

**ПЕДАГОГИКА ЖӘНЕ ПСИХОЛОГИЯ**

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DOI: <https://doi.org/10.37788/2025-1/13-18>**S.H. Appaeva<sup>1\*</sup>, N.M. Akimbekov<sup>2</sup>, S.K. Kadyrova<sup>2</sup>, N.A. Kabidollaeva<sup>2</sup>**<sup>1</sup>Kyrgyz National University named after J. Balasagyn, Kyrgyzstan<sup>2</sup>Innovative University of Eurasia, Kazakhstan\*(e-mail: [appaeva.sofya@mail.ru](mailto:appaeva.sofya@mail.ru))**Psychological conditions for the prevention of interpersonal conflicts in young families****Abstract**

*Main problem:* The article focuses on such key conditions as the development of empathy, the ability to resolve disputes constructively, and the ability to correctly express one's feelings and needs. It also examines methods of psychological preparation of young people for family life and ways to improve the family atmosphere through the use of psychological practices and strategies.

*Objective:* The work aims to raise awareness of the importance of psychological preparation in the early period of family relationships to prevent destructive conflicts that can have a long-term impact on the relationships and well-being of all family members.

*Methods:* for achieving the set goal we use the following research methods: questionnaires and surveys, in-depth interviews, psychological testing, observation methods, the "Role Play" method, psychological counseling and training, and the situation analysis method. These methods help to better understand the psychological characteristics of young spouses and determine effective ways to prevent interpersonal conflicts in their family life.

*Results and their significance:* the results of the study show that the main factors in the emergence of interpersonal conflicts in young families are lack of communication, differences in expectations of partners, emotional immaturity and the importance of a comprehensive approach to the prevention of interpersonal conflicts in young families, including the development of effective communication skills, emotional maturity and psychological and pedagogical training.

*Keywords:* conflicts in the family, family, young family, prevention, training, counseling.

**Introduction**

There is currently a certain deficit of theoretical works in the field of marital conflict research. At the same time, they can be very useful in solving very specific situations in which there is a clash of interests of two or more parties. In order to find the optimal solution, one must have knowledge of how such conflicts develop. In order to develop the correct line of behavior in such conflict situations, it is very useful to know what marital conflicts are and how people come to an agreement [1].

From a practical point of view, the relevance of the work is no less significant. At present, the number of divorces and remarriages is sharply increasing. But we should not forget that the family is the basic unit of society. This problem is not only interpersonal, but also social. Therefore, research in this area is of great practical interest. Interpersonal conflict is the most common type of conflict. This is a conflict that occurs between different subjects (personalities). This type of conflict also includes marital conflicts. Conflicts can be open and hidden. Open conflicts take the form of a quarrel, scandal, fight, etc. Hidden conflicts do not have a bright external manifestation, it is rather internal discontent, but their influence on marital relations is no less noticeable than the influence of open ones. Indicators of a hidden conflict are: demonstrative silence; a sharp gesture or look indicating disagreement; boycott of interaction in some area of family life; emphasized coldness in relationships. An open conflict is most often manifested through: open conversation in an emphasized correct form; mutual verbal insults; demonstrative actions (slamming a door, breaking dishes, banging a fist on the table), insults with physical actions, etc.

Conflicts can also be easily resolved and difficult to resolve. Firstly, the cause can be easily identified and eliminated. In the case of difficult-to-resolve conflicts, even if the cause is identified, they are not easy to eliminate, so the relationship between spouses remains tense. However, the cause

that spoiled the relationship should be eliminated as soon as possible. Determining the nature of the conflict depends on whether or not it contributes to the preservation and development of marital relations. On this basis, all existing conflicts are considered constructive (they are desirable and even necessary for the development of relationships in the family) and destructive. The consequence of a destructive conflict is the preservation of tension between spouses for a long time after a quarrel. Both partners in families with a predominance of destructive conflicts consider the threat of divorce to be real. Constructive conflict involves relieving tension in the relationship between partners. Although a quarrel leaves a heavy aftertaste, spouses begin to treat each other more carefully and strive to understand each other better. Subsequently, such a quarrel is perceived as an accident, a misunderstanding.

