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Zamonaviy jamiyat va ijtimoiy-gumanitar fanlar: dolzarb masalalar va ilmiy yondashuvlar nomli ko'p tarmoqli onlayn konferensiyasi

PSYCHOLOGICAL MECHANISMS OF PREVENTING CONFLICT SITUATIONS IN YOUNG FAMILIES IN THE MAHALLA SYSTEM.

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INTRODUCTION

In today's globalization, the stability of the family institution is one of the important criteria determining the level of social development of society. Conflicts that young families encounter during the period of marriage have a significant impact on their psychological balance, social adaptation and emotional stability. Therefore, the participation of the mahalla system in this process is of socio-psychological importance.

The mahalla system is not only a form of territorial governance, but also a psychological environment that strengthens social cohesion between the family and society. It helps young families in social adaptation, constructive conflict resolution, the formation of emotional stability and the development of a culture of communication. Cooperation between mahalla activists, psychologists and "Family" centers plays an important role in the early detection and elimination of conflict situations.

Conflict situations in young families are often associated with disagreements in interpersonal communication, economic pressure, differences in values, interference from family members, or low emotional maturity. In such situations, the use of psychological prevention, mediation, and emotional support methods is effective.

MAIN PART

The following are important psychological mechanisms for preventing conflicts in the mahalla system:

1. Developing a culture of empathy and mutual listening - strengthens the emotional connection between spouses.
2. Social mediation - helps to achieve a compromise between the conflicting parties.
3. Stress management and emotional literacy - reduces conflict by controlling negative emotions.
4. Individual and group conversations conducted by mahalla psychologists - play a preventive role.
5. Social relations based on mutual respect and trust - eliminate the root of conflicts.

This activity of the mahalla system serves to ensure the psychological well-being of young families, strengthen social stability, and preserve family values. At the same time, it is an important social task to systematically establish psychological services at the mahalla level, train specialists working with young people, and develop a culture of family mediation.

The concept of a conflict situation and its psychological essence

In psychology, a conflict situation (conflict) is understood as a state of psychological conflict that arises as a result of a clash of interests, values, goals, or needs between two or more people. These conflicts are a natural phenomenon in family life, and their proper management ensures the strength of the family, while an incorrect approach leads to negative consequences such as divorce, depression, and social isolation.

For young families, conflicts are primarily explained by the lack of experience in interpersonal communication, poor stress-fighting skills, and the complexity of the process of mutual adaptation.

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Psychologically, people starting a new life go through a stage of transforming their individual "I" into a new "We". It is at this stage that many conflicts arise.

From the point of view of family psychology, any conflict can be viewed as a "factor of social growth". Because each conflict situation, properly analyzed and constructively resolved, strengthens mutual understanding between spouses, increases emotional closeness, and develops a culture of problem solving.

Types of conflicts in young families

Conflicts in young families are divided into the following main types:

1. Communicative conflicts.

This type of conflict arises as a result of errors in communication, misunderstandings, or misinterpretations. For example, misunderstandings occur when one spouse fails to express their feelings or misunderstands what the other spouse is saying.

Psychological mechanism: to prevent this type of conflict, it is necessary to develop communication skills based on active listening, sincere communication, and empathy.

2. Emotional (emotional) conflicts.

Emotional instability, anger, jealousy, distrust, and stress can cause emotional conflicts.

Psychological mechanism: can be prevented by developing stress management, self-control (emotional control), positive thinking, and emotional literacy.

3. Role conflicts.

When roles in the family - that is, social functions such as "husband", "wife", "father", "mother" - are not distributed correctly, this becomes a source of conflict. For example, a man's complete lack of involvement in household chores or limiting a woman's role in decision-making can cause such situations.

Psychological mechanism: formation of principles of equality, cooperation and division of responsibilities in the family.

4. Economic conflicts.

Arises on the basis of disagreements in the financial capabilities of the family, distribution or spending of income.

Psychological mechanism: budget planning, determination of economic responsibilities based on mutual discussion, establishment of principles of trustful cooperation.

5. Conflicts related to relatives.

Many conflicts also arise as a result of excessive interference of parents or relatives in the life of a young family.

Psychological mechanism: setting boundaries (in psychology, "psychological distance"), forming the habit of making independent decisions, solving family problems internally.

6. Conflicts related to personal qualities.

Each person has a different character, temperament type, value system. If these differences are not properly managed, they lead to conflicts.

Psychological mechanism: development of interpersonal adaptation, tolerance, patience, understanding of oneself and others (reflection).

Psychological factors that cause conflict situations

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The following psychological factors influence the emergence of conflict situations in young families:

Emotional immaturity. Low emotional control, quick temper, anger or jealousy.

Poor communication skills. Failure to express one's opinion clearly and correctly, failure to listen to one's partner.

Weak mutual trust. Suspicion, distrust, and concerns about loyalty between spouses.

Stress and anxiety. Socio-economic pressure, problems at work, childlessness, or health concerns.

Conflict of values. Differences in religious, cultural, or social views of spouses.

Disruption of the balance of power within the family. Internal disputes about whose decision is more important, the struggle for "leadership".

Psychologists believe that if all of these factors are identified in a timely manner and properly addressed, conflict situations can be resolved without escalating.

Psychological mechanisms for preventing conflicts

There are several effective mechanisms in psychology to prevent conflict situations in young families:

1. Developing communicative competence.

Proper communication is the foundation of any relationship. If a system of open, sincere and respectful communication is formed between spouses, many conflicts will naturally disappear.

2. Empathy and reflection.

Empathy is the ability to feel and understand the feelings of another. Reflection is the analysis of one's own behavior. Developing these skills strengthens mutual understanding.

3. Stress management skills.

Meditation, relaxation techniques, sports, breathing exercises reduce stress levels and provide emotional stability.

4. Positive thinking (positive cognitive approach).

To form the habit of approaching the situation from a constructive, not a negative, perspective, seeing an opportunity for growth in every problem.

5. Clearly define family roles.

Each family member should know their duties, responsibilities and rights. This will eliminate one of the main sources of conflicts.

6. Strengthen mutual trust and respect.

Trust is the most important psychological resource in any relationship. To maintain it permanently, freedom, sincerity and responsibility are necessary.

7. Psychological trainings and consultations.

Trainings on the topics of "Family Psychology", "Fundamentals of Conflictology", "Emotional Control" held within the mahalla system are of great importance for young families.

Practical approaches to preventing conflicts through the mahalla system

The following practical areas have been found to be effective in preventing conflict situations within the mahalla system:

Psychological monitoring system. The neighborhood psychologist regularly monitors the mental state of young families, identifies their problems at the initial stage.

Family counseling. Conflict situations are mitigated through conversations with the participation of elders, luminaries, and women's activists.

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"Open Doors Day" practice. A comprehensive form of working with families is established in the neighborhood center with the participation of a psychologist, lawyer, doctor, and imams.

Activities to promote family culture. The psychological literacy of young people is increased through educational meetings such as "Family is a sacred place", "The secret of family happiness".

Constructive strategies for resolving conflict situations

CONCLUSION.

It is impossible to completely eliminate conflict situations in young families, but managing them constructively ensures family stability. In this case, the neighborhood system serves as an important socio-psychological tool. The neighborhood psychologist, enlighteners, women's activists, and youth leaders should work together to achieve the following goals:

identify and analyze conflicts at an early stage;

improve the system of psychological support;

form a culture of positive communication in young families;

strengthen the system of psychoprophylaxis within the neighborhood.

As a result, the neighborhood will function not only as a center of social management, but also as a support for mental stability and family happiness.

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