

**"MECHANISMS OF PSYCHOLOGICAL ENSURANCE OF MARRIAGE STABILITY
IN YOUNG FAMILIES IN THE DEVELOPMENT STRATEGY OF UZBEKISTAN"****Islomova Ozoda Isomiddin kizi**

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Annotation: This article provides a scientific analysis of the psychological mechanisms that ensure marital stability in young families within the framework of the social priority areas defined by Uzbekistan's Development Strategy. The psychological model of family stability, interpersonal communication, emotional maturity, conflict management, and social adaptation are examined in close connection with the Development Strategy's principle "Strong family – strong society."

Key word: Development Strategy, young family, marital stability, psychological mechanisms, emotional adaptation, interpersonal communication, socio-psychological stability.

The family is one of the main social institutions that ensure the sustainable development of society. The document "Development Strategy - 2030" of the Republic of Uzbekistan defines the development of human capital, strengthening family values, and supporting young families as one of the central directions of social development. Therefore, the issue of ensuring psychological stability of marriage in young families is clearly visible not only from the point of view of social, but also from the point of view of national psychological security. Family stability is a complex system that includes mutual adaptation, emotional harmony, social support, and psychological balance of individuals. The conceptual principles of the development strategy (priority of human interests, spiritual harmony, social stability) are aimed precisely at developing the system of marriage stability in young families.

The family is the primary place of formation of human capital, in which the social, moral, and spiritual values of the individual are formed. Therefore, the stability of young families is one of the important directions of state policy.

Regarding family stability, it is appropriate to dwell on the following. S. Rogers, E. Fromm, and A. Leontiev argue that the stability of marriage is formed depending on the quality of interpersonal communication, the level of emotional maturity, and mutual trust, and they argue that the family is not just a social unit, but a psychological integration system in which each member must reconcile his or her individual needs with a common goal. It is clear from this that the resolution of various social and emotional conflicts that arise between spouses in family life through mutual trust, sincere communication, and emotional maturity is an important indicator of marital stability. When each spouse is able to reconcile his or her personal needs with the common values and goals of the family, the family becomes not just a social unit, but a psychological integration system. This situation is in harmony with S. Rogers' idea of "authentic communication", E. Fromm's principle of "harmony of love and responsibility" and A. Leontiev's concept of "goal-oriented activity". At the same time, according to L. S. Vygotsky's cultural-historical concept, the family is the primary environment of social experience and mental development, and communication in it plays a central role in the formation of the individual's consciousness. From this point of view, in order to ensure the

stability of young families, it is necessary to increase their communicative culture, develop their emotional literacy and strengthen their stress resistance.

The Development Strategy envisages strengthening mental health based on the principle of “Healthy Family - Healthy Society”, developing a system of family values through the concept of “Spiritually Mature Generation”, and strengthening cooperation between the state and psychological service systems through the mechanisms of “Social Partnership” to further stabilize marriage in young families, support their emotional state and mental health, as well as ensure their socio-psychological adaptation. This process is inextricably linked with the concept of human capital development of the Development Strategy and is aimed at forming psychological stability, affective balance and communicative competence in young families. At the same time, cooperation between state institutions, educational institutions and psychological service systems within the framework of the mechanisms of “Social Partnership” serves to improve psychoprophylactic measures in the family environment, develop a culture of interpersonal communication, and strengthen socio-psychological mechanisms of marital stability. These areas serve to increase the emotional adaptation, communicative competence and social stability of a person from a psychological point of view. In the Republic of Uzbekistan, a number of regulatory documents in this regard, including the Decree of President Sh.M. Mirziyoyev of June 27, 2018 on the “Youth is our future” program, the Decree of February 2, 2021 “On raising the state policy on family and women's issues to a new level”, and the Development Strategy for 2022–2026 are aimed at supporting young families, ensuring their socio-psychological well-being and creating a psychologically safe environment for young families.

