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PSYCHOLOGICAL ASPECTS AFFECTING INTERPERSONAL RELATIONSHIPS IN BICAREER FAMILIES

Annotation. In this article, the family and its interpersonal relations, the psychological conditions of stabilizing family relations, the importance of communication in the system of relations in human needs, the types of family relations, the influence of parental relations on the formation of children's behavior, the important aspects of the child's emotional balance and mental health, the stability of the family environment, as well as to what extent the benefits of the actions of modern parents in providing the child with material well-being (parents' financial support for children) are currently being studied from the psychological aspects of these problems and analyzed as urgent issues.

Annotatsiya. Ushbu maqolada oila va undagi shaxslararo munosabatlar, oilaviy munosabatlarni barqarorlashtirishning psixologik shartlari, munosabatlar tizimida muloqotning inson ehtiyojlaridagi ahamiyati, oilaviy munosabatlarning turlari, bolalar xulq-atvorini shakllantirishda ota-onan munosabatlarining ta'siri, bolaning hissiy muvozanati va ruhiy salomatligining muhim ahamiyatli tomonlari, oilaviy muhitning barqarorligi, shuningdek, zamonaviy ota-onalar bolani moddiy farovonlik bilan ta'minlashdagi harakatlarining qay darajada afzalliklari (ota-onalar bolalarni moddiy qo'llab-quvvatlashlari) hozirgi kunda bu muammolarning xususiyatlari psixologik tomonlari o'rganiladi va dolzarb masalalar sifatida tahlil qilinadi.

Аннотация. В данной статье рассматриваются семья и ее межличностные отношения, психологические условия стабилизации семейных отношений, значение общения в системе отношений в потребностях человека, виды семейных отношений, влияние родительских отношений на формирование детского поведение, важные аспекты эмоционального равновесия и психического здоровья ребенка, стабильность семейной среды, а также польза действий современных родителей по обеспечению ребенку материального благополучия (материальная поддержка детей родителями), психологические аспекты этих проблем в настоящее время изучаются и анализируются как актуальные вопросы.

Keywords: *family, parental relations, interpersonal relations, mental health, material well-being, psychoanalysis, psychoanalytic direction.*

Tayanch so‘zlar: *oila, ota-oná munosabatlari, shaxslararo munosabatlar, ruhiy salomatlik, moddiy farovonlik, psixoanaliz, psixoanalitik yo‘nalish.*

Ключевые слова: *семья, родительские отношения, межличностные отношения, психическое здоровье, материальное благополучие, психоанализ, психоаналитическое направление.*

Introduction. Family is an integral part of society. There is no nation or society that has not taken into account the problems and values of the family and its surroundings in the history of its development and in defining the development perspective. Any perspective cannot be imagined apart from the interests of the family. After all, family is the beginning of life for everyone, the prelude to everything. In addition, every person connects his happiness and happiness first of all with his family, that is, only a person who is happy in his home and family feels completely happy. Given that the family is made up of people and that life and death in it are organized by relationships between them, it can also be called a place of pure psychological processes.

The family is a complex social group, formed as a result of a combination of biological, social, moral, ideological and spiritual relationships. Therefore, changes in marriage and family relationships are directly related to changes in the material, economic basis. Interpersonal relationships in the family have a complex system that is inextricably linked to national and territorial characteristics, the main link of which is the relationship between husband and wife.

O.A.Karabanova argues that if we consider the family as a small social group, then the effectiveness of its functioning depends on communication between family members, the distribution of power and leadership, conflict resolution and intergroup interaction as building relationships with the social environment. Therefore, the formation of interpersonal communication in a modern family should be one of the priorities of young spouses in order to prevent conflicts. Interpersonal relationships in a young family are characterized by psychological closeness, mutual authority of partners, and positive emotional coloring. They have the greatest potential for significance, awareness of their existence, which brings satisfaction to communication partners¹.

¹ Андреева Т.В. Семейная психология. – СПб.: Речь, 2004. – 244 с. 4. Карабанова О.А. Психология семейных отношений и основы семейного консультирования: Учебное пособие. – М.: Гардарики, 2005. – 320 с.

