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## **ISSUES OF PREVENTION OF CERTAIN CONFLICTS THAT OCCUR IN YOUNG FAMILIES**

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**ABSTRACT:** The prevention of conflicts in young families is a multifaceted challenge that requires a comprehensive understanding of the dynamics within these familial units. This abstract explores key issues surrounding conflict prevention in young families, highlighting the significance of effective communication, conflict resolution skills, and the role of external support systems. The study emphasizes the impact of socio-economic factors, cultural influences, and individual personality traits on the occurrence of conflicts in young families. Strategies for early intervention and education are proposed to equip couples with the necessary tools to navigate challenges and foster healthier relationships. By addressing these issues, stakeholders, including policymakers, educators, and mental health professionals, can contribute to the creation of a supportive environment that promotes the well-being of young families and mitigates the risk of conflicts.

**KEYWORDS:** Family, husband and wife, conflict, psychology, decision, dispute, justice.

### **INTRODUCTION**

The marital relationship, often considered the cornerstone of family life, is not immune to conflicts and disputes, even among couples who enter matrimony with the best of intentions. While many young individuals aspire to emulate the seemingly idyllic family dynamics they witnessed in their upbringing, the reality of marital life frequently introduces complexities that may lead to disagreements. Despite growing up in nurturing environments, where parents shield their children from the strains within their own relationships, young couples often find themselves grappling with unforeseen challenges in their marital journey. This paradox prompts an exploration into the root causes of conflicts between husbands and wives, questioning the possibility of achieving a conjugal existence devoid of strife. This inquiry delves into societal influences, individual expectations, and the portrayal of marital bliss in the media, aiming to understand the factors contributing to the intricate tapestry of marital conflicts within young families.

### **MAIN PART**

A dispute means a disagreement, a difference of opinion. When will the conflict come? When the thoughts and desires of two people do not match. There are other types of conflicts that occur without the participation of the husband or wife, that is, when they do not want to, as a result of external influences. In particular, the case of mother-in-law interference, which occurs in young families, can be an example of this. According to psychologists, negative feelings and conflicts

that have accumulated over time or arise by themselves can also be the basis for conflict. For many, it is surprisingly possible to resolve almost any misunderstanding or conflict in a peaceful way, without insults or crying out loud. The most important thing for this is to understand the psychological nature of the events that are happening and, instead, to want to avoid conflict. Only self-controlled, psychologically strong people can do this. Another important situation can be distinguished: if a conflict arises, then each participant of this unpleasant situation blames the other, but few people begin to understand themselves.

Any conflict observed in society, including young families, has its own cause. But we must not mistake the reason for an excuse, because anything, any small detail can serve as a reason for a conflict, but the real reasons may actually be less. The main causes of conflicts in young families can be divided into three groups.

First of all, a husband or wife in a young family wants to get some information, to know something, and they go to a conflict on the way to know this information. But before fighting for this information, it is necessary to think carefully whether they are really needed or not, whether it is necessary to go to a conflict for this information or not.

Second, conflicts are often focused on changing something, especially changing behavior. In a young family, the husband may not like some behavior of his wife, he may try to change it, and as a result, conflicts may arise, or vice versa.

Thirdly, disputes arising to determine the main ruler, leader, owner of the house. That is, it is necessary to show how strong the conflict that appears in this situation is. Young families can enter the struggle for leadership at the first stage of their lives. Sometimes women try to rule over men who are natural rulers. Among young families, it is possible to meet many conflicts of this type. In this case, it is necessary to think. If young family relationships are valuable to a person, he will not create an atmosphere of fear around him, because fear kills all other emotions.

Conflicts encountered in young families are divided into specific and non-specific types according to their content. Clear disputes are known by their own name, open disputes. An example of this is that the wife does not obey her husband, the husband does not keep his promise, etc. The solution to the problem is complex in its own right. Because there may be such problems, a husband in a young family may blame his wife for her femininity and as a result misunderstanding. In this case, it is appropriate for young family members to look for a solution to the problem, to think out of nowhere without getting nervous, and to consult with each other.

Analyzing the above-mentioned problematic situations and possible conflicts, it is possible to propose the following ways of conflict resolution:

- first of all, there should be a clear leader in the young family, to identify him;
- putting the problem leading to the conflict across and solving it "around the table";
- knowing how to remain silent when a conflict cannot be resolved by discussion;
- in any case, work on the principle of not regretting today's words tomorrow, etc.

Although psychologists consider it normal to have conflicts in young families, it is necessary to try to avoid such situations as much as possible, to solve the problem in easy ways. In our country, high attention is paid to young families at the state level and at the neighborhood level. In case of

conflicts in young families, material, moral and social support is provided to them. Measures against family separation have also been developed in our state court system. In particular, giving a trial period to families who want to divorce, the possibility of quick divorce, etc.

The improvement of the state policy on youth is mentioned as the objective No. 70 of the Decree No. PF-60 of the President of the Republic of Uzbekistan dated January 28, 2022 "On the Development Strategy of New Uzbekistan for 2022-2026". [1] Within the framework of the decree, it was established to implement a system of comprehensive measures to support young families from a moral and material point of view, to create suitable housing and social and economic conditions for them.

Of course, state support of young families is considered a great humanitarian aid for them. In a homeless family, of course, there is a high probability of misunderstandings, difficulties, and conflicts related to this. The Decree signed by the President is commendable for eliminating these problems and achieving the highest goal of ensuring peace and well-being in young families and preventing mutual conflicts.

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