



PSYCHOLOGICAL SERVICES FOR THE FAMILY: PROBLEMATIC ASPECTS AND MODERN APPROACHES

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Abstract

This article analyzes the theoretical and practical aspects of providing psychological services to the family. It also examines such pressing issues as family conflicts, communication problems, emotional coldness, and intergenerational conflicts, while analyzing effective methods of psychological support.

Keywords: Family, psychological service, family conflicts, psychological counseling, communication, emotional environment, upbringing.

Introduction

OILAGA PSIXOLOGIK XIZMAT KO‘RSATISH: MUAMMOLI QIRRALAR VA ZAMONAVIY YONDASHUVLAR

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Annotatsiya:

Mazkur maqolada oilaga psixologik xizmat ko‘rsatishning nazariy va amaliy jihatlari tahlil qilinadi. Shuningdek, oilaviy nizolar, kommunikativ muammolar, emotsional sovuqlik, avlodlar o‘rtasidagi ziddiyatlar kabi dolzarb masalalar ko‘rib chiqilib, psixologik xizmatning samarali usullari tahlil qilinadi.

Kalit so‘zlar: Oila, psixologik xizmat, oilaviy nizolar, psixologik maslahat, kommunikatsiya, emotsional muhit, tarbiya.

Introduction

According to Article 76 of the Constitution of the Republic of Uzbekistan, the family is the fundamental unit of society and is protected by society and the state. Marriage is based on the traditional family values of the people of Uzbekistan, the voluntary consent of those entering into marriage, and equal rights. The state creates social, economic, legal, and other conditions for the full development of the family. [1]

The family is one of the most important social institutions of society, and a person's psychological development is formed precisely within this environment. Relations among family members have a significant impact not only on an individual's emotional state but also on his or her social adaptation. For this reason, creating a healthy psychological climate within the family is considered an important task.

However, in modern society, the acceleration of the pace of life, economic pressures, and changes in social roles are giving rise to various psychological problems within families. Under such conditions, family psychological services become especially important. A family is a group of relatives living together, including spouses, parents, and children.

A family is not a place for one day or even for one year; rather, it is a lifelong space in which, every day, every hour, every month, and every year, numerous events, new worries, and joys occur. On one side there may be order, while on the other side there may be deficiency. At one time mistakes may be made, while at another time achievements may be attained.

The well-known psychologist and psychotherapist Virginia Satir defines the family as follows: "The family is a miniature universe of the whole world. To understand it, it is enough to know the family. The manifestation of authority, intimacy, independence, and communication skills within it is the key to understanding the essence of many phenomena in life. If we want to change the world, we must first change the family." [2]

In his work *General Psychology*, E.G. G'oziyev emphasizes that the role of the social environment, especially the family environment, is extremely important in personality development. According to the scholar, the family is the first school of a person's emotional development and the acquisition of social experience. [4] V.M. Karimova studies family psychology from the perspective of social psychology and analyzes the family as a social group. According to her research,

the quality of family relationships directly affects an individual's psychological stability. [5]

In the work *India* by the great medieval scholar Abu Rayhan Beruni, views on human beings and family relations are expressed as follows: "A person is obliged to unite in society with his relatives and kin; the purpose of this is mutual support and the performance of work necessary for each individual to provide for himself and others." [3]

In recent years, our republic has been establishing strategic objectives aimed at supporting the institution of the family, strengthening the normative and legal foundations of psychological services, and elevating and honoring human dignity, while creating the necessary foundations for their implementation: "Dialogue with the people, living with people's concerns and worries, and ensuring human interests will remain the highest priority." [2]

Psychological Problems in Family Relations

In modern society, various psychological problems are observed in families. The main ones are as follows.

1. Communication problems

Many family conflicts arise as a result of ineffective communication. When family members are unable to express their feelings openly or fail to listen to one another, conflicts intensify.

2. Intergenerational conflict

Differences in worldview between young people and their parents often cause disagreements. This problem is especially relevant in today's rapidly changing society.

3. Emotional coldness

In some families, although material well-being is present, emotional closeness is lacking. This condition may negatively affect the psychological development of children.

Yusuf Khos Khojib regarded family upbringing as the foundation of a child's moral development. His idea that "If a child's behavior is bad, the child is not to blame; all the blame lies with the father" serves as an important guideline for parents, especially in the upbringing of young men and women of marriageable

age. [3] The thinker also emphasized that upbringing received in childhood affects a person's entire life. Education and upbringing should begin early, because delayed upbringing is not effective.

Providing Psychological Services to the Family

Family psychological service is a system of professional psychological assistance aimed at improving relationships among family members.

Psychological services are provided in the following areas:

- family problem diagnostics
- psychological counseling
- conflict resolution
- psychological training
- preparation of young people for family life

Such services help identify psychological problems in the family at an early stage and eliminate them in a timely manner.

It is especially necessary to provide psychological services first of all to parents. In this regard, it has been considered appropriate to organize awareness activities under neighborhood self-government bodies in order to improve citizens' psychological literacy concerning child psychology and upbringing, and to introduce optional classes on psychological services for students into secondary school curricula. [3]

Views of World Scholars on Family Psychology

In world psychology, considerable attention has been paid to the issue of family relations.

Z. Freud emphasized in psychoanalytic theory that family relationships in childhood play a decisive role in personality development. In his view, many psychological problems are connected with family experiences in childhood.

E. Fromm, in his work *The Art of Loving*, stresses that a healthy family should be based on love, respect, and responsibility.

V. Satir, one of the founders of family therapy, viewed the family as an emotional system. According to her, a healthy family is a system in which members communicate with one another openly and sincerely.

S. Minuchin developed the theory of structural family therapy. He studied the system of roles and boundaries within the family and showed that many problems arise precisely as a result of the disruption of this system.

Conclusion

The family is the most important social institution in human life. Psychological problems arising within the family affect not only the mental state of family members but also the stability of society as a whole.

Scientific studies by Uzbek and international scholars show that developing a system of psychological services is of great importance for creating a healthy psychological environment within the family. Therefore, the development of family psychological services contributes to the stable development of society.

These constitutional norms show that the family is not only a system of personal relationships, but also an important social institution that ensures social stability. For this reason, strengthening the family, improving its psychological environment, and developing family relations are among the important directions of state policy.

In our nation, the family has always been regarded as a sacred place. In preserving the purity, honesty, and prosperity of this sacred institution, mothers undoubtedly play a major role, while fathers make a significant contribution to the family's protection and economic well-being. We must pass this sacred institution on to the next generation in a pure state. Every mature individual should understand and deeply feel this responsibility.

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