

SOCIAL AND PSYCHOLOGICAL CHARACTERISTICS OF FAMILIES LIVING WITHOUT MARRIAGE

Hasanboy ABDUSAMATOV,
National University of Uzbekistan Associate Professor of Psychology, PhD.
Uzbekistan.Tashkent.
Email:habdusamatov@bk.ru

Abstract

This article reveals the socio-psychological characteristics that lead to an increase in the number of families living in communities without legal marriage. Families living without legal marriage are studied by foreign scientists and their conclusions are presented. The reasons for extramarital affairs in Uzbek families are also mentioned. The origins of this practice, which do not correspond to Uzbek values, are described in detail.

Keywords; family, marriage, divorce, extramarital affairs.

Introduction. Based on the desire for foreign countries, the study of their advanced experience, new customs and traditions are introduced, which, without realizing it, negatively affect family relations, our beliefs and millennial values and, if possible, destroy them. As a result, our noble values and traditions are reflected in the minds of young people as relics of antiquity. This, first of all, leads to the weakening of the family, which is the main link of society, generalizing more than 98% of the population of our country, and the emergence of new types of families that are alien to us. An example of this is the growing number of extramarital affairs in our country, the tendency to live without legal marriage in society.

The rise in the age of marriage and the increase in the number of families living without legal marriage are supported by special associations in the West. The method of testing their premarital partner was adopted as the final marriage decision. He is also called to live in such a way as to prevent the emergence of social, economic, spiritual and psychological problems based on the ideas of interested associations.

Literature review. According to D.A. Tikhomirov, the emergence of the concept of sexual freedom, delay and neglect of childbirth, full use of the joys of life leads to illegal living. In the public consciousness, there is an opinion that this can be done even without government bodies and religious teachings. In European countries, this type of family is accepted as an alternative [1].

V.P. Levkovich, according to the study, the main reasons for illegal marriages are the lack of awareness of young people about the stability of marriage, factors that negatively affect it and the lifestyle of their premarital partner, as well as a lack of understanding of family relations [2].

Yu.V.Kovaleva presented the construction “Collective regulation of behavior in the family life cycle”. This factor helps in solving various psychological problems arising from the interaction of subjects at different stages of the development of

relations in the family. The above factor views family relationships as the first stage of life without legal marriage [3].

As our research approaches its goals and objectives, we consider it necessary to dwell more broadly on the following work. Nischala Murthy Kaushik gives the following twelve reasons for entering into an extramarital affair in "Time of India". [4]

In the teachings of V.A. Sysenko, the following three reasons for entering into extramarital affairs as a result of conflicts and obstacles arising as a result of dissatisfaction with the natural, social and biological needs of the individual are indicated: a) the sexual needs of one of the couples do not occur; b) the person's need for self-esteem is not satisfied as expected; c) factors such as spousal violence, disrespect, insults, constant criticism of each other [5].

According to a study by Z. Rozhanovskaya, 81% of women do not want to have sex with strangers, and 49% of men do not want to have sex with strangers. This study found that most women do not engage in extramarital affairs with strangers. Sex is not only procreation, but also one of the emotional pleasures of a person, which consists in a feeling of sexual satisfaction. [6]

A 2011 study in the United States identified two types of families living without legal marriage;

- couples who focus on clearly registering their marriage
- couples hesitate to register a marriage.

The risk of breaking up the second type of family is much higher than the first. These types of families are perceived as a period of transition to real marriage. [7].

Strengthening family values, the institution of family and marriage, in particular, increasing the stability of registered marriages, as well as strengthening the role of reproductive functions in the family remains the most urgent problem today. Not all families living without legal marriage will be able to register their marriage, so it will be necessary to form psychological support that will help unregistered marriage to move to a real marriage relationship.

There are psychological factors in the transition period of people living without legal marriage to family relationships. This is a sequence in the system "object-resource" and "subject-value", the main factors are the age and previous experience of the selected pair. The study of individual and group characteristics of life, the study of social factors through the "resource-value" will become a methodological basis for the analysis of the socio-psychological situation of people living without illegal marriage [8].

