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Family Crises: Psychological Dynamics and Strategies for Resolution

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ABSTRACT

Family crises are inevitable life events that can disrupt the emotional and functional stability of family systems. This study explores the psychological features involved in overcoming family crises, focusing on the coping mechanisms, communication patterns, and resilience strategies employed by family members. The research employs a combination of methods, including the conversation method, the "Degree of Satisfaction with Marriage" assessment, and techniques for evaluating mutual understanding, emotional connection, and mutual respect. Additionally, the "Family Role Distribution" method is used to analyze the allocation of roles within the family. By examining both individual and collective responses, the research highlights the roles of emotional regulation, problem-solving skills, and social support in navigating these challenges. The findings underscore the importance of fostering adaptive psychological strategies to promote recovery, strengthen family bonds, and enhance overall well-being in the aftermath of crises.

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1. INTRODUCTION

Family crises are an inevitable aspect of life, arising from a range of stressors such as financial difficulties, health issues, interpersonal conflicts, or significant life changes. These crises often disrupt the stability and functioning of the family unit, creating emotional, psychological, and relational challenges for its members. The ways families navigate and overcome such crises play a pivotal role in determining their resilience and long-term well-being. Effective crisis resolution involves a combination of individual coping mechanisms and collective strategies that support adaptation and recovery. Psychological factors such as emotional regulation, communication, mutual respect, and role distribution within the family significantly influence the outcomes of these crises. Additionally, the ability to foster understanding and maintain supportive relationships among family members is critical for resolving conflicts and restoring harmony. Many reports regarding family crises have been well-documented (see **Table 1**).

Table 1. Previous research.

No.	Title	Reference
1.	Beyond family crisis: Family adaptation	McCubbin et al. (1983)
2.	Family crisis following the diagnosis of a handicapped child.	Fortier and Wanlass (1984)
3.	Family crisis and psychosomatic illness	Cermak (1973)
4.	The role of crisis in family crisis intervention: Do crisis experience and crisis change matter?	Al et al. (2011)
5.	Grandparents & family crisis	Cherlin and Furstenberg (1986)
6.	The concept of family resilience: Crisis and challenge	Walsh (1996)
7.	Implementation of early intervention with family resourced to improve development of expressive language in children with cerebral palsy	Abidin et al. (2021)
8.	Analysis of the impact of the covid-19 pandemic on family harmony: Case studies on family with and without people with special needs	Afifah (2021)
9.	Family as an educational environment that can provide science education for children with special needs	Maryanti and Asjjri (2022)
10.	Development of traluli program of family-resourced early intervention for multiple disability and visual impairment (MDVI) children with fine motor impairment in inclusive school	Rizqita et al. (2024)
11.	Development of a family-based early intervention program to improve consonant letter articulation skills in children with articulation barriers	Bela et al. (2024)
12.	Assessment methodology role of family entrepreneurship in the sphere of services	Shaturaev (2022)
13.	Analysis of family enterprise production power and profitability forecast	Saturaev (2023)
14.	A survey regarding gender issues in family	Boriongan and Abdulmalic (2023)
15.	Strengthening literacy in children with special needs during courageous learning with family support in learning during a pandemic	Fitri et al. (2022)
16.	Affiliation motive as a factor in the health of the socio-spiritual environment in the family.	Khushvaktovna and Fayzievna (2023)

This study aims to examine the psychological features that contribute to overcoming family crises, with a focus on identifying key mechanisms that facilitate resilience and relational growth. By employing diverse research methods, including assessments of marital

satisfaction, mutual understanding, and family role distribution, the study seeks to provide a deeper understanding of how families can effectively manage crises. These findings aim to inform practical strategies and interventions for strengthening family systems during times of stress and adversity.

2. METHODS

Devoted to the study, coverage of marital and family relations, problems of the modern family, most of the scientific literature published in recent years and research works conducted note that internal psychological factors (mutual respect, affection, love) play a role in ensuring the strength of modern families, and not external factors (social, economic, legal factors, traditions, psychological readiness for family life, one's marriage, a positive assessment by the subject of one's family life, for example, a higher level of satisfaction with marriage) is becoming more and more crucial.

