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# Socio-Psychological Characteristics of Family Relations

**Azizova Iroda Furqatovna**
Karshi International Innovation University, Uzbekistan
sirojiddinmuradov0@gmail.com

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**Abstract**

Against the backdrop of persistent pressure and violence against women within family relations, this article analyzes the socio-psychological causes and consequences of such violence and examines mechanisms for its prevention. The study adopts a socio-psychological and conceptual approach to systematize factors embedded in family interaction, power dynamics, and socialization processes, and to clarify how these factors shape both the experience and outcomes of pressure and violence against women. The analysis considers the impact of violence on women's psychological well-being and social functioning, and identifies key directions for preventive action within the family and broader social environment. The findings highlight the crucial role of psychological prevention, social support systems, and moral-educational approaches in reducing the risk of violence, mitigating its consequences, and strengthening women's socio-psychological protection. The article concludes that effective prevention of violence against women in family relations requires the coordinated development of socio-psychological prevention strategies, supportive social infrastructures, and value-oriented educational initiatives. In doing so, it contributes to a more comprehensive understanding of family-


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based gender violence and offers a prevention-oriented perspective that can guide future research and practice.

**Keywords:** Family Relations; Violence Against Women; Socio-Psychological Causes; Prevention Mechanisms; Gender Culture

## INTRODUCTION

In today's conditions of globalization, socio-psychological problems emerging within the institution of the family—particularly cases of pressure and violence against women—pose a serious threat to social stability. Violence manifests not only in physical forms, but also in psychological, economic, and social dimensions, negatively affecting the development of a woman's personality.

Although the protection of women is identified as one of the priority areas of state policy in the Republic of Uzbekistan, addressing this issue solely through legal measures is not sufficient. Therefore, studying its socio-psychological roots and developing comprehensive preventive mechanisms determines the relevance of this research [1].

In our country, large-scale efforts are being carried out to protect women from pressure and violence. In particular, with the adoption of the Law "On Protection of Women from Harassment and Violence" in 2019, special attention was paid to strengthening the legal framework. In addition, psychological and social assistance centers have been established by central and local government authorities across the republic, and consultative services and crisis centers for women have been organized. Educational activities are also being conducted on a wide scale: information and awareness campaigns on family upbringing, gender equality, and the negative consequences of violence are being implemented, which serve to understand the roots of the problem and ensure its prevention [2].

The issues of family relations and violence have been studied from various perspectives by both foreign and domestic scholars. Among foreign researchers, A. Bandura substantiated the social learning theory of aggression, emphasizing that violent behavior is formed through modeling. Scholars such as E. Giddens, R. Baron, and D. Buss focused on gender relations and the distribution of power within the family.

Among local scholars, the works of M. Abdullayeva, V. Karimova, and Sh. G‘aniyeva address issues of family psychology, interpersonal relations, and women’s mental well-being. At the same time, existing studies reveal that the comprehensive examination of socio-psychological mechanisms for protecting women from violence remains insufficient [3].

This study aims to analyze the socio-psychological characteristics of protecting women from pressure and violence in family relations and to develop effective preventive approaches.

## METHODOLOGY

In the course of the research, methods such as analysis of scientific sources (analysis and synthesis), comparative analysis, psychological observation, theoretical generalization, and socio-psychological approaches were used. The methodological basis of the study was formed by the scientific principles of social psychology, family psychology, and gender theories.

## RESULTS AND DISCUSSION

Domestic violence is a complex socio-psychological phenomenon, the emergence of which is shaped by the interaction of personal, social, cultural, and psychological factors. Violence is often directly related to internal family relations, the culture of interpersonal communication, and socially formed attitudes within society.

Social factors are considered the main sources of domestic violence. Patriarchal values that have developed in society over many years have reinforced male dominance and the subordinate role of women. Such views lead to an unequal distribution of power within the family and create conditions in which violence is perceived as a “normative” phenomenon.

Economic factors also play an important role. Women’s financial dependence, unemployment, or low income increase the risk of violence within the family. Economic pressure intensifies stress and contributes to the formation of aggressive behavior. In addition, the weakness of social support systems and indifference from close relatives and the local community (mahalla) lead to the persistence of violent situations.

From a psychological perspective, domestic violence is associated with internal conflicts of the individual, lack of emotional control, and inability to manage aggression. In many cases, individuals prone to violence were raised in violent environments during childhood. This leads to the intergenerational transmission of violent behavior through social learning mechanisms [5,6].

Low emotional literacy—that is, underdeveloped skills in recognizing and managing emotions—prevents peaceful resolution of family conflicts. In such situations, individuals choose the use of force as the only means of solving problems.