Let's consider the following main psychological mechanisms that determine the stability of marriage in young families. Emotional stability is stress tolerance, maintaining emotional balance, understanding the feelings of a partner. Emotional stability in young families forms the ability to maintain mental balance in various stressful situations that negatively affect the strength of marriage, to manage one's emotions, and to understand the feelings of others. This quality is an important psychological factor in interpersonal relationships, especially family or marital stability. In psychology, this concept is explained by A. Bandura's “self-regulation theory” and D. Goleman's concept of “emotional intelligence”. According to Bandura (1986), a person who can control his emotions is more resistant to external pressures, which allows for constructive conflict resolution. Goleman (1995) interprets emotional stability as a person's ability to understand and manage his own emotions and correctly interpret the emotions of others. For example: Let's say a young family has financial problems. An emotionally stable spouse assesses this situation not as a disaster, but as a temporary test. He understands his partner's anxiety and encourages him. In this process, he withstands stress, maintains emotional balance, and conducts communication peacefully. On the contrary, a person with low emotional stability dramatizes the situation, increases negative emotions, which intensifies family discord. Thus, emotional stability is a complex psychological quality that combines stress tolerance (psychological resilience), maintaining emotional balance, and empathetic understanding of the feelings of others. It is considered one of the main factors in the formation of stable relationships in family psychology, while communicative competence also plays an important role in ensuring the stability of marriage. Communicative competence is the skills of open communication, listening and constructive expression of one's own opinion. The impact of communicative competence on the stability of marriage in young families is considered one of the most important psychological criteria in the life of young families, which is based on mutual respect between spouses, emotional closeness, trust and the ability to properly establish

communication in problematic situations. In this regard, communicative competence is considered one of the main psychological factors determining the stability of marriage. Communicative competence is the ability of a person to establish effective communication with others, conduct open communication, actively listen and express his or her opinion constructively. According to the "theory of communicative competence" put forward by D. Hymes (1972), this competence refers to the ability of a person to convey his or her opinion in a way that is appropriate for the purpose of communication, combining language and social situations. In the process of interpersonal communication, this skill forms psychological flexibility, empathy and mutual respect. In marriage, this process takes on even greater significance. Because everyday communication between spouses is a central factor determining the psychological climate of the family environment. According to Gottman (1999) research, 70 percent of conflicts in marriage are the result of poor communication, while constructive communication, on the contrary, strengthens mutual trust and ensures stable relationships. For example, when a young family has a disagreement over financial issues or household chores, couples with high communicative competence approach the problem not from the point of view of "who is right" or "who is to blame", but from the point of view of "how to solve the problem". In such situations, open communication and active listening increase psychological intimacy between couples, reduce emotional tension and lead to compromise. Also, according to the concept of emotional intelligence developed by Goleman (1995), the ability to control one's own emotions and understand the emotions of others is a central part of communicative competence. In young families, this aspect is manifested through understanding the emotional needs of the partner, constructively accepting criticism, and tolerantly approaching differences of opinion. Thus, emotional mutual understanding strengthens psychological stability in marriage. In Uzbek society, marriage is viewed as a social union not only between two individuals, but also between two families. Therefore, communicative competence is of great importance not only between spouses, but also in broader social relations. Open, sincere, and respectful communication strengthens the social support system of young families and changes the general psychological climate in a positive direction.

In conclusion, communicative competence is the psychological foundation of marital stability in young families. It develops open communication, strengthens constructive conflict resolution skills, and enhances emotional intimacy. Thus, the development of communicative competence through psychological training, mutual listening exercises, and communication techniques based on empathy is one of the effective ways to ensure the psychological stability of young families and the strength of marriage. In addition, socio-psychological adaptation is also important, and this is interpreted as adaptation to new family roles, economic and social environments. For example, if a newlywed couple grew up in different family environments, in the first months there will be disagreements in everyday life, decision-making, or the distribution of financial responsibilities. However, couples with a high level of socio-psychological adaptation overcome these differences through mutual communication, compromise, and respect for each other's values. As a result, they adapt to new family roles, which strengthens the psychological stability of marriage.

The mechanisms mentioned above are a psychological expression of the principle of "human potential development" envisaged in the Development Strategy. On this basis, the introduction of innovative approaches to the life of young families, their harmonization with national values, and the creation of a psychologically stable family model have become an urgent scientific and practical issue. In conclusion, in ensuring the stability of marriage in young families,

psychological mechanisms such as emotional stability, communicative competence, and socio-psychological adaptation are inextricably linked, and they constitute a practical expression of the principle of “human potential development” put forward in the Development Strategy. In this article, we have examined how these factors guarantee the psychological stability of marriage by strengthening mutual understanding, emotional harmony, and the social support system in the family environment, and how the introduction of innovative approaches to the life of young families, the development of a culture of communication based on national values, and the strengthening of the activities of psychological services are considered to be urgent scientific and practical needs today.

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