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Research Article

PSYCHOLOGICAL FEATURES OF THE FAMILY, ITS STRUCTURE AND DEVELOPMENT DYNAMICS

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ABSTRACT

It is the family that is the small group that reflects the individual's worldview, his emotional well-being, understanding and acceptance, and a sense of personal satisfaction. It is important for everyone to know how to achieve this in the family, how relationships with others and personal choices should develop so that this satisfaction in marriage lasts for many years.

Keywords

Family, emotional well-being, attitude, happiness, spouses, parents, children, upbringing, psychological protection.

Introduction

A family is a small social group, the most important form of organizing personal life, which is based on a marital union and family ties (relationships between husband and wife, parents and children, brothers and sisters), who live together and run a common household. The family plays a huge role in the life of both the individual and society as a whole. The most important characteristics of a family are its functions, structure and dynamics. The function of the family is understood as the sphere of life activity that is associated with the satisfaction of family members with their specific needs.

The functions of the family are as follows:

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- 1. Educational, it satisfies individual needs for fatherhood and motherhood.
- 2. Household (meeting the material needs of family members, helping to maintain their health).
- 3. Emotional function of the family (satisfaction of family members' needs for sympathy, respect, recognition, emotional support, psychological protection)
- 4. The spiritual (cultural) function communication (satisfying the needs for joint leisure activities. mutual spiritual enrichment).
- 5. The function of primary social control (ensuring the fulfillment of social norms by family members).
- 6. Sexually erotic.

Violations of family functions are such features of its life activities that complicate or prevent the family from performing its functions. A large number of factors can contribute to violations the personal characteristics of its members, the relationships between them, certain family conditions. Family structure is its numerical composition, distribution of roles, type of mutual influence, and the totality of relationships in the family. Analysis of the family structure makes it possible to answer the question of how the functions of the family are implemented, who is in charge in the family, and how rights and responsibilities are distributed among family members.

Violation of family structure is such features that complicate or prevent the family from performing its functions. Family dynamics are its life cycle. The functions and structure of the family may change depending on the stages of its life. There are various systems for identifying the main stages of the life cycle. The best known is the system of "stages", where the fact of the presence or absence of children in the family and their age was used as the main sign of distinguishing stages. Duval identified the following phases in the family life cycle. Life cycle:

- involvement. The meeting of spouses, their emotional attraction to each other.
- acceptance and development of new parental roles.
- acceptance of a new personality into the dyadic family. The transition from relationships between spouses to relationships in a triangle.
- introduction of children into non-family institutions.
- acceptance of adolescence.
- experimenting with independence.
- preparation for the departure of children from the family.
- children leaving the family. The life of the spouses "eye to eye."
- retirement, old age.

A normally functioning family is a family that performs its functions responsibly differentiated, as a result of which the need for growth and change of both the family as a whole and each of its members is satisfied. According to the point of view of Lederer and Jackson, a good marriage is one that is characterized by the following characteristics - tolerance, respect for each other, honesty, desire to be together,

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similarity of interests and value orientations. The characteristics of a family as a small group are closeness, emotional community, and great vulnerability. Eidemiller identifies the features of the modern family as small composition, nuclear nature of the family, patriarchal connections, predominance of female influence, the life of several generations at once. Thus, he notes that the patriarchal family (consisting of several generations) is preserved.

Secondly, the boundaries between subsystems are diffuse, poorly structured, power in the family belongs to grandparents, in many families there are no men in several generations, several generations depend on each other not only spiritually, but also financially, the ideology of a totalitarian society has formed a rigid system of coercion and obligation, the destruction of the previous ideology and the absence of a new one have led to an increased need for illusions in society; the difficult financial situation leads to families quickly breaking up.