### **Materials and methods**

The state of complete family dissatisfaction arises as a result of conflict situations in which a noticeable discrepancy between the individual's expectations of the family and its actual life is revealed. It is expressed in boredom, colorlessness of life, lack of joy, nostalgic memories of the time before marriage, complaints to others about the difficulties of family life. Accumulating from conflict to conflict, such dissatisfaction is expressed in emotional outbursts and hysterics.

Conflict resolution is the process of finding a mutually acceptable solution to a problem that has personal significance for the participants. Resolution can be complete or incomplete. Complete resolution occurs when the causes, subject of the conflict and the conflict situation are eliminated. Incomplete resolution occurs when not all causes of the conflict or conflict situations are eliminated. In such a case, incomplete resolution can be a stage on the way to its complete resolution [2].

The desire to find ways to resolve marital conflicts is connected not only with the preference that many people have for peaceful, conflict-free resolution of problems arising in their relationships, which is expressed in the well-known proverb: "A bad peace is better than a good quarrel." It has entirely objective grounds in the very nature of human relationships. The fact is that the psychodynamics of these relationships not only pushes people to conflicts. On the contrary, there are also opposite tendencies in their development that help to move from conflict to cooperation. If spouses correctly identify these tendencies and are able to implement them in the practice of their interactions with each other, then it will be possible to turn conflict into cooperation, and clashes into peace. Moreover, it will be possible to avoid conflicts, to prevent them.

The technology of resolving marital conflicts is very diverse; it includes several interrelated actions that together constitute certain standards of behavior that allow one to avoid conflicts and skillfully resolve the latter when they arise.

Undoubtedly, the first step that creates the prerequisite for resolving a conflict is the ability to determine what the true causes of the conflict are. It is important to keep in mind that the true cause of the conflict is often hidden by one or both conflicting parties. The task of finding the true cause of the conflict is not an easy one. It requires a good knowledge of the psychology of the spouse. If the cause of the conflict is determined correctly, then the conflict situation becomes clearer and more understandable, and therefore, in this case, it is easier to determine the most acceptable ways to resolve the conflict.

Analysis of an emerging, or even better, only brewing conflict situation makes it possible not only to promptly and successfully direct marital conflict into a constructive direction, but also to find ways to avoid it and prevent its occurrence [3].

One of the reliable ways to prevent marital, as well as any interpersonal conflicts, is the ability of the individual to observe the principles of "social distance" in relationships with people. Social distance expresses the degree of socio-psychological compatibility, closeness or remoteness of people, which contributes to the ease and difficulty of their interaction and which, if correctly chosen and adhered to, is capable of preventing conflicts that can flare up when people are very close to each other, but can also arise in cases where they are excessively distant from each other. Therefore, in relationships with a spouse, it is necessary to strive to ensure that the limit of psychological rapprochement is never reached, so that the possibility of movement remains, there is space in which it is still possible to get closer.

### **Results**

The second, no less important method of preventing marital conflicts in young families is following the "rule of diversity". The more mutual interest the spouses have, the more diverse their interests are and the more these interests coincide, the greater the resource for cooperation, the less opportunities for conflict confrontation to arise. If the interests that bind the spouses are very narrow

and limited (for example, only sexual or only financial), then the base of possible conflicts between these people is significantly expanded. Therefore, one of the important ways to prevent marital conflicts is the rule according to which in the interactions of husband and wife it is necessary not to reduce the world to a wedge, to always be an individual who maintains to a certain extent his psychological independence even from his loved one. And for this it is necessary to constantly correct the relationship, lead them out of dead ends, direct the energy of conflicts to the personal growth of both, and not to mutual accusations and divorce [4].

