

ISRG Journal of Arts, Humanities and Social Sciences (ISRGJAHSS)



ISRG PUBLISHERS

Abbreviated Key Title: ISRG J Arts Humanit Soc Sci

ISSN: 2583-7672 (Online)

Journal homepage: <https://isrgpublishers.com/isrgjahss>

Volume – II Issue-IV (July – August) 2024

Frequency: Bimonthly



Family as a closed social system belonging to the high-risk conflict zone

N.Z. Chalabiev

Azerbaijan State Pedagogical University, Shaki branch. <https://orcid.org/0000-0002-0684-8876>

| **Received:** 22.06.2024 | **Accepted:** 28.06.2024 | **Published:** 02.07.2024

***Corresponding author:** N.Z. Chalabiev

Azerbaijan State Pedagogical University, Shaki branch. <https://orcid.org/0000-0002-0684-8876>

Abstract

The family is a closed social group, a socialization institution, a form of social unity of people, and is one of the most important social systems of society. During the social evolution of society, the family developed as a system, its numerous types appeared, its structure and functions improved.

The family, which is an important institution in human life, plays an important role in human life as a social system based on coexistence and cooperation, blood kinship. The family is a place where human dreams come true, a place that brings happiness, the hearth of happiness, but it is also a high-risk conflict zone where mental traumas occur. Young people from families with different social status and lifestyles make their dreams come true by starting a family. In addition, open or hidden conflicts in the family for various reasons affect the psychological and somatic health of family members, create psychological trauma, break marriage bonds, and cause family disintegration.

The article analyzes the factors that cause the disruption of family relations, the disruption of functionality in family life against the background of conflictual interaction, as well as the severe consequences that they cause.

Keywords: family, social system, conflict zone, intra-family relations, family crisis, family issues, mental trauma

Introduction

In modern times, the development of family institutions, structural and functional breakthroughs in the family system, the transformation of traditional principles into new models of interaction in family relations has updated the research related to family problems. The history of the emergence of the monogamous family as a turning point in the development of human society, the

initial social structure of society and a great social discovery goes back 4 thousand years.

Like all other social systems, family can maintain its integrity only if the energy of interaction between its elements (members) is higher than the energy of external factors aimed at destroying it. American scientist D.D.Jackson, who first analyzed the family as a social system, noted that "the family is a system governed by

rules." According to American psychologist Sandy Christian, "A family is a group of shared beliefs, values, and rules that aim to develop each other (love, support, loyalty, etc.) and meet basic needs (food, clothing, shelter, etc.) over years and decades. is a small social system based on an ongoing relationship, commitment, or relationship". [17, p. 6]

The family system is characterized by features such as psychological integrity, repetitive images of mutual relations, current and prospective plans regulated by family rules, and subjective judgments based on personal logic without depending on external circumstances. Family relations are not only a complex system of interpersonal relations with a multifaceted hierarchical structure, but also a high-risk conflict zone. Although intra-family relationships are divided into two main groups - husband-wife and consanguineous relationships, here parents and children, as well as intergenerational relationships and conflicts arising from them, are considered the most widespread types of conflicts.

Theoretical study

The social life of an individual is based on the coexistence and cooperation formed within the social system called "society" and is formed on the platform of superior civilization and values in each society. Social life is determined by the social relationships that an individual joins in order to maintain his existence, to realize his needs, interests and desires. The contradictions and tensions arising on the basis of these relationships lead to conflicts and social maladaptation, to negative psycho-emotional changes manifested in the psychological state of people in the form of stress, depression, neurosis and neurasthenia, and to post-traumatic experiences. "Psychotraumatic experiences mean experiences that have a strong impact on the personality, are distinguished by their sharpness, long-term nature and frequent repetition" [14, p. 81] Since the problem of conflict is one of the most urgent problems in modern family psychology, it is studied in three main aspects: husband-wife, child-parent and intergenerational in the family. In this field, K.Vataker, V.Satir, K.Rogers, G.G.Golubev, T.V.Andreyeva, N.L.Kruchinskaya, V.A.Morozova, E.V.Alfeyeva, I.G.Doroshina, V.P.Levkovic, E.V. Zmanovskaya, I.A.Vasilyeva, S.M.Yemelyanov, M.V.Volovina, A.Ross, V.P.Sheynov, N.N.Grebennikov, A.V.Loseva, N.V. Krishina, S.G.Suman, S.V.Kovalyov and others conducted systematic research.