In the work of the Uzbek scientist, doctor of psychological sciences, professor G.B. Shoumarov "Causes of extramarital sex and measures to prevent it" for the first time discusses issues related to the subject of our research. In this case, the following reasons for extramarital affairs are listed: "dissatisfaction with sex with a spouse", "incompatibility of needs", "there is a large gap between knowledge, skills and competencies", "forced marriage", "extramarital relations based on material, economic, business dependence", "an extramarital affair that occurs under the

influence of alcohol”, “as a result of sympathy for another woman or another man”. [9]

In a study by N.A. Saginov, for the first time in an Uzbek family, the influence of such factors as "understanding", "respect" and "emotional closeness" between couples, characteristics of family satisfaction on the strength of the family, ethnopsychological components of the conflict in their family was revealed. It is recognized that this study is one of the first socio-psychological studies devoted to the manifestation of ethnic characteristics of the nation in the former Soviet Union. It describes the motives of young people to get married, factors before marriage, the level of satisfaction with marriage, “mutual understanding”, “emotional aspirations”, “mutual respect” between spouses using the example of urban and rural families. [10]

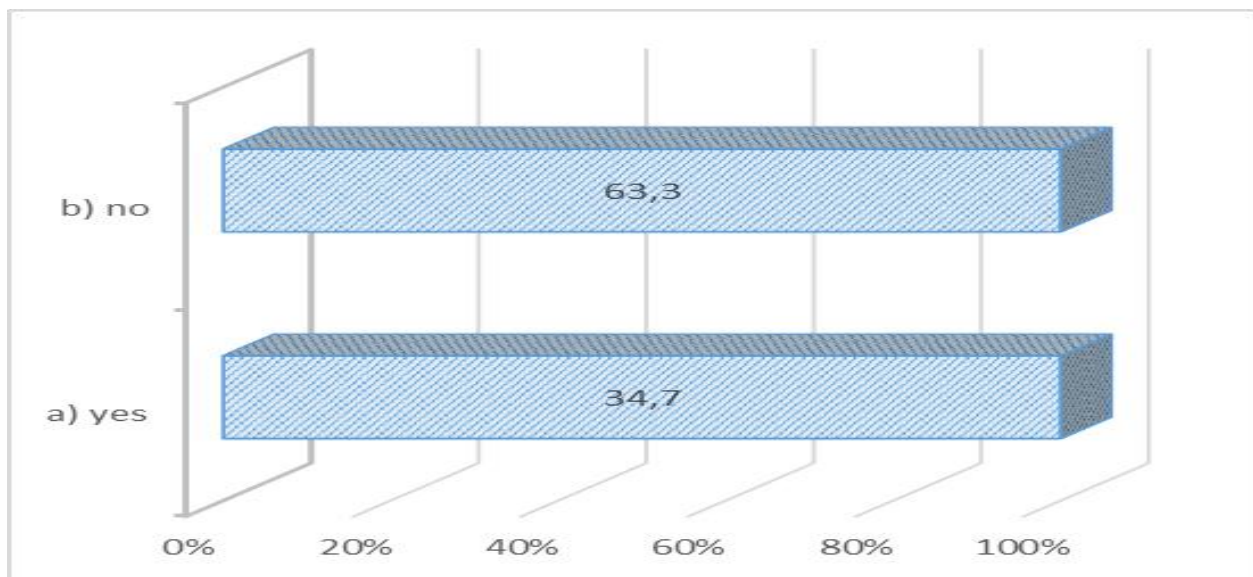
Research Methodology. The above two systems differ from each other as follows. “**Object-resource**” orientation is personal needs, satisfaction of needs and use of the object. “**Subject-value**” orientation - characterized by compatibility and recognition of the values, interests and needs of the couple. The above two approaches can be effectively used in the study of the socio-psychological status of persons living without legal marriage. The similarity and similarity of social values leads to an increase in the number of families in which two people live without registration. [6].

For those living without legal marriage, multidimensional closeness predominates, which mainly includes psychological adjustment, relationship satisfaction, and unity of feelings. Trust and responsibility to each other as a married couple also prevail [11].

The effectiveness of the relationship between them is the basis for the formation of healthy relationships in those who live without marriage. The effectiveness of a relationship is determined by the emotional closeness, mutual respect and understanding that couples maintain throughout their life together. Living without legal marriage, they try to achieve the same goal using the resources available to each other. This thing serves to develop positive relationships. They accept themselves as a legitimate couple, build healthy psychological relationships, and take responsibility as husband and wife. A willingness to succeed and fail in life together is a key factor in their transition to marriage [12].

Analysis and results. As a result of scientific research, the socio-psychological characteristics of extramarital relations in Uzbek families were revealed. (1- picture).

