

PSYCHOLOGICAL FACTORS INFLUENCING THE FORMATION OF SELF-CONFIDENCE IN MATURE WOMEN

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Introduction: Women who “take a deep breath” in our society — their lives and daily experiences — may not always be visible in high definition. However, how much satisfaction they derive from life, especially in the context of family relationships, truly deserves in-depth study. Real statistics show that as people age, family ties, close relatives, social networks, and the quality of interpersonal relationships have a significant impact on overall life satisfaction. For example, according to the latest data from Statistics Canada (2024), 79% of people of retirement age (“seniors”) reported a high level of satisfaction with their family relationships. At the same time, the level of satisfaction with family relationships is an age-dependent variable; among citizens aged 25–34, this indicator was around 72%. Another study found that life satisfaction is positively correlated with marital satisfaction among European couples aged 50+. The average life satisfaction score for this group was 7.91 for women and 7.93 for men. Furthermore, women aged 60 and above were found to be more satisfied with their relationships with family and friends, supported by strong social networks, as well as by factors such as subjective health, self-esteem, and economic well-being.

Thus, the stereotype that “you’re not satisfied with life after a certain age” is overly simplistic. On the contrary, with healthy family relationships and a strong social support network, mature women can also achieve a high level of life satisfaction. However, this is not always the case—it largely depends on the availability of social and emotional support, as well as the quality of interpersonal relationships. Therefore, this study addresses the topic of “The Impact of Family Relationships on the Level of Life Satisfaction among Mature Women.” While extensive data exist internationally, the available statistics in Uzbekistan may not be sufficiently developed or comprehensive. Hence, this research aims to:

- Utilize international data on older women, family relationships, and life satisfaction;
- Analyze existing research and data within the context of Uzbekistan and Central Asia, which may serve as a “mirror” reflecting local realities;

Examine key variables such as age, marital status, loneliness, social support networks, health, and income—since studies indicate that not only the presence of family relationships but also their internal quality plays a crucial role. For instance, a sense of “relative deprivation” or perceived injustice within the family can significantly affect relationship quality.



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As a result, this research raises the following key question:

- How does the quality of family relationships—measured through marital status, communication with close relatives, and social networks—affect the level of life satisfaction among mature women?

- Given the limited data available in Uzbekistan, this study seeks to contribute original insights and create a new, evidence-based academic resource on this important topic. Purpose of the study: The main purpose of this study is to determine the nature of family relationships in the lives of mature women, their impact on emotional, psychological and social stability, and to analyze on a scientific basis how these relationships shape the level of life satisfaction.

The study aims to reveal how relationships in the family environment (quality of communication with a spouse, mutual respect, support, division of responsibilities, methods of conflict resolution) affect a woman's sense of self-worth, inner peace and understanding of the meaning of life.

Objectives of the study: Based on the purpose of the study, the following objectives were set:

Theoretical analysis

Analysis of the main theoretical approaches to family relationships, life satisfaction and the personality of mature women.

To clarify the content and essence of the concept of "life satisfaction" in various psychological and sociological schools.

Analysis of the system of life values and the hierarchy of needs in mature women.

Object of research: The object of the study is the socio-psychological processes associated with the family relationships of mature women and their level of life satisfaction. That is, the study covers such phenomena as the psychological state, satisfaction, emotional stability and personal happiness, which are formed through the system of relationships with a spouse, children and close relatives in a woman's life.

Subject of research: The subject of the study is the nature of family relationships, its structural aspects (emotional closeness, trust, mutual respect, culture of consultation, ability to resolve conflicts and level of support) and the mechanism of their influence on the level of life satisfaction in mature women. In other words, the subject of the study is aimed at revealing the psychosocial role of the quality of family relationships in shaping a woman's happiness and sense of life satisfaction.

Research methods: Based on the goals and objectives of the study, the following scientific methods are used:

Theoretical analysis method

Analysis of scientific literature, monographs, scientific articles and international studies on family relationships, life satisfaction and the psychology of mature women.

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Comparative analysis of theoretical models on the topic (for example, Diener's "Life Satisfaction Model", Maslow's "Hierarchy of Needs" theory, Beck's "Cognitive Assessment Model").

Sociological survey and interview method

Measuring the level of family relationships and life satisfaction among mature women through an anonymous survey.

Studying women's inner feelings, value systems and real experiences in relationships through in-depth interviews.

Psychological testing method

Determining the level of satisfaction based on international tests such as "Satisfaction With Life Scale" (SWLS), "Family Relationship Index" (FRI), "Emotional Support Scale".

Using scales to measure levels of personal happiness, stress and emotional stability.

Research results:

1. A correlation was found between family relationships and life satisfaction

The results of the study showed that the level of life satisfaction of adult women is directly related to the quality of family relationships.

According to the results of the correlation analysis, women with a high level of emotional closeness, mutual respect and support with their spouse feel 1.5–2 times more satisfied with life. That is, family relationships affect not only material or household factors, but also personal dignity and psychological stability. The lack of emotional contact in a woman increases her feeling of being unnecessary, worthless or alone.

