

## SOCIO-PSYCHOLOGICAL ASPECTS OF HUSBANDS' BELONGING TO FAMILY LIFE IN PSYCHOLOGICAL RESEARCH

Arapbaeva Damegul Kurbanovna

Candidate of Psychological Sciences, Associate Professor of Tashkent State  
University of Uzbek Language and Literature named after Alisher Navoi;  
Independent researcher of the National University of Uzbekistan (DSc)

E-mail: damegul.83@mail.ru;

Uxukbayeva Marzhan

Senior Lecturer of the Department "Philosophy and  
Theory of Culture" Karaganda University named after E.A.Buketov

E-mail:mery-7878@yandex.kz

### ABSTRACT

The article analyzes the socio-psychological characteristics of a married couple that influence the process of family adaptation in modern psychology. It is known that psychological adaptation is carried out through the assimilation of norms and values in society. It manifests itself in interaction, including communication with others and in vigorous activity. Adaptation to the family also includes the above components and begins as a process of familiarization with family life and gradual entry into it. This period is considered very difficult, because it is emphasized that it requires not only the restructuring of behavior and activities, but also the re-examination of their need-motivation spheres, a new level of self-awareness, and the formation of new relationships with the social environment.

**Keywords:** family, socio-psychological adaptation, behavior, marital compatibility, family values, family roles, functional approach.

### INTRODUCTION

"The term "adaptation" in a broad sense is understood as adaptation to environmental conditions. In this case, social adaptation is defined as certain biosocial functions of a person - an adequate perception of the environment and one's body, an adequate system of relations and behavior with others, the ability to change or adapt one's behavior in response to the role expectations of others. others for work, study, meaningful organization of free time, reflexive integrative indicators are provided. All of the above applies to marital adjustment. T.B. Kartseva assesses marriage as a fundamental turning point in a person's life and emphasizes that during this period there is a change in the situation of personality development, resulting in a change in roles, the circle of interacting persons, a change in life problems and lifestyle that need to be addressed. In his opinion, the occurrence of such life events, which include both positive and negative changes, leads to changes in a person, the "I" system in him is rebuilt and painfully experienced by a person. "I-image" is formed in young people before marriage. After starting a family, they find that they cannot live in the old way, which increases instability and dissatisfaction. However, quickly the reflective "I" becomes complicated and

differentiated, work is carried out to overcome internal contradictions in order to build a new, complex and sufficiently stable image" [7].

### MAIN PART

A number of authors recognize that the psychological compatibility of couples is both a condition and a result of the adaptation process. There are 3 main approaches to the problem of pair compatibility: structural, functional and adaptive [8]. Within the framework of the structural approach, the compatibility of a couple is understood as the compatibility of the personal and individual-typological characteristics of partners. At the same time, compatibility implies that the similarity of characteristics differs sharply from each other, but parameters such as orientation to values, socio-psychological, communicative guidelines, motives, interests should be similar in the case of compatibility of couples. At the same time, certain typological characteristics (for example, the specificity of the nervous system) can be combined according to a sharp difference. Similar and different characteristics together provide a stable and effective composition of the couple's interaction. At the same time, compatibility implies that the similarity of characteristics differs sharply from each other, but parameters such as orientation to values, socio-psychological, communicative guidelines, motives, interests should be similar in the case of compatibility of couples. At the same time, certain typological characteristics (for example, the specificity of the nervous system) can be combined according to a sharp difference. Similar and different characteristics together provide a stable and effective composition of the couple's interaction.

Indicators of the level of compatibility of a pair can be:

- 1) harmony of family values;
- 2) the harmony of role expectations and role models of behavior in the couple's target relationships;
- 3) compatibility of mutual assessments by the spouses of each of them in the performance of their family role;
- 4) acceptance of the personal and behavioral characteristics of the spouse and preparation for their consideration in cooperation.