Family structure - i.e. the composition of the family and the number of its members, as well as the totality of their relationships. Analysis of family structure, according to E.G. Eidemiller and V.V.Justitskis, makes it possible to answer the question of how the function of the family is realized: who in the family is in charge and who is the executor, how rights and responsibilities are distributed among family members. From the point of view of structure, we can distinguish families where leadership is concentrated in the hands of one family member, and families where equal participation of all members in

management is clearly expressed. In the first case, they talk about an authoritarian system of relations; in the second, about democracy. The structure of a family can be different, scientists write. depending on how the main responsibilities are distributed in it: evenly or most of them are concentrated in the hands of one family member. The most common structure in our society is a family, which includes adults (husband, wife, often one of the parents) and children, and in our country it is most typical for a family to have one or two children.

Violations of family structure are features that make it difficult or prevent the family from performing its functions. For example, the uneven distribution of household responsibilities between spouses is a violation of the structure of relationships in the family, since it prevents the satisfaction of a number of needs of their spouse, who took on the main burden (needs for restoration of physical strength, cultural, spiritual enrichment). The dynamic processes underlying the most obvious structural relationships, processes that are widespread, specific and recognizable, are called "family dynamics." V.V. Stolin identifies three processes of the dynamic aspect in the functioning of the family:

- The assimilative process consists maintaining a stable state of an open family system relative to some fixed frames of reference.
- 2. The accommodative process consists of a shift in the fixed frame of reference itself.
- 3. The adaptive process is the search for a balance between maintaining a certain stable state and

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changing family functioning, that is, a balance between the first two processes.

In addition to situational stresses, there are also those that are provided for by conflicts in the development of the individual, the body, the family and other social groups. They can be described as critical points in the family's passage from phase to phase in the family life cycle. It is at these points that the previous methods of achieving goals, previously used in the family, do not contribute to the achievement of new needs that have arisen among family members. S. Kratochvil points out that the life of a family has its own critical periods, and refers to them as 4-6 and 17-25 years of common life. Z. Rosenthal writes that 8% of divorcing young spouses (marriage duration 0-2 years) motivated the divorce by the interference of their parents in their lives, and among those who had lived together for five or more years this was only 0.6%. The uniqueness of further family development It also shows that conflicts over emotional relationships seem to crowd out conflicts over raising children.

Thus, according to M. James, in the 5-10th year of marriage, the most disagreements between spouses arise due to different attitudes towards raising children. At further stages of family development, unique reasons for its instability again appear, among which an important place is occupied by the idea that it is impossible to revive marital relations. So, V.A. Sysenko points out that after 25 years of marriage, the number of divorces increases, which are motivated by the husband's drunkenness (it is clear that it is very rare that a

man who has not been drinking before begins to drink at the age of 50-60) or the actual creation of another family (it is also clear that relationships characterized as another family arises noticeably earlier than the former marriage is legally terminated). Family systems psychotherapists Varnhill and Longo, to explain what happens to a family during the transition from phase to phase, borrowed psychoanalytic ideas about fixation and regression: during a normative stressor, dysfunctional families, instead of moving forward, regress to earlier phases of family development, or stop in their development, i.e. are fixed at a certain phase. In order to avoid this, they suggest families work through the problem of translations: "How did you do it, by what means, what else did you do?" M. Weddell in his work "The Family and Its Dynamics" notes that a family is a group of people connected by ties of kinship, a socio-economic unit that exists around a heterogeneous couple. Dynamic processes occur in the family that underlie structural connections - "family dynamics".

The birth of a child marks the beginning of a dynamic that establishes long-lasting and specific patterns of relationships that will characterize the family in the future. With the birth of a child, the system, previously closed on itself, begins to exist objectively in the form of a triangle, with all the problems characteristic and relevant for a triangle. The essence of the processes occurring with the child determines the content of such concepts in the family as motherhood, paternity, parenthood. Scientists draw attention to the fact that all family processes occur as a natural

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continuation of past dynamics in parental families, rooted in the first days of family life. So, family dynamics is an important formation that leads to various kinds of changes both in the family as a whole and in its individual members. The movement of the family is inevitable; it occurs more rapidly in cases of family crises.

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