

**PSYCHOLOGICAL MECHANISMS OF PREVENTING CONFLICT SITUATIONS IN
YOUNG FAMILIES IN THE MAHALLA SYSTEM**

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ANNOTATION: This article analyzes the socio-psychological role of the mahalla system, the causes of conflict situations in young families, and the role of psychological mechanisms in their elimination and prevention. It also covers the prevention of family conflicts, effective methods of the work of a mahalla psychologist, the influence of social environmental factors, and the psychodynamic foundations of conflicts. The article serves to strengthen the activities of the mahalla system, create a healthy psychological environment in young families, and ensure social stability in society.

KEYWORDS: Neighborhood system, young families, conflict situation, psychological mechanisms, family environment, prevention, social stability, psychological counseling, culture of communication.

INTRODUCTION

The neighborhood system has long played an important role in the social life of Uzbek society. The neighborhood is not only a self-governing body of citizens, but also a symbol of solidarity, cohesion and mutual assistance between people. Especially during the years of independence, the social, spiritual and psychological functions of the neighborhood system have expanded further. Today, the neighborhood has become an important psychological center for solving family problems, supporting young families and preventing conflict situations.

Young families are one of the most active, but psychologically unstable layers of society. New social roles, responsibilities and adaptation processes appear in their lives. Therefore, conflicts, misunderstandings, emotional conflicts are common in the early stages of life. Failure to conduct timely psychological analysis of such situations or an incorrect approach can disrupt the family environment, which also affects the stability of society.

From this point of view, in-depth study of psychological mechanisms when working with young families within the neighborhood system, systematic implementation of preventive measures establishing and developing mechanisms for early resolution of conflicts is an urgent issue.

MAIN PART

Socio-psychological significance of the neighborhood system

The neighborhood is the basis of the spirituality of our people, a school of mutual trust, respect and solidarity. It is manifested as a natural social system that ensures psychological stability among citizens. The neighborhood system has natural mechanisms of psychological control and support: neighborliness, mutual consultation, intervention of elders and neighborhood activists.

Also, neighborhood psychologists maintain stability in the social environment by identifying conflict situations arising between families at an early stage, analyzing them through psychological diagnostics and providing necessary advice. The neighborhood system is an important support for family life through its social mechanisms.

Psychological causes of conflicts in young families

The main causes of conflicts in young families are associated with difficulties in psychological adaptation, low interpersonal communication culture, stress, economic pressure, relationships with parents, and low levels of emotional maturity. Also, improper distribution of family roles, lack of mutual respect, and weak empathy (feeling for others) skills lead to conflicts.

In modern psychology, conflicts in young families are analyzed at three levels: cognitive (conflict of thought), affective (emotional conflict), and behavioral (conflict in action). The neighborhood psychologist identifies the problem at these levels and uses individual and group counseling.

Psychological mechanisms for resolving conflicts

Psychological mechanisms for resolving conflicts are based on the following basic principles:

Empathy and active listening - understanding the emotional experiences of both parties and listening to them without evaluating them.

Compromise and negotiation - finding a mutually beneficial solution between the parties.

Developing psychological adaptation - creating balance in the family by redistributing roles and responsibilities.

Family therapy and training - strengthening social skills through training conducted by a psychologist. In the neighborhood system, these mechanisms are implemented through socio-psychological services. The neighborhood psychologist, the activist council and the "Malla posboni" system work together. Through this, conflict situations in young families are resolved at an early stage.

Effective forms of preventive work in the neighborhood system.

Preventive work aimed at young families in the neighborhood is carried out in several stages:

Diagnostic stage - the psychologist studies the attitude, stress level, and communication culture of young families.

Educational stage - the basics of family culture, behavioral psychology, and conflictology are explained through training, seminars, and interviews.

Advisory stage - if conflict situations are identified, individual psychological assistance is provided.

Monitoring stage - after the problems are resolved, regular contact is established with families and socio-psychological stability is monitored.

The effectiveness of these forms is that they occur naturally in the neighborhood environment, which creates an environment of reliable psychological communication.

The socio-psychological significance and role of the neighborhood system

The neighborhood system has long been formed in Uzbek society as a center of interaction, solidarity, unity and kindness between people. The word mahalla in Arabic means "mahall" - a place, abode, a territory of residence. However, it is not only a geographical concept, but in the thinking of our people this term means social unity, mutual care, social order and spiritual unity. Therefore, the neighborhood system, by its very nature, directly affects all aspects of people's lives, in particular, family, upbringing, spirituality and psychological environment.

Neighborhood - the center of the socio-psychological environment

In any society, people need to be in contact with each other. These connections are at different levels: family, neighborhood, work team, friendship, etc. And the neighborhood is at the center of these connections. Because it is an intermediate social system between the family and society, in which the socialization, moral formation and psychological stability of the individual are ensured.

Psychologically, the neighborhood acts as a "big family". People are aware of each other's situation, share in each other's pain and sympathize with each other's place. This through which social stability, mutual trust, and a positive psychological environment are formed. This is especially important in the process of psychological adaptation of young families. For newlyweds, the neighborhood serves as a support, a counseling center, and a system of socio-psychological protection.

The strength of the neighborhood system is that it is far from formality, based on humanity and folk values. For example, the proverbs "The right of a neighbor is the right of God," "A nation that interferes with a people will become a nation" serve as the basis of the neighborhood philosophy. These values strengthen not only social life, but also psychological ties.

Psychological functions of the neighborhood system

The neighborhood system has informal mechanisms of social management that directly affect the psychological stability of people. Psychologically, the neighborhood performs the following main functions:

Supporting function - people help each other, which enhances positive social feelings.

Adapting function - helps a new family or new members adapt to the social environment.

Preventive function - plays an active role in preventing conflicts, social conflicts and mental stress.

Educational function - teaches young people spiritual values, moral standards.

Psychocorrectional function - forms a culture of psychological counseling, emotional relief and communication in problematic situations.

Through these functions, the neighborhood acts not only as a social management system, but also as a comprehensive center of psychological balance. The warmth of the neighborhood environment is especially important in mitigating emotional conflicts in young families and resolving conflicts peacefully.

The role and importance of the neighborhood psychologist The formation of the Institute of neighborhood psychologists in the Republic of Uzbekistan in recent years indicates that this system has reached a new level. A neighborhood psychologist is not only a specialist who works with individual problems, but also a person who analyzes the social environment of the entire neighborhood, establishes positive communication between families, and prevents social conflicts.

The main tasks of a psychologist are:

Performing psychological diagnostics of young families in the neighborhood. Identifying conflict situations at an early stage and providing advice on their elimination.

Conducting training and seminars on improving the culture of family communication;

Analyzing the social environment in collaboration with community activists.

CONCLUSION

Preventing and eliminating conflict situations in young families is not only a psychological, but also a social necessity. The community system is the closest assistant in this process, forming mutual respect, tolerance and cultural dialogue between citizens. Psychological stability in society can be ensured through early identification of conflicts, systematic implementation of preventive measures, and improving the skills of community psychologists.

Thus, the community system is the main psychological support for preventing conflict situations in the lives of young families, which embodies folk values, social mechanisms and modern psychological approaches.

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