Globally expanding and deepening sociodynamic processes in the modern world have led to the acceleration of social transformations, created new types of value-motivational structures, and caused an increase in negative and destructive behaviors in the structure of the family and the nature of intra-family relations. Among them, intra-family conflicts, distinguished by their special sharpness, often accompanied by various types of violence and eventually divorces, occupy a leading place. According to V.P. Sheynov's research, during a survey conducted among more than 300 married men and women, they were asked "Is it possible to avoid family conflicts?" and 77% of men and 60% of women said that it was impossible. [15, p. 511]

Intra-family conflicts are one of the main risk factors that lead to family crises and marriage failure. That is why the family can be called a "source of mental trauma" and a "high-risk conflict zone", in addition to positive characteristics such as a "place of happiness", "a place where dreams and desires are realized". The famous psychologist-conflictologist N.V. Krishina interprets the signs of conflicts as follows. "Regardless of the character, specific

content and type of any conflict, it expresses the moment of collision and confrontation. Armed conflicts between neighboring states, quarrels in the family, service conflicts, protests in the enterprise, etc. in each of them there is a clash of irreconcilable opposing interests and interests, positions and trends" [9, p. 16]

The 18 th century Dutch philosopher Baruch Spinoza (1632-1677) wrote: "People are more greedy for revenge, and everyone wants others to live as he wants, to like what he likes, to reject what he rejects." As a result of all this, everyone wants to be first. That's why they clash with each other and try to overcome as many opponents as possible. "The winner here is prouder of the damage he caused to others than the profit he made." [4, p. 75] Through the fulfillment of social functions, the family creates an opportunity to provide all the vital needs of a person. The completeness of the family system depends on the nature of the mutual relations of its members. First of all, it depends on the couple's perception of the family as an ongoing partnership process and the level of fulfillment of their role obligations. Political, socio-economic and cultural-ideological changes have a positive or negative impact on the family's needs, functions, traditions, norms and values, and lifestyle. According to Russian psychologist T.V.Andreyeva, "Relationships in conflicted families have a negative impact on the mental state and health of the spouses. According to the results of research by American doctors, women who have a complicated and incomprehensible relationship with their husbands are more likely to get infections, and the death rate from pneumonia among them is 6 times higher than that of other women. Compared to women with normal families, they consult a doctor 30% more often. [7, p. 125]

Since the family is a subsystem of the whole system called society, it is affected by the political, social, economic and moral changes taking place here, it either adapts to these influences, or falls apart if it cannot adapt. In modern psychology, two main types of family are distinguished: functional and dysfunctional. There are 4 main types of dysfunctional family: crisis family, conflict family, neurotic family and problem family. Those types of dysfunctional families are considered high-risk conflict families. The family differs from other social systems, associations, groups and institutions in terms of coexistence, the type of personal-intimate relationship within the family, and household unity. Although the family is a subsystem of society, it is a small system with a structure that has autonomous (to a certain extent) powers. It is in this sense that the family is considered the main basis and core of society. Family is not only a value for society, but also a value that creates value. Social relations in social life have a special social and psychological content in the family. Thanks to the organic unity and interaction of society and the family, the family becomes a social entity, the carrier element of social and individual consciousness. "In the Western world, women's pursuit of equality with men has led them to lose feminine characteristics and gain masculine characteristics, which has led to a sharp decrease in the energy of interaction between the sexes. As a result, the birth rate has decreased, creative potential has weakened." [12, p. 53].

