



THE SOCIAL SIGNIFICANCE OF GENDER ROLES AND DISTRIBUTION OF RESPONSIBILITIES IN THE FAMILY INSTITUTE

Khajibjonova Nodira Shavkat kizi

Teacher of the Namangan State Pedagogical Institute

G-mail: habibjonovanodira@gmail.com

ORCID: <https://orcid.org/0009-0007-9755-4286>

Abstract

The article scientifically and theoretically illuminates the essence of the family institution as a social system and its role in the development of society. The formation, structure, and mechanisms of stable functioning of the family as a social institution are analyzed. It also reveals the significance in society of the main institutional functions of the family - reproductive, educational, economic, socializing, spiritual-educational, and social control functions. Special attention will be paid to the transformation processes taking place in the institution of the family in the context of modern social changes and their impact on the stability of the social system.

Keywords: Family institution, institutional functions, reproductive function, educational function, socialization, economic function, spiritual values, social control.

Introduction

The institution of the family is one of the oldest and most stable social foundations of society, and the distribution of gender roles and responsibilities within it determines not only the balance within the household, but also the directions of broader social development. Within the family, who assumes what responsibility, how decisions are made, whose role prevails in raising children, and how material support and household labor are distributed form the criteria of justice, cooperation, and stability in society. Therefore, the issue of gender roles manifests itself not only as a problem of personal life, but also as an important indicator of social development. In traditional views, gender roles were often explained by biological differences, and male and female roles were strictly separated. The main role of a



man was related to housekeeping, protection, and provision, while the duties of a woman were interpreted as housewife, childcare, and maintaining a warm family atmosphere. Such a model has historically been effective to a certain extent, since the economic structure, labor market, and social infrastructure stimulated such distribution. However, in the modern era, as a result of education, urbanization, the widespread involvement of women in employment, and increased information flow, this rigid division is softening, and roles are being reshaped on the basis of more consensus and opportunities.

Literature Review

The social significance of gender roles is primarily measured by their impact on family stability and psychological well-being. When tasks are assigned unilaterally, the likelihood of fatigue, dissatisfaction, indifference, or escalation of conflicts increases. For example, if all household duties are solely the woman's responsibility, and the man is practically not involved in family upbringing and household chores, the woman's emotional resources may quickly deplete, and she may feel worthless [1]. On the contrary, expecting only material support from a man, denying his emotional needs, or excessive pressure on housing issues increases stress and tension in men as well. Thus, a fair balance in the distribution of responsibilities stabilizes the mental state of both parties and strengthens the culture of cooperation within the family. In many families, the distribution of responsibilities determines not only the division of work, but also the mechanisms of power and decision-making. Issues such as who has a higher income, who spends more time at home, who manages family relations, and who makes financial plans shape the sphere of influence in the family. If decisions are made only by one gender, a sense of constraint arises on the other side, and inequality in relationships increases. Mutual counseling, shared planning, and sharing responsibilities transform the family into a model of small social partnership, which later serves as a model for children's relationships in society.

Child-rearing is one of the areas where gender roles have the strongest social impact. If a child associates their mother only with household chores and their father only with the outside world and earning money, they will accept these stereotypes as the natural norm in the future. As a result, girls may narrow their scope and avoid certain professions and trends, while boys may consider emotional



literacy, household chores, or care responsibilities alien to them [2]. If the father actively participates in the upbringing process and sets a practical example, such as showing affection, communication, helping with homework, and participating in household chores, the child will perceive equality and cooperation as normal. Thus, the distribution of responsibilities within the family cultivates the social consciousness of future generations.

Research Methodology

The social significance of the division of labor is also significant in terms of economic stability. In the modern economy, many families rely on two sources of income, which requires employment, professional development, and the redistribution of time resources. If a woman works, if the issue of childcare and household chores is not reviewed, she will be forced to work in two shifts, which negatively affects her health, mood, and relationships. When a man's participation in household chores and upbringing increases, a woman can more fully demonstrate her professional potential, family income stabilizes, and children also benefit more from parental cooperation. Thus, flexibility in gender roles becomes a factor that increases the economic resilience of the family. Another important aspect of social influence is related to the activity of women in public life and their leadership potential. When a woman's opinion is heard within the family, her education, work, and entrepreneurship are supported, this not only increases the well-being of the family, but also increases the number of talented personnel in society [3]. A woman's employment and independent income can improve the quality of family decisions, increase investment in children's education, and contribute to the formation of a healthy lifestyle. Such changes will strengthen social equality, reduce the risk of poverty, and stimulate the development of human capital.

