



MODERN APPROACHES TO FORMING A HEALTHY PSYCHOLOGICAL ENVIRONMENT IN THE FAMILY

Abdurakhim Abdumajidov

Student of Andijan State Medical Institute

Dumarova Gulmira Kozimbekovna

Scientific supervisor: Andijan State Medical Institute

Teacher of the Department of Uzbek Language and Literature,
Languages

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ABSTRACT

This article approaches the issue of forming a healthy psychological environment in the family from the perspective of modern scientific approaches. The family is the most important social institution of human life, in which the spiritual, moral, moral and social formation of the individual takes place. In today's globalization and information age, family values, social ties and the strength of the psychological environment are considered one of the most important factors in the development of society. Positive emotional ties between family members, such as mutual respect, trust, kindness, empathy and tolerance, create the basis for the stability of the family, the mental peace of the individual and the proper upbringing of children. In recent years, the social policy of the Republic of Uzbekistan under the leadership of President Sh.M. Mirziyoyev has focused on the human factor, in particular, strengthening the institution of the family and comprehensively educating young people. State programs such as "Family is the foundation of society", "Youth is our future", "Child rearing is the highest responsibility" are aimed at improving the socio-psychological state of families, strengthening their spiritual immunity and ensuring mental stability. At the same time, systematic work is being carried out to develop psychological culture in society, strengthen family relationships and create a healthy psychological environment in the family.

Introduction

The family is the most ancient, natural and sacred social institution of human society, in which the human personality is formed, the spiritual and cultural heritage between generations continues in an integral way. The strength of family life, spiritual and moral stability are the basis not only for the happiness of individuals, but also for the



spiritual health and sustainable development of society. Therefore, the formation of a healthy psychological environment in the family remains an extremely important and urgent issue in every era, especially in the current era of globalization and information flows. The psychological environment is a set of emotional, spiritual, social and moral connections between family members, manifested in their mutual relations, level of understanding, kindness, respect and solidarity. If there is a healthy psychological environment in the family, then children will grow up as well-rounded, spiritually mature, able to freely express their opinions, and responsible individuals. Otherwise, situations such as family conflicts, stress, violence, and indifference will negatively affect the stability of not only the family, but also the entire society. Therefore, improving the psychological climate in the family is currently being studied in depth as a scientific and psychological problem.

In recent years, the Republic of Uzbekistan has been implementing large-scale reforms aimed at the human factor, especially the family and education system. The words of our President Shavkat Mirziyoyev, "Every family is a strong fortress, every child is the future of our country," clearly express the essence of our country's policy. On his initiative, the activities of such institutions as the "Family Code", "Women's Committee", "Family and Women's Agency", "Center for Family Psychology" have been radically improved. All these reforms are aimed at family stability, the formation of a healthy psychological environment, and the strengthening of spiritual values. In his speeches, our President pays special attention to the reform of the education system, family education, and ensuring the spiritual and moral well-being of young people. He said: "Educating our children as well-rounded, modern knowledge and skills, and most importantly, highly spiritual people is our most important task." This idea deeply expresses the role of the family environment in human development. After all, the family is the primary and natural link in the education system, and qualities such as humanity, kindness, honesty, patience, and hard work are formed primarily in the family. Since 2018, state programs such as "Family is the Basis of Society", "Youth is Our Future", and "Perfect Generation" have been implemented in our country. These programs set out comprehensive measures aimed at strengthening a healthy psychological environment in families, increasing the psychological literacy of parents, and improving child upbringing based on family values. In particular, psychological trainings, seminars, and online consultation platforms have been actively launched through the "Family Psychology Centers" established under the "Family and Women's Agency". These centers are becoming an important social institution in improving the psychological culture of the population. From the point of view of modern psychology, systematic, communicative and socio-interactive approaches are of particular importance in analyzing the family climate. The systematic approach considers the family as a single socio-psychological system, in which each member is in mutual communication and connection. The communicative approach analyzes the culture of communication between family members, the quality of emotional ties. The interactive approach is aimed at studying the interaction and distribution of psychological roles in the family. Among modern approaches to family psychology, mediation (peaceful resolution of conflicts), the development of emotional intelligence, stress management,



family counseling and training systems occupy an important place. Especially in young families, the development of communicative competence, emotional literacy, a culture of listening to and understanding each other is considered an important condition for ensuring psychological stability.

