

PSYCHOLOGICAL RELATIONS BETWEEN FAMILY MEMBERS

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ABSTRACT

This article discusses several types of family relationships which have a significant impact on the psychological development of family members.

Keywords: *relationship, individual, social, siblings, well-being, rivalry, emotional changes, favoritism, personality,*

АННОТАЦИЯ

В данной статье рассматриваются несколько видов семейных отношений, оказывающих существенное влияние на психологическое развитие членов семьи.

Ключевые слова: *отношения, индивидуальные, социальные, сиблинги, благополучие, соперничество, эмоциональные изменения, фаворитизм, личность,*

INTRODUCTION

It is obvious that, family relationships play a crucial role in shaping an individual's well-being during their life. Family relationships can become even more important to well-being as individuals age, needs for caregiving increase, and social ties in other domains such as the workplace become less central in their lives. Family connections can also provide a greater sense of meaning and purpose as well as social and tangible resources that benefit well-being. Family members are linked in crucial ways through each stage of life, and these relationships are an important source of social connection and social influence for individuals throughout their lives. The quality of family relationships, including social support such as providing love, advice, care and strain like arguments, being critical, making too many demands, can influence well-being through psychosocial, behavioral, and physiological pathways. Moreover, a family is the central part of individual's life because their mental growth, well-being, and stability all depend on their family. If children are brought up in a healthy family, they will be able to form better bonds outside their home. Strong relationships teach children how to build trust in others as family members share both good and bad times together. Family relationships can also provide resources that can help an individual cope with stress, engage in healthier behaviors, and enhance self-esteem, leading to higher well-being. In healthy family relationships, people can trust

and rely on each other for support, love, affection and warmth. In such kind of families, family members feel safe and connected to one another. Sometimes these relationships involve conflict that can occur between adults, children and young people, which is a normal part of family life.

DISCUSSION AND RESULTS

Furthermore, close family relationships afford a person better health and well-being, as well as lower rates of depression and disease throughout a lifetime. Yet in many families, getting along isn't a given. The interaction between the members is at the core of these complicated dynamics. They may joke about the stereotypical sources of disharmony but factors like environment and sibling rivalries do emerge when it comes considering the viability and stability of family networks.

In terms of the relationship between siblings in family, the presence of siblings in the home affects a child's development, and it does not have to do with birth order. Having a sibling, for example, affects a child's social skills, and a child with a sister or brother can often be more agreeable and sympathetic. Some researches show that having a sibling in adulthood helps alleviate depression and anxiety. In that case people are altogether happier when they have positive sibling relationships.

On the other hand, when a new baby arrives, it is important to set aside time with the older child or children; every child needs such one-on-one time. Parents should encourage older children to talk about their feelings and conflicts and assure them that they can have these feelings and still be a wonderful older sibling. Additionally, sibling relationships work best when each member appreciates the similarities between them, and they also respectfully note their differences. If they do experience discord, it is eventually resolved, as opposed to a wound that is maintained as part of the family narrative. Having a shared history can give siblings a connection that helps them navigate life, and it is a bonus when they enjoy each other's company.

Many researches have been proposed about the influence of siblings, and stereotypes are aplenty. The firstborn child is supposedly more conscientious and successful; the middle child is presumably excluded and embittered; the youngest is expected to be more social and persuasive. However, these characteristics don't seem to hold up in research. Various studies have found that birth order has no bearing on a person's predisposition. But some researchers with the help of a number of studies found no association of birth order on personality. The firstborn child is not necessarily the achiever, the middle born is not necessarily the peacemaker, and the

last born is not necessarily the manipulator. Moreover, there's evidence that firstborns have slightly higher IQs than their younger siblings. Some researchers attribute this to parental age at the time of birth, while others contend that firstborns received more resources and attention from parents during important developmental stages. In addition to these findings, there is no consistent evidence that firstborns, middle children, or last-born children reliably carry any particular traits whatsoever. However, according to some researches, children born first tend to do better in school throughout childhood. This does not mean that they outshine their siblings in all realms throughout life. But because firstborn children get more attention from parents, they may be more motivated to fulfill parents' expectations and therefore become more responsible.

