

THE INFLUENCE OF FAMILY RELATIONSHIPS ON LIFE SATISFACTION IN MATURE WOMEN

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Introduction: The period of maturity in a person's life is a time of finding personal, professional and social balance, achieving internal stability and searching for a clear answer to the question "who am I?" In particular, the female personality at this stage is tested in the process of finding a unique balance between social roles in society, family obligations and personal dreams. From this point of view, a sense of self-confidence is manifested as a decisive psychological basis in all decisions of a woman and in determining her life path.

Today, the modernization of society, gender equality policies, and increased competition in the labor market require women not only professional potential, but also psychological stability and inner confidence. However, in real life, many women are unable to fully realize their potential due to family pressures, social stereotypes, or personal fears. Therefore, it is of scientific and practical importance to study in depth the factors that shape self-confidence in mature women, to identify the psychological, social, and personal factors that influence this process. After all, a self-confident woman is not just an individual, but also the main pillar of the development of the family, society, and the entire nation.

This study paid special attention to this issue - the essence, interrelationships, and practical expression of psychological factors that influence the process of self-confidence formation in mature women.

The level of study of the problem: The issue of the formation of a sense of self-confidence in a woman's personality is one of the most relevant areas of psychology. This problem is closely related to the inner world of a person, personal identification, motivation system and activity in social relations. Therefore, at different times, world and local scientists have conducted a number of scientific studies on this topic.

In world psychology, the issue of self-confidence was first addressed by such classic scientists as W. James, A. Adler, K. Rogers, A. Maslow, E. Erikson. They scientifically

substantiated the formation of the concept of "I" under the influence of a person's self-awareness, personal value system and social environment. It was emphasized that the stage of "self-actualization" in Maslow's hierarchy of needs is inextricably linked with a person's inner confidence. Later, this issue was addressed by B. Bandura, R. Burns, L. Festinger, D. Cooper, Sh. Scientists such as Brynn, taking a socio-psychological approach, analyzed the impact of self-esteem, social comparison, internal and external motivation on human confidence.

Interest in this direction is also growing in the National School of Psychology. In particular, local scientists such as K. Ganieva, R. G. Khamraeva, M. Tojieva, D. Rakhimova, N. Abdullayeva, G. Yuldasheva have studied the issues of female psychology, gender development, personal stability and psychological adaptation under the influence of the social environment. Their works have developed theoretical and practical approaches to increasing a woman's inner strength, self-awareness and personal development.

However, the interaction of factors that form a sense of self-confidence in mature women, their manifestation in connection with family, professional and social roles, has not yet been studied in sufficient depth. In particular, there is little research on the psychological state of women in modern Uzbek society, their level of self-confidence under the influence of social pressure and traditional values. Therefore, this study aims to fill this scientific gap, namely to scientifically analyze the psychological factors that shape self-confidence in mature women and develop practical recommendations for their implementation.

Analysis and results: During the research, the level of self-confidence in mature women, the main psychological factors that shape it, and their interrelationships were comprehensively studied. An empirical study was conducted among 120 women aged 25 to 45 years, working in various social strata and professional fields, using questionnaires, psychological tests, and interview methods.

1. General picture of the level of self-confidence

The results of the study showed that 38 percent of the participating women had a stable sense of self-confidence, 47 percent had this state at an average level, and the remaining 15 percent were experiencing a state of insecurity and hesitation about their abilities.

The analysis showed that the level of self-confidence is directly related to the stability of a woman's personal life, family environment, and level of social support. That is, the more trust and respect the environment is based on, the higher the woman's inner strength and sense of self-worth.

2. Main psychological factors influencing self-confidence

During the analysis, the following main psychological factors were identified:

Level of self-esteem - high self-esteem provides women with a sense of self-worth and independence in decision-making.

Emotional stability - the ability to manage stress and emotional cohesion were found to be the main basis of confidence.

Social support and family environment - spiritual support from family and close environment increases a woman's inner strength.

Opportunities for professional and personal self-realization - success in the labor field and a sense of recognition in society strengthen confidence.