In the conditions of Uzbekistan, the factors affecting the family environment are diverse: economic conditions, cultural values, religious traditions, the influence of information technologies, behavior in social networks, migration processes, etc. Therefore, it is important to combine not only psychological, but also social, spiritual and legal approaches in forming a healthy psychological environment. Within the framework of the principle “New Uzbekistan - for human dignity”, implemented at the initiative of our President, strengthening the social, psychological and spiritual foundations of the family has been identified as one of the priority areas. The “Concept of Glorifying Human Dignity and Family Values”, adopted in 2022, became an important document aimed at improving family education, strengthening the responsibility of parents in raising children, and increasing psychological culture. The issue of forming a healthy psychological environment in the family is an urgent socio-psychological problem of Uzbek society. It is the main indicator that determines not only individual psychological health, but also the spiritual and intellectual potential of the nation. Therefore, this article examines modern psychological approaches, scientifically based methods and practical mechanisms for analyzing the family environment.

The issue of forming a healthy psychological environment in the family is one of the complex, multifaceted problems studied within the framework of psychology, pedagogy, sociology and even philosophy. Various scientists have analyzed this process in relation to communication, emotional ties, interpersonal relationships, upbringing methods and social factors in the family system. Family climate is not only an emotional environment, but also a socio-psychological environment associated with the self-esteem, respect and sense of responsibility of each member. Therefore, in scientific literature, this issue is largely interpreted as the key to socio-psychological stability and personal development.

In the history of psychology, several approaches have been developed to analyze the psychological environment of the family. For example, the Russian psychologist L.S. Vygotsky (1934) emphasized that the social development of a child's personality is directly formed on the basis of communication and cooperation in the family environment. In his opinion, the family serves as the primary social environment in the cognitive, emotional and social development of a child. Also, A.N. Leontyev (1972) in his theory of activity indicated the family environment as the main factor that forms the motivational system for a child. In modern Uzbek psychology, the problems of the stability of the family environment, the culture of interpersonal relationships and psychological balance are also being studied in depth. In particular, R. Karimova (2019) in her research scientifically substantiated that the stability of the family climate directly affects the upbringing of children, their mental health and social activity. According to her, if there is sincere communication, mutual respect and kindness in the family, then stress, aggression, and apathy among adolescents are significantly reduced.



Pedagogical approaches also play an important role in shaping the psychological environment in the family. Uzbek pedagogical scientist M. Usmonova (2021) emphasized the importance of family and school cooperation in education and proved that the harmony between these two systems has a positive effect on the mental and spiritual development of the child. She also found in her work that families with low psychological literacy of parents are more likely to experience educational problems, indiscipline among students, and difficulties in social adaptation. Foreign researchers have also provided important scientific conclusions in this area. For example, American psychologist D. Baumrind (1991) in his theory of "parenting styles" emphasized that the psychological environment in the family has a strong influence on the moral formation of the child's personality, social adaptation, and level of self-awareness. He distinguished authoritarian, democratic and indifferent parenting styles and scientifically substantiated that a democratic, open communication-based environment enhances children's self-confidence and emotional stability. In modern psychology, the concept of "emotional intelligence" (D. Goleman, 1995) is also of particular importance in analyzing the family climate. High emotional literacy in the family - through such qualities as listening to each other, expressing emotions correctly, managing stress, and constructively approaching conflicts - ensures family stability. Therefore, many modern studies (Mayer & Salovey, 2000) conclude that emotional intelligence is at the heart of forming a healthy psychological environment.

