



General Features Of The System Of Interpersonal Relationships In The Family.

Shomurodova Mohichehra Jahongirovna

Shahrisabz State Pedagogical Institute, Faculty of Pedagogy

3rd year student of the Primary Education Department:

Scientific supervisor **Oymatova Dilorom Ro'zimurotovna**

Abstract: This article examines the general characteristics of the system of interpersonal relationships in the family. The relationships between individuals within the family – parents, children, siblings and other relatives – are analyzed from a psychological and social perspective. Factors such as trust, respect, affection, responsibility, cooperation and communication play an important role in this system. It is also emphasized that a healthy family environment is of great importance in the process of personal development and social adaptation. The topic also covers roles in the family, their functions and mechanisms for managing conflicts.

Keywords: family, interpersonal relationships, social system, communication, trust, respect, roles, responsibility, conflicts, psychological environment, cooperation, love.

Introduction. The family is the most important social structure of humanity, which has a great influence on the development, spiritual and social well-being of individuals through interpersonal relationships and psychological connections. The family system includes the internal and external relations of the family, the interactions between family members and their changes. At the same time, the family reflects not only the place of personal relationships, but also general structural changes in society. Family system psychology studies the psychological mechanisms of family relationships, family problems and conflicts, interpersonal relationships and their impact. Interpersonal relationships are important in shaping the strength of the family, the psychological well-being of its members and their mutual relations.

Main part. Improving the quality of family relationships, developing mutual respect and understanding, and effectively resolving conflicts increase the psychological and social well-being of the family. This process occurs as a



result of the combination of socio-psychological factors within the family. The family system, as part of a system of interpersonal relationships, embodies psychological, social, and emotional ties. The family is the main unit of society, in which the initial socialization of the individual, the assimilation of moral values, and the formation of personal characteristics take place.

If the family is based on well-being, a healthy environment and love, this has a positive effect on the development of the individual. Interpersonal relationships are a process of communication, exchange of feelings, mutual understanding and support between family members. If they are positive, love, trust and cooperation between family members increase. As a social system, the family has its own system of roles and functions. Each member (father, mother, child) performs his social role, which ensures family stability. Communication is the basis of all relationships in the family. Open and sincere communication helps to prevent problems and eliminate misunderstandings. Trust is the main element ensuring the stability of family ties. Trust between parents and children contributes to the healthy development of the family.

Respect is a fundamental value necessary for healthy relationships between family members. It is important to treat everyone's thoughts, feelings, and personal boundaries with respect. Roles – each family member has their own duties and responsibilities. For example, a father is a protector and provider, a mother is a nurturer and organizer of household chores, and a child is a learner and helper. Each member of the family has a role assigned to him or her. Family roles – parent, child, spouse, sibling, etc. – shape relationships and form the internal system of the family. Each of these roles has its own psychological function.

Results and discussion: Roles between family members require mutual flexibility and understanding. Such roles are updated in accordance with changing needs and circumstances. This process is shown as the social and psychological adaptation of the family. For example, during adolescence, a child's attitude towards his parents may change. During this period, it is important to maintain communication and respect between family roles. Responsibility - being responsible in fulfilling tasks between family members serves to strengthen relationships. Each member who knows his role contributes to family stability. Conflicts - conflicts can arise in the family for various reasons. It is important that how they are managed and resolved should be focused on solutions, not problems. The psychological environment is the



internal state of mind of the family. A positive psychological environment is formed in a family where peace, love, understanding and support are the priorities. Cooperation is the mutual assistance of family members in everyday life, joint action in making decisions and achieving goals, equal distribution of tasks, joint decision-making and respect for each other's opinions. Benefits of cooperation:

- Family stress is reduced and children grow up in a loving environment;
- Family members trust each other;
- A sense of community and unity is formed in all members, etc.

Love is the main source of inner warmth and personal closeness in the family, and this factor is of incomparable importance in creating mutual understanding, tolerance and a positive atmosphere.

There has been much research on how young people's sense of purpose, happiness, and resilience are related. Many studies have shown that a strong sense of purpose in life is associated with being happier with their lives and feeling more resilient. For example, Opostolu et al., (2024) found that individuals who perceive their lives as meaningful report higher levels of life satisfaction and mental health outcomes. Similarly, research by Jaspal. (2024) suggests that meaning in life is a protective factor against stress.

Conclusion. Family is the most important place of upbringing in a person's life, a source of love and attention. Interpersonal relationships in the family have a great impact on the mental state, worldview, and place of each member in society. These relationships are formed on the basis of mutual trust, respect, communication, cooperation, and love. If family members value each other, listen to each other's opinions, and share responsibilities, that family will be strong, harmonious, and happy. Also, when children grow up in such a positive environment, they will be formed into well-rounded and mature individuals in the future. Therefore, every person should strive to create healthy interpersonal relationships in their family, and develop an environment based on love, patience, and understanding.

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