

ANALYSIS AND IMPLEMENTATION OF GENDER EQUALITY ISSUES IN THE FAMILY

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Abstract. The article discusses the reflection of gender equality in the family within social processes and highlights the importance of creating fair opportunities in society for ensuring equality within the family. It also presents considerations regarding the equal sharing of responsibilities between husband and wife. The study particularly emphasizes the importance of ensuring psychological stability through this process and overcoming stereotypes within the family. In addition, the article provides an analysis of survey data obtained during the research process and presents the results of the practical analysis.

Keywords: gender equality, distribution of roles, psychological balance, practical cooperation, stable environment.

Introduction. Gender equality in marital relationships is regarded as one of the pressing issues in modern psychology and sociology. As a psychological phenomenon, gender equality plays an important role in ensuring the stability of family life, fostering mutual respect and trust, and strengthening the social well-being of society. In family relationships, gender equality is not only a legal issue but also serves as a factor that ensures interpersonal psychological balance. This phenomenon includes the fair distribution of roles between spouses, equal rights in decision-making, and emotional support.

From a psychological perspective, gender equality increases self-esteem, mutual respect, and a sense of responsibility among family members. If family roles are excessively burdened on one side, psychological balance is disrupted and conflicts intensify. Conversely, in a family where equality exists, individuals can freely express their opinions, decisions are made in a democratic spirit, and mutual trust is strengthened. Research on gender equality as a psychological phenomenon shows that this process directly affects individuals' emotional well-being and the social stability of society.

Scientific Foundations of the Hypothesis. The presence of gender equality within the family reduces stress levels, strengthens emotional support, and increases the overall sense of satisfaction. This phenomenon also creates favorable conditions for individuals' personal development and self-expression. Mutual cooperation and the sharing of responsibilities make family life more meaningful and stable. In addition, gender equality has significant psychological importance in child upbringing, as children observe the equal partnership-based relationships of their parents and build their future social relationships accordingly.

T. V. Govorun, O. M. Kikinajdi, V. V. Kozlov, N. A. Shuxova, I. N. Tartakovskaya, O. A. Voronina, E. A. Zdravomislova, and A. A. Tomkina studied gender equality in marital relationships from a socio-psychological perspective and emphasized role flexibility, the renewal of social

values, and decision-making based on mutual respect between women and men as important factors. Their shared views demonstrate that the fair distribution of responsibilities in marriage, overcoming stereotypes, and supporting women's active participation strengthen psychological balance and family stability. As a result, equality ensures family harmony and directly contributes to the stability of society as well.

T. V. Govorun and O. M. Kikinajdi extensively covered issues of gender psychology in their scholarly views and specifically analyzed equality in family and marriage. According to their approach, the social roles of husband and wife are shaped on the basis of societal values. If these roles are influenced by rigid stereotypes, equality is undermined and conflicts intensify. Their theoretical views demonstrate that joint decision-making within the family strengthens equality. If family responsibilities are distributed fairly, psychological balance increases. Govorun and Kikinajdi emphasize mutual respect and appreciation within the family as the main conditions for gender equality. This approach strengthens psychological stability in marital relationships. According to their views, equality is formed not only theoretically but also through practical cooperation. As a result, a stable psychological environment emerges in marriage [3].

V. V. Kozlov and N. A. Shuxova scientifically substantiated equality in marital relationships in their manuals on gender psychology. They consider role flexibility to be an important factor in ensuring psychological stability within the family. According to their views, equality emerges when men and women move beyond traditionally assigned social roles and reach mutual agreement. They argue that when a woman's contribution in household work and child upbringing is valued, the family becomes stronger. At the same time, the emotional support provided by men is also of great importance. According to the theory of Kozlov and Shuxova, marital satisfaction increases when spouses take each other's opinions into account. This approach promotes family harmony. Their scholarly views are regarded as practical principles that strengthen psychological harmony within the family. As a result, equality becomes closely connected with psychological stability [4].

I. N. Tartakovskaya is a scholar who analyzed gender and family transformations in post-traditional society. According to her views, changes in society also reshape the roles between husband and wife. If old stereotypes are preserved within the family, equality cannot be fully established. According to Tartakovskaya's approach, the renewal of social values is necessary to ensure equality between spouses. She emphasizes that women should also actively participate in decision-making processes. This approach contributes to increasing marital satisfaction. When cooperation between spouses is based on mutual respect and recognition, psychological stability becomes stronger. In Tartakovskaya's theory, gender equality is considered an important factor not only for the family but also for the stability of society as a whole. As a result, mutual fairness strengthens psychological harmony [1].