Furthermore, in family relationships, oftentimes parents do favor first- and last-born children over middle children. This happens in part because middle children will not likely be the only child living at home – at some point first-borns and last-born children can be able to have their parents all to themselves. Overall, first-borns get the most privileges and last-born ones receive the most affection from parents. Sometimes, younger siblings may want to find a place of their own within the family, and may therefore be less conforming to what their parents want. The youngest child may also feel less capable and experienced, and may be more pampered by family members. As a result, the youngest may develop social skills that can be able to get other people to do things for them, thus contributing to their image as charming and popular.

At times discord between siblings is normal. The notion of the cheery harmonious family that never fights is a misnomer. Conflict can come in many forms, 85 percent of siblings are verbally aggressive, 74 percent push and shove, and 40 percent are physically aggressive, which can include kicking, punching, and biting. Among adult siblings, studies show that roughly half speak to or see one another about once a month; the other half communicate less frequently or not at all, and they are more likely to engage in competition and rivalry.

The culture idealizes the potential of loving sibling relationships – but the reality often falls short. In fact, before children are a year old, they begin to exhibit a sophisticated social understanding. They are sensitive to differences in their parents' affection, warmth, pride, attention, and discipline. They are attuned to the emotional exchanges going on around them. They are quick to pick up differential treatment by parents. They are attuned to whether the treatment they or their siblings get is fair or unfair. But rivalry may start as early as age 3. At this age, children have a

sophisticated grasp of how to use social rules. They can evaluate themselves in relation to their siblings and possess the developmental skills necessary to adapt to frustrating circumstances and relationships in the family. They may even have the drive to adapt and get along with a sibling whose goals and interests may be different from their own. For most parents, sibling conflict is just an additional and unnecessary source of family stress. Yet, fighting is not a sign of siblings not getting along. It is *how* they get along, using conflict to test their power, establish differences, and vent emotions. It's how they manage their love-hate relationship, each side of which is compelling in its own way. In healthy sibling rivalries, children can be both good companions and good opponents with each other. In unhealthy rivalries, there is only enmity.

Researches indicate that a large proportion of parents consistently favor one child over another. This favoritism can manifest in different ways: more time spent with one child, more affection given, more privileges, less discipline, or, the worst scenarios, less abuse. Some favoritism is fair, the arrival of a newborn or caring for an ill or disabled sibling. Some favoritism is unfair, in patriarchal cultures, parents simply favor boys over girls, for example.

Favoritism is a common reason for sibling resentment. A child who feels unfavored will direct his anger toward his sibling, not to the parent showing favoritism. Hence, a child's personality and behavior can affect how parents treat them. Parents behave more affectionately toward children who are pleasant and affectionate, and they direct more discipline toward children who act out or engage in unruly or deviant behavior. Because girls tend to be warmer and less aggressive than boys, parents are more likely to favor daughters over sons, though this is not the case in patriarchal cultures. Admittedly, favoritism is also more likely when parents are under stress; this can include everything from marital problems to financial difficulties. Parents may be unable to inhibit their true feelings or monitor their behavior to be sure they are being fair to all children. Some researchers argue that when emotional or material resources are limited, parents will favor children who have the most potential to thrive and reproduce. That is why, children who are consistently held in disfavor are more depressed, more aggressive, suffer lower self-esteem, and don't necessarily reach their academic potential. Favored children also suffer, the unfair treatment poisons everyone. The unfavored sibling ends up resenting the favored one, sometimes well into adulthood.

All relationships and families go through difficult times and experiencing occasional problems and conflict in personal relationships is normal. However,

sometimes these problems can become overwhelming. Signs of family and relationship problems include frequent arguing, disagreements, breakdown in communication, angry outbursts, avoidance and physical conflict. Family and relationship problems can be triggered by differences in opinion, personalities, beliefs, values or goals for the future. In these cases, if there may be times when family members are not able to solve their family and relationship problems alone and they may need some external help. There are many types of assistance available, including family or relationship counselling, mediation and courses and workshops in communication, parenting, problem-solving and positive coping skills.

CONCLUSION

Family problems come in all shapes and sizes, impacting family dynamics and shaping family relationships. The ways that family members cope with and solve issues provide a framework for family dynamics and set the tone for family life. People in supportive, loving relationships help each other practically as well as emotionally. Supportive partners share the good times and help each other through the tough ones. They are also more likely to feel healthier, happier and satisfied with their lives and less likely to have mental or physical health problems.

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