A low level of constructive communication culture in family relations is one of the key factors leading to violence. The lack of skills such as mutual understanding, listening, and respect causes constant conflicts within the family. Resorting to pressure and coercion instead of compromise in conflict resolution exacerbates violence. In some cultural contexts, violence is perceived as a "family matter," and external intervention is not welcomed. This leads women who are victims to refrain from seeking help and allows violence to continue in a hidden form. At the same time, low legal awareness reduces the effectiveness of combating violence. Thus, the socio-psychological causes of domestic violence are multifaceted and require a comprehensive approach to eliminate them. Ensuring gender equality in society, improving psychological culture, and fostering healthy communication among family members are crucial in preventing violence [7].

Violence against women in family relations has deep and long-lasting negative effects on their psychological well-being. Violence is not limited to physical harm; it also seriously damages women's emotional state, self-awareness, and social activity. Psychological studies indicate a high risk of mental disorders among women exposed to violence. Living in an environment of constant pressure and fear leads to anxiety, depression, feelings of guilt, and emotional instability. Women feel continuously threatened and lose confidence in the future. This condition results in psychological exhaustion, sleep disturbances, and increased stress.

Women who experience violence show a decrease in self-esteem. Continuous humiliation, discrimination, and threats lead to a loss of confidence in their abilities, making it difficult for them to perceive themselves as valuable and independent individuals.

Under psychological pressure, women tend to withdraw from their social environment. They limit communication with relatives and friends, leading to social isolation. This creates conditions for violence to remain hidden and persist [8].

Violence weakens women's ability to make independent decisions. Due to fear and lack of confidence, they become passive in defending their rights, which limits opportunities to escape violent environments. Prolonged exposure to violence increases the risk of post-traumatic stress disorder, suicidal thoughts, and mental illnesses. It also negatively affects women's ability to fulfill their role as mothers, which in turn leads to psychological problems in children. Thus, violence has a multifaceted and deeply negative impact on women's psychological health. Addressing and mitigating its consequences requires the development of psychological assistance, rehabilitation, and social support systems.

Within the framework of the study, the socio-psychological aspects of pressure and violence against women in family relations were theoretically analyzed, and generalized conclusions were formulated. The analysis showed that social and psychological factors are interrelated in the emergence of domestic violence.

Based on the analysis of theoretical sources, the main factors leading to domestic violence were identified as patriarchal values, gender stereotypes, economic dependence, and a low level of interpersonal communication culture. In particular, an imbalance in the distribution of power and responsibility within the family was found to intensify violent situations.

Psychological analyses revealed that women exposed to violence commonly experience depressive states, anxiety, low self-esteem, and decreased social activity. This condition limits women's ability to make independent decisions and reduces their chances of escaping violent environments [9].

During the research, the effectiveness of preventive measures organized on the basis of a socio-psychological approach was analyzed. The results showed that psychological counseling, moral-educational activities, and initiatives aimed at developing constructive communication among family members contribute to reducing family conflicts [10].

Furthermore, the analysis demonstrated that strengthening social support systems for women and improving their legal and psychological awareness are important factors in

preventing violence. It was observed that when early preventive measures are applied, the risk of violence can be significantly reduced.

In general, the research findings confirm the necessity of a comprehensive socio-psychological approach to eliminating domestic violence. Sustainable results can be achieved only when legal mechanisms are integrated with psychological support and moral-educational efforts.

## CONCLUSION

Based on the results of the conducted research, the following conclusions and recommendations can be presented:

The study revealed that pressure and violence against women in family relations constitute a complex socio-psychological phenomenon. This problem arises as a result of the interaction of personal, social, cultural, and psychological factors and is characterized by deep and long-term negative effects on women's psychological well-being.

The research findings indicate that the main social causes of domestic violence include patriarchal values, gender stereotypes, economic dependence, and the insufficient development of social support systems. From a psychological perspective, the inability to manage aggression, low emotional literacy, and growing up in a violent environment during childhood increase the tendency toward violent behavior.

It was also found that women who are exposed to violence experience depression, anxiety, low self-esteem, social isolation, and weakened ability to make independent decisions. This situation negatively affects not only women's personal development but also the healthy family environment and child upbringing.

Based on the obtained results, the following recommendations can be proposed:

1. Psychological services aimed at preventing domestic violence should be systematically organized and made accessible to the general population.

2. It is advisable to regularly conduct educational programs and training sessions focused on improving women's psychological and legal literacy.

3. Introducing psychological preparation courses for young families before and after marriage can help prevent cases of violence at an early stage.

4. Preventive activities aimed at developing a healthy culture of communication in family relations should be strengthened with the participation of mahalla institutions and public organizations.

5. Combining socio-psychological approaches with legal measures in combating domestic violence ensures more effective outcomes.

In conclusion, protecting women from pressure and violence is an important socio-psychological issue that requires a comprehensive approach, and addressing it is a key condition for establishing healthy family relations in society.

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