immediately express negative opinions. For example, a husband knows that his wife has spent a lot of time preparing dinner. However, she accidentally added a bit too much salt and apologizes to her husband for this mistake. If the husband responds with: "What kind of food is this? There is too much salt! You never cook well," this would be an incorrect approach and would lead to a loss of respect. Problems cannot be solved through rudeness; instead, a gentle approach should be used. In this situation, the husband could say: "My dear, I see that you put a lot of effort and spent a lot of time preparing dinner tonight. Thank you for making such an effort after work. The taste of the food is very good, but the salt is a bit too much. Next time, we can taste it together before adding salt." This model serves as the best solution to improve the situation and eliminate an awkward moment between partners. Thus, in the stage of expressing positive opinions, it is advisable to first show gratitude or give a small compliment, then state a clear and concise opinion, followed by a suggestion, and finally use sentences that reflect a spirit of cooperation.

3. Using Short and Clear Expressions – This is an

important strategy aimed at improving mutual understanding, preventing conflicts, and saving time. In family relationships, this principle is especially important as it strengthens emotional connections and helps reduce daily stress. This method has several advantages:

- Short and clear sentences help the listener easily understand the main idea. This allows spouses to quickly understand each other, reducing the risk of misinterpretation or misunderstandings.

- This strategy facilitates sincere and open communication on emotional topics, which strengthens emotional closeness and increases mutual trust.

- Vague and complex sentences can lead to disagreements, whereas short and clear expressions help ensure accurate understanding of thoughts and make conflict resolution easier.

- Ambiguous and confusing communication can cause stress, whereas short and clear expressions reduce stress and create a calm atmosphere.

4. Managing Emotions – This process involves recognizing one's emotions, expressing them correctly, understanding the partner's emotions, and treating them with respect. Additionally, if a person can manage their emotions during a conversation, conflicts can be prevented.

Thus, the effective communication methods mentioned above can be called "elements of communication within the family". Each of these elements has its own level of importance. Based on this level of importance, they should be implemented step by step. Accordingly, below we present a diagram of the stages of effective communication (Figure 2).

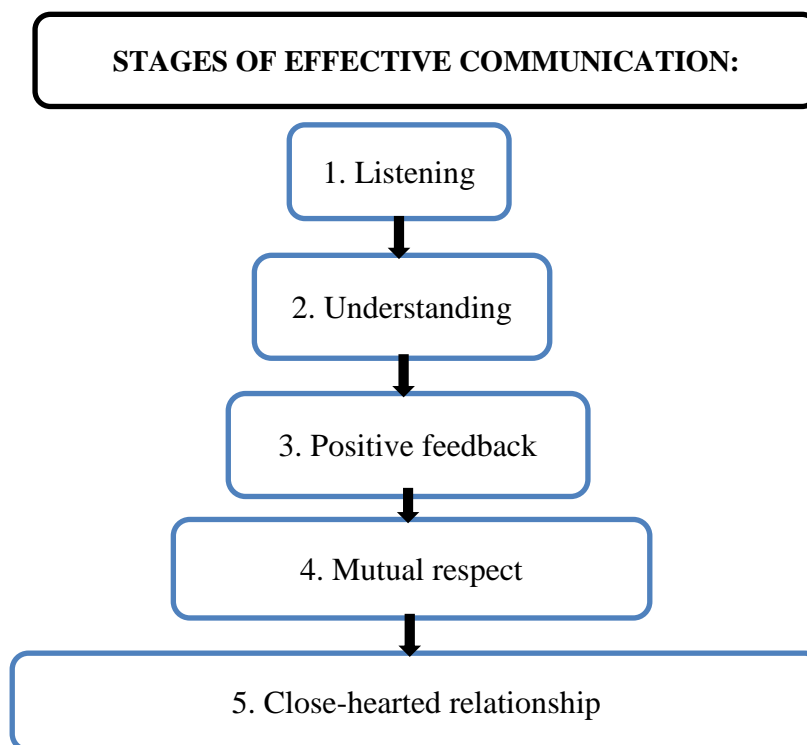


Figure 2. Stages of Effective Communication

A sociological survey was conducted to study the communication environment in Uzbek families, the factors influencing it, and the impact of communication on family relationships. The survey included married, divorced, and widowed men and women. During this

research, various factors affecting the relationship between husband and wife were analyzed, and respondents provided different answers. These findings are summarized in the following table (Table 1).