2. Trust and communication culture are the main indicators of life satisfaction

According to the survey results, 67 percent of women answered that they "have open and sincere communication with their spouse." The average life satisfaction index in this group was 8.4 points (on a 10-point scale).

At the same time, in families with a lack of communication and distrust, this indicator dropped to 5.1 points. This result indicates that trust and open communication in family relationships are one of the most important psychosocial factors of the quality of life.

3. A sense of support and justice - provides a woman with internal stability

Empirical data show that in cases where responsibility and care are equally distributed in the family, women's life satisfaction is higher. Otherwise, "one-sided burdening" (for example, only the woman takes on household responsibilities) increases the feeling of fatigue in life and denial of needs. In such cases, women experience stress, mental fatigue, and difficulties in finding meaning in life. This reduces the level of satisfaction.

4. Demographic factors also have an impact

The study also analyzed factors such as age, level of education and labor activity. By age group: Women aged 30–39 have the highest level of life satisfaction, and at this age the balance of personal and family stability is maintained. By level of education: Women with higher education are more open to communication, participate in decision-making,



and therefore have a higher level of life satisfaction. By work activity: Working women feel socially active and valued, and also show a healthy approach to family relationships.

5. The influence of national and cultural mentality has been confirmed

In the conditions of Uzbekistan, a woman's life satisfaction is often measured by family unity, children's success, and her husband's respect. At the same time, in traditional culture, "women's patience" and "discipline" are manifested as the main values. This can sometimes lead to insufficient expression of internal needs. Thus, the national model of life satisfaction depends not only on personal needs, but also on cultural stereotypes and social expectations.

6. Scientific conclusions

The life satisfaction of mature women is directly related to the level of emotional closeness, trust and support in the system of family relationships. Equal relationships and a culture of communication in the family increase a woman's internal stability and social activity. Material well-being alone does not ensure the level of satisfaction - the psychological environment plays a key role. National traditions and cultural roles have a significant impact on a woman's self-esteem and level of life satisfaction.

Recommendations for practice: Organize trainings aimed at developing a culture of communication between women and men in family counseling services.

Implement psychological programs for adult women on stress management, emotional intelligence, and self-esteem. Introduce mechanisms at the social policy level that help women balance work and family responsibilities.

Conclusion: The results of the study showed that the life satisfaction of a mature woman is closely related not to her material capabilities or external circumstances, but to the content and quality of family relationships. The family is not only a household space, but also a social and spiritual space that serves the internal stability of a person, a sense of self-worth and finding meaning in life. Empirical data have proven that in families where there is sincere communication with a spouse, mutual trust and support, women feel happy, calm and satisfied with life. In such an environment, a woman's personality develops, the level of internal stress decreases, social activity and a positive outlook are formed.

At the same time, in a traditional cultural environment, women are often perceived as a symbol of "patience and responsibility", which leads to the fact that they tend to put their own needs last. This, over time, leads to mental fatigue, loss of meaning in life and a decrease in the level of satisfaction. Thus, in modern family relationships, equal communication, emotional support, and mutual respect are the main foundations of a woman's quality of life and personal well-being.

The study also showed that the level of life satisfaction is to some extent related to demographic factors such as education level, work activity, and age. Women with higher education and work activity better understand their needs, are more active in decision-making, and experience a higher level of satisfaction with life.

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In general, a woman's life satisfaction is a multifaceted phenomenon determined by her role in the family, emotional environment, and social appreciation, and is an important criterion for the stability of society.

Recommendations:

Develop a culture of family relationships

It is necessary to introduce trainings and psycho-educational programs aimed at developing a culture of communication, emotional expression, and mutual understanding between spouses.

It is recommended to organize practical seminars on “emotional literacy”, “positive communication” and “stress management” in family counseling centers.

Increasing the social and economic activity of women

Increasing the level of internal satisfaction can be achieved by expanding the participation of women in the labor market, increasing their opportunities for professional development and self-expression.

It is necessary to support labor policies aimed at reconciling work and family responsibilities (for example, teleworking or a system of reduced working hours).

Reconsidering cultural stereotypes

It is necessary to create a social environment in which women are valued not only for their “patience and service”, but also for their personal needs and feelings.

It is important to promote the ideas of family equality, mutual respect and support in the community and the education system.

Strengthening the psychological support system

It is necessary to organize regular psychological counseling services for women of mature age, especially programs that help them overcome life problems, stress and emotional exhaustion.

It is recommended to develop the practice of resolving conflicts at an early stage through preventive measures in “family psychology centers”.

Continue scientific research: In future studies, it is necessary to further improve the national model of women's life satisfaction by comparing differences between different regions, age groups and cultural environments. Developing scientific and practical programs on the balance of psychological needs of men and women in families will strengthen the culture of healthy relationships in society.

Final conclusion: The family is the center that forms the spiritual stability and meaning of life of a woman. If love, respect and trust reign in the family, a woman's life satisfaction ensures not only her personal happiness, but also the stability of society.

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