

INDIVIDUAL-TYOLOGICAL CHARACTERISTICS INFLUENCING THE ADAPTATION OF NEWLY MARRIED COUPLES TO FAMILY LIFE

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Abstract

This article analyzes the individual-typological characteristics that influence the process of adaptation of newly married couples to family life. The study examines the role of personality traits such as temperament type, character features, emotional stability, communicative abilities, and socio-psychological factors in adapting to the family environment. Additionally, common problems observed in young families and their underlying causes are substantiated from the perspective of individual differences. Within the framework of the article, psychological factors ensuring effective adaptation and practical recommendations are developed. The results of the study are of significant importance for strengthening family relationships and enhancing the psychological well-being of young families.

Keywords: family, adaptation, newly married couples, individual-typological characteristics, temperament, character, communication, psychological adaptation.

Introduction

In the context of ongoing globalization, the stability and resilience of the family institution, which is considered the fundamental unit of society, are gaining increasing importance. Particularly in newly established young families, the mutual adaptation of spouses not only affects the quality of family relationships but also directly influences the socio-psychological development of future generations. Therefore, an in-depth study of the process of spouses' adaptation to family life represents one of the most actual issues in modern psychology and sociology.

Scientific research indicates that individual-typological characteristics of a person—such as temperament, character traits, emotional stability, and communicative competence—are among the key factors determining the level of adaptation to family life. In particular, John Gottman emphasizes in his studies that emotional closeness, mutual understanding, and conflict management skills between partners are crucial indicators of marital stability. According to him, “successful adaptation between partners is directly related to their individual psychological characteristics and communication styles.” Moreover, the widely used model in contemporary psychology, Big Five personality traits, scientifically substantiates that dimensions such as openness, conscientiousness, extraversion, agreeableness, and neuroticism significantly influence family relationships. Research findings suggest that higher levels of emotional stability and agreeableness facilitate the adaptation process in young families.

In addition, the emotionally focused therapy (EFT) approach developed by Susan M. Johnson demonstrates that the strength of emotional bonding between partners is a decisive factor in the adaptation process. According to this approach, couples with a high level of mutual trust and emotional security are more effective in resolving family-related issues. From this perspective, studying the adaptation process of newly married couples to family life based on individual-typological characteristics is important not only theoretically but also practically. Identifying these factors makes it possible to prevent potential conflicts in young families, improve psychological support mechanisms, and ensure family well-being.

Main Part

The adaptation of newly married couples to family life is a complex socio-psychological process that is shaped by numerous individual-typological characteristics. In order to thoroughly analyze this process, it is necessary to first consider such aspects of personality as temperament, character traits, emotional state, and communicative abilities.

First, temperament characteristics are an important factor determining the dynamics of family relationships. For example, individuals with sanguine or phlegmatic temperaments tend to be more stable and inclined toward compromise, whereas those with choleric or melancholic temperaments often exhibit stronger emotional reactions. This leads to different behavioral patterns in conflict situations. In this regard, mutual adaptation between partners with different temperaments requires a higher level of psychological flexibility.

Second, character traits—particularly responsibility, patience, and empathy—play a significant role in ensuring family stability. According to contemporary research based on the Big Five personality traits model, individuals with higher levels of conscientiousness and agreeableness tend to adapt more successfully to family life. In contrast, individuals with higher levels of neuroticism are more likely to experience stress and conflicts.

Third, emotional stability and stress tolerance are of great importance in young families. Studies conducted by John Gottman indicate that maintaining a balanced ratio of positive to negative emotions between partners (approximately 5:1) contributes significantly to long-term marital stability. This highlights the importance of emotional regulation skills.

Fourth, communicative abilities and the culture of communication are essential conditions for successful family adaptation. As emphasized by Susan M. Johnson, open and sincere communication between partners strengthens emotional closeness and enables constructive conflict resolution. When openness and mutual respect are present in communication, the adaptation process becomes considerably easier.

Fifth, social factors—such as family values, national traditions, and relationships with relatives—also influence the adaptation of newly married couples. In particular, in Uzbek society, adaptation involves not only the relationship between spouses but also their integration into the extended family. This further reinforces the interconnection between individual-typological characteristics and the social environment. Thus, individual-typological characteristics play a decisive role in the process of adaptation of newly married couples to family life. Taking these characteristics into account makes it possible to identify potential problems in young families in advance and address them effectively.

The adaptation of newly married couples to family life is a multifactorial process in which individual-typological characteristics occupy an important place. The findings of the study indicate that emotional stability, positive character traits, and well-developed communication skills are key factors in ensuring family well-being. Therefore, it is advisable to widely implement psychological training, counseling, and preventive measures when working with young families.

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