Family conflicts cause an unfavorable psychological environment, psychotraumatic experiences for spouses, children and elderly family members, resulting in mental disorders, even psychosomatic diseases, and personal disharmony. Speaking about the negative effects of family conflicts on children's mental development, Sh.H.Alizadeh writes: "In a family growing up and developing in the waves of conflict, these moments, to put it mildly, remain forever as black dots in the children's biography. If we evaluate the

event without controversy, it has a negative effect on their development, formation, socialization, even in many cases, the

problem of retardation in children's mental development becomes relevant. [3, p. 7]

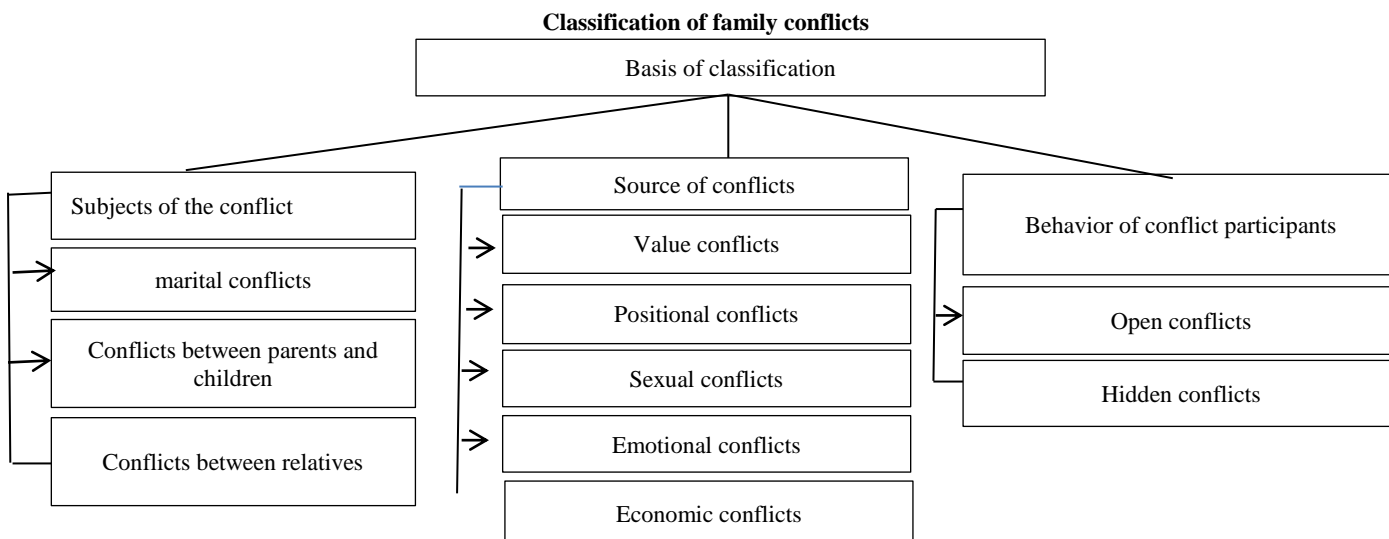


Figure 1. Classification of family conflicts according to S.M. Yemelyanov

The experience of communication based on threats, insults and violence formed in a conflicted family environment spoils the feelings of love, kinship and respect, causes dissatisfaction with family life, disappointment, family phobia and clinical pathologies. I.V. Grebennikov, one of the well-known researchers of problems related to family psychology, believes that "family conflict is a serious disagreement arising from the incompatibility of views, interests and needs of family members and its consequences." [8, p. 76]

In the general scheme of the conflict, its development dynamics goes through the following 5 stages:

- Pre-conflict phase;
- Open conflict;
- Escalation phase;
- Final phase;
- Post-conflict phase.

N.L.Kyrinskaya, A.I.Podalsky and I.N.Pogozhin put forward the classification of family conflicts based on the following signs:

- Between subjects (spouses; their parents; parents and children; grandparents and grandchildren);
- According to the content. Regarding inconsistencies and disagreements in the approach to household management between husband and wife; about the feelings and relationships of family members; regarding the intervention of relatives, grandparents in the family life of spouses and grandchildren;
- According to the field of manifestation. Family conflicts can arise on the basis of problems related to economic, property, interpersonal relations and other areas.

