

## PSYCHOLOGICAL CAUSES OF DIFFERENCES IN FAMILIES WITH MANY YEARS OF MARRIAGE

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### **Annotation**

*The increase in the number of divorces, according to the researchers, is to a certain extent predetermined by the transition to a new way of marriage, in which the free choice of a spouse based on the feeling of love and personal choice is of primary importance. The freedom to choose a spouse necessarily presupposes the free dissolution of the marriage in circumstances where the marital relationship fails. The article analyzes the psychological causes of divorce in families with many years of experience within the framework of various studies.*

### **Key words**

*divorce, satisfaction with family life, emotional closeness, egalitarian type, interpersonal relationship, marriage, couple.*

In scientific literature, the concept of "marriage" is considered from the point of view of different approaches. Depending on the science (psychology, sociology, etc.), there are specific definitions of this concept. Rather, the concept of "marriage" has a moral and psychological nature, which requires primary attention from the point of view of psychology. In the everyday mind, the concept of "marriage" is often defined by the concept of "family". But in the context of psychology, from a scientific point of view, they are usually separated. Marriage is a social institution that regulates the relationship between the sexes. The concept of family is a more complex system consisting not only of relations between the sexes, but also of multigenerational relations.

Divorce is almost the same as marriage. Forms of divorce, society's attitude towards divorce have changed, historically divorce has been accepted as a natural phenomenon or as a serious social problem. According to the American sociologist and psychologist Constance Arons, a well-known researcher of this issue, a couple breaks up every thirteen seconds in the world. In the United States alone, more than one million families divorce each year. For every two married couples, there is one divorce per year. Neither of them wants a divorce. They often claim that it is the hardest time of their life in years. Divorce is arguably second only to the death of a loved one on the personal stress index. It's an extraordinary, painful experience that shortens our lives in one way or another. The party that "suffers" the most in a divorce is the children. Helmut Fidgor describes divorce as a fate caused by a "crack" between the parents, sometimes at a child's early age, sometimes even before birth, which sooner or later leads to separation.

There are studies that examine objective risk factors for family dysfunction related to socio-psychological and other characteristics of spouses (for example, primary compatibility of spouses, family life experience of the parents' family, socio-psychological and other characteristics) (demographics of spouses, physiological characteristics, etc.). The causes of divorce are a complex set of internal and external conditions and contradictions, which the family does not have the will or resources to resolve and overcome. Existing studies offer different classifications of the causes of divorce, which are presented in monographs and articles on this topic. Divorce, once rare and widely frowned upon, is now a thing of the past, with hundreds of thousands of families breaking up each year. Statistics for the first quarter of this year and the same period last year show that there are fewer people who want to legalize a relationship, and more people who want to break a marriage. The difference between the number of marriages and divorces is decreasing every year. Civil marriage is fashionable in modern society. But many people do not take into account that civil marriage gives spouses almost no rights and obligations towards each other. Marriage is not a life sentence in a two-person cage.

In fact, these conditions can lead to family breakdown, as a lack of mutual understanding and common interests leads to a lack of emotional support when faced with difficulties. Housing problems and psychological reluctance to get married are more typical of young families. Spouses, in this case, are not ready to accept new social roles, have difficulties in fulfilling their duties and are forced to solve the problems independently.

Divorce is a very controversial social and moral phenomenon, which is defined in the dictionary of family education as "a way of ending a marriage during the life of a couple." Divorce is the finale of the family drama, the legal formalization of a broken marital relationship. There are several stages in the process leading to the final annulment of the marriage. Divorce mainly begins with emotional separation, which is manifested in the feeling of alienation, indifference of the spouses to each other, loss of trust and love.

The higher level of control over the locus of life in families on the verge of divorce, compared to young families, is explained by the fact that they are accustomed to independence in making decisions, as well as the fact that they are used to overcoming obstacles in life without external help. In the family, the couple's goals are clear and they freely rely on the ideas of building the meaning of life in accordance with these goals. As a strong person, he is firm in his ideas. Young families are more self-confident and do not believe in their ability to control the events in their lives. However, when an external threat appears, they tend to cooperate collegially rather than independently, so their locus of control is dyadic.

There is an opinion that betrayal, casual relationships make a person understand that there is love in the family. According to some studies, 75% of men do not find what they expected from a casual partner and begin to appreciate their

wife more. Among cheating wives, the number of those who experienced nothing but despair and regret is even more - 90%.

Which party do you think is more at fault in a divorce? The answers of the respondents to our question in the content were as follows: families who have 1-9 years of life experience and are on the verge of divorce, blame both couples for the divorce (59%), they find it difficult to answer (14%), no one is to blame, the situation dictates decided to divorce (12%), men (10%) and women (5%). Researcher A.G. Volkov focuses on the analysis of the objective factors of divorce - the age of the spouses at marriage, the ratio of the ages of the spouses, the comparative frequency of divorces in the first and second marriages. The scientist comes to the conclusion that the least stable marriages are made at a very early age and at an old age. In the first case, the lack of social maturity and economic independence is affected, and in the second - dissatisfaction with the first marriage experience and expectations related to marriage, as well as the difficulty of mutual adjustment. people have already formed and harmony in marital relationships is achieved with increasing difficulty. As for the age of the spouses, the number of divorces increases with the increase in the age difference between the spouses at the time of marriage. The least stable marriages also include those where the spouse is older than the husband. Divorce also depends on the number of children of the divorcing spouses. People without children divorce more often than couples with children, and the more children a family has, the less likely it is to divorce.

The problem of divorce is closely related to the change in the type of relationships in the modern family: new family models create specific forms of breaking these relationships. If divorce in a traditional marriage is understood as a break in relations from the legal, economic, and psychological point of view, which implies the reorganization of the lives of both spouses, modern forms of family relations show the psychological aspects of relations even after their termination. According to the analysis of the results of the empirical research obtained above, the socio-psychological reasons for divorce in couples with many years of family life experience are conflicts of interests as a result of the affective emergence of dissatisfaction with the spouse over the years, dissatisfaction with emotional, sexual and spiritual marriage, the fact that the family environment is not static, and the differences between spouses it is possible to mention a fundamental difference in the direction of vital content.

For men, mutual emotional understanding (19%), tolerant attitude towards each other (20%), external attractiveness (21%), reproductive health (19%), financial well-being (12%), large number of children (9%) are the main factors that strengthen the family, for women mutual emotional understanding (16%) tolerant attitude towards each other (15%), external attractiveness (24%), reproductive health (16%), financial well-being (17%), large number of children (12%) were seen as the main factors that strengthen the family. It is clear from these data that women and men have different views on family life, and the main emphasis in both

sexes is on external attractiveness. This means that the husband or wife does not pay attention to their appearance, external attractiveness is considered as a lower value, and so on. For women, financial stability of the family is the main condition for family strength, while for men, mutual emotional understanding and tolerant attitude towards each other occupy the top ranks among the factors that preserve the family.

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