

Socio-Psychological Complications Of Divorce In Uzbek Families

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ABSTRACT:

The article reveals that socio-psychological effects of divorce in Uzbek families, also the divorce is reflected in the minds of people as a negative phenomenon, is perceived as a tragic disintegration of the main unit of society - the family. The increase in the number of divorces is associated with a family crisis, degradation of family values among Uzbek people. Arguing about the decline in the importance of family values, scientists often mention new forms of the family as deviant. However, trends in the transformation of family values are not the cause of the crisis of families and they reflect the state of socio-economic, spiritual relations in Uzbek society.

Keywords: divorce, reasons for divorce, complication of divorce, marriage and divorce, consequences of divorce, prohibition of divorce

1. INTRODUCTION

The problem of divorce is one of the most important social issues in modern human society. That is why, there is also a broad scientific focus on the issue of divorce not only abroad but also in Uzbekistan. This problem is solved by experts in various fields: lawyers, demographers, economists, sociologists, psychologists and specialists in other fields of science. Their focuses are investigated on the divorce's causes, factors, and motives of the event of study, eliminate them, reduce the negative complications of divorce issues [2]. The breakdown of families influences not only the couple and their children, but also whole society.

Divorce increase many adverse events: the growth of the number of single-parent families, children and adolescents, a rise in delinquency among children left without pedagogical supervision, the increasing numbers of loneliness, ex-couples and relatives, deterioration of relations, etc.

In this case, if divorce has such negative consequences, shouldn't it be officially banned? It is possible, for example, in some countries of the world - Italy, the Netherlands [3]. In ancient times, the separation family was expected in ensuring stability does not give rise to legally extremely complex process ideas. Prohibition of divorce, denial of freedom of divorce, increase in the age of marriage, celibacy, premarital and extramarital sex, and an increase in the number of psychologically unhealthy families may be at the root of marital-family relations. Of course, all this is no less harmful to the individual, the human psyche, the upbringing of children in the family, as well as to society. Is divorce a tragedy or a escape from tragedy?[1] For some, if there are not children in the family, it is a way out of the tragedy, otherwise, if the family do not perform its functions, such couples prefer to separate.

In fact, it is difficult for young people who have heard many fairy tales since childhood and later read them from different books to adequately imagine their future family life. Because in both fairy tales and movies, the protagonists go through all the hardships and sufferings until they reach each other, overcome the dark forces encountered along the way, and finally

reach the vision. They will achieve their goals in almost all fairy tales, movies. Furthermore, the most young men and women raised in successful families, want to look like their parents, their lifestyle, their relationships with each other, and a number of others to be ideal for their future family life, after they too get married, the boys dream of being as their “fathers”, the girls dream of being as their “mothers” or “sisters”. Because they did not see in the example of their parents a couple who had a negative attitude towards each other and quarreled with each other [4]. Even when such situations and conflicts seem to arise, their parents try not to let their children know. In addition, the media coverage of exemplary, happy families often has a tradition of portraying the couple’s relationship in a one-sided, positive way. All this is the basis for the formation of one-sided positive perceptions of family life among young people.

Such fairy-tale fantasies show that young people who get married in the midst of dreams, as soon as they face the first problems in their family life, their family life is not what they expected, they “made a mistake” in choosing a spouse. They begin to “understand” that they have changed to a certain extent in a “negative” way relative to their previous (pre-wedding) state. Also, the peculiarities of the development of relationships between couples in a young family can create conflict situations and conflicts in relationships especially in a young Uzbek family due to its ethnic, territorial characteristics, the difficulties associated with the process of adaptation of the young bride and groom to new social conditions. Unfortunately, such processes are inevitable for almost every family, and most young people do not expect them from their marriages on the eve of marriage.

Factors of Cause Divorce. When divorcees are often asked why they are divorced, they try to point out the reasons that have become the norm for everyone.

For example, “our character did not match”, “the intervention of another person”, “rudeness”, “financial difficulties”, “alcoholism”, “inconvenience of living conditions”, “inappropriate parental interference”, etc. If we analyze, depend on the situation, such indicators are sometimes a cause, and for others an excuse. It should be noted that no matter how strong the spiritual climate in the family and how well the couple understands each other, these “reasons” (excuses) cannot be the main cause of the family crisis. How bad is the relationship between young people (couples), these excuses have such a strong and negative impact, and this case may be the cause of divorce. The research for determining the causes of divorce have been cited as motives for divorce in Uzbek families are shown “spouse's rudeness”, “spouse” “to be relatively rude”, “spouse’s parents”, “rudeness”, “ “interference of parents and other relatives”, “relative indifference to each other”, “indifference of one of the spouses to family issues” [5].

Divorce and its consequences. Before we share our views on the causes and consequences of divorce, we need to focus on the specific nature of divorce in Uzbek families, that is, how it differs from other (especially foreign) nations.