**Do you often have thoughts about extramarital affairs
(sex with a member of the opposite sex)?**



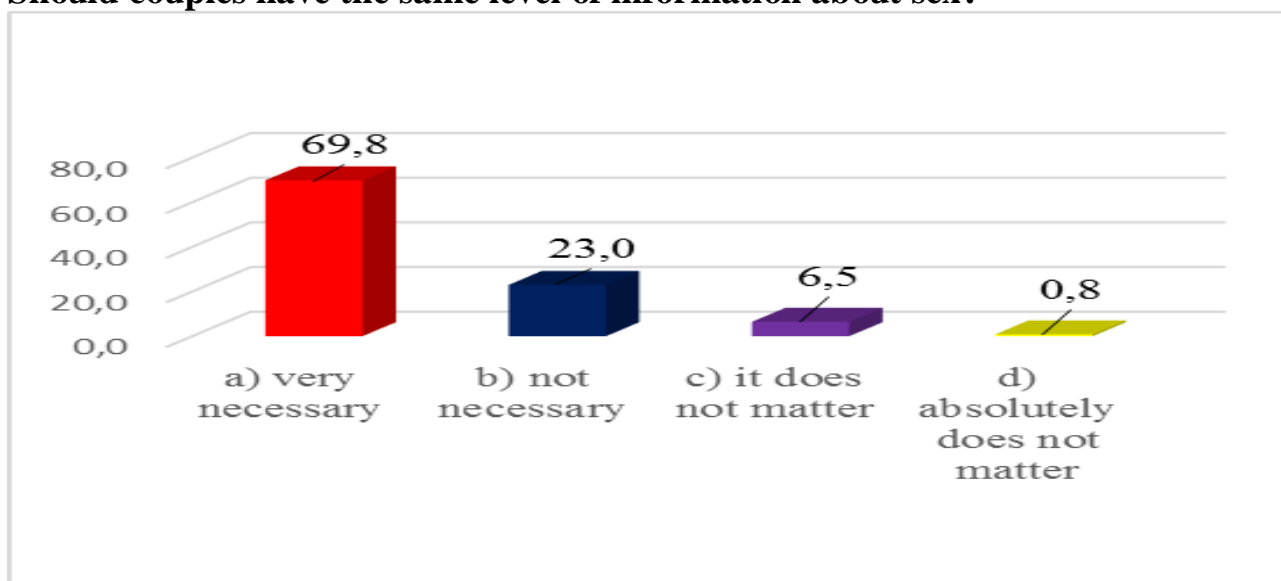
1-picture. Respondents' answers to questions.

According to the survey, 63.3% of respondents do not think about extramarital affairs, 34.7% of respondents often think about these relationships. What can be determined from this situation is determined by the fact that one in four families has a tendency towards extramarital affairs. This means that one in four families has a low level of family satisfaction and a high risk of divorce. In such cases, we consider it appropriate to carry out psychocorrectional work with these families.

This property is incompatible with Uzbek families, our national values and our religious beliefs. It is an important task to study and prevent all socio-psychological factors that cause these disorders. Any research related to the family should be carried out to identify and prevent all factors that contribute to the weakening of the institution of the family, so that such situations do not become a habit among young people and so that young families do not get divorced.

In our study, one of the factors influencing the level of satisfaction with married couples was the compatibility of levels of knowledge about sex education between them (2- picture).

Should couples have the same level of information about sex?



2-picture. Respondents' answers to questions.

