



IMPROVING THE METHODOLOGY OF RESOLVING FAMILY DISPUTES IN CONTROVERSIAL FAMILIES

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Received:	September 20 th 2023	This article talks about improving the method of ending family disputes in conflicting families. Based on scientific data, the author studied and analyzed the specific aspects of improving the method of ending family disputes in conflicting families based on existing literature.
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INTRODUCTION:

It is difficult to imagine social life without conflicts. Therefore, sometimes scientists openly admit that conflicts or conflicts can have not only negative, but also positive aspects. As a result of conflicts, negative feelings such as fear, panic, enmity arise in the human psyche. If these experiences are strong and last for a long time, a protective reaction can appear and strengthen in a person.

Every family faces problematic situations throughout its life, the solution of which is carried out in the context of conflicting individual needs, motives and interests.

Conflict is defined as a clash of opposing goals, interests, positions, and views. Conflict can arise when family members have conflicting views or beliefs. Sometimes conflicts can arise when people misunderstand each other and come to wrong conclusions. Conflicts that are not resolved peacefully can lead to quarrels and resentment.

From time to time, it is normal for a couple to disagree with each other. Conflicts are a part of family life from time to time. However, ongoing conflict can be stressful and damaging to relationships. Some people have difficulty controlling their emotions and become hurtful, aggressive, or even violent on purpose.

MAIN PART:

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 distinguish between whom they are occurring.

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 in married life without conflicts and wars? Such questions can be continued much more.

Psychologists consider family conflicts to be normal. As a result of conflicts, couples begin to hate each other, and their divorces are more common. Therefore, the question of how to solve the conflicts that always arise in the family remains very important.

Family conflicts are usually caused by not listening to each other, i.e. not "hearing" each other's wishes, differences in views on life, strict control, ridicule, lack of attention, problems at work. will come.

Unfortunately, not all families are complete with parents and children born to them. As fate would have it, disputes arise in some families, and as a result, marriages fail. Scientists have studied the failure of marriage and expressed their theoretical views on the possible reasons for it to be different. For example, some psychologists try to explain the findings through the concept of "motivation". That is, in a family that lives in good harmony, suddenly such a situation occurs that, for example, treason, death, illness, jealousy and similar events become an impetus, and the family is comfortable. In fact, it is rare in life for a family to break up suddenly with such a jolt or impulse.

It is natural when people quarrel, especially when these people are spouses and loving partners. It is foolish to hope that a person will never have a quarrel in his relationship, because no two people in the world are alike. No matter how close and loving they are to each other, there are always questions that the couple does not agree with. And remember this so as not to wonder why a perfect relationship turns into a quarrel.

When the reasons for marriage divorces were studied by the "Family" republican scientific and practical center, in most cases it was first of all disagreements between spouses, incompatibility of character, jealousy, infidelity, daughter-in-law and mother-in-law and other close relatives do not go out, the man indulges in harmful habits (drinking, drugs, etc.), financial difficulties (mainly the husband's inability to work, inability to manage an independent family), in-laws



disagreeing after the wedding, the husband leaving without a trace, etc. will be done. When studying the reasons for divorces in the capital, the breakdown of the family due to economic difficulties is recorded in the last place, because in most self-sufficient, rich families, young people break up mainly due to three reasons: jealousy and betrayal, bride-discord in in-law relations and discomfort in living conditions. In general, the main factor of marriage decisions is that young people are not ready for marriage spiritually.

Positive communication helps reduce conflict so family members can resolve it amicably. It's usually a compromise where everyone agrees or disagrees.

Sometimes strong feelings or power imbalances in relationships are difficult to resolve and can only be resolved in a counseling setting.

Any conflict in the family can damage the reputation of family members. After the conflict, interpersonal relations in the family change dramatically, and an unhealthy atmosphere prevails in the community. Therefore, family members need the ability to organize measures to prevent conflicts and resolve them competently when they occur. The head of the family can even participate as the main factor in mitigating the conflict situation. The personal culture of the elder person in the family, his attitude to the conflict and problematic situation is of particular importance. If the head of the family takes a multifaceted approach to the problem, gradually this quality will be reflected in the behavior of his family members. In addition, the calm attitude of the leader towards the tense situation, the ability to observe with coolness creates conditions for softening the conflict.