This study employs a comprehensive methodological approach to investigate the psychological features involved in overcoming family crises. The methods were selected to capture both the individual and collective dynamics within families.

- (i) **Conversation Method.** Semi-structured interviews were conducted with family members to explore their perceptions, experiences, and coping mechanisms during crises. This qualitative method provided insights into emotional dynamics, communication patterns, and interpersonal relationships within the family unit.
- (ii) **Degree of Satisfaction with Marriage Assessment.** A standardized assessment tool was used to measure the level of satisfaction within marital relationships. This method helped evaluate the quality of the marital bond and its role in the family's ability to manage crises effectively.
- (iii) **Mutual Understanding, Emotional Connection, and Mutual Respect Evaluation.** Specific tools and questionnaires were employed to assess the extent of mutual understanding, emotional aspiration, and respect among family members. These measures provided a comprehensive view of the relational strengths and areas for improvement within the family.
- (iv) **Role Distribution Analysis.** The "Family Role Distribution" method was applied to identify and analyze how roles and responsibilities are assigned within the family. This approach sheds light on the functional and dysfunctional aspects of role allocation, which may influence the family's crisis management strategies.

By combining these methods, the study captures a multidimensional perspective on the psychological factors that contribute to overcoming family crises, providing a robust framework for understanding and addressing these challenges.

3. RESULTS AND DISCUSSION

The interaction of spouses in the development of marital and family relations, the positivity of these relations, the understanding of the spouses of each other, emotional aspirations for each other, respect for each other, satisfaction with their marriage and a number of others are important psychological factors that ensure the strength of the family. That is why in the works on the solution of marital and family problems in all developed countries of the world, special attention is paid to the study of the characteristics and state of marital relations, which are directly the main link in the system of marital and family relations. the correct organization of the relationship between these two family members directly underlies good interpersonal relations between other family members, a positive psychological climate

prevails in the family, the successful fulfillment of the social functions of the family in front of society, and vice versa, deterioration of relations between spouses can lead to deterioration of interpersonal relations between other family members.

Since the middle of the 19th century and mainly since the second half, family issues have been studied for the first time as a subject of special scientific research. The research also pays special attention to such factors as the strength of marriage and marital satisfaction in determining the internal psychological strength of marital and family relations.

During a family crisis, two potential systems can be developed for the future prosperity of the family:

- (i) Destructive (destructive) – leading to disciplinary violations in family relationships and threatening their existence;
- (ii) Constructive (creative) – involves the use of potential (hidden) opportunities in the transition of the family to a new level;

The period of family crisis is the most difficult moment that happens between every couple. During this period, the couple is always accompanied by sadness, turmoil, tears, nervousness, and compromise again. Both spouses should remember that everyone will have this period, and do not forget about its transience, that the main task is to safely and completely get out of the mill of the crisis. But this is not an easy task, and not everyone can cope with it. Whoever succeeds is destined to live happily ever after, like in fairy tales.

Surprisingly, it is a fact: no matter how late a person marries, crisis periods begin their activities from the day of marriage. The most interesting thing is that even the cause and theme of the scandals seem to remain unchanged. From the above statements, we can conclude, and we will explain this in two aspects:

- (i) An encouraging conclusion: there are no culprits here, it is useless to look for them;
- (ii) Philosophical conclusion: if this crisis period cannot be avoided, then you need to be prepared for it;

Psychological research shows that love will also have its biorhythm: it is also born, grows, strengthens, hurts, and heals. Therefore, even in the happiest marriage, there is a temporary cooling of feelings between couples. This situation is present in any relationship. Passionate love does not always burn with a roar. Couples should be prepared for it to cool down a bit.