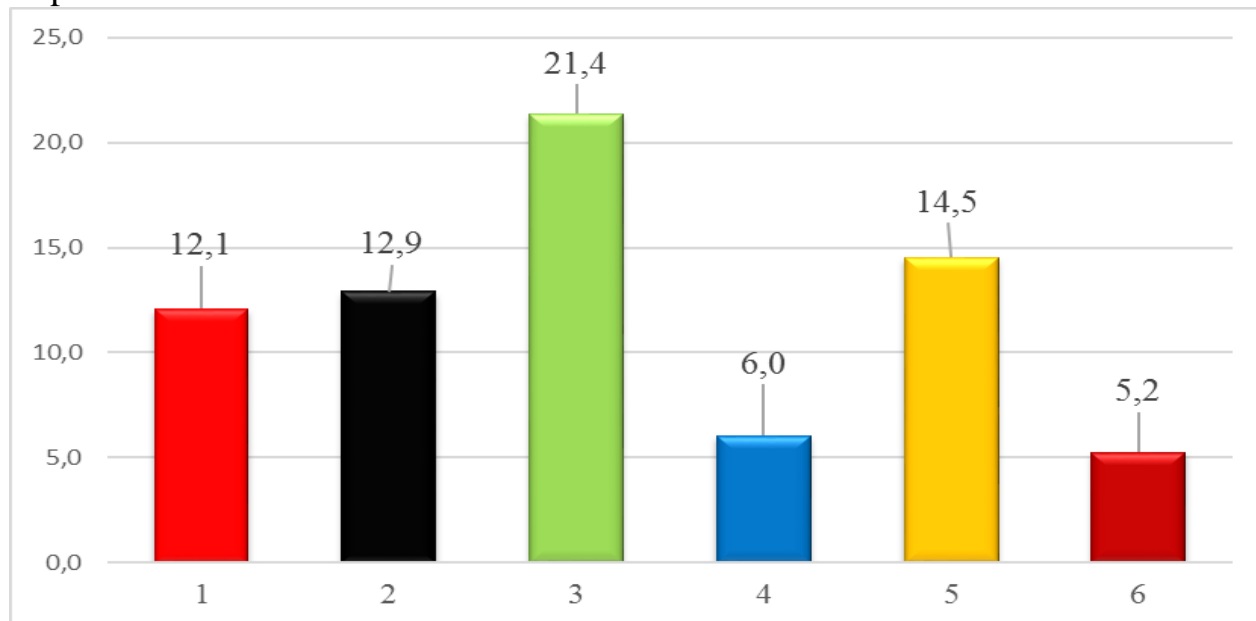
To define this situation, our respondents were asked, "Should couples have the same level of information about sex?" we asked. As a result, 69.8% of the respondents considered it necessary to have an equal level of sexual life. 23% answered "not necessary". This means that it is very important to provide knowledge about sex education in our country.

In our country, there is no understanding and education about preparing for family life, especially sex education. In fact, it is important to prepare young people of marriageable age for marriage. Young people today learn about sex education from various social networks. This leads to the formation of misconceptions and attitudes in them. As a result, young people's notions of the "ideal family" are often incompatible with the notions of a "real family," and the differences between them lead to conflicts, disagreements and divorce in young families.

To identify such cases, our respondents were presented with various life events that may occur. They described events with which they were familiar, met and participated (3- picture).

Which of the following has happened to you in your life?

3- picture



1. As a result of my dissatisfaction with having sex with my spouse, I often think about finding another sexual partner.
2. Forced marriage leads to a mismatch between the needs of me and my spouse.
3. My spouse cannot offer the perfect life that I want.
4. I fell in love with another woman or another man and had sex with him.
5. I started an extramarital affair due to financial difficulties in my family.
6. I contacted a stranger out of curiosity about how to communicate

The above diagram shows the factors that today lead to the emergence of family conflicts, disagreements, divorce, jealousy, and murder in Uzbek families.

Conclusion/Recommendations. The introduction of an effective system of psychological services for each family, first of all, the identification of family and marriage institutions of persons of marriageable age, determination of the level of readiness for life, revision of the marriageable age - a number of urgent tasks. study family sciences. To increase the effectiveness of the work carried out in our country to support society and the family, it would be advisable to unite family scientists and expand the volume of research. In subsequent years, the number of extramarital affairs tends to increase. This is due to urbanization, change in lifestyle, change of values, weakening of social control over the individual, emancipation of women, the decline of the traditional status of the head of the family, the transition from patriarchy to matriarchy in some families. changes in men's attitudes towards extramarital and especially premarital sexual relations, an increase in the number of extramarital families and a number of modern changes in the institution of the family.

Here:

- young people need to improve their sexual literacy (especially among young men),
- it is necessary to inform the population about the increase in various factors after extramarital affairs, such as sexually transmitted diseases, divorce, jealousy, murder or bodily harm, the occurrence of psychosomatic diseases.
- it is necessary to instill in young people knowledge about the psychology of love and its dynamics. Because this lack of knowledge sometimes leads to the formation of extramarital relationships based on strong love.

In addition to identifying and preventing the causes of extramarital relationships, our research focuses on preventing and mitigating the consequences of socioeconomic, socio-psychological, spiritual, educational, psychosomatic and psychogenetic complications that may arise as a result.

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