RESULTS AND DISCUSSIONS:

In order to prevent or eliminate conflicts (if they arise), it is necessary to determine the cause of its origin, the main culprits or objective reasons. Experts have developed recommendations on many methods and ways to resolve conflicts. For example, 30 H. Cornelius and Sh. Feuerlar¹² propose to create a conflict map to solve it. According to it, the following should be taken into account in order to determine the conflict situation:

- 1) to reveal the general aspects of the problem that caused the conflict, for example, if the conflict in the family was caused by the fact that the division of work between family members was not resolved, first of all, it is necessary to draw up a diagram of the division of work;
- 2) determining the root cause of the conflict, because this is usually the most difficult task;
- 3) identification of the real participants in the conflict - individual, group or association;
- 4) to determine the personal desire, desires, and what exactly the disputants want that caused the conflict;

5) to know how the disputants' relations were before the conflict;

6) attitude to the conflict of persons who did not directly participate in the conflict, but are interested in its positive resolution.

Family conflict resolution techniques are more interpersonal and include:

1) refusal - such a reaction to the conflict, in which those who witness the conflict do not actually recognize its existence, refuse to intervene in it. Usually, in such circumstances, the head of the family refuses to intervene in the resolution of the conflict, arguing that there is no time or opportunity to provide socio-psychological support to conflicted families, that the cause of the conflict is insignificant. Or he hopes that the conflict that arose due to the situation will find a solution on its own over time, that the family members will come to justice;

2) leveling is to "persuade" one of the conflicting parties to the existing situation, adapt it and thus protect its own interests. In the proverb "Even if I lose, let your case be over", the person involved in the conflict manages to ease the situation, even if he supposedly "sacrifices himself", he creates every opportunity for the parties to reconcile;

3) compromise is the search for a solution that is acceptable to both parties through open dialogue and discussion of the situation, behavior and opinions of the disputants. The effectiveness of this method is that the person involved in the dispute openly and impartially reveals the guilt of both parties, the mistakes made by them, and the best thing is that each person weighs his duties and responsibilities. As a result, the tension created on both sides will be softened in a certain sense and the opportunity to make rational decisions will arise. Disputants are happy that a decision has been made, even if it is a bad one, rather than a quarrel, they return to their opinions in a certain sense, and after some time the situation softens and the parties can reconcile. Usually, in family disputes, an older member of the family or a man who takes the path of compromise succeeds in preventing the conflict, in which a party's "failing to agree" plays a major role;

4) competition - usually implies the complete defeat of the other due to the superiority of one party over the other. In other words, the principle "For me to win, you must win" takes priority. Although such a method is certainly ineffective and wrong from a psychological point of view, in some cases solving the problem in this way can lead to the strengthening of the talent or will of others. For example, in a family conflict, if the daughter-in-law is unfair, insults everyone because of her youth, and the mother-in-law prevails patiently in this situation and does what she says, it can be a lesson for the young daughter-in-law not to repeat such



behavior in the future; cooperation is a method of conflict resolution in which the personal interests of both parties are put before the problem that caused the conflict. In such cases, the disputants come to the opinion that the interests of one side are not taken into account, that the other side's interests are not taken into account, that the way of compromise is correct, and better, it is necessary to start solving the existing problem equally.

CONCLUSION:

Every family has conflicts. Often there comes a time when spouses want to divorce. But the family will be strong and happy, in which spouses decide to accept each other, not to violate freedom and rights, and to solve problems in a more constructive way.

All the changes and spiritual reforms carried out in our society are aimed at raising a perfect person in society, which in turn means raising a good citizen, a well-rounded member of society. Therefore, it is important to prevent conflicts that may occur in the family with the proper organization of relations between parents and children in the family environment.

Today, in preparation of young people for family life, "Family medicine" organized under the departments of registry offices, marriage houses in cooperation with the Ministry of Justice of the Republic of Uzbekistan and the "Family" scientific and practical center, as well as secondary special and vocational educational institutions. and the activity of the "School of Young Family Builders" for students of higher educational institutions occupies an important place. The strong establishment of each family is of great importance in ensuring the stability of our society. There is no doubt that consistent promotion of this matter, first of all, among new family builders, will play an important role in achieving the intended goals.

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