Like many other types of conflicts, family conflicts are an event conditioned by the individual characteristics of people's psyche, usually leading to acute emotional excitement, affective and aggressive (verbal, physical) behavior depending on the nature and level of the conflict situation, and in many cases lead to serious consequences. Spouse conflicts seriously damage the nature of family existence, cause a number of negative consequences for

society in addition to the family itself, damage the reputation of the family as a social institution, weaken its social functions, lead to divorces and an increase in the number of incomplete families. American scientist Dale Carnegie wrote: "You cannot win an argument. Avoid an argument like you would avoid a snake or a rabid dog. The only way to get the best result in an argument is to avoid it." [1, p. 108-114]

A.V.Loseva's research has shown that the serious consequences of family conflicts are mainly divorce and infidelity. He associates the causes of male infidelity with a woman's pregnancy, the new birth of a child, conflicts in the family, misunderstandings between husband and wife, and the causes of female infidelity with general dissatisfaction with marriage. [7, p.76] Since husband-wife relationship is not a kinship relationship, it is based on free choice, approval and love, from the point of view of society, the fulfillment of the function of husband and wife is regulated by social control over birth and sexual behavior. Among family conflicts, the most widespread conflicts are husband-wife, daughter-in-law and intergenerational conflicts. Spouse conflict is a special type of family conflict. It is a conflict that occurs on the basis of communication, ethical relations, biopsychological incompatibility, demand, interest, taste, level of outlook, upbringing of children, religious views, different attitudes and behaviors between husband and wife couples. Crisis periods that occur in the stages of family development have a high impact on the emergence and escalation of conflicts between the "husband and wife" dyad. 4 main types of crisis are distinguished:

- The first year of married life. This period is characterized by the emergence of the first sharp conflicts on the basis of the need to turn the "I" into "we" of the two people who have started a family life, and it is a conflict with a high risk of divorce.
- The second crisis period of married life begins after the birth of the first child in the family and puts the young family in front of a serious test. During this period, there is a high risk of conflicts between the husband and wife and their parents due to the work life or education of the spouses, taking care of the baby, restricting personal entertainment and rest, excessive fatigue of the young woman, different views on raising children, etc.

- In the midlife phase of married life, the third conflict phase begins, which usually involves a boring, monotonous lifestyle. This is due to the lack of impressions in couples, their becoming accustomed to each other, in other words, saturation of old impressions and hunger for new impressions.
- The fourth crisis period, which occurs in the 18-24 years of married life (between the ages of 45-55), is related to approaching old age, the feeling of loneliness, the departure of adult children from the father's home, the increase in the emotional dependence of a woman, etc. The conflicts that occur during this period are mostly related to the possibility of a man trying to satisfy his sexual needs with other women, the suspicion of betrayal, and the jealousy arising from betrayal.

"Spousal relations are one of the fundamental areas of interpersonal relations. In the mysterious and magical circle of the family, they become intimate, become romantic, and develop with miraculous characteristics." [2, p. 111]

In addition to internal factors, external factors play a big role in the occurrence of marital conflicts in the family. This can be attributed to the deterioration of the financial situation of many families as a result of gradual bankruptcy, unemployment, heavy debts, inability to own a separate apartment, permanent lack of money, having a disabled or imprisoned family member, etc. "The causes of some of the family conflicts originate from the events before the establishment of the family, that is, the education received by the person, his ideas about the family, the motives of entering into marriage, and also a number of other sources. For this reason, it is difficult to classify the main leading motives of family conflicts on a general basis. [6, p. 14]

As in society, human relations in the family are a mutually conditioned event and are based on mutual dependence. Each person usually responds to the conflict (conflict-causing stimulus) directed at him with the opposite and stronger conflict. These reactions are then repeated, leading to what is known as conflict escalation.

Conclusion and discussion

The study of family conflicts by various sciences shows that this phenomenon is complex and multifaceted. Philosophical-historical analysis makes it possible to determine the role of conflict in the development of the family, its nature and functions. According to psychologist I.G. Doroshina, "the causes, consequences, frequency and periodicity of family conflicts are investigated in a sociological approach. But psychology studies the causes and forms of family conflicts, the psychological mechanisms that determine the emergence, development and prevention of conflicts between husband and wife. [10, p.95]

There are many reasons for family conflicts in modern society, but the following can be mentioned as typical reasons:

- Depletion of mutual love and respect;
- Humiliation of personal dignity, constant threats and criticism;
- Laziness and untidiness of a woman, lack of homemaking skills;
- Lack of positive emotions in the couple, psychological alienation;
- Leadership;

- Failure of spouses to fulfill their functional obligations;
- Serious disagreements in financial matters;
- Inconsistency in interest, entertainment and tastes;
- Suspicion of jealousy and betrayal arising from misuse of mobile communication devices and social networks;
- Dissatisfaction with the sexual-intimate life of one of the couples, biorhythm difference;
- Misunderstandings about character incompatibility;
- Infertility;
- Interference of close relatives in the family, etc.

