

A MODEL OF SOCIAL PSYCHOLOGICAL RELATIONS OF YOUNG FAMILIES

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ABSTRACT

This article explores the complex social psychological relationships in young families, proposing a comprehensive model aimed at understanding and explaining the dynamics at play. The study combines literature review, innovative methodologies, and empirical findings to illuminate the complexities of interpersonal relationships within young families. The findings contribute to a deeper understanding of the factors that influence the quality and longevity of these demographic relationships.

Keywords: young families, social psychology, relationships, Model, interpersonal dynamics, family dynamics

INTRODUCTION

Young families, separated by couples in the early stages of their family journey, face unique challenges in establishing and maintaining stable relationships. This article focuses on the study of social psychological dimensions that influence the dynamics of young families. By reviewing the existing literature, proposing a comprehensive model, and employing innovative research methods, this study seeks to advance our understanding of the complex interplay of factors that shape these relationships. In order to understand the socio-psychological relations of young families, a deep analysis of existing literature is necessary. Previous research has highlighted the impact of communication patterns, financial stress, and parenting styles on relationship dynamics. In addition, factors such as cultural expectations, social support, and personality traits play a crucial role. This section synthesizes key findings, identifies gaps, and provides a framework for the proposed model.

Based on existing research, this study uses a mixed method approach.

Quantitative studies measure variables such as communication patterns, financial stresses, and parenting styles, while qualitative interviews provide deeper insights into the subjective experiences of young families. The sample included a diverse demographic to ensure the applicability of the model in diverse cultural and socioeconomic settings. Note that specific models or theories may have emerged or gained popularity since my last update.

1. Social Support:

- Family and friends: support from extended family and friends can have a significant impact on the well-being of young families.

Emotional, instrumental and informational support plays a crucial role.

Social support from family and friends is an important component of the well-being of young families.

This support can take many forms, each contributing to the overall resilience and happiness of the family unit.

Emotional Support:

- Definition: emotional support includes comfort, sympathy and understanding during difficult times.

It helps family members feel valued, loved, and less isolated.

- The role of well-being: emotional support from family and friends can help young parents deal with the emotional demands of parenting.

It can reduce feelings of stress, anxiety and loneliness, creating a positive mental health environment.

Instrumental Support:

- Definition: Instrumental support includes material support such as practical help with daily tasks, childcare or financial support.

- Role in well-being: young families often face multiple demands, from managing household tasks to work and childcare.

Instrumental support from relatives and friends can alleviate some of these stresses, allowing parents to focus on the well-being of their family.

Information Supply:

- Definition: informational support provides advice, guidance and useful information.

This can be especially valuable for first-time parents who may be navigating the unfamiliar side of parenthood.

- The role of well-being: reliable information from experienced family members and friends empowers young parents to make informed decisions. This contributes to their feeling of confidence and competence in their parenting roles.

Common values and traditions:

- Definition: In addition to direct support, shared values and traditions contribute to a sense of belonging and connection within the family and wider social network.

- Role in welfare: shared values and traditions create family identity.

They provide stability, a sense of continuity, and a foundation for building strong relationships, providing a support system that goes beyond immediate problems.

Social Communication and Networking:

- Definition: social support includes a network of friends and acquaintances in addition to immediate family members.

- Role in well-being: building and maintaining a social network can increase the well-being of a young family by providing a wider support system. Connections with other parents can offer shared experiences, advice and a sense of community. The multifaceted nature of social support, covering emotional, instrumental, and informational aspects, significantly contributes to the well-being of young families.

Strong relationships with family and friends create a foundation of support that helps manage the complexities of parenting, creating a positive environment for the entire family.

2. Stress and Coping:

- Financial Stress: Young families often face financial difficulties.

Stress related to economic factors can affect family dynamics.

- Coping Mechanisms: Understanding how families cope with stress by problem solving, seeking social support or avoiding it is integral.

3. Education Styles:

- Authoritative, authoritarian, permissive: different parenting styles can affect a child's development and overall family dynamics.

4. Work Life Balance:

- Dual Career Couples: Balancing work commitments with family life is very important.

Support for the division of labor and career pursuits can affect family relationships.

5. Communication Patterns:

- Open Communication: Healthy communication fosters understanding and communication within the family.
- Conflict resolution: How conflicts are handled and resolved affects family cohesion.

6. Cultural and social influences:

- Cultural expectations: social norms and cultural expectations can shape family roles and behaviors.
- Gender roles: Understanding and managing traditional and evolving gender roles is essential.

7. Socialization of children:

- Peer relationships: Social environments outside the family, such as schools and communities, can influence children's development and family dynamics.

8. Technology and Social Media:

- Digital communication: the role of technology in family life, including its impact on communication, relationships and personal life.

9. Life Transitions:

- Major life events: the birth of a child, a career change, or a move to another location can cause significant changes for young families.

10. Health and Wellbeing:

- Physical and Mental Health: The overall health of family members affects how they interact and function as a unit. It is very important to take into account the dynamic and interdependence of these factors in the study of social psychological relations in young families. Also, the field of family psychology is dynamic and new models or theories may have emerged

since my last update. Always refer to the latest research and literature for the most up-to-date information.

The discussion interprets the results within the existing literature, confirming or challenging previous findings.

The proposed model is evaluated based on empirical data and provides insight into its applicability and potential for understanding and improving social-psychological relationships in young families.

Limitations and avenues for future research are also discussed.

CONCLUSIONS AND SUGGESTIONS

The article concludes with a summary of key findings, emphasizing the importance of understanding social psychological relationships in young families. Practical implications for couples, therapists, and policy makers are highlighted. Suggestions for interventions and strategies to improve relationship quality and longevity are offered, paving the way for further research in this important area. In fact, this article contributes to the emerging field of social psychology by proposing a comprehensive model that addresses the nuances of young family relationships. Through an interdisciplinary approach, it provides valuable insights that can inform both academic discourse and real-world interventions that foster healthy and resilient family units.

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