O. A. Voronina examined gender analysis in connection with socio-political processes in her scholarly views. She emphasizes that gender equality within the family should reflect broader social processes. According to her perspective, if fair opportunities are not created in society, it

becomes difficult to achieve equality within the family. Voronina argues that husbands and wives should share responsibilities equally. This process ensures psychological stability. She also particularly stresses the importance of overcoming stereotypes within the family. Voronina’s approach calls for strengthening women’s roles in decision-making processes within the family. Through this, psychological balance is reinforced. This theory harmonizes equality with social values and practical life. As a result, marital relationships become both stable and fair [6].

E. A. Zdravomislova and A. A. Tomkina focused on the issue of equality in marital relationships while analyzing gender systems and masculinity. According to their theory, societal perceptions of masculinity and femininity determine the roles within the family. If these perceptions are one-sided, equality is undermined. Their views demonstrate that social equality within the family is a guarantee of psychological stability. Marital satisfaction increases when husbands and wives share responsibilities fairly. This theory calls for overcoming stereotypes in order to achieve equality. The approach of Zdravomislova and Tomkina identifies mutual respect within the family as the main criterion. Their views provide practical support for maintaining psychological balance. As a result, equality between spouses is strengthened both socially and psychologically [2].

Methodological Study of the Problem. In our opinion, ensuring gender equality in marital relationships first requires reconsidering societal values and stereotypes. Within the family, role flexibility, the fair distribution of responsibilities, and mutual participation in decision-making strengthen psychological stability. If spouses accept mutual respect and appreciation as fundamental principles, psychological balance becomes even stronger. The existence of fair opportunities in society helps establish family equality in practice. Marital satisfaction and stability increase when husbands and wives share responsibilities together. Mutual recognition and cooperation reduce psychological pressure and promote socio-psychological harmony.

Let us focus on the analysis of the regional results obtained from the questionnaire entitled “Socio-Psychological Characteristics of Gender Equality in Marital Relationships in Uzbek Families.”

Analysis of the Preliminary Results Obtained from the Questionnaire “Identifying the Socio-Psychological Characteristics of Gender Equality in Marital Relationships in Uzbek Families” (n = 240)

Names of the Scales	Mean (M)		Differences	
	Urban Families (n = 130)	Rural Families (n = 110)	t	p
Equality in Decision-Making	8,2	6,4	-2,9	0,05
Emotional Support	6,1	8,7	-2,3	0,05
Social Status	6,1	5,7	-1,6	0,17
Attitudes Toward Gender Stereotypes	8,5	5,4	-2,4	0,05

According to the preliminary analysis of the results obtained through the questionnaire “Socio-Psychological Characteristics of Gender Equality in Marital Relations in Uzbek Families,” statistically significant differences were identified in the factors of “equality in decision-making” $t=-2.9, p\leq 0.05$, “emotional support” $t=-2.3, p\leq 0.05$, and “attitudes toward gender stereotypes” $t=-2.4, p\leq 0.05$. These findings indicate the presence of significant variations in respondents’ perceptions of gender equality and in the manifestation of egalitarian principles within marital relationships. In particular, notable differences were observed in the distribution of authority and responsibility in decision-making processes, the expression of emotional support, and attitudes toward traditional gender stereotypes.

According to the preliminary results of the methodology, higher scores were observed among urban families on the factor of “equality in decision-making” $t=-2.9, p\leq 0.05$. This finding may be explained by their greater tendency to discuss important issues jointly in everyday life, compare viewpoints, and reach shared conclusions. In urban families, spouses appear to pay greater attention to considering each other’s opinions during the decision-making process, which indicates the formation of a more democratic socio-psychological environment. Higher levels of equality in decision-making reflect the predominance of cooperation and mutual understanding within the family and play an important role in reducing conflicts and preventing disagreements. Such interaction not only strengthens marital relationships but also serves as a positive model for children, as it encourages them to value compromise-based decision-making in the future. Furthermore, the fact that decisions in urban families are made not solely under male dominance, but with the active participation of women as well, demonstrates the practical implementation of gender equality principles. Therefore, a higher level of equality in decision-making can be considered an important factor contributing to a more stable, harmonious, and psychologically supportive family climate.