Of course, it is easy to say “direct the energy of conflicts to the personal growth of both”, but it is very difficult to do. Among the methods that can be used to achieve success on this difficult path is avoiding conflict. D. Carnegie is convinced that there is only one way in the world to gain the upper hand in an argument – to avoid it.

In marriages, avoiding a conflict situation is especially desirable and productive, since here harmonious relations with a partner are much more significant than winning a conflict with him.

The third method that can be useful for transforming the accumulating energy of conflict into the energy of cooperation is the rule of «smoothing»: the “smoother” tries not to let the sign of conflict out and to extinguish the desire for conflict confrontation in the other person.

According to Dale Carnegie, an important way to prevent or smooth out conflict situations is the ability to give people cooperating with a given person the opportunity to feel like “one of their own”. Such relationships are characterized by psychological closeness, mutual authority of partners, and positive emotional coloring. It has the greatest potential for significance, awareness, and longevity, and brings the greatest satisfaction to partners. In this way, a person's need to be significant for others is most fully satisfied.

In his advice on how to win people over, D. Carnegie suggests giving people the opportunity to feel their importance. We most often strive to win others over by demonstrating our virtues to them – erudition, kindness, responsiveness, etc., whereas a shorter and more effective path to conflict-free cooperation with another person is to give him the opportunity to demonstrate his personal importance [5].

The method of appealing to the significance of the other and supporting his/her significance in every possible way is a very important component in the strategy of preventing marital conflicts.

### **Discussion**

In preventing marital conflicts, the method of excluded social demonstration can play an important constructive role. Let us recall how often conflicts arise because one of the partners strives with all his might to demonstrate his merits, success, intelligence, strength, etc., thereby causing irritation and aggressiveness of the other, pushing him to conflict resistance. The more often and actively spouses exclude social demonstration, the fewer reasons for conflicts arise [6]. Based on the generalization of various methods of preventing interpersonal, including marital conflicts, we can formulate several rules of conflict-free communication. The first of them says: «Do not use conflictogens». Let us recall that conflictogens are words, actions or inactions that can lead to conflict. If we strive to respond to a conflictogen addressed to us with a stronger conflictogen, then the conflict becomes inevitable [7].

Therefore, the second rule of conflict-free interaction is: «Do not respond to a conflict-generator with a conflict-generator». To remember one of these rules or both of them, you need to put yourself in the place of the counterparty, feel the feelings, desires, understand the opinion of the interlocutor. This process is called empathy. Therefore, the third rule of conflict-free communication is: «Show empathy to the interlocutor». In the interaction of people with each other, there is a phenomenon opposite to the conflict-generator. These are benevolent messages addressed to the interlocutor. These include everything that lifts a person's mood: a friendly smile, attention, interest in the person, respectful attitude, sympathy, etc.

Therefore, the fourth rule of conflict-free communication comes down to the following: «Make as many benevolent messages as possible». Each of us needs positive emotions, so a spouse who bestows benevolent messages on his or her other half is able to prevent a conflict, even if certain prerequisites for it arise.

### **Conclusion**

Thus, a conflict is a mutual negative mental state of two or more people, characterized by hostility, alienation, negativity in relationships, caused by the incompatibility of their views, interests or needs.

Marital conflicts can be constructive and destructive. Constructively resolved conflicts are inherent in all marital unions. Moreover, they are a necessary component of marital relations.

Destructive conflicts do not pass without leaving a trace, and cause psychological trauma to spouses. Therefore, the actions of the participants in a marital conflict should be aimed, at changing the nature of the conflict from destructive to constructive.

A number of methods are used for these purposes: maintaining “social distance”, following the “rule of diversity” and “smoothing”, the method of “benevolent messages”.

One of the ways to resolve marital conflicts is psychological counseling, the essence of which lies in developing recommendations for changing negative psychological factors that complicate the lives of spouses and cause conflicts. Psychological counseling takes place in two stages: conflict diagnosis and restoration of marital relations.

