

Violence against Women in the Family-As A Psychological Problem

Nodira Sotvoldieva

University of public security of the Republic of Uzbekistan, 3-year student

Annotation: It is known that violence is a socio-psychological problem related to human dignity and honor. Due to this problem, socio-psychological maladaptation is observed in women who have experienced violence in the family. That is, as a result of increased personal anxiety related to the situation, the process of disadaptation is observed.

Keywords: Adaptation, family violence, personal anxiety, situational anxiety, "cycle", self-control, aggression, threat, emotional pressure, inner resource, communication

The main branch of personality formation is the family. The robustness of families is a decisive factor determining the economic, social, political, national security of society, its prosperity, development[1,2]. Socio—psychological relations in the family affect not only the psychological health of the individual, but also, social relations. However, today the problem of domestic violence is becoming more and more relevant. Domestic violence is a systematic repetitive physical, psychological, economic, spiritual, sexual acts committed against loved ones ' will to show authority and Control[3]. According to statistics, domestic violence cases were recorded in every fourth family. If the family is in a state of socio-psychological crisis, the ideology of marriage and family in it, the views on the family life of men and women, the distribution of roles in the family, the loyalty of the couple, the state of violence in the nature of marriage increase in origin. In such psychological crisis situations, most families do not cope with all the psychological difficulties that require adaptation. As a result, general emotional tension, the level of aggression, dissatisfaction increase, quarrels and conflicts often occur, and this often leads to domestic violence. Domestic violence has a negative impact not only on socio-economic, but also on the psychological development of the individual. The relevance of the study comes from the following: the presence of a scientific and practical need for a deeper understanding of the phenomenon of psychological violence, the need for a scientific understanding of the phenomenon of psychological violence in marriage relationships: types, prevalence, risk factors, etc., determine the relevance of the problem. In our opinion, the origin of domestic violence is influenced by a number of factors, in addition to socio-economic difficulties.

There are processes, situations and situations in the family that control each other's behavior, their feelings. However, if family members are unable to control their behavior in the process, the family experiences a state of chronic stress in family members (mainly women and children) as a result of daily quarrels, scams, taiziks, and humiliation, and its physiological, hisio-emotional, and intellectual sides become inadequate.

The psycho-emotional state of the individual in the" victim "position increases the likelihood of the occurrence of psychological abuse disorders in the family due to the main psychological characteristics of the" violent " personality type. Empirical research on gender disparities in the phenomenon of domestic violence (O.A.Voronina, A.L.Danilova, T.A.Zabelina, N.V.Solneseva et al.N.Enikolopova describes the dynamics of domestic violence, psychological mechanisms of physical violence, P.V.Rumyanseva researched on the basis of her thoughts on the psychological

mechanisms of ensuring gender equality in the family. The focus of the typology of psychological abuse in the family is on a number of characteristics. Such characteristics may include age (e.g. child or elderly abuse), gender (violence against women or men), health status (violence against disabled and incompetent people), family relationships (domestic violence, close relatives), ethnicity, social status, occupation, etc[4]. According to another typology, violence is based on the nature of actions, and such types of violence as physical, psychological (emotional), sexual and economic violence are distinguished. The psychological aspect of violence makes it possible to distinguish between the active, passive and interactive aspects of violence.

Psychological aspects of violence include: psychological effects (threats, insults, excessive demands, excessive criticism, Lies, isolation, Prohibition of behavior and experience, negative assessment, violation of basic human needs, etc.

Models of causes (factors) of domestic violence are traditionally divided into (D.Ivaniek, K. Bron, R. Lang, E. Miller et al.): (a) psychopathic prone to parental abuse (alcohol, drugs, low self-esteem, ammatism, communicative incompetence, social isolation, social, psychological and psychiatric problems, depression, intemperance, suicidal tendencies, aggression, premature pregnancy of the mother, loss of a child, etc.) and children (prematurity, pain, unwillingness, physical and mental impairments, etc.); b) social, external (social) factors and conditions that explain violence (poverty, low income, unemployment, social isolation and closed family, overpopulation of the population, low education and cultural level, etc.); C) psychosocial, which seeks to combine psychological and social factors of violence; in these models, the factors of violence are divided into structural, situational and communicative, the latter are the main and determining signs of domestic violence: the characteristics of interpersonal interactions are an "incubator" or "catalyst" for structural and situational factors of violence, and in the latter case there is an exacerbation. One of the main features of domestic violence is its recurring phenomenon over time. In the "chronic" state of domestic violence, a person constantly tries to control and control the behavior and feelings of others. In a person after psychological abuse in the family;

- psychological and social isolation;

- manifestation of pathological jealousy or excessive care by loved ones;

- to treat family members as personal property; - to control the partner's agenda; - to prohibit going to work or school; - situations such as the Prohibition of maintaining social ties with a circle of socially significant people are observed. It seems to us that conducting psychocorrectional training with women who have experienced domestic violence causes an increase in socio-psychological adaptation, reducing their personal anxiety associated with the situation in them.

In short, the researchers identify several types of experiencing domestic violence, emphasizing the dependence on the personal factors of the woman who experienced it.

Traditionally, cases of domestic violence can be divided into four groups of consequences: cognitive, emotional, behavioral and social. Cognitive consequences include changes in the cognitive sphere in particular: difficulty concentrating, memory impairment, mental retardation, and decreased overall academic performance.

Emotional consequences include: increased anxiety, feelings of guilt and shame, feelings of helplessness and dependence, high levels of external aggression, insecurity, control over the manifestation of feelings.

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