The role of men in providing care and emotional support within the family also has social significance. Often, a man is expected to be cold-blooded, not cry, and keep his problems to himself, which can increase psychological pressure and increase aggression, retreat, or a tendency towards harmful habits. If a man is given the opportunity to express emotions, communicate, and have intimacy with children in the family environment, their psychological health will be strengthened, and the risk of violence and disagreements in the family will decrease. The formation of



the image of a father as a caring, responsible, and cooperative person creates a healthy psychological model in children. It cannot be denied that cultural values and customs have been a powerful factor in determining gender roles. In every society, such values as the sanctity of the family, respect for elders, love for children, patience, and loyalty occupy an important place. However, it is necessary to distinguish between values and stereotypes: while values strengthen family unity, stereotypes can limit a person's capabilities. For example, if loyalty to the family is a value, then prohibiting a woman from studying or working is closer to a stereotype [4]. The view that if a man's responsibility is a value, he should not interfere in household chores is a stereotype. The modern approach consists in the fact that, while preserving values, roles are organized in a flexible, consensual, and family-friendly form.

Analysis and Results

Different manifestations of gender roles and the distribution of responsibilities in urban and rural environments are also important for understanding social processes. As urbanization increases, the nuclear family model expands, and the influence of relatives relatively decreases, which increases the ability of spouses to make independent agreements. In rural areas, however, large families, neighborly control, and traditional norms can be stronger, resulting in roles becoming more habitable. Nevertheless, due to the growing influence of education, migration, the Internet, and the media in both environments, roles are gradually changing, and a new balance is being sought. Digital technologies and mass culture are also factors transforming perceptions of gender roles. On social media, images of an ideal family, an ideal mother, or an ideal father are increasing, and people begin to compare their families with them. Sometimes this is a positive motivation, and sometimes it intensifies unjustified pressure and discontent. In addition, there are stereotypes that spread in the online space: superficial views, such as that a woman is measured only by beauty and home, a man - only by strength and money, can negatively affect family relations [5]. Therefore, media literacy, critical thinking, and decision-making tailored to real-life situations are becoming increasingly important for family stability.

To ensure fairness in the distribution of responsibilities, mechanisms of open communication and agreement between family members are necessary. If questions



like which work is easier for whom, what is their working hours, their health and mental state, children's age and needs, and the procedure for helping relatives are not regularly discussed, tasks naturally deviate in one direction. And open communication should be in the spirit of joint problem-solving, not in the tone of accusation or command. From a practical standpoint, such methods as weekly planning, joint budgeting, listing of household chores, taking on duty or alternating responsibilities in raising children strengthen cooperation. Legal and institutional factors also increase the social significance of gender roles [6]. Equal opportunities in the education system, reduced discrimination in the labor market, parental leave, and the development of kindergarten and care infrastructure will facilitate the distribution of responsibilities within families. If care services are available, it will be easier for a woman to return to work, and it will be encouraged for a man to join the upbringing. Conversely, if the infrastructure is weak, the burden often falls back on the woman. Therefore, the issue of balance within the family is inextricably linked with social policy and economic conditions in society.

The process of updating gender roles in the family is not always smooth, since values, experience, family pressure, and personal characteristics can clash. Some feel secure in the traditional model, while others unlock their potential through equal distribution. The important aspect is that the agreement within the family should be formed not through coercion or discrimination, but taking into account mutual respect and interests. A man's involvement in household chores does not diminish his status; on the contrary, it strengthens responsibility and cooperation. A woman's work or education does not destroy the family, but, when properly organized, contributes to prosperity and development. From this point of view, it is advisable to understand gender roles not as a rigid template, but as a social agreement that adapts to the situation.

Conclusion

In conclusion, the distribution of gender roles and responsibilities in the institution of the family directly affects the spiritual and moral state of society, economic stability, the quality of raising children, and the level of social equality. When a fair and flexible distribution is established within the family, individuals feel valued, conflicts decrease, and children develop values of cooperation and respect. On a societal scale, the growth of such families strengthens human capital, contributes



to the effective use of labor resources, and strengthens social stability. Therefore, a new understanding of gender roles in modern conditions, the development of a partnership-based distribution of responsibilities while preserving values, will remain an important condition for social progress.

References

1. Muxsiyeva A., Sultonova S. Oilada farzand tarbiyasi davlat siyosatidagi ustivor muammo sifatida. *Central Asian Research Journal for Interdisciplinary Studies*, 2022. – С. 346-349.
2. Mannheim K. The Problem of Generations. In: *Essays on the Sociology of Knowledge*. – London: Routledge, 2002. – P. 279.
3. Karimov F.Sh. Oila tarbiyasi va ma'naviy qadriyatlar. *Лучшие интеллектуальные исследования*, 2025. – С. 371-377.
4. Eshmurodov O.E. “Oilaviy munosabatlar barqarorlashuvida milliy qadriyatlarining ahamiyati”. – *Pedagogik mahorat*, 2023. – B. 220.
5. Florensky P. *The pillar and ground of the truth: An essay in orthodox theodicy in twelve letters*. – Princeton University Press, 2004.
6. Beck U., Beck-Gernsheim E.H. *Individualization: Institutionalized Individualism and Its Social and Political Consequences*. – London: SAGE, 2002. – P. 22.