

THE ROLE OF PSYCHOLOGICAL COUNSELING IN FAMILY CONFLICTS

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Abstract:

In this article, opinions were expressed about the role of psychological counseling in family disputes.

Keywords:

conflict, illogical, relationship, issues, opinions.

Introduction

One of the most characteristic of family conflicts is the conflict between husband and wife. So, young people who love each other with the best intentions and start a family, why do conflicts occur in their relationships after starting a family? Why do they fight? In general, is it possible to live a married life without conflicts and fights? One can go on with many more questions like this.

It is known that there cannot be two people who are exactly similar to each other, because the person and his individuality are unrepeatable. Therefore, a family consisting of two or more persons (individuals) cannot be repeated twice or three times. A system of interpersonal relations that is normal for one family is completely inappropriate for another family, or a conflict that is not so important for any family and its cause has serious consequences in the relationships of other family members. can and so on.

Therefore, it is illogical to show all family conflicts and their causes with a single dimension or characteristic. But on the basis of studying different categories of families, comparing the mutual relations of their members, and the like, it is possible to come to some relative conclusions and opinions, from which each person will have to draw relatively "relevant" conclusions for himself. In order to determine the causes of conflicts that may arise in the family and positively solve the issues of their prevention, it is appropriate to first distinguish between whom they are occurring.

In general, the occurrence and development of conflicts between spouses in the family can be approximately as shown in the scheme below.

As can be seen from the diagram, it is inevitable that conflict situations arise in the relationship of a couple in any family. However, different families and their family relationships differ from each other according to the character of these conflicts and their consequences. Therefore, let's first look at the conflicts that occur in successful and unsuccessful families. As can be seen in the diagram, conflicts in successful families are unifying and conflicts in unsuccessful families are dissociating. That is why in psychological literature, conflicts are conditionally distinguished into "constructive" ("unifying") and "destructive" ("separating") conflicts. They differ from each other according to the nature of the problems that are the basis for their occurrence, the resolution of these problems, their duration, participants, consequences, etc.

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The problems that are the basis for the emergence of joint conflicts and their solution are aimed at the interests of both the husband and the wife and the whole family. If they are solved, as a result, problems related to the common interests of the family will be solved.

In the successful resolution of such conflicts, couples should get to know and understand each other more closely, study each other's negative and positive characteristics, adapt to each other, and strengthen family life by cooperating in solving problems. the processes that serve to mount are carried out. In other words, such disputes belong to the category of disputes such as "the war between husband and wife - the construction of a gauze scarf". "Drying a gauze scarf" develops cooperation between husband and wife. In separation disputes, the problem that is the basis for their occurrence and its solution is aimed at the benefit of one of the spouses. In such disputes, the interests of one party are often resolved at the expense of the interests of the other party. For example, the husband or wife buying something for themselves, because of the husband's or wife's work, among the disputes that are characteristic of the Uzbek family, with relatives of the husband or wife. These include conflicts arising from relationships. The resolution of such disputes, that is, the satisfaction of the interests of one party, is carried out in most cases at the expense of the interests of the other party. In such situations, the party whose interests have been lost will remain dissatisfied and object, and this may serve as a basis for the emergence of the next dispute. In separatist disputes, once the dispute is resolved, the disputed situation remains.

Also, the causes of separation disputes depend on factors outside the sphere of relations between spouses. Their causes and participants can sometimes be a third person besides the couple, and their resolution depends not only on the couple themselves, but on this third (other) person. As a result of this, the number of disputes is increasing

Separation disputes are, in most cases, "unlimited" disputes, which, according to their character, participants, resolution and consequences, go beyond the scope of marital relations. Other members of the family: mother-in-law, sister-in-law, in-laws, etc. also intervene in such marital disputes.

In social psychology, talk, words, and information about a dispute come out of one mouth and begin to move towards a wide range of people. Its scope expands further away from the source of information, as the number of participants aware of it and involved in it increases. If a husband or wife talks about it to a third person after having a fight with each other, he or she will speak on one side as much as possible in order to pretend that he or she is innocent and right in this dispute, and to persuade this third person to protect his or her interests. . In this case, the words, tone, gestures, facial expressions, accent, etc., used by the subject, almost all verbal and non-verbal means are worse than the original situation of the event (conflict-quarrel). ensures perception. The more people are told about a conflict, the more it escalates and can lead to tragic outcomes.

Therefore, it is not appropriate to look at the conflicts that may occur in family life in the same negative light, or to justify them in the same way. Our young people should be ready for the binding conflicts that occur in family life, binding them, adapting the couple to each other, ensuring the development of their mutual relations, for the benefit of both of them, that is, "us".

they should learn to effectively use the possibilities of attachment of focused conflicts, not to turn them into conflicts that lead to negative consequences. Of course, it is desirable to prevent "unbounded" conflicts of the separating "I" nature, and to be aware of its consequences.

As can be seen in the scheme, the constructive conflicts that arise in the relations of the spouses in most cases are the resolution of the conflicts that may arise between the spouses, the emergence of cooperation between them, and finally as a result, it leads to the strengthening of the couple's relationship.

In separation disputes, as we mentioned above, the resolution of one dispute (that is, the satisfaction of the interests of one of the spouses) creates the basis for the emergence of another dispute, in turn, due to such "I" nature, "unlimited" disputes. "escalation" of conflicts is formed in marital relations, and family life becomes a "continuous battlefield" for the couple. Such a conflict environment has a serious impact not only on the mental world of the couple in this family, their nerves, health, and social status, but also on the mental world of the children born in these families and brought up in such an environment. The conflict situation, constant quarrels and unkindness that prevails in such families can not only leave its complications in these families, but also transfer their complications to the families of the next generation, which will be formed by the children of this family.

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