The opposite of compatibility is the incompatibility of couples, the opposite sides of which are "emotional saturation" and alienation, which leads to secondary maladjustment [6]. H. Uzakov, E. Goziev, A. Tajiev put forward the following points regarding the adaptation of the bride in a new family: "One of the important aspects of preparing for marriage is understanding the duties of the bride and groom. in relation to each other, mother-in-law, mother-in-law, relatives, close family members. One of the main features of building a strong and stable family is the adaptation of the bride to various conditions and lifestyles. It is not easy for him to face feelings that have not yet been fully experienced, the difference in the economic and financial structure, getting used to unusual values in a different way of life, family traditions, rituals, and customs. All these young people want to test the physical, moral, spiritual and spiritual readiness of the bride. Son-in-law, father-in-law and mother-in-law should help him in this area. The development of a mature, tested young family in the preschool zone of life can be very special. On the contrary, resentment will increase" [9].

Generalization and systematization of the analysis of literature on the problem studied in modern psychology makes it possible to clarify and concretize its assembly intended for the family. The family subgroup has some characteristics, the skills of socio-psychological adaptation are also useful in studying the process of adaptation in the family.

L. Ya. Gozman and Yu. E. Aleshina distinguish the following aspects that distinguish the family from other subgroups:

1. Normativity of the family, i.e. the family is considered to be maximally manageable in the normative plan;
2. Heterogeneity of family composition;
3. Closeness of the group;
4. Multifunctional group;
5. Length of family history;
6. Totality - the full involvement of a person in family relationships [5].

### CONCLUSION

Experts recognize that at the initial stage of family life there are problems associated with mutual adaptation, difficulties in relations with new relatives, and the development of behavioral strategies in response to social and role expectations.

When everyone gets married, they enter the family system with their own ideas and expectations about how to build family relationships. Marriage, as a reality of a fundamental turning point in a person's life, changes the situation of personal development and is characterized by a change in roles, a change in the circle of interacting people and the image of "I" in a person as a whole. . This situation requires everyone to adapt to the norms and values of the new system. Permission of marital compatibility also directly depends on the compatibility of spouses. According to researchers, what comes first - compatibility or compatibility of a couple? a question is asked. A number of researchers (L.B. Schneider, E.G. Eidemiller) recognize the compatibility of spouses as a condition for adaptation and its result [10;11]. Psychological compatibility as a result of adaptation can occur in the process of spouses working together to develop the skills of getting to know each other, being able to correctly assess each other's behavior, and determining the mood of the spouse.

### REFERENCE

1. Antonov A.I. Family: functions, structures, theories of family changes. Course of lectures / A.I. Antonov. – Moscow Knowledge, 2009. - 198 p.
2. Arapbaeva D.K. Evolutionary processes of the family system. Journal of Educational Discoveries and Lifelong learning is a scholarly peer reviewed international Journal. Volume 4, Issue 3, March, 2023. – P. 109-112  
<https://ejedl.academiascience.org/index.php/ejedl/article/view/522>
3. Arapbaeva D.K., Amirova B.A. Personal Psychological Adaptation and its Characteristics. International journal of inclusive and sustainable education. Vol. 2. No 2. 2023. -P. 68-70.  
<http://inter-publishing.com/index.php/IJISE/article/view/1061>
4. Arapbaeva D.K. Interpretation of family and marriage issues in the heritage of eastern thinkers. Gospodarka i innowacje Journal. – Poland. Volume: 23 | 2022. – P.486-488.

- <https://www.gospodarkainnowacje-pl.openconference.us/index.php/poland/article/view/423/396>
5. Gozman L.Ya., Yu.E. Aleshina Socio-psychological studies of the family: problems and prospects // Psychological journal. - 1991. - No. 4. - 64
  6. Karabanova O.A. Psychology of family relations and the basics of family counseling. – Moscow Gardariki, 2008. – 320 p.
  7. Kartseva T.B. Personal changes in situations of life changes // Psychological journal. - 1988. - v.9. - No. 5. -. pp. 124-128.
  8. Obozov N.N. Marriage stability factors / N.N.Obozov, A.N.Obozova // Family and personality: (Psychological-ped., sociological and medical Psych. problems): abstract report / ed. A.A. Bodaleva. – Moscow 1981. - 235 p.
  9. Uzakov H., G'oziev E.G', A. Tojiev A. Handbook "Family Ethics and Psychology". – Tashkent: "Teacher", 1992. - 128 p.
  10. Schneider L.B. Fundamentals of family psychology. – Moscow 2003. - 341 p.
  11. Eidemiller E.G., Yustitskis V.V. Psychology and psychotherapy of the family. - St. Petersburg: Publishing House PETER, Series "Masters of Psychology", 1999. - 656 p.