

EVOLUTIONARY PROCESSES OF THE FAMILY SYSTEM

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Abstract:

This article analyzes the evolutionary processes of the family system: family myth, family history, concepts of the family life cycle.

Also, the article covers the basis of family life: family norms and rules, family values, family traditions and rituals.

Key words: family, family myth, family history, family life period, family norms and rules, family values, family traditions and rituals.

INTRODUCTION

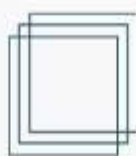
At the time when the family is being built as a social group, it is a place for two people that should last for generations. Positive or negative situations arise on the ground of all relationships in the family, that is, due to the influence of one of the family members on another person, a person can be perfectly formed and reach the level of a perfect human being, or he can be brought up as a person with a difficult upbringing and bad behavior.

In family psychology, the following concepts are used as evolutionary processes of the family system: family legend, family history, family life period [4].

MAIN PART

Family history is a concept that refers to the historical context of the family and represents the chronology of important events in the life of the family over several generations. E.G. Eidemiller (1993) introduces the concept of "theme" into the use of family history, by which he refers to a problem that carries a specific emotional load, around which a recurring conflict arises in the family from time to time [7].

The subject determines how life events are organized and is manifested externally in stereotypes of behavior that are passed from generation to generation [4]. The study of the shifting phenomenon of behavioral stereotypes was initiated by M. Bowen, who discovered the accumulation and transmission of dysfunctional forms in the family from generation to generation, which can cause individual difficulties for family members. These observations were developed and recorded in his transmission concept.



A family myth is a multifunctional family phenomenon that is formed at the macrosystem level and manifests itself at the microsystem level in the form of a set of perceptions of certain family members about it. Terms such as "family image", "our image", "faith", "belief", "common assumptions", "simple family psychology" are used to define this concept. The function of the family legend is to hide from the mind (consciousness) the rejected information about the whole family and its members. Therefore, the family legend can be considered as a kind of psychological protection mechanism that serves as a protection and helps to maintain the integrity of the family system [6].

The negative impact of family legends is reflected in the hardening of the family; they prevent its normative changes related to the dynamics of the family life cycle. That is, the family's myth of uniqueness and selectivity may play the role of a compensatory strategy in the first generation, which is made possible by the desire for self-advancement, as a reaction to past problems, and by the implementation of a strong but realistic achievement motivation. However, this myth, which becomes a central family value without reality in the next generations ("We must always and everywhere be the best"), can lead to severe narcissistic diseases of the family member(s) and complete ineffectiveness of their actions [4].

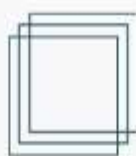
A family parable is an interpretation of individual events that distorts the real facts of family history, allowing to preserve the myth of family well-being [4]. The family legend acts as a protection. It can be related to the micro, macrosystemic or individual level of psychological functioning of the family. Unlike the family myth, the family myth is perceived as a lie, a distortion of information (for example, a myth of marital fidelity with infidelity, a myth of the natural death of a suicide bomber, etc.). Over time, a family parable (tale) can become part of a family legend.

Family history is conditioned by forms of interaction repeated from generation to generation - it is a family scenario [4].

The concept of "family scenario" comes from the ideas of M. Bowen's theory of transmission.

The next concept that expresses the evolutionary processes in the family is the "family life cycle", which is the sequence of stages that any average family goes through in its development.

The concept of the family life cycle is important in determining the strategy of working with the family. for example, during the stage of children's growth - the stage of "empty nest" - therapeutic practice is structured according to the need to pass through separation: parents need to give new meaning to their lives and loosen control by giving more responsibility to their children, which in turn allows the latter to have more autonomy. gives [4].



The content basis of family life is represented by the following concepts: family norms and rules, family values, family traditions and rituals [5]. E. G. Eidemiller calls them family stabilizers [7].

Family norms and rules are the basis and set of requirements for family life. They can relate to both the daily routine and the possibility of open expression of emotions. The absence of rules and norms creates chaos in the family system, and also poses a serious threat to the mental health of family members [4].

Many children and adolescents with difficult upbringing grow up in families characterized by disorder [4]. Uncertainty of rules and norms, their non-transmission causes increased panic among family members and can lead to stress and hinder the development of the whole family system and its individual members. Rules guide family members to reality and provide stability to the whole family, as everyone knows their rights and responsibilities. Often the lack of rules turns out to be the main source of discontent and conflict. The most common example is when a mother complains that her children and husband do not support her enough and refuse to comply with her requests. Such families do not always have clear rules that are accepted by all family members and regulate their responsibilities.

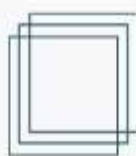
The expression of family demands and expectations can be very destructive if they (especially when put forward by parents) are resistive and not mutually agreed upon. This makes their integration impossible, which leads to internal conflicts and contradictions in the development of the child's personality. Parents handing their unfulfilled plans to children in the form of self-imposed life goals can be an obstacle to satisfying the child's desires and needs, and eventually lead to depression [4].

Family values are related to the spirituality and moral image of the family and serve to ensure their spiritual-moral, intellectual, physical, legal, and religious perfection, and to strengthen the ties between the family and relatives.

A concept that expresses the system of traditions, customs, ceremonies, and traditions that are regularly practiced in the family, in the course of the marriage of parents, children, and at the same time, in the relations between them, settled in their family life.

By family values, we mean a certain family dynasty, i.e., the moral behavior of related families, the behavior of humane qualities between them, expressing their mutual cultural relations regarding the use of national customs, ceremonies and traditions in marriage, the upbringing of all family members, including children and adolescents. and forms that gain positive significance in maturity are understood [3].

Traditions and rituals: Tradition is a material and spiritual value that preserves one or another element of cultural experience, is passed on to the next generation, is inherited from the past to the future, is manifested in various spheres of social life, and serves to connect the historical-genetic (generational) continuity of social processes. Tradition is the order and rules accepted by many, which have been passed down from our ancestors for a long time and have reached us.



Psychologists and sociologists distinguish the function of social integration of tradition. In particular, E. Durkheim focuses on social solidarity (like-mindedness, using and supporting each other's thoughts and actions) and considers tradition as a factor that unites people.

A ceremony is a gathering ceremony held in connection with religious or traditional customs [3]. In today's society, ritual is mainly manifested in the life of household, political and social systems. Rituals and traditions have a strong psychological and emotional impact, and with their help, customs and traditions are directly revealed.

CONCLUSION

The formation of family relations over the centuries and their standardization is a characteristic of development.

Family relationships are a simple type of interaction, the most important requirement of family life, the most powerful factor affecting health. In family psychology, the evolutionary processes of the family system are explained by the concepts of family legend, family history, family life period, and the basis of content is family norms and rules, family values, family traditions and rituals. Therefore, the lack of understanding and competence in the family life system can have negative consequences. The family is a part of the life of the society and plays an important role in the development and formation of the society.

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