Main part. The stability of interpersonal relationships in it is determined by the degree of formation of family values. Without taking into account the national-cultural and socio-psychological characteristics of the Uzbek family, it is impossible to properly organize and implement family-marriage relations, family life, its stability and well-being. Mutual respect and trust in mutual relations, good understanding of each other, children, manners, consciousness and spiritual and moral status, its material security, housing, compatibility of roles, sexual compatibility are important factors in determining the stability of interpersonal relationships in Uzbek families. Premarital factors have a strong influence on a couple's relationship. We have a clear idea that the family as a social structure performs a number of functions.

E.M.Chernyak emphasizes three hypostases in interpersonal relations: an emotion that has another person as its subject, an attitude towards another person and an emotional component of interpersonal perception. The most important aspect of the modern restructuring of marital and family relations is the transformation of role relations in the family. The functional and role positions of young spouses largely depend on which model of marriage they intend to create, taking into account personal attitudes, their ideas about the role of each of them in the family union. The strength and stability of the family depends on the coincidence of their role expectations and the corresponding characteristics of the role behavior of the marital partner².

From the end of the 20th century to the beginning of the 21st century, the increase in the interest of experts in various fields (sociologists, psychologists) in the family problem can be explained by the fact that the family is given a stabilizing role in the period of instability of modern society. In many respects, the family has proved to be the most resistant to changes and experiences as a permanent institution with considerable inertia and thousands of years of experience. Nevertheless, the family can significantly react to the socio-economic and political processes taking place in society by changing the system of family relations³.

Interpersonal relationships in the family are represented by relationships between parents, between parents and children, and between children, characterized by selectivity, emotional experiences, moral

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² Шавалеева А.Р., Айдаров В.И. Особенности общения и межличностных отношений супружес в современной молодой семье // Научное обозрение. Педагогические науки. – 2017. – № 6-1. – С. 143-145; URL: <https://science-pedagogy.ru/ru/article/view?id=1709> (дата обращения: 06.10.2024).

³ Кадирова А.Т. Ўсмирларда оиласиб низолар тўғрисидаги ижтимоий тасаввурларнинг шаклланиши. Психология фанлари номзоди дисс. – Т.: 2007. - 24 б.

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assessments of personal, characteristic, behavioral aspects of the individual, and the emotional attitude of family members to each other. The features of interpersonal relationships in the family that influence the development of the individual, the emotional experiences of the teenager, the realization of his needs, and, thus, his adaptation in society can include satisfaction with relationships due to common needs, interests, aspirations, or dissatisfaction with relationships arising as a result of conflicting needs, interests, or aspirations, leading to family conflicts; relationships in the “parent-child” system, mediated by attitudes, orientations, values, expectations, and stereotypes, presented in various styles of family education; relationships in the “child-child” system, mediated by the attitude of parents to children⁵.

R.Brazington, T.Dumit rashku, F.Galton, U.Toumen, R.Richardson, R.Zayons, G.Khomentauskas and others are among the foreign psychologists who studied the family and interpersonal relations in it, its influence on the formation of a person in the context of their cultural environment. researched this area. A number of scientists from the countries of the Commonwealth of Independent States in this field, such as V.Boyko, G.Breslav, A.Volkov, S.Kovalev, V.Levkovich, E.Pavlovich, V.Titarenko, are engaged in scientific research on family problems, genetic and acquired characteristics of the individual’s family. who conducted research. Family plays a decisive role in human life⁶.

It is in family relationships and communication that human needs are realized, in particular,

- the need for human relations that give a sense of belonging to a certain group;
- the need for self-affirmation, views about these feelings and their importance for other people;
- the need for affection, which allows you to feel mutual warmth;
- the need for self-awareness, which forms a sense of individuality and individuality;
- the need for exemplary orientation.

Description and solution of a scientific problem. Since ancient times, people have collected information about family relationships, the experience of raising children and fully clarified⁷. Psychological

⁴ Akramova F.A. Oilada sog‘lom psixologik muhitni tarkib toptirishning ijtimoiy psixologik asoslari. O‘quv-uslubiy qo‘llanma. – T.: 2014. – 185 b.

⁵ Ishboboyeva G.R. Bikayer oilalarning yuzaga kelishiga ta’sir etuvchi ijtimoiy-madaniy omillar: – T.: 2024. – 141-147 b.