Table 1

Responses to the question "What causes the deterioration of your relationship?" (% of respondents)

What causes the deterioration of your relationships?	Gender	
	Male	Female
There is no love between us.	16,3%	6,3%
My spouse does not have good communication manners.	6,5%	10,6%
We have different perspective	30,4%	31,0%

We argue easily because our personalities don't match.	16,3%	16,2%
The big difference in our ages causes problems	0,0%	9,2%
It's hard for me to answer	30,4%	23,2%

This table presents respondents' opinions on the reasons for relationship deterioration, categorized by gender. According to the data, both men (30,4%) and women (31,0%) consider "We have differing opinions" as the primary cause of relationship problems.

Respondents also emphasized the lack of communication: the absence of communication culture in a spouse was highlighted more by women (10,6%) than by men (6,5%). This indicates that gender aspects play a significant role in communication. Indeed, "...the speaker's gender serves as an essential factor in personal identity and influences both verbal and non-verbal behavior" [2].

It was found that half (50%) of those who answered "My spouse lacks communication culture" rated their relationship as "very bad". This confirms that communication is crucial for relationship quality.

Women may pay more attention to communication culture due to their greater focus on emotional connection in relationships. Indeed, male and female speech has distinct characteristics, aligning with specific linguistic systems [14].

Lack of affection in relationships: This issue was more commonly mentioned by men (16,3%) compared to women (6,3%).

Incompatibility of character: Both genders acknowledged character incompatibility at nearly the same rate (16,3% and 16,2%).

Age difference: Only women (9,2%) cited "a significant age difference between us" as a reason, suggesting that

men do not perceive age difference as a problem.

Difficulty in answering: The response "It is difficult for me to answer" was more frequent among men (30,4%) than among women (23,2%). This suggests that men may find it harder to acknowledge or openly discuss relationship issues.

The findings highlight the importance of communication in relationships. Women's greater focus on communication culture may be linked to their emphasis on emotional connection in relationships.

The higher percentage of men citing "lack of affection" suggests that their emotional needs should not be overlooked. This could be related to societal norms that discourage men from openly expressing their emotions. The high percentage of respondents choosing "We have differing opinions" underscores the frequency of disagreements in relationships and the need to find resolution strategies. The fact that only women mentioned age difference as an issue indicates the influence of societal stereotypes on relationships. Men's higher tendency to choose "It is difficult for me to answer" suggests hesitation in openly recognizing relationship problems, possibly due to social pressure and limited societal acceptance of men expressing emotions.

A study conducted on this topic also included surveys to examine the forms of communication used during family conflicts and disagreements. These surveys identified verbal expressions of rudeness between spouses within the family (see Figure 3).