According to psychologist V.P. Sheynov, three main waves of interfamily conflicts are observed during the married life of a couple:

- The second year of married life (in connection with the birth of the first child);
- 7-12 years of married life (monotony in lifestyle. (During this period, there is a high risk of betrayal due to the search for new impressions);
- Approaching old age, climax, men's interest in another woman at the age of 45-50. The risk of divorce during this period is 20%. [15, p. 539]

Factors such as talkativeness, irritability and nervous behavior observed in many middle-aged women, weakening of control over psycho-emotional reactions, emotional burden and jealousy, etc., have a great influence on the disruption of husband-wife relations and the escalation of conflicts during family life. In such cases, a woman comes to the conclusion that her sense of personal dignity has been insulted and humiliated, and she perceives herself as someone who is no longer loved. "As new qualities are formed in the nature of mental activity, in the characteristics of personal manifestations, sensitivity to critical life situations begins to be conditioned by personality parameters" [2, p.64]

During the period of marriage, the emotional life of the spouses constantly alternates with the emergence of conflicts, the search for their solutions, and the emergence of new conflicts. This process is determined by personal and family relationships, along with the personality's relationship with the natural and social environment. Studies prove that 80-85% of families have conflicts in one form or another. "The most effective means invented by the devil to destroy love is jealousy and angry attacks. They are as effective as the poison of the king cobra and definitely destroy and kill." [1, p. 290] Since the combination of constantly changing and relatively stable components in the psycho-emotional world of a person creates its dynamic characteristics, at this time, although the effects of inner life and feelings cause a violation of the relative psychological balance of a person, this balance is restored after a certain period of time,. According to the famous family psychologists and psychotherapists E.T. Eydemiller and V. Yustisky, "people who do not believe in ideal ideas about the family before marriage must have stable and good relationships at all periods of their married life. On the contrary, sharp disagreements and conflicts during family life are inevitable for people who idealize marriage. [16, p.190]

Continuous and often recurring conflicts in the family are the main determinants that lead to the disruption of personal relationships and neurotic delusions between the couple. Family conflicts not only spoil the favorable psychological climate of the family, but also cause mental trauma to growing children. "One of the saddest reasons for the collapse of marriage is that neither party quickly

understands its value" [18, p. 4] Among the types of acute conflicts that manifest themselves in the family environment, which is a laboratory of human relations, intergenerational conflicts are second only to marital conflicts. This type of conflict is an overt manifestation of the contradictions that occur as a result of the clash of interests and needs between generations representing different age groups in the family. Intergenerational conflicts in the family originate from various sources. Its main source is socio-economic interests, different worldviews of different generations, differences between values, lifestyles, and contradictions in the outlook on life of people belonging to different subcultures. "For men and women living in cultural, civilized countries, the old rules of coexistence have been broken. Instead, chaos, confusion, and discontent arose" [12, p. 27]

Conflicts between generations in the family mainly occur based on specific individual psychological characteristics of family members, social interest and interpersonal, between personality and group (between an older member of the family and the family of a son or daughter), social-psychological (between small social groups) and social (between family generations). Conflicts due to family status and family roles occur between parents and children, grandparents and grandchildren, parents and young spouses (bride-in-law) and close relatives (bride-in-law, daughter-in-law, etc.) and other related generations. "Most family tragedies are based on insignificant daily trifles. "A small thing like seeing off a spouse who went to work could have saved thousands of families from divorce." [1, p. 217]

It is impossible to unambiguously assess the causes of family conflicts. This is primarily due to the fact that the family is a closed group, the family secret is hidden in most cases, as well as the individual characteristics of family members, national-ethnic characteristics, family type, family rules, age periods, family image, public reputation and status, lifestyle, etc. it is determined by factors and has a multifaceted character. "Communication is the essence of marriage. Criticisms, harsh reprimands and accusations, arguments and assessments are effective weapons for destroying relationships. Only open and empathetic communication can create reliable foundations for newly formed relationships in married life and lead to true family closeness." [5, p. 290]