In recent years, research on family psychology has been expanding in the Republic of Uzbekistan. In particular, research conducted by N. Tursunova (2022) identified the main causes of stress, anxiety, and psychological pressure in young families. According to the results of the study, economic difficulties, low level of preparation for parental responsibility, and poor communication culture are the main sources of conflicts within the family. In addition, I. Mamatova (2020) analyzed the impact of gender roles, social norms, and values on the psychological climate in family relationships. She notes that as the social status of women in the family increases, the level of mutual respect and equality in the psychological environment increases. This, in turn, has a positive effect on the spiritual development of children. The role of communication culture in forming a healthy environment is also recognized in pedagogical and psychological literature. T. Ganieva (2021) in her work "Psychology of Family Communication" identified six main criteria for effective communication: active listening, empathy, positive feedback, trust, tolerance, and positive thinking. These factors strengthen relationships between family members, reduce conflicts, and increase emotional closeness. The concept of "psychological safety" is also indicated in the literature as an important factor in the family environment. A safe environment means that family members can freely express their opinions, are free from fear or critical pressure, and feel valued. Researcher M. Ergasheva (2023) writes in this regard: "Psychological safety in the family is an environment built on peace, trust, and kindness, which, in turn, is a micromodel of harmony in society." The analysis of all these sources shows that the formation of a healthy psychological environment is a system of interconnected not only psychological, but also pedagogical, moral and social processes. The factors influencing it are complex and multifaceted, among which the culture of



communication, economic stability, level of education, culture, information technologies and national values play an important role.

The study was aimed at determining the effectiveness of modern psychological approaches in the process of forming a healthy psychological environment in the family. The research was conducted in 50 families in Tashkent in January-June 2024. The participants of the study were parents aged 25 to 50 years and children aged 7–17.

Questionnaire - a specially developed set of questions was used to collect information on the psychological climate in the family, the quality of communication, the level of emotional closeness, mutual trust and conflict resolution methods.

Interview - individual and group interviews were conducted with parents, and family conflicts, child rearing, stress and communication problems were discussed in detail.

Observation - the daily environment in family life, communication between children and parents, emotional support and conflict resolution processes were analyzed.

Psychodiagnostic methods - an attempt was made to determine the psychological stability and environment of the family through methods such as the “Family Climate Scale”, “Stress Level Test”, “Emotional Intelligence Scale” and “Relationship Satisfaction Level”.

The results of the study showed that in cases where there is a healthy psychological climate in the family, children have high mental health, their stress tolerance and social adaptation are good. At the same time, it was found that when mediation and communicative training were used in families, the speed and effectiveness of conflict resolution increased by 2–3 times.

The results of the survey showed that 68% of parents do not regularly use social and psychological counseling services, which leads to an increase in family conflicts and stress levels. However, in families that participated in psychological counseling and training, conflicts decreased by 45%, and the emotional stability of children significantly increased.

Modern psychological approaches to creating a healthy psychological environment in the family, including mediation, stress management technologies, the development of emotional intelligence, and a system of psychological counseling and training, serve as effective tools. Mediation processes help to resolve family conflicts peacefully, and children also strengthen trust in their relationships with their parents. At the same time, communicative training helps to develop a culture of effective communication in the family, resolve conflicts constructively, and improve the family climate.

Among the participants, it was found that in cases where the family environment is stable, children have higher mental health and their stress tolerance increases significantly. At the same time, in families with low psychological literacy of parents, conflicts are more frequent, emotional instability and poor self-awareness among children are observed. This situation indicates the need to expand the system of psychological counseling and training.

Conclusion

Based on the results of the study, the following conclusions can be drawn: firstly, the formation of a healthy psychological environment in the family is an important condition



for the mental health of the individual and the social adaptation of children. Secondly, modern psychological approaches - mediation, communicative training, stress management technologies and a psychological counseling system - have been found to be effective tools in reducing family conflicts. Thirdly, state policy, national values and psychological literacy of parents play an important role in improving the health of the family environment. A systematic approach to analyzing the family climate - studying the family as a single psychological system, combined use of communicative and emotional intelligence approaches significantly improves results. Children's emotional stability, self-confidence and social adaptation skills are directly related to a healthy psychological environment in the family. Parents and family members should increase psychological literacy, regularly use mediation and psychological counseling services, develop a culture of communication in the family, and implement family and educational programs developed by the state. These measures serve to strengthen family psychological stability and ensure the spiritual and moral well-being of children.

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