This may be due to the following objective factors:

The first, in rural areas, divorced women are more critical of the public than men. The second, the situation of women worsens compared to men after divorce in rural areas, as Uzbek customs leave the Uzbek woman to her husband and leave her to her parents (her brothers) for living a woman with her family, wife, children, and divorced women will be forced to move to a place that makes the situation worse. The third, rural women are less likely to remarry after divorce. Given these objective reasons, Uzbek women in rural areas are more accustomed to problematic marriages (relationships between couples are extremely conflicted, argued, and the affection between them is not expressed sufficiently in the family). Some women, even if they have not lived actually with their husbands (even for years), are reluctant to file for divorce in order to “get revenge” on their husbands in order to prevent them from remarrying. Divorced men in rural areas are in a more privileged position

than women: they are more supported by their relatives after divorce. And if you don't have children, it is not a big deal for a divorced man to marry an unmarried woman.

In addition, after the divorce, she stays in the same conditions as before - in her (parents) home and has the opportunity to start a new family. Therefore, in rural areas, divorce is more likely to be initiated by men.

If divorce is considered "freedom", then under modern marriage and family law, this "freedom" is "for whom?". For young families who live in urban areas, this can be as follows.

- For women: Divorce - freedom + child + alimony ± home + benefits for single mothers + the problem of starting a new family.
- For men: Divorce freedom - child - alimony ± home + opportunity to start a new family.

If we list the main effects of divorce on women and men, they are as follows:

- For society - The number of single-parent families increases, there is animosity between families or relatives, there is hatred of one sex over another, prostitution increases, skin and sexually transmitted diseases increase, and a person's social activity decreases.
- For men – growth of loneliness, drug and alcohol addiction, various diseases.
- For women – growth of feelings of loneliness, limited remarriage, neurosis, stress, various diseases, suicide [5].

In addition to the above, there are special features of the divorce in Uzbek families. According to a special study [6] on the complications of divorce, the majority of victims of divorce are women. That is, divorce has a stronger negative impact on women's future marital happiness, children's upbringing, family budget, women's health, parent-child relationships with their parents, and the psyche of the divorced woman. At the same time, it causes big problems for a woman - remarriage and loneliness. This condition is almost the same for rural and urban women. However, urban women are less likely to suffer from loneliness than rural women because they are more sexually independent in urban life and more active in their careers.

The behavior of children in single-parent families. It's important to note that single-parent families are different. Families can be torn apart by the death of one of the spouses or by their divorce. Of course, the death of a parent in a family is a great tragedy, this tragedy should not happen to anyone, but in such families, the respect for the soul, a positive attitude towards him is preserved. However, "divorced" children remain in the broken families caused by the couple's divorce. The first, "living orphans" are relatively strongly condemned in the community, especially in children's communities (kindergarten, school, peer group). The second, in such families, a relationship is formed by the parents, their relatives, which gives a negative color to the honor and personality of the ex-spouse [5]. Ex-couples are more likely to criticize each other. Of course, these lead to a number of problems in the formation of relationships in this category of single-parent families.

Divorce affects not only divorced couples, but also children living without a father as a result of divorce. Divorce, in particular, has a profound effect on a girl's feelings without a father, on her love for her father, on the image of a father formed in a girl, and on the psyche of a girl growing up without a father. This can be a problem not only in a girl's childhood, but also in the future when she starts an independent family. According to the results of many studies and legends, a girl who does not have enough love and respect for her father, she cannot adequately express, respect her husband when she gets married in the future. Furthermore, divorce can have a negative impact on the education and upbringing of a fatherless boy [4]. At the same time, divorce negatively affects the mental and physical health of the bride and groom, their parents, the relationship between the bride and groom, the

reputation between relatives and the community, and the family budget. One of the peculiarities is that the bride's parents, suffer more mentally than the groom's parents.

It is known that the number of divorces in Uzbek families is twice less than in other ethnic groups, such as Russian families. However, the number of "living orphans" per divorced family is 2-2.5 times higher in Uzbek families. At the same time, the low level of "divorce culture" and the fact that it is characterized by national characteristics have more negative consequences for Uzbek families [5]. Accordingly, the negative effects of divorce are more pronounced in Uzbek families than in other ethnic groups.

Thus, today the problem of divorce remains one of the most global issues in the society. The existence of family divorces in our country is attracted the attention of the general public and urges to take the necessary measures to find a solution to this problem. Because, as noted above, millions of people — especially children, women, men, and whole society are affected by divorce. All this shows that the issue of divorce in the Uzbek family needs to be taken more seriously, and measures prevent it and reduce its negative consequences need to be developed on a scientific basis.

What can we conclude from the above, and what should we do and pay attention to in our personal lives?

1. Don't rush into choosing a mate. Work on premarital factors and other topics.
2. If divorce is inevitable due to the demands of life and the advice of experienced people, do not procrastinate and avoid having children.
3. Divorce - take steps to ensure that you, your spouse, parents, and (if any) children are not affected as much as possible. Your divorce should not cause coldness between relatives, should not lead to a breakdown in the relationship between them.
4. Maintain a positive relationship with your divorced spouse. Remember, it's in the best interest of your children, your parents, and yourself. Divorce should not cause children to grow up without a father or mother, or to be separated from their parents.
5. Avoid giving your children negative information about your divorced husband or wife, as this will negatively affect your child's future life, personal family relationships, mother-in-law relationships, and child-parent relationships.
6. Divorce is the last resort! Remember, it can affect not only you but also your loved ones. Therefore, avoid making unreasonable light decisions in this regard. Talk to good people who have a lot of experience in this field. If it is possible, consult a psychologist who specializes in this area.

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