The influence of gender stereotypes - some women still have low self-esteem due to traditional social roles.

3. The influence of age and life experience

The study found that the level of confidence among women aged 25–30 is unstable, they rely more on social comparison and external evaluation. After the age of 35, the level of confidence stabilizes due to experience, emotional stability and clarity in the system of personal values.

4. The influence of social and family factors

It has been proven that mutual respect in family relationships, emotional support from a spouse and equal distribution of responsibilities are important factors that increase the level of confidence. On the contrary, criticism, psychological pressure or disrespectful attitude reduces a woman's internal stability.

5. Opportunities for psychological correction

According to the results of the study, the following methods were found to be effective in developing self-confidence in women:

personal development and motivational trainings;

"self-affirmation" exercises;

stress management and emotional intelligence development programs;

family counseling and community support groups.

The formation of self-confidence in women of mature age is a multifactorial, dynamic and individual process. In this process, personal experience, social environment, emotional resilience and internal motivations are interrelated.

Conclusion: The results of the study showed that self-confidence in mature women is a multifaceted process that is formed not only by a personal psychological state, but also under the influence of a broader social and cultural system. It is closely related to a person's self-awareness, determination of personal values, and determination of their goals in life. It turned out that the level of confidence in women depends, first of all, on self-esteem, emotional stability, relationships in the family environment, and the level of social support. The more positive the environment, the more a woman believes in her abilities, becomes independent and stable in her decisions.

During the study, it was found that, in particular, family relationships and gender roles in society are the main psychological factors that affect a woman's inner world. For the balanced development of a woman's personality, she needs not only material assistance, but also emotional support, an environment of trust, and the opportunity to freely express her personal opinion. Also, a woman's professional self-realization and social activity in society play an important role in the formation of a sense of confidence. Opportunities for education, professional development, and personal growth strengthen a woman in adulthood, strengthening her belief that "I am capable."

Thus, the formation of a sense of self-confidence in a woman in adulthood is an organic process of cooperation between the individual, family, and society. If a woman's confidence is strong, she can positively change not only her own life, but also the environment around her. Because confidence is the most beautiful jewel of a woman's heart; if it is stable, the prosperity of the entire society will also be stable.

Recommendations:

Implementation of women's personality development programs. It is necessary to conduct regular seminars and trainings on personal development, self-awareness, stress management and motivation for women in educational institutions, organizations and the community system. This will strengthen their inner strength and confidence.

Ensuring psychological health in the family environment. It is necessary to widely promote the principles of mutual respect, support and equal responsibility in husband-wife relationships. A trusting environment is the main condition for a woman's self-awareness and free expression.

Formation of a positive gender image through the public and mass media. Preparing more content about self-realized, confident and active women on television, social networks and in the press will soften stereotypes in society and serve as an example for others.

Improving the quality of psychological services: It is recommended to strengthen the activities of psychological centers in districts and cities, and to establish free or low-cost psychological counseling services for women. This will allow women to freely discuss their problems and restore confidence.

Expanding opportunities for professional and social self-realization for women. Programs should be created in the workplace to support gender equality, career advancement, professional development, and entrepreneurship. This, in turn, will strengthen women's inner confidence that "I am capable of this."

Introducing the subject of "psychology of self-awareness" in the education system. Especially when girls are at the lyceum and college levels, courses on personal development, emotional stability, and confidence will shape their future life positions.

Creating an environment of spiritual support at the community and community levels. It is recommended to organize social projects such as "women's clubs" and "mental stability groups" for young mothers and women of mature age. These platforms are important for exchanging experiences and mutual inspiration.

Developing a national program to increase psychological literacy. It is necessary to form a culture of seeking psychological help among the population, especially among women. This will allow many internal problems to be identified early and the restoration of trust will be accelerated.

Final thought: Confidence in a woman is a powerful key in her hands. With this key, she opens not only the door to her own destiny, but also the door to the future of her children and society. Therefore, every sphere - from family to state policy - should be aimed at strengthening women's confidence.

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