However, psychological counseling faces a number of problems: the problem of time, varying degrees of conflict in family life between spouses, the presence of unconscious components of conflict behavior.

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### **Жас отбасылардағы тұлғааралық қақтығыстардың алдын алудың психологиялық шарттары**

Мақалада эмпатияны дамыту, дауларды сындарлы шешу, өз сезімдері мен қажеттіліктерін дұрыс жеткізе білу сияқты негізгі жағдайларға назар аударылады. Жастарды отбасылық өмірге психологиялық дайындау әдістері мен психологиялық тәжірибелер мен стратегияларды қолдану арқылы отбасылық атмосфераны жақсарту жолдары да қарастырылған.

Жұмыс отбасының барлық мүшелерінің қарым-қатынасы мен әл-ауқатына ұзақ мерзімді әсер етуі мүмкін деструктивті қақтығыстардың алдын алу үшін отбасылық қарым-қатынастардың ерте кезеңінде психологиялық дайындықтың маңыздылығын түсіндіруге бағытталған.

Зерттеу нәтижелері жас отбасылардағы тұлғааралық қақтығыстардың пайда болуының негізгі факторлары қарым-қатынастың болмауы, серіктестердің күтулерінің айырмашылығы, эмоционалды жетілмегендігі және жас отбасылардағы тұлғааралық жанжалдардың алдын алуға, оның ішінде тиімді қарым-қатынас дағдыларын дамыту, эмоционалдық-педагогикалық және психологиялық дайындықты қалыптастыруға кешенді көзқарастың маңыздылығын көрсетеді. Жас жұбайларға психологиялық тренингтер мен кеңес беру бағдарламаларын енгізу деструктивті қақтығыстардың қаупін азайта отырып, үйлесімді және тұрақты отбасылық қатынастарды құруға көмектеседі.

Қарым-қатынас және жанжалдарды шешу бойынша тренингтен өткен ерлі-зайыптылар отбасылық мәселелерді шешуде жақсы нәтиже көрсетті. Бұл тұжырымдар ерлі-зайыптылардың бірге өмір сүруінің басында психологиялық дайындықты енгізу қажеттілігін қолдайды, бұл қарым-қатынастардың тұрақтылығын арттыруға және ұзақ мерзімді проблемалардың алдын алуға көмектеседі. Жанжалға отбасылық құндылықтар мен рөлдердің әсері.

*Түйін сөздер:* жанұядағы, жанұядағы, жас отбасындағы жанжалдар, алдын алу, оқыту, кеңес беру.

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### **Психологические условия предупреждения межличностных конфликтов в молодых семьях**

В статье акцентируется внимание на таких ключевых условиях, как развитие эмпатии, способность к конструктивному разрешению споров и умение правильно выражать свои чувства и потребности. Также исследуются методы психологической подготовки молодых людей к семейной жизни и пути улучшения семейной атмосферы через использование психологических практик и стратегий.

Работа нацелена на повышение осведомленности о значении психологической подготовки в ранний период семейных отношений для предотвращения разрушительных конфликтов, которые могут оказать долгосрочное влияние на отношения и благополучие всех членов семьи.

Методы исследования — анкетирование и опросы, глубинные интервью, психологическое тестирование, методика наблюдения, методика «Ролевая игра», психологическое консультирование и тренинги, методика анализа ситуаций. Эти методики помогают глубже понять психологические особенности молодых супругов и определить эффективные способы предупреждения межличностных конфликтов в их семейной жизни.

Основными факторами возникновения межличностных конфликтов в молодых семьях являются недостаток коммуникации, различия в ожиданиях партнеров, эмоциональная незрелость и важность комплексного подхода к профилактике межличностных конфликтов в

молодых семьях, включая развитие навыков эффективной коммуникации, эмоциональной зрелости и психолого-педагогической подготовки.

*Ключевые слова:* конфликты в семье, семья, молодая семья, профилактика, тренинги, консультирование.

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