⁶ Крысько В.Г. Социальная психология: учебник для бакалавров.— 4-е изд. – М., 2010;

⁷ Соснин В. А., Красникова Е. А. Социальная психология. – М., 2010

conditions for stabilization of family relations are often carried out in society and family cooperation, explaining the need to understand and observe the national traditions of each spouse, taking into account the psychological characteristics of representatives of different nationalities, as well as attempts to humiliate their dignity and national identity.

In the classic psychoanalysis of Z. Freud, the influence of parents on the child's mental development occupies a central place. Parents (especially the mother) are the people who have the primary experience in a child's earliest and most important development. Parents' normal day-to-day worries about child care have a significant psychological impact. The completeness and way of meeting the child's vital needs becomes the basis of confidence and activity for life. Psychoanalysis became the first scientific direction to study parent-child relations in detail and determine their influence on the process of education and formation of human character.

As a result of the work carried out, the educational positions of parents were formed, which have the greatest impact on the character of the child and his emotional state:

1. Optimal positions. Parents are sufficiently responsive to the child, clearly see his needs, accept and understand age-related changes, and can adjust their behavior in time to find an approach to the child at any stage of development and growth.

2. Suboptimal. Parents are flexible and direct. Their behavior is always constant, even though the child grows up, his needs are different and the environment is always changing⁸.

The problem of relations was studied by M.M. Troitsky, A.F. Lazursky, V.N. Myasishchev, A.A. Bodalev and others. At the same time, in modern Russian literature, the influence of parents' behavior and their attitude to children on the formation of a child's personality and behavior has been studied mainly in the context of psychotherapy (N.V. Vostroknutov, 1995; V.I. Garbuzov, 1970; A.I. Zakharov, 1982; A.E. Lichko, 1983; etc.). In the psychological science of the Soviet era, there was a situation when external attachment to the Marxist language, presented works on the role and significance of the family, discredited the importance of the problem itself, on the one hand, on the other, leveled the significance of the richest heritage of Russian psychological thought, testifying to the role of the family, interpersonal relations in it in the development of the individual's ability to adapt in society. Modern literature on this issue is mostly popular, which causes an urgent need for scientific psychological

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⁸ Бодалев А.А. Психология межличностного общения. — Рязань, 1994. — С. 25.

research that reveals the influence of interpersonal relationships in the family on personality adaptation. Not being able to identify these changes, misjudging the child's psychological state, not being able to predict his actions and playing ahead can have a negative impact on family relationships. It should be understood that these relationship models can be customized if desired. But this is a big and long-term work that requires the help of specialists⁹.

Family, friends, and coworkers are all types of interpersonal relationships. These relationships connect cornerstones of a social network and provide a foundation of support. These relationships make the lives of individuals more social and more enjoyable. People often reflect upon the supportive benefits of the relationships in their lives.

E.Erikson, the representative of the psychoanalytical approach, analyzed the process of personality formation throughout life and came to the conclusion that it is necessary to resolve psychosocial, not psychosexual, conflicts for each person. The basis of the formation of a healthy personality is autonomy (self-control, sense of independence), a basic sense of trust in the world (inner confidence), initiative (ability to solve problems in order to maintain one's activity), the appropriate position of parents (confidence, encouragement of independence), child is given importance in the conditions of increasing space controlled¹⁰.

Family, friends, and coworkers are all types of interpersonal relationships. These relationships connect cornerstones of a social network and provide a foundation of support. These relationships make the lives of individuals more social and more enjoyable. People often reflect upon the supportive benefits of the relationships in their lives. People who maintain friendships are more satisfied with their lives, are happier, and adjust better after a traumatic event. Often, people appreciate the help and support that they receive from these relationships. These positive aspects of friendships make it important to understand how to maintain and strengthen them. Researchers study interpersonal relationships to determine how they can develop, achieve their peak, and ultimately disintegrate. Interpersonal relationships are more than just the connection between two particular individuals. Interpersonal relationships are a part of the broader social and family relationships that shape our lives. Interpersonal relationships also shape each person's identity. The identity is a combination of roles and relationships that the brain uses to function. The family and friends that a person reports as part of their social support network often play a key role in this transformation. These relationships are proof of the connection between family members. A strong support network encourages healthy habits and positive feelings. These connections may also help people recover after an injury. In this way, research into improving relationships may also provide a way to improve health. Despite the established importance of interpersonal relationships, these

⁹ Мясищев В.Н. Психология отношений. — Москва-Воронеж,1995. — С. 40.

