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## **PSYCHOLOGICAL CONFLICTS IN YOUNG FAMILIES**

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Annotation: It is known that conflict is a component of interpersonal communication. They are inevitable in any relationship. There are many definitions of the concepts of conflict. In order to give an accurate and specific definition, it is worth considering the theories of well-known researchers and psychologists. It is also necessary to define the concept of a young family.

Keywords: family, conflict, family conflict, relationships

A.G. Zdravomyslov argues that conflict is a form of relations between potential or actual subjects of social action, whose motivation is due to opposing values and norms, interests and needs. Expanding the concept of conflict, we can say that this is a phenomenon inherent in a human being, which manifests itself through social action between potential or actual subjects. V.G.Yurchuk gives the following definition of conflict - confrontation or collision of indexically opposite goals, interests, motives, positions, opinions, plans, criteria or concepts of opposing subjects in the process of communication. K. Marx defines conflict as a “gross contradiction”, as a “physical clash of people”.

According to Solovyov's definition, the family is a small social group of society, the most important form of organization of personal life, based on marital union and family ties, i.e. the relationship between husband and wife, parents and children, brothers and sisters, other relatives living together and leading a common household. The concepts of "family" and "marriage" are related to the concept of a young family. Kharchev reveals the concept of marriage as a historically changing form of relations between a man and a woman, through which society regulates

and sanctions their sexual life and establishes their marital and kinship rights and obligations. Yu.I. Semenov believes that marriage is a certain social organization of relations between the sexes, it presupposes the existence of certain rights and obligations between the parties related to it. A.I. Antonov interprets the family in a slightly different way: it is a community of people based on intimate family-wide activity, connected by the bonds of matrimony-parenthood-kinship and thereby carrying out the reproduction of the population and the continuity of family generations, as well as the socialization of children and the maintenance of the existence of family members. That is, here we are talking about the family as a trinity: matrimony-parenthood-kinship, A.I. Antonov calls the other types of family "family groups".

The family is a system of connections, interactions and relationships of individuals performing the functions of reproduction of the human race on the basis of certain values and norms subject to social control through a system of positive and negative sanctions. A family conflict is a clash of opposing desires and needs, interests, goals, positions, opinions or views of spouses, other members of family interaction.

In order to find ways to resolve conflicts in young families, it is necessary to analyze the causes of conflict situations.

- A. Kharchev and V. Matskovsky among the main causes of family conflicts and divorces in young families include the installation of marriage as something easy. This attitude manifests itself in the following four factors:- the unpreparedness of young people for a drastic change in lifestyle;- complexity of relations between generations;- hedonistic attitude to marriage (when only pleasant surprises are expected from it);- lack of preparation for the performance of the entire set of functions necessary in the family. Researchers identify the main causes of marital conflicts in young families: violation of the ethics of marital relations (infidelity, jealousy)• biological incompatibility, improper relationship of the

spouses (one of them) with the people around them – relatives, acquaintances, colleagues, etc., incompatibility of interests and needs, the presence of personal shortcomings or negative qualities in one, and sometimes both spouses, the egoism of the spouses. In the event of a dispute, each of the spouses can confirm the ownership of the premarital property, referring to witness statements, presenting receipts, checks, and other documents. A woman's work at work and at home causes huge overloads that not every woman can withstand. Financial insecurity and the husband's unwillingness to help around the house are added to the overloads. In these conditions, women break down, and a conflict occurs. Only the joint participation of husband and wife in household management can ensure the well-being of the family. According to Yu . Rurikova, "three ignorance" are common in everyday life: psychological illiteracy of spouses; sexual ignorance; pedagogical illiteracy. They are at the heart of family conflicts. Each of them gives rise to many reasons for discord. Some reasons are directly related to spouses; others arise in intra-family relationships; others are caused by external factors. Discrepancies in the distribution of economic roles are also not uncommon, but they are not an independent cause of conflicts; as a rule, this is just a facade behind which more serious disagreements about the structure of the family and its values are hidden. The mismatch of value hierarchies between spouses is a very important problem of a young family; the ability to resolve conflicts is also of great importance for it. Every day, the spouses face problems that require immediate resolution: where to go, how to spend their free time, how and for what, spend money, whom to invite to visit, etc. — in which the value systems of the spouses collide.

- B. Conflict resolution is the process of finding a mutually acceptable solution to a problem of personal importance to the participants.

Of course, any family conflicts should be resolved peacefully and mutually on both sides of the spouses. The spouses must understand for themselves that they need to extinguish the conflict and come to a common correct solution. It is necessary to draw up certain rules that will help reduce the degree of conflicts in a young family.

1. a remark to the spouse should be made in private and find out the reasons for his behavior in order to eliminate the misunderstanding.
  2. family members should strive to understand each other's position, not reject it immediately and sharply, give the person the opportunity to speak out to the end. The ability to patiently listen to another person, whether an adult or a child, determines the culture of communication in the family, which develops during the whole life of the family
  3. the spouse must admit his mistake quickly and decisively, ahead of possible criticism and unflattering statements.
- C. 4. the conversation should be conducted in a friendly tone, but firm and calm. This means that you need to restrain your emotions, watch your speech, that is, be able to control yourself.
- D. 5. From the very first days of family life to understand, comprehend and master the roles of wife and husband. In some ways, you need to limit yourself, give up something familiar, do something not very pleasant, etc.
- E. 6. Wait until the spontaneous outburst subsides, do not respond in kind. Restrain yourself, try to solve the problems that have arisen rationally, not emotionally.
- F. 7. Find out what you agree on and what you disagree on, and which of these is most significant for each of you. Be able to compromise. Respect other people's values. Make positive assumptions about mutual correction.
8. Formulate the problem clearly and repeat the arguments of the

other in your own words. Try to understand the partner's point of view.

- G. The elimination of family conflict should begin with the clarification and awareness of the cause and possible consequences of the collision. Knowing the characters of each other and their family members, spouses should show respect for each participant in the conflict, as well as tolerance for the position or point of view held by the opponent. To resolve the conflict, a favorable atmosphere in the family is important. Kindness and understanding are very important for resolving conflicts on the part of both spouses.

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