



## SOCIO-PSYCHOLOGICAL ASPECTS OF PREVENTION AND ELIMINATION OF HARASSMENT AND VIOLENCE AGAINST WOMEN IN FAMILIES

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### ABSTRACT

In recent years, the priorities of large-scale reforms aimed at social and legal support of women, as well as prevention of violence against them, have been determined and the necessary legal and regulatory frameworks are being created. "Prevention of harassment and violence among women and victims of human trafficking" is defined as a priority task. In this regard, it is necessary to develop effective mechanisms for social and psychological support of women who are victims of violence, their resocialization, and integration into society, to inculcate the importance of the state policy on gender equality into the minds of the population, and to form a sense of fighting against violence. Finding new approaches aimed at deepening scientific research is of urgent importance.

**KEYWORDS:** Family institution, oppression, stress, physical violence, emotional stress, sexual violence, economic violence, aggression.

### INTRODUCTION

Family, domestic, psychological, physical, sexual oppression and violence is a historical and social phenomenon. Violence, especially family and domestic violence, existed in different nations and at different times. It can happen in the lives of ordinary people or in the lives of the famous and rich, meaning that violence occurs within different social classes. However, long-term chronic unemployment, material problems, lack, deprivation, poverty, depression, difficulty and the inability to get out of it in the family cause an increase in aggression in the family, intensify the situation as a conflict agent, and through violence can cause the expression of their interests.

Psychological consultation is one of the priorities in working with victims of violence and is an integral part of the work of a psychologist. The peculiarity and complexity of psychological consultation in the process of working with victims of violence is that this process can be very long-term. A woman who has suffered from violence does not immediately communicate, she blames herself first for the violence committed against her in the family, or she is afraid of her husband, it can be caused by lack of trust. Nevertheless, the process of psychological consultation should include a specific topic, the client himself should solve the problem based on the plan and help in creating a strategy of actions.

It is possible to choose a suitable and effective type of psychological consultation for the client, taking into account the specific characteristics of the victims of violence and the variety of problems faced by specialists.

Based on the unique characteristics of the problem of domestic violence, professionals should follow some recommendations in order to achieve positive results in identifying and helping

victims of violence. These recommendations are the result of many years of experience of state and non-state institutions, experts in various fields.

We repeated these methods in order to verify that there were certain changes in the experimental and control groups after the training programs developed on the basis of the empirical data obtained at the initial stage of our research. First, we will analyze the results before and after the experiment using the Lazarus coping-test method.

Criteria	Before the experiment		After the experiment		Difference	
	M	S	M	S	t	p
Confrontation coping	10,1	1,4	14,7	1,1	4,35	0,001
Keeping distance	11,01	1,4	14,1	1,2	3,61	0,005
Self-control	12,5	1,0	17,5	1,4	5,14	0,002
Seeking social support	13,9	1,3	19,6	1,0	6,02	0,001
Acceptance of responsibility	13,7	1,1	12,8	1,7	1,10	-
Withdrawal	14,6	1,2	11,0	1,0	3,05	0,010
Problem solving plan	10,3	1,5	14,6	1,5	4,14	0,005
Adequate assessment of the situation	14,2	1,1	15,3	1,1	1,02	-

According to the Lazarus coping-test methodology, the average quantitative values of the results obtained before and after the psychotraining program in women who were victims of violence were compared. At the initial stage of our research, it was analyzed to what extent the coping strategy was formed in women who suffered violence. A psychotraining program designed to positively change the subscales of coping strategies in these individuals was organized among the members of the women's team in the experimental group. This determined the role of the social environment in preventing certain extreme situations and stressful situations in them.

Lazarus coping-test method of our socio-psychological questionnaire "confrontation", "keeping a distance", "self-control", "seeking social support", "accepting responsibility", "self high level of statistical differences were observed in the criteria of exclusion", "problem solving planning" and "positive evaluation". That is, he recorded positive results in the "seeking of social support" criterion (13.9 and 19.6) in women who were subjected to violence. It was observed that the desire to eliminate the problem with the help of external (social) resources, that is, by seeking informational, emotional, practical support, was formed at a high level. It is characterized by the expectation of encouragement, attention, advice, sympathy, concrete practical help from people oriented to interaction with people. According to the criterion of "Self-control" (12.5 and



17.5), certain positive changes were observed in the respondents. The analysis of these results indicates that the negative attention related to solving the problem the tendency to keep one's orientation and emotions under pressure, to choose behavioral strategies and to minimize their impact on the perception of the situation, and to try to keep oneself under high control to overcome were clearly visible.

According to the criteria of "confrontation" and "plan to solve the problem" of the questionnaire, relatively high indicators were noted among women who were subjected to violence. After the Lazarus coping-test method corrective development training program, the "confrontation" criterion increased from 10.1 to 14.7 points. That is, the criterion of "confrontation" in women's problem solving is not aimed at finding a solution according to the specific situation of the existing problem. Often, confrontation is considered as a maladaptive strategy in which a person shows moderate resistance to a challenge, i.e., puts his personal interests aside and solves a problem situation with enthusiasm and determination. So, the higher the criterion of "confrontation" in women, the higher the level of psychological protection is formed in them.

The criterion of "problem-solving plan" in the case of women who have been subjected to violence examines as many different options as possible, focusing on the analysis of the situation in the elimination of the problem, using the previously acquired experiences and resources in developing a problem-solving strategy, in an objective sphere. creates a personal work plan. The reliability of the received empirical data was based on the Student's t-test. The scale of these analyzes indicates the effectiveness of the comparative-typical indicators of the results obtained according to the Lazarus coping-test methodology.

After the conducted psychocorrective program, it was found that our respondents' anger, negativism, resentment, suspiciousness, guilt, and verbal aggression decreased intensively. These indicators indicate a decrease in aggressive reactions directed at others in the subjects. One of the main causes of depression is a person's lack of acceptance of himself and others. In the psychocorrective program organized by us, exercises aimed at stabilizing the emotional attitude of our subjects to themselves and others were used. In particular, by increasing the level of emotional self-acceptance of a person, his emotional intelligence was brought to development. As a result, the students were able to develop empathy and the ability to adequately assess the situation of others. A decrease in tension in a person directly leads to a decrease in the level of negativism. Because negativism is characterized by a person's opposition to the opinion of others, it is necessarily compatible with tajang. When a person accepts himself and others, he begins to respect the opinions and views of others, and the expression of violent behavior decreases.

Unlike anger and negativism, resentment is usually a form of outward passive aggression associated with low self-esteem and behavioral complexes. Usually, in order to compensate for the complexes in one's own behavior and the person who is offended by others, they intensively show an "emotional reaction" to the actions of others and the situation. Frustration has two poles, i.e., reactions that "express