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CONFLICT DESTRUCTION IN FAMILY RELATIONSHIPS

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Abstract: This article describes the types of interpersonal relationships in the family, the impact of destructive relationships in the family on their personal development, psychological characteristics, the activity of a destructive personality is focused on violating social norms and laws. The activities of a practicing psychologist to prevent and eliminate destruction in family relationships, important studies conducted on the psychology of family relationships, the role of ethnopsychological factors in the formation of family relationships are described

Keywords: family, relationships, family relationships, destruction, destructive relationships, psychoprophylaxis, ethnopsychological feature

As President Sh. Mirziyoyev noted: "It is necessary to further strengthen the foundations of our sacred family, create an atmosphere of peace, harmony and mutual respect in homes, fill spiritual and educational work with concrete content. . Crime among women, the growth of divorce in families, the influence of young people on various religious extremist movements and terrorist organizations are among the bitter and unpleasant problems that are not peculiar to our people".

In our country, despite the fact that a number of scientific studies are aimed at studying the types of interpersonal relations in the family, their influence on the development of personality, psychological features, especially the different influence of children of different ages on the formation of a well-rounded person in the future in connection with the solutions and study of conflicts in the family environment, unpleasant situations in families that have arisen in recent years, it is noted that the reasons for this have a sharp difference compared to other years. This requires a deep and comprehensive study of these problems, the development of effective practical measures to eliminate them, and the introduction of family psychological service in practice.

The term "destruction" comes from the Latin word "detructio", which means the destruction of something. In psychology, destruction is the destructive attitude of a person to himself, others and the outside world. Destruction in a person as a characteristic of personality develops when his inner energy cannot be released because of the impossibility to show oneself, limitation of the possibility to use one's abilities, lack of means of communication, environment of mutual intolerance. Destructiveness in a person can be assessed as a consequence of obstacles in his self-expression.

The problem of destruction has been studied in different directions. For example, Z. Freud, N. A. Berdyaev, K. G. Jung, Y. M. Lotman and others studied the causes of personality destruction and ways to eliminate it. The famous psychologist Z. Freud recognized the importance of studying the problem of destruction. Z. Freud explained the concept of "destruction" as a tendency to death, a mysterious, incomprehensible force imprinted in human nature. Also in Z. Freud's theory of destructiveness the term "aggression" is used, which is considered to be a negative aspect of the psyche directed at an object, subject or self. Thus, destruction is a process leading from complex structure to simplicity, from diversity to uniformity, from life to death.

The destructive shahs are the most destructive of all the countries in the region. In this case, it is necessary to consider the model of alternative identity politics. Bunday Shakhshah is the most important, but it is not the only one, because it is the only one



in the world that can be used as a model for the alternative identity. Destructive behavior is an erkinlikdan kochuchuchi aggressive type of behavior. It is not only the most destructive type, but also the most aggressive type of aggression.

Changes causing radical changes in people's lives under the conditions of the modern process of globalization, shortcomings in the educational process, spiritual and moral corruption spreading around the world under the guise of "mass culture", pose a serious threat to society. formation of the worldview and behavior of our youth. To protect the young generation from their influence and prevent their destruction, it is necessary to develop and implement psychoprophylactic programs in work with the family. It is necessary to organize various psychological activities with families. It is necessary to strengthen the foundations of national thinking and healthy worldview in the hearts of our youth by revealing the nature of negative attitudes contrary to our national interests, our way of life, the miserable consequences of the behavior of people who carry danger. to themselves, their families and society.

One of the important studies conducted in the field of psychology of family relations is the scientific work of N. Soginov, who systematically studied the peculiarities of marriage and family relations of Uzbek families - satisfaction with marriage, motives for marriage, age peculiarities of family formation. He also studied psychological conflicts in young Uzbek families and the causes of divorce. This study has collected previously never studied scientific data, according to which the main motive for building an Uzbek family is "to have children" (in the first place), in the second place "not to have children". in the third place "parents and people - fulfill the wishes of relatives" and so on. The information collected by N. Soginov is an important scientific aid for young families, conflict families and those involved in the education of young people. Such studies were later continued in the works of M. Utepbergenov, M. Dushanov, and E. Norimbetov, who studied the ethnopsychological identity of Karakalpak, Kazakh, and Kyrgyz families in terms of family values. That is, in such studies national identity in family and marital relations was studied on the example of Karakalpakstan, Kyrgyz and Kazakh families. Such studies have been intensively conducted in recent years [5].

Indeed, the role of ethnopsychological factors in the formation of family relations is considered significant, but our research shows that the influence of individual-characteristics of family members is not insignificant.

Usually in a family, each parent brings up their child to maturity, of course, this process does not happen by itself. Our people have a saying: "What you sow is what you reap". In fact, what a person achieves in life is the result of his labor and relationships. However, the present era demands a conscious attitude to life: "Sow what you will reap!" be changed. Parents can give their children property, houses, cars and other valuable material goods, but they cannot give them education and happiness. This is achieved by their level of education. For adults to be careful in educating young people, they must first address the shortcomings of their behavior.

"When a father leads his son, and my son tells him to consider his steps, the son replies, 'Father, I will go as you go, because I am following you.'" This narrative is an affirmation of our view. Education is one of the most complex and sweeping issues and it is important that such a responsible and honorable job is done by the family and the educational institution in collaboration. Order and discipline established in educational institutions, quality of education, healthy spiritual environment comprehensively influence the formation of psychologically healthy youth, respect, support, assistance and tolerance in relationships, prevent the formation of destructiveness in young people. people.

Psychoprophylaxis is the sphere of activity of a practicing psychologist and consists of measures aimed at preventing factors that negatively affect the formation of interpersonal

relations in the family. The organization of psychoprophylactic measures aimed at preventing the destruction of interpersonal relations in the family serves to eliminate such problems. Psychological prevention is a factor of forming a healthy person in every family, creating reasonable conditions to ensure mental integrity, timely prevention of psychological disorders and defects of interpersonal relations.

Psychoprophylactic work includes:

- participation of a psychologist in the marriage contract of young people, determining the level of their psychological preparation for the family, mutual psychological compatibility of the future couple, character accentuation, egoism and other factors leading to the destruction of family relations;
- work with a destructive person in the family (acquaintance with family conditions, conversation and, if necessary, psychological counseling, psychological training and correctional work);
- giving necessary advice on solving problems in relations between husband and wife, mother-in-law and others;
- preventing psychological stress among family members (psychological training);
- creating an environment of friendly relations between family members;
- to talk privately with those prone to drug addiction, alcoholism, easy lifestyle and accustom them to healthy beliefs and thinking;
- e.g., providing guidance to refresh the spirits of those who are depressed in the family.

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18