The crisis period is a period of tension and discord between a couple, at which time strong perseverance is required from them. The crisis has four interacting elements of the period. When a family enters a time of crisis, even if it contains two or three of these elements, it means that it is in a period of crisis. The elements are as follows: Experiencing stressful situations; In case of difficulties in completing tasks; The emergence of chronic difficulties in the main responsible tasks of the family; and Significant lack of support.

The difference between these interacting elements shows that each crisis is a separate universe. Below are the signs that appear in a person during a crisis, and the symptoms of a family in crisis, with which you can determine the experiences of a person and family in a crisis. They are as follows:

Physical signs of a person in crisis: Loss of appetite; lower back pain; difficulty breathing; freezing of hands and feet; diarrhea; drooping eyelid; dry mouth; headache; increased blood pressure; palpitations; fatigue; nausea; overeating; upset stomach; insomnia; chest tightness.

The following changes also occur in his behavior: anger, irritability when completing a task; snoring, fatigue when completing a task; doubt about completing a task; indecision about the task; aggressiveness; inability to come to a decision; memory blockage; confusion when completing a task; excessive smoking, drinking, black drug use; and barking.

On the other hand, the psychological symptoms of a person in a crisis are as follows: Panic; quickly getting upset about something; inability to think clearly; helplessness, irritability; self-doubt; quickly getting angry, not disappointed in anything; feeling helpless; inability to concentrate; anxiety, disappointment; loneliness; waiting for help from others.

When a family is in crisis, the following signs are observed:

- (i) War is an excess of the norm of scandal;
- (ii) A destructive view of the discussion of mutual problems: understanding and explanation by a husband or wife of the complete opposite of the expressed thought;
- (iii) Excessive reaction of defensive aggression in a relationship: in this one sees the other as the culprit of the conflict;
- (iv) The abrupt refusal of one of the spouses from sex, a decrease in desire;
- (v) The husband withdraws from solving life problems, and avoids trouble;
- (vi) A woman stops thinking about herself and focuses all her attention on her family, on making it flourish.
- (vii) Extreme diligence. This mostly happens in people who have not been able to find their place in the family, especially men. They try to spend as much time in the office as possible;
- (viii) Couples are no longer trying to please each other;
- (ix) All issues, especially those related to the upbringing of children, cause war, quarrels and mutual hostility;
- (x) Husband and wife are struggling to understand each other's feelings or do not understand at all, do not want to understand;
- (xi) Does not feel the need to share his problems or joys with his partner;
- (xii) Can sit in front of the TV for hours without talking to each other;
- (xiii) That the number of sexual contacts is becoming less and less than before;
- (xiv) War-an increase in the number of battles;
- (xv) Growing interest in a representative of the opposite sex;
- (xvi) Strive to be away from home as much as possible;
- (xvii) Significantly stronger interaction;
- (xviii) Self-restraint from others;

Not all of the above symptoms occur at the same time. The family crisis involves several stages, and these signs manifest themselves differently at each stage.

The occurrence of crisis periods in the family can be different. The crisis period is observed in almost the entire family, and it will be temporary. This does not mean that every family is going through a period of crisis. If changes begin to occur in the behavior of a husband or wife that are different from the usual ones, and the above signs are observed, it may be worth considering, that perhaps the family of this couple begins to overshadow the period of crisis.

Periods of family crisis consist of several stages, and psychologists have presented these periods in different ways. For example, Virginia Satir identified ten crisis points in the development of the family:

- (i) The first crisis is pregnancy and the birth of a child;
- (iii) The second crisis is the language outflow of the child;
- (iv) The third crisis is the child begins to communicate with others and establish contact, that is, go to school in kindergarten;
- (v) The fourth crisis is the child reaches adolescence;
- (vi) The fifth crisis is the departure of a child from the family in adulthood;
- (vii) The sixth crisis is the child's marriage: the appearance of the bride or groom in the house;

- (viii) The seventh crisis is the beginning of menopause in a woman's life;
- (ix) The eighth crisis is a decrease in sexual activity in men;
- (x) The ninth crisis – parents become grandparents;
- (xi) The tenth crisis is the death of one of the spouses;

In our research, we found that it is necessary to use the method in measuring the degree of satisfaction with marriage. According to the test, the marriage satisfaction rate for a successful family life should not be lower than 50%. The higher the index, the higher the level of satisfaction with marriage. The data presented in **Table 2** show that the level of satisfaction with marriage depends to some extent on the sex and length of life of the subjects.

