



EXTRAMARITAL RELATIONSHIPS AS A SOCIAL-PSYCHOLOGICAL PROBLEM

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Abstract: This article analyzes the socio-psychological factors of extramarital relationships. Extramarital relationships are compared with the problems of the early life of the family and today. The impact of extramarital relationships on the life of society in the present day is presented.

Keywords: husband and wife, relationship, balance, family, psychological, physical, emotional, marriage, family institution, psychologist, scientist, upbringing, child.

Regardless of the origin, nationality, and socio-economic structure of people around the world, extramarital affairs are occurring. The reason for this is the aggravation of the relationship between the founders of the family - husband and wife, which manifests itself in a hidden or open way. This, in turn, is contributing to the weakening of families today, the weakening of the family institution, and the increase in the number of murders and divorces due to jealousy. "One in every 8 marriages in the world ends in divorce, and 3-4 of these are due to jealousy and betrayal." For example, "In the United States, 6 out of every 1,000 people become victims of extramarital affairs every year. In Russia, approximately 12,000 murders occur in families every year, and about 60% of them are due to extramarital affairs." This indicates that the scientific study of extramarital affairs in families is a key factor.

Extramarital affairs are becoming a common problem in families around the world. Any situation that disrupts the balance of a couple's relationship can be called "extramarital." Research is being conducted on the psychological, physical, and emotional violence and conflicts that cause problems in the family. All of these lead to divorce, loss of trust, and the emergence of extramarital affairs. Psychological factors such as divorces resulting from extramarital affairs, murders due to jealousy, and the weakening of the family institution remain a current focus of this research.

In recent years, our country has been implementing a wide range of measures to support families in socio-economic terms. In this regard, our state has been an example in the world community. In this regard, the reproductive and demographic development of families in our country, the establishment of criteria for a modern exemplary family, the implementation of international and foreign experiences in the field of family and marital relations, the identification of troubled and problematic families and the creation of their socio-psychological foundations, and the improvement of the psychological environment in families have been identified as one of the priority areas. This, in turn, confirms that the



study of the socio-psychological characteristics of extramarital relationships in families is an urgent issue.

This dissertation research will to a certain extent serve in the implementation of the tasks set out in the Decree of the President of the Republic of Uzbekistan No. PF-4947 dated February 7, 2017 "On the Strategy of Actions for the Further Development of the Republic of Uzbekistan", Decree No. PF-5325 dated February 2, 2018 "On measures to radically improve activities in the field of supporting women and strengthening the institution of the family", Resolutions No. PQ-3808 dated June 27, 2018 "On approval of the Concept of strengthening the institution of the family in the Republic of Uzbekistan" and Resolution of the Cabinet of Ministers of the Republic of Uzbekistan No. 229 dated March 26, 2018 "On the effective organization of the activities of the Family Scientific and Practical Research Center", as well as other regulatory legal acts related to this system of activities.

Although in recent years the first scientific studies on the socio-psychological characteristics of extramarital relationships in the family were reflected in the research of foreign psychologists, Professor Abdurauf Fitrat, a scholar who gave a strong impetus not only to the literature of the period of national revival that took place in Turkestan at the beginning of the 20th century, but also to the socio-psychological, political, and spiritual-enlightenment life, in his treatise "Family or Rules for Managing the Family" emphasized that sexual relations are the reason that ensures a person's social existence, "If it is completely removed from the world, humanity will definitely face a crisis." In addition, A. Fitrat analyzes the reasons for entering into extramarital relationships as follows: "If a person cannot resist the demands of lust, he may commit the following three evil acts: adultery, the act of fornication, and self-satisfaction of lust." This shows that the study of extramarital affairs has a long history, and Abdurauf Fitrat also wisely used the social, moral, and contemporary family psychology teachings of extramarital affairs in his work.

An acquaintance with the literature devoted to family and family relations in our country shows that in the works of Uzbek psychologists, unique scientific and practical experiences have been accumulated in this direction. In particular, in the works of psychologists of our republic, G.B. Shoumarov, V.M. Karimova, E.N. Sattorov, N.A. Soginov, E.Sh. Usmonov, Kh.K. Karimov, U.O. Kadirov, R.S. Samarov, M. Utepbergenov, G. Niyazmetova, F. Rozikulov, R. Dushanov, Z.A. Rasulova and others, these issues have been studied as a special scientific study.

Candidate of Psychological Sciences U.S. Saribayeva studied the following factors in her scientific research work on the topic "The influence of sexual and psychological compatibility on family stability". In it:



- The influence of the level of sexual and psychological satisfaction on family stability;
- the relationship between marital satisfaction and the level of sexual-psychological compatibility;
- the importance of the level of sexual literacy in the sexual-psychological compatibility of a couple;
- such features as identifying the socio-psychological complications of sexual-psychological imbalances have been studied.

In the scientific research work of Candidate of Psychological Sciences G.Niyazmetova on the topic "Socio-psychological characteristics of the dynamics of marital relations in Uzbek families", the following factors have been studied:

- the level of marital satisfaction in couples with different lengths of marriage;
- the socio-psychological characteristics of the manifestation of the factors of mutual understanding, emotional aspiration and mutual respect in the relationships of spouses with different lengths of marriage have been studied.

The main task of this scientific study is to examine the socio-psychological characteristics of the dynamics of marital relations in Uzbek families. However, the above-studied characteristics were not considered as a factor causing extramarital affairs.

Extramarital affairs in the near and far abroad were studied by H. James, N. M. Kaushik, M. Dawn, B. A. Sokolsky, O. Loseva, A. N. Kharitonov, G. N. Timchenko, T. V. Andreeva, S. I. Ozhegova, from whom the typology of individuals prone to family conflicts and extramarital affairs (I. S. Golod, K. Vitek, V. A. Sysenko, V. M. Seluyko), family breakups (N. G. Yurkevich, V. T. Kolokolnikova, G. Noveytis), reasons for extramarital affairs (T. D. Duboviskaya, M. I. Ripinskaya, K. Kofta, A. Lippius), reasons for the loss of trust between spouses in each other (K. Botuin, A. N. Volkova, A. I. Lvova, T. M. Zaslavskaya, A. G. Grishin, M.I.Ripinskaya, Yu.B.Ryurikov) have been scientifically studied in socio-psychological research on such problems.

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