This process is closely associated with the higher levels of education, professional activity, and active participation in social life characteristic of urban families, which expand opportunities for both partners to express their opinions. Equality in decision-making contributes to the development of family democracy and strengthens the socio-psychological foundations of gender equality at the societal level. Moreover, when decisions are not made unilaterally, family relationships become more stable, and mutual trust between spouses increases.

The higher prevalence of this indicator in urban families reflects the dominance of modern values and perspectives, thereby enhancing adaptability to broader processes of social equality. Equality in decision-making not only reinforces mutual respect between spouses but also contributes to the overall well-being of the family. When family decisions are made jointly, responsibility is distributed more equally among family members, which serves as an important indicator of personal maturity. A high level of equality in decision-making also suggests the gradual decline of traditional gender stereotypes and the emergence of new social perspectives

within families. Therefore, this factor holds a leading role in strengthening the socio-psychological foundations of gender equality in Uzbek families.

According to the findings related to the “emotional support” factor of the methodology, positive results were identified among rural families $t=-2.3, p\leq 0.05$. This suggests that within an environment grounded in traditional values, spouses tend to provide greater psychological and emotional support to one another. The high level of emotional support observed in rural families indicates a stronger tendency toward sincerity, encouragement, and mutual care in everyday interactions.

This phenomenon is closely associated with traditional Uzbek family values that have historically emphasized affection, patience, endurance, and mutual reliance. The elevated level of emotional support in rural families also reflects spouses’ willingness to overcome family difficulties together. Emotional support is primarily expressed through communication, kindness, and cooperation, thereby contributing positively to the family climate. Women’s greater emotional sensitivity and supportive behavior appear to be more strongly expressed in rural settings, making this process an important factor in maintaining family stability. Emotional support strengthens mutual trust between spouses, reduces conflicts, and facilitates greater understanding between partners. Furthermore, the high level of emotional support in rural families may also be linked to the close-knit nature of their social relationships, which are often based on kinship ties and neighborhood solidarity. Emotional support contributes to psychological stability among family members and enables them to rely on one another during stressful situations.

The presence of such support in rural families also has a positive impact on child upbringing, as children grow up in a warm and emotionally supportive environment. A high level of mutual encouragement and emotional support serves as a decisive factor in the development of family harmony and unity. These findings indicate that emotional relationships are more highly valued in rural families, which further strengthens the socio-psychological characteristics of gender equality. The higher level of emotional support observed in rural families, alongside the predominance of equality in decision-making in urban families, demonstrates that gender equality may manifest in different forms depending on the social context. Therefore, a high level of emotional support in rural families can be regarded as an important psychological foundation that ensures the stability of family life and the maintenance of social balance.

According to the findings related to the final factor of the methodology, “attitudes toward gender stereotypes,” higher scores were observed among urban families $t=-2.4, p\leq 0.05$. The obtained results indicate a growing critical approach toward traditional views and norms. Higher indicators of attitudes toward gender stereotypes in urban families suggest the stronger influence of modern social processes and global values.

Women’s increasing participation in social and professional activities, alongside men’s involvement in household responsibilities and child-rearing, contributes to changes in stereotypical perceptions and strengthens family equality. The critical attitude toward gender stereotypes

observed in urban families may be explained by the growing emphasis on principles of social justice and the expansion of democratic values.

The rejection of gender stereotypes contributes to the formation of family relationships that are increasingly based on compromise, mutual agreement, and cooperation. The higher results observed in urban families regarding resistance to gender stereotypes may be associated with women's greater awareness of their rights and their more active efforts toward achieving equality. This process also strengthens the socio-psychological foundations of gender equality within society and accelerates social change. A critical attitude toward gender stereotypes serves as a factor that reduces family conflicts and enhances mutual trust between spouses. The high results identified in urban families indicate the emergence of new value systems through the gradual rejection of traditional stereotypes. Resistance to gender stereotypes promotes women's self-awareness and empowerment, while also increasing men's readiness for cooperation and partnership within family relationships.

Conclusion. These findings demonstrate that the socio-psychological characteristics of gender equality develop more rapidly within the urban social environment. The rejection of gender stereotypes expands the freedom of family members and creates broader opportunities for personal development and self-realization. The strengthening of anti-stereotypical attitudes in urban families contributes to the stabilization of equality principles within society. Therefore, this factor highlights the relevance of gender equality in Uzbek families and indicates the necessity of examining it as a complex socio-psychological process.

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