Table 2. The level of satisfaction with marriage among couples.

	Who lived together for up to 3 years	Those who lived together for 4-7 years
Men	72.00	51.00
Women	71.30	52.20

At the beginning of marriage, that is, in the first 3 years of marriage, both men and women have a high level of satisfaction with marriage. During the period of married life from 4 to 7 years of marriage, the level of satisfaction with their marriage decreased in both men and women.

The high level of satisfaction with marriage in the early years of family life is explained by the fact that the emotional relationships of young couples have not yet decreased, they are psychologically "insatiable" for each other, and are also free from a number of "worries", such as the economic provision of the family, the organization of the family budget and their adequate spending.

The second group of families are families that are theoretically considered relatively crisis-prone in the specialized literature. The relative crisis of the families of this group is also manifested in the fact that their level of satisfaction with marriage is significantly lower than that of the families of the first group. These indicators indicate that in the study of modern marital and family relations, the organization of work with families, special attention should be paid to families of the second category. A number of socio-psychological, ethnopsychological factors, such as the birth of successive children in such families due to the ethnic characteristics of the Uzbek family, the separation and "eviction" of their next children by their parents in order to marry them after 2-3 years of residence of a young family, that is, a weakening of parental attention. it reinforces the importance of psychological states occurring in the lives of families. That is, the subjects in this group mainly consist of families with young children. Factors such as the fact that they do not yet have sufficient experience, knowledge, qualifications, independence in family life, in everyday life, in work, are not yet sufficiently recognized by others, cannot find their social position, status in life, affect a man's attitude to himself, his self-esteem, as well as the attitude towards loved ones, family members, spouse. in relationships, including in assessing satisfaction with your life, your marriage it can lead to increased tension. That is why this period is called the "crisis period" in married life. The effect of this tension is the reason for the low level of satisfaction with marriage in both men and women during this period.

The success and effectiveness of marital relations will largely depend on the nature of the manifestation of such factors as "mutual understanding", "emotional longing" and "mutual respect" in their relationship. Since these factors are internal (psychological) factors that ensure the strength of a marital relationship, they in most cases represent situations in which a married couple treats only themselves and feels lonely. Of course, for a marriage to be

successful, the spouses must have common and complementary interests." Another important factor in ensuring the success of a marriage is the understanding of the husband and wife of the psychological aspects of their spouse, in this case, it is appropriate that the more young husbands try not to make concessions, the more they do not allow to change what they say in the first place, the more satisfaction they get from their married life. Wives do not have to prove their case. The wife's satisfaction with family life depends more on whether she speaks one language with her husband or another. Thus, while it is becoming more and more important for men to be treated as "you", for women it is more important to feel like a family "we". We see that the indicators of mutual understanding, emotional longing, and mutual respect in marital relations are relatively high in the respondents of group I and low in group II, that is, in couples with 4-7 years of married life (see **Table 3**).

Table 3. Indicators of the level of mutual understanding, emotional aspiration, and mutual respect in couples.

Factors Groups	P		E		A	
	Men	Women	Men	Women	Men	Women
Up to Year 3	18.03	19.65	25.87	26.07	26.05	24.82
Up to 4-7 years	15.55	17.37	24.48	24.37	19.93	21.90

At the beginning of marriage, the indicators of the mutual understanding factor are 18.03 points for men and 19.65 points for women. For couples with a marriage period of 4 to 7 years, this indicator is 15.55 and 17.35 points, respectively. Indicators of the mutual understanding factor are generally characterized by higher rates among women than men, in both groups a sharp decrease in mutual understanding among respondents of group II compared to I is due to the fact that this period (4-7 years of marriage) is a crisis period in the family life of spouses.

