

ON CERTAIN FACTORS OF SPOUSES' PERCEPTION OF EACH OTHER AND MARITAL SATISFACTION

Fazilov Botir Bokhadirovich

1st-Year Master's Student, Faculty of Social Psychology,
International KIME University, Tashkent, Uzbekistan

E-mail: tinamo_82@mail.ru

Abstract

This thesis presents an analysis of key theoretical approaches to the study of marital satisfaction in psychological science. Various aspects of marriage and the relationships between spouses are examined.

Keywords: family, marriage, marital and family relationships, marital satisfaction, divorce, married couple.

Introduction

The modern family is undergoing a crisis, driven by both sociocultural and economic factors, as reflected in rising divorce rates. According to the State Statistics Agency under the President of the Republic of Uzbekistan, the number of divorces in the country has increased significantly in recent years. For instance, in 2021 there were 39.3 thousand divorces registered, in 2022 – 48.7 thousand, and in 2023 – 49.2 thousand [1].

As the renowned 20th-century sociologist P.A. Sorokin once stated: "...a healthy society is impossible without a healthy family." Today, during a period of profound sociocultural transformation in Uzbek society, the issue of improving marital and family relationships is becoming increasingly relevant.

Currently, marital relationships are experiencing complex crises and facing not only everyday challenges but also psychological difficulties. Spouses need to find a personal balance between closeness and distance, resolve issues of family hierarchy and responsibilities. The most commonly cited reason for divorce is a lack of shared life perspectives, which often stems from strained relationships with parents and interference from extended family.

In order to foster a favorable perception of one another and achieve marital satisfaction, spouses must establish a relationship that meets their fundamental needs. Otherwise, the marriage may disintegrate. Marital satisfaction is one of the key indicators of how partners perceive each other. It is assessed from two perspectives: the match between actual and desired experiences, and the subjective sense of pleasure or dissatisfaction in evaluating various aspects of the relationship.

To better understand the issue of marital satisfaction, particularly in young families, it is necessary to explore its underlying factors. For example, R.A. Levis and G.B. Spanier identify over 40 factors influencing marital relationships, grouped into three categories: (1) premarital factors, (2) socioeconomic factors, and (3) personal and intra-marital factors. Most of the factors presented by Levis and Spanier are psychological in nature, reflecting levels of agreement or disagreement between spouses on various issues and situations [2, Pp. 181–190.]. As the concept of marital satisfaction is influenced by multiple factors, there is no single, universally accepted definition. For instance, E.G. Eidemiller and V.V. Yustitskis define it as an internal subjective evaluation, a couple's attitude toward their own marriage [3, 368 p.]. T.V. Andreeva notes that S.I. Golod offers perhaps the most comprehensive definition, viewing marital satisfaction as the result of how well one's internalized image of family life—shaped by personal experience (real or symbolic)—is realized in practice [4, 250 p.].

Currently, marital satisfaction is of great interest to researchers. According to Levis and Spanier, marital satisfaction is the primary criterion of overall relationship satisfaction [5, Pp. 23–34.].

Uzbek psychologists such as Yu.A. Yakubov (1983), N. Sogov (1990), R. Toshimov, M.M. Mamatov (1993), M. Zufarova (1993), Kh. Uzakov, E.G. Oziev, A. Tozhiev (1994), G. Shoumarov, N. Soginov, E. Usmonov (1986–1993), A. Alyaeva, V. Tokareva (1993), Kh. Karimov (1994), and O. Kadirova (2007), among others, have paid significant attention to the spiritual development of the family. In the book *Psychology of Family Life*, V. Karimova writes: "The value of family socialization lies in the fact that, under its influence, a person is prepared for an independent life, including family life, and develops the traits of a fully mature personality" [6, 142 p.].

In conclusion, the analysis reveals that certain parameters determine spouses' marital satisfaction. Psychological causes negatively affecting marital satisfaction include: lack of emotional harmony and mutual understanding due to differing worldviews, significant differences in value orientations and beliefs, specific motivational attitudes, and incompatibility based on innate characteristics.

References:

1. <https://upl.uz/obshestvo/39415-news.html>
2. Kotelnikova Y.S. Marital Satisfaction in Young Families // *Psychology. Historical and Critical Reviews and Modern Research*. 2017. Vol. 6. No. 2A. Pp. 181–190.
3. Eidemiller E.G. *Systemic Family Psychotherapy (Psychotherapy Practicum Series)*. St. Petersburg, 2002. 368 p.
4. Aleshina Y.E. *Marital Satisfaction and Interpersonal Perception in Spouses with Different Marriage Lengths*. Moscow, 1995. 250 p.
5. Levis R.A., Spanier G.B. *Theorizing About the Quality and Stability of Marriage // Contemporary Theories About the Family*. New York: Free Press, 1979. Pp. 23–34.
6. Karimova V. *Psychology of Family Life: Textbook*. Tashkent: Science and Technology, 2007. 142 p.