¹⁰ Андреева Г.М. Социальная психология. — М., 2011. — С. 42.

relationships remain vulnerable. Family members can become estranged and friends can have a falling out which strains the ties. These positive aspects of friendships make it important to understand how to maintain and strengthen them. Researchers study interpersonal relationships to determine how they can develop, achieve their peak, and ultimately disintegrate.

K.Buettner, a representative of psychoanalytic pedagogy, examines the relationship between the family and the educational institution, in particular, the increasing influence of video films, the game industry, and toys. The latest research in this area is related to the influence of the Internet on the formation of personality, and Internet addiction. These issues require detailed research, their formulation is very relevant today, and the authors have solved this problem in a number of their previous works¹¹.

Psychologists distinguish the following types of family relationships:

1. Socio-biological. It's hygiene, birth rate, care of children and parents for each other.
2. Legal. Issues include parental relationships, inheritance and adoption.
3. Economic. Making money, forming a family budget, taking care of children and the elderly.
4. Moral. Education of children, formation of moral values of each family member.
5. Pedagogical. Parents raise a child and when he grows up, they entrust him with a pedagogical function to educate their children.

6. Psychological. Emotions within the family and relationships between all its members. In order for communication and relationships to be healthy, the family should support each other in all endeavors¹².

The goal of many modern parents is to provide the child with maximum material well-being. This approach educates hypocrisy and greed in many children. They act only in situations where they can make a financial profit. Girls often receive such behaviors from their mothers, and boys from their fathers.

The desire to change the relationship in the family should come from both sides. Only in this case the desired results can be achieved. Many modern parents think that providing financial support for children is their main duty (social trust). Through this, many make wrong decisions.

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¹¹ Соснин В. А., Красникова Е. А. Социальная психология. — М., 2005. — С.156.

¹² Поздняков В.П. Психологические отношения субъектов экономической деятельности.—М., 2000. — С. 22.В

Constant changes in various spheres of human life affecting the change of the modern socio-cultural situation, social phenomena and processes determining their dynamics determine the general activity and development of the modern family.

The value of such a task becomes apparent when we recognize that interpersonal relationships are essentially psychological phenomena. As such, the development and management of these relationships are strongly influenced by psychological factors. The numerous factors will be discussed separately for purposes of analysis. While these factors will be treated individually, it is important to recognize from the outset that most of these factors influence and interact with each other. This situation is rarely static and is frequently in a state of change as the parties to the relationship continually re-evaluate their interaction and adjust the requirements and responsibilities of the relationship in response to the individual and the relational needs¹³.

Conclusion. Constant changes in various spheres of human life affecting the change of the modern socio-cultural situation, social phenomena and processes determining their dynamics determine the general activity and development of the modern family. As stated in a number of studies, “The processes taking place in modern culture indicate the emergence of a global crisis of values, which includes a change in the value bases of human life, a change in the value system”. The crisis of values in the family, economic, socio-political, spiritual-ethical, cultural, informational and other spheres of public life and activities leads to changes in the ideas, images, roles, statuses, and behavior patterns of women and men. Personality development takes place in a relational environment, forming an individual’s identity on the one hand and building relatedness as well as nourishing relationships on the other hand (Diehl, Elnick, Bourbeau, & Labouvie-Vief, 1998). Family members offer regulative functions. In healthy contexts, parents co-regulate their children by being sensitive, responsive and caring. They structure, validate and stabilize emotion-recognition and expression, and synchronize while interacting.

In short, studying family relationships is very difficult, because it is the main area of a person’s personal life. It should also be noted that family relations are not only relations between spouses. During life, the family performs different functions at different stages of development, so it can be said that considering the issue of studying interpersonal relations in the family is becoming more complicated¹⁴.

¹³ Ольшанский В.Б. Социальная психология. — СПб, 2010, — С. 48.

¹⁴ Этнопсихология: иллюстрированный учебник для студентов высших учебных заведений (бакалавриат, магистратура) / Б. Р. Мандель. — М.-Берлин: Директ-Медиа, 2015. — 412 с.

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