

**SOCIAL, ETHNOPSYCHOLOGICAL PROBLEMS OF DIVORCE IN UZBEKISTAN
AND ISSUES OF THEIR PREVENTION****Ruzikulov Fakhridin Rasulovich**Navoi Regional Center for Pedagogical Skills
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Annotation: This article is devoted to a comprehensive analysis of the social and ethnopsychological problems of divorce in Uzbekistan. The study examines demographic and statistical indicators of divorce, as well as deeply studies the main socio-economic and ethnopsychological factors leading to the breakdown of family relations. The article comprehensively covers the negative psychosocial consequences of divorce for individuals, children and society. The existing preventive mechanisms are critically evaluated and specific recommendations are developed on ways to improve them, including adapting international experience to the conditions of Uzbekistan. The article offers practical strategies aimed at strengthening the institution of the family and reducing the number of divorces, and identifies future research directions.

Keywords: Divorce, Family, Uzbekistan, Social Problems, Ethnopsychology, Prevention, Family Values, Marriage.

Introduction

The family is the foundation of society, playing a decisive role in the development of the individual and the transmission of national values from generation to generation. Strengthening the institution of the family in Uzbekistan is one of the priorities of state policy, which is reflected in the Family Code of 1998 and the Presidential Decrees of 2022. However, in recent years, the growing number of divorces in the country has become a serious social problem, threatening the institution of the family and negatively affecting the stability of society. This situation leaves a deep mark on the psychology of individuals, especially children, and is also an obstacle to socio-economic development. Therefore, it is of urgent importance to study in depth the root causes of divorces, their social and ethnopsychological aspects, and to develop effective preventive measures.

The purpose of this study is to comprehensively analyze the social and ethnopsychological problems of divorce in Uzbekistan, identify their causes, assess their consequences, and improve existing mechanisms and propose new strategies for preventing divorce. The study is aimed at synthesizing existing theoretical approaches, empirical data, and practical experience in the field of family, gender, and social sciences.

Analysis of relevant literature

The institution of the family and its role in society is a topic widely discussed in the scientific circles of Uzbekistan. The country's legislation defines the family as the basic unit of society, which plays an important role in the formation, upbringing, and assimilation of moral principles of individuals. Uzbek family values and traditions are an integral part of the national culture and include such basic values as mutual respect, kindness, loyalty, trust, care, honesty, justice, hard work, patriotism, humility, and forgiveness. Respect for the elderly, collective efforts for well-being, and mutual assistance are important aspects of Uzbek family life. Celebrating national holidays such as Navruz and Ramadan, communal meals, and joint activities strengthen family ties and develop a sense of belonging. Preserving these deeply rooted values and traditions is considered important for building strong families, as they

are seen as a guarantee of a prosperous and developed society. At the same time, problems in family relationships, in particular divorce, have also become the subject of scientific analysis. Research by Jaxongir Rustamov, head of the department at the Institute of Family and Gender Studies, scientifically analyzed the growing trend of divorce in Uzbekistan and studied its main causes and consequences. His survey, conducted in 2025 with 311 respondents from divorced families in nine regions, examined various factors leading to divorce using statistical and sociological methods. Rustamov's research, comparing it with international experience, proposed a comprehensive set of measures to increase the stability of marriage and effectively reduce the level of divorces. According to the Family Scientific and Practical Research Center, the main reason for divorces is the unpreparedness of spouses for family life, which accounts for 43.3% of all cases. Other important factors include financial difficulties (24.5%), character incompatibility (12.6%), indifference (10.3%) and dependence (3.8%). For young families, specific reasons are indicated, such as character incompatibility (41%), a quarrels in the family. The inability of spouses to equally distribute financial responsibilities or the feeling of one party being overburdened increases tension.

2. Unpreparedness for family life: Insufficient preparation of young people for family life, irresponsibility in choosing a spouse, and lack of skills to solve difficulties encountered in family relationships are among the most common reasons for divorce. In the modern world, with an increasing desire for personal freedom and independence, family obligations and the need to compromise create difficulties for some young people.

3. Third-party interference: In Uzbek families, the interference of parents and other relatives in the life of a young family is a common phenomenon. While this is traditional help and support, on the one hand, it can prevent the young family from making independent decisions and setting their own boundaries. Disagreements in in-laws, daughter-in-law and son-in-law relationships, especially difficulties in the adaptation process of brides, can lead to divorces.