Family conflicts are conflicts that belong to the interpersonal conflict type. These types of conflicts are also called psychological conflicts. The Russian psychologist B.N. Kunitsa notes that "depending on the main goal in the course of communication, functional (role, business, formal) and interpersonal conflicts can be distinguished." [11, p.13] However, it can be noted that interpersonal relationships are also realized through communication between husband and wife in the process of fulfilling role obligations, therefore they can also be called functional conflicts.

The result

The modern family is experiencing a period of unique crisis transition. Values and norms of behavior characteristic of the old, patriarchal family type, the nature of mutual relations between husband and wife, parents and children are changing, the tendency of nuclearization is strengthening, the birth rate is decreasing, the number of divorces is increasing, and new family types based on new values are emerging. Conflicts are inevitable in various fields of activity where people interact (play, training, work, etc.).

Unlike the traditional family, in modern families, typical conflicts between father and mother regarding the upbringing of children are increasing. Most of modern fathers keep themselves aside in this matter, they put all the responsibility of raising children on the wife. The second noticeable trend regarding the role structure of modern families is the gradual transition from the patriarchal (traditional) family type to the egalitarian (equal rights) family type and the changes related to ensuring legal and economic equality of rights between men and women.

Modern civilization has caused an increase in the number of "neurotic personality" type people as a result of the increase in emotional and informational mental load in social life, including in the family environment, created a pessimistic mental background in the psycho-emotional world of people, and led to an increase in conflictual interaction in family relationships.

REFERENCE

In Azerbaijani:

1. Dale Carnegie. How to win friends and influence people. Baku, "Adiloglu" publishing house, 2009, 224 pages.
2. Alizadeh A.A. Women's psychology. (Philosophical-psychological essays). Baku, "Education", 2015, 416 pages.
3. Alizade S.H. Family psychology./ Methodical materials. Baku, Baku University Press, 2017, 128 pages.
4. Alisa Nicat. Leaves from the world philosophical heritage. Baku, Azerbaijan State Publishing House, 1991, 167 pages.
5. Huseynov E.A. Family psychotherapy. Publishing house of ADPU, Baku. 2021, 387 p.
6. Kamalova A.Q. Dynamics of intra-family relations in Azerbaijani families. / abstract of the Ph.D. dissertation in psychology. Baku, 2016, 22 p.

In Russian:

7. Andreeva T.V. Family psychology. Moscow: СПб: Речь, 2004, 244 стр.
8. Grebennikov I.V. Osnovy semeynoy zhizni. Moscow: "Prosveshchenniy", 1991, 158 str.
9. Grishina N.V. Psychology of the conflict - St. Petersburg. Peter, 2006, 464 str.-(series «Masters of Psychology»).
10. Doroshina N.T. Issledovanie conflict interaction of spouses in a mature family.// Siberian psychological journal of Tomsk State University. 2009, No. 32, pp. 95-99.
11. Kunitsyna V.N. Difficulties in interpersonal communication./Abstract of thesis. on job search.step-doc. psychol. sciences. Moscow: SPb., 1991.
12. Nekrasov A. Life without crises. The crisis opens your possibilities. Moscow: AST, 2010, 254 pages.
13. Piz A., Piz B. The language of relationship between man and woman. Moscow: Eksmo, 2013, 400 p.
14. Trokhtiy V.S. Psychological health of the family. Moscow: Просвещение, 1996, 160 стр.
15. Sheinov V.P. A woman plus a man: Know and conquer. Moscow: AST, 2011, 1008 p.
16. Eidemiller E., Yustiskis V. Psychology and psychotherapy of families. 4th edition. СПб., Peter, 2009, 672 стр.

In English:

17. Sandy Stewart Christian Working with groups on Family Issues. Whole Person Associates Inc. Michigan, Duluth, 1996, 184 pp
18. Susan Heitler, Abdugail Hirsch. The Power of two-Communication Skills for a Long and Loving Marriage. New Harbinger Publications, Oakland, California, 2003, 295 pp