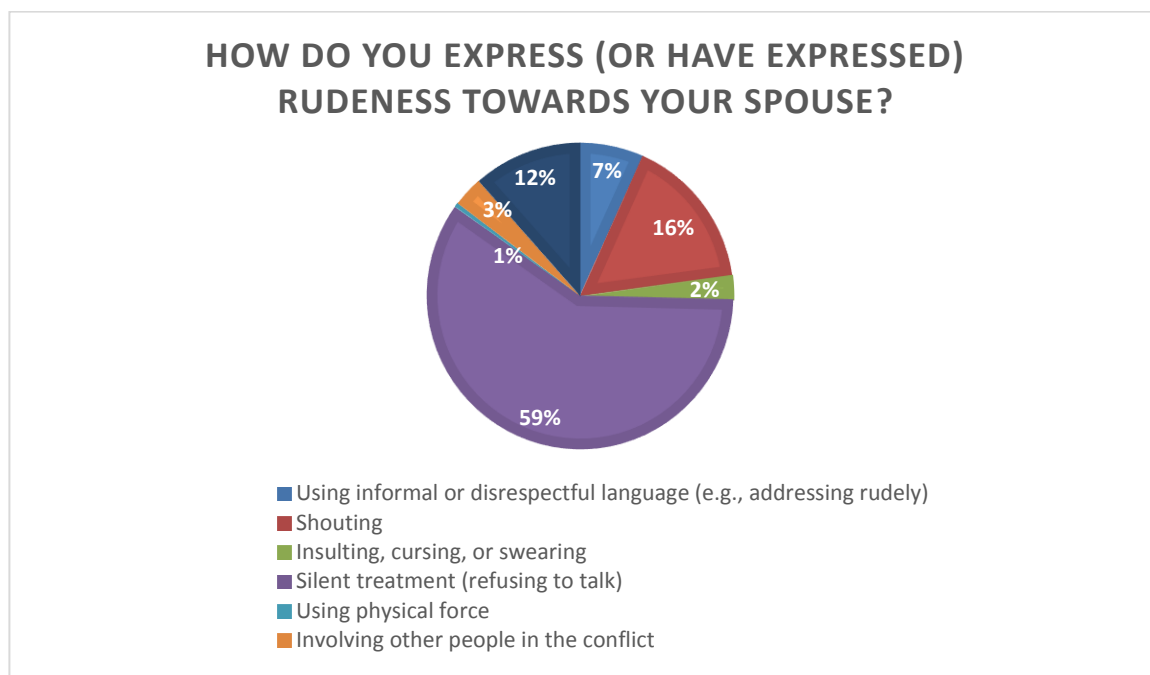


Figure 3. General responses of respondents (%) to the question 'How do you express rude behavior towards your spouse?'

According to the results presented above, the most common response given by respondents was 'Silent treatment,' with the highest percentage (59%). The next most frequent response was 'Shouting' (16%). Other responses included 'Insulting, cursing' (2%), 'Using physical force' (1%), and 'Involving other people' (3%), though these responses were reported at lower

rates.

The results show the overall responses of both men and women combined, but it would be appropriate to analyze and differentiate them based on gender. The following table presents the gender-based results of respondents' answers to the question mentioned above (Table 2):

Table 2

Results of respondents' answers (%) to the question 'How do you express (or have expressed) rudeness towards your spouse?' based on gender

How do you express (or have expressed) rudeness towards your spouse?		Gender		Overall
		Male	Female	
	Using informal or disrespectful language (e.g., addressing rudely)	13,1%	2,6%	6,7%
	Shouting	27,4%	9,1%	16,2%
	Insulting, cursing, or swearing	5,4%	0,8%	2,5%

	Silent treatment (refusing to talk)	35,1%	74,7%	59,4%
	Using physical force	1,2%		0,5%
	Involving other people in the conflict	3,6%	3,0%	3,2%
	Other	14,3%	9,8%	11,5%
Overall		100,0%	100,0%	100,0%

This table presents respondents' perspectives on how they express rude behavior toward their spouses, categorized by gender. The majority of respondents (a total of 59,4%) stated that they express their rude attitude toward their spouse through "Silence." This indicator is significantly higher among women (74,7%) compared to men (35,1%). This suggests that women are more inclined to express dissatisfaction in a passive manner.

Men are more likely (27,4%) to express their rude behavior through "Yelling" compared to women (9,1%). This indicates that men tend to express dissatisfaction in a more direct and aggressive way. As American linguist Deborah Tannen noted, "most men are more prone to conflicts and, therefore, less likely to exercise self-control" [5].

Men (13,1%) are more inclined than women (2,6%) to express rudeness through "Using informal or dismissive language." This may suggest that men are more emotionally expressive and prone to verbal dissatisfaction. Additionally, men (5,4%) are more likely than women (0,8%) to express rude behavior through "Insulting, cursing, or swearing." This shows that men use aggressive language more frequently in communication.

A small percentage of respondents (0,5% in total) reported exhibiting rude behavior toward their spouse through "Physical violence". Among men, this figure is slightly higher (1,2%) compared to women, indicating that domestic violence is more prevalent among men. A very small proportion of respondents (3,2% in total) stated that they express their rude behavior by "Involving other people". Some respondents (11,5%) answered that they "never behave rudely."

The table indicates that relationship and communication dynamics differ by gender. While men

tend to express dissatisfaction openly and aggressively, women are more inclined toward passive dissatisfaction and indirect signaling.

The high rate of the "Silence" response among women suggests that passive-aggressive expressions of dissatisfaction are widespread. The higher frequency of responses such as "Yelling", "Using informal or dismissive language", and "Insulting" among men indicates their tendency to express dissatisfaction in a more direct and aggressive manner. The frequent occurrence of rude behavior in family relationships suggests underlying communication problems. The presence of physical violence among men highlights the need to address the issue of domestic violence.

CONCLUSION

In conclusion, communication plays a leading role in family relationships. Developing effective communication between spouses is crucial for strengthening marital stability and mutual understanding. Effective communication methods help build trust, respect, and love between partners. This article highlights key principles of family communication, including active listening, open and sincere dialogue, and constructive problem-solving. It also analyzes communication barriers and offers practical recommendations for overcoming them. Implementing these methods can contribute to increased marital happiness and stability.

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