4. Harmful habits and addictions: Addiction to alcohol, drugs or gambling, as well as other harmful habits, disrupt family relationships, increase conflicts and lead to divorce.

Ethnopsychological factors:

1. Personality mismatch and communication problems: This is mainly observed in young families and may be related to the restrictions on open expression of feelings in Uzbek culture. The lack of open and honest communication between spouses, the lack of a sincere approach to resolving mutual misunderstandings, deepens the problems. Cultural norms often prevent personal desires and feelings from taking precedence over the family unit, which leads to internal conflicts.

2. Indifference: This can mean emotional distance and lack of intimacy in the marriage. In Uzbek culture, indifference, which can be masked by cultural norms such as stoicism or being the center of attention outside the family, leads to a loss of emotional connection and ultimately to separation.

3. Childlessness: In Uzbek culture, the importance of children for the continuity of the family and social status is very high. Psychological pressure on the family due to childlessness, feelings of guilt on the part of the woman, or pressure from relatives can lead to divorce. In some cases, this problem can even be resolved medically, but cultural concepts often have a negative impact on this process.

4. Traditional understandings of gender roles and gender inequality: In some families, the traditional approach to the roles of men and women, in particular the restriction of women's rights and freedoms, can hinder their personal development. This gender inequality can exacerbate conflicts and lead to divorce.

5. The influence of the media: The Center for Scientific and Practical Research on the Family has criticized the negative coverage of family issues by the media. Incorrect, one-sided, or irresponsible coverage of the difficult aspects of the family institution can create misconceptions about family problems in society and exacerbate them instead of solving them.

Psychosocial consequences of divorce for individuals, children and society

Divorce not only ends the relationship between the couple, but also has wide-ranging psychological and social consequences for individuals, children and society as a whole.

Impact on individuals: Individuals who experience divorce often experience psychological problems such as deep emotional stress, depression, loneliness and low self-esteem. Social stigma, especially for women, can make their later lives difficult. Problems such as economic instability, finding a new home and managing family responsibilities alone can be a heavy burden for individuals.

Impact on children: Divorce has the most severe consequences for children. They often see their parents' divorce as their fault, which increases their feelings of anxiety, fear and low self-esteem. Decreased school performance, behavioral problems, sleep disorders and eating disorders are common. In the long term, these children may develop insecurity in future personal relationships, fear of intimacy, and difficulty in starting their own family. In some cases, children may also have difficulty with social adjustment.

International experience shows the importance of a comprehensive and multi-level approach to preventing divorce. The following strategies can be used, adapted to the conditions of Uzbekistan:

1. Introduction of mandatory pre-marital counseling: In some countries, for example, in the Philippines and Israel, mandatory pre-marital counseling courses are held. In Uzbekistan, along with expanding the activities of "Schools of Future Brides and Grooms", it is possible to ensure the conscious preparation of young people for family life by making pre-marital psychological and pedagogical counseling mandatory. In this process, it is especially important to pay attention to ethno-psychological aspects, that is, to provide knowledge about roles in the family, communication styles, and cultural features of conflict resolution.

2. Strengthening the role of neighborhood institutions: In Uzbekistan, the neighborhood institution traditionally performs the function of social control and support. Neighborhoods should actively participate in working with families on the verge of divorce, providing counseling, and conducting reconciliation work. In this process, it would be useful to involve specialists with modern psychological knowledge or conduct special training for community activists.

3. Develop family courts and mediation services: In a number of developed countries, there are special family courts and mediation services to resolve family disputes, which are aimed at reconciling spouses or smoothing the divorce process. In Uzbekistan, it is also necessary to expand pre-trial mediation mechanisms and improve the skills of judges specializing in resolving family disputes in civil courts.

4. Educational programs for parents and in-laws: To address the problem of third-party intervention, it is important to offer educational programs not only to young people, but also to their parents on family boundaries, supporting the independence of young families, and developing mutual respect.

5. Improve mental health services: Mental health problems such as addiction and depression often cause family conflicts. Family stability can be increased by ensuring the availability of mental health services, reducing the stigma surrounding seeking them, and strengthening preventive measures.

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