As noted in the previous paragraph of our work, during this period, most young Uzbek families separate from their parents' families and begin to live independently. The birth of children in a family during a crisis period, the emergence of a number of difficulties in a young family related to the upbringing of children is the reason that the joint life of spouses is more difficult than in other periods. That is why conflict situations in the relationship of spouses during this period become more noticeable.

There is also a large number of divorces during this period. Taking into account these features when organizing work to prepare young people for family life and psychological preparation of young people for possible crises, providing them with appropriate guidance, enable spouses to survive this period without serious, negative complications.

This is evident from the fact that women's indicators are higher than those of women with the two previous factor indicators.

The lack of indicators of group I respondents in this classification (26.05 for men and 24.82 for women), the high authority of a woman in the eyes of young husbands, is directly related to the nature of a young family. During this period, the young husband in his relationship with his couple tries to show his behavior not as he would like, that is, not as he really is, but as much as possible, at the request of circumstances, situations, within certain social masks, roles, stereotypes designed to represent himself well. A young man strives to play a certain role of a "positive husband" in his attitude towards his spouse. The husband's higher assessment of his wife's prestige during this period is due to the age, sexual, psychophysiological and social characteristics of men and women, as well as the higher attractiveness and significance of the spouse. It is known that during this period, that is, about

23-25 years old, men are characterized by a strong emotional and emotional commitment to women, and almost the only object of their emotional and emotional aspirations are young spouses. Youth, resourcefulness, attractiveness and ordinary (youthful) qualities of the bride during this period are the basis for the fact that she will have a higher authority in the eyes of a young spouse who has not yet achieved certain successes in public life (a higher career, higher salary, decent authority among the public, financial independence, etc.) The indicators of the respondents in group II decreased sharply compared to the previous group (19.93 points for men, 21.90 points for women).

In particular, there is a sharp decrease in the indicators of men (from 26.05 to 19.93 points), while the difference between the indicators of men in group I and those of men in group II is 6.12 points, while for women the difference is only 2.92 points. The relative decrease in the level of prestige and importance of women for spouses during this period is associated with the birth of children in the first years after the creation of a young family, which, in our opinion, is one of the distinctive ethnic features of the Uzbek family associated. In most young families, 1-2, and in some cases even 3 children are born to women in the first 4-7 years of family life. During this period, most women are on parental leave. Preoccupation with caring for a small child and related problems, lack of participation in social activities and other similar factors lead to a relative decrease in their status in the eyes of their spouses.

4. CONCLUSION

The data obtained from the analysis of the literature on this topic and the results of the study of families served as the basis for making the following scientific conclusions:

- (i) The family has long been considered a kind of complex structure, and the nature of interpersonal relations in it depends on many factors, primarily on the individual psychological characteristics of the individual. And this fact makes the study of family problems a constant urgent problem.
- (ii) Interpersonal relationships in the family are primarily marital, the fact that the participants in these relationships depend on subjective relationships, on the understanding of the spouses of each other, explains that crises can arise in the family.
- (iii) The greatest manifestation of family crises in the first 10 years of married life, or rather in 3-7 years, is due to the fact that it is difficult for spouses to adapt to a lifestyle, they cannot perceive each other correctly.
- (iv) During the crisis period of family life, there is a sharp decrease in the level of satisfaction of spouses with each other (marriage), the level of their mutual understanding, emotional aspiration, mutual respect. Such a decrease in these aspects, in turn, causes the crisis course of family relations.
- (v) The crisis course of the relationship between the spouses is also manifested in the imbalance of opinions about the distribution of family roles.
- (vi) The crisis or calm course of family relations depends on how well family members, primarily spouses, understand themselves and each other. It also depends on how well they assimilate psychological knowledge about personality, about interpersonal relationships.

5. AUTHORS' NOTE

The authors declare that there is no conflict of interest regarding the publication of this article. The authors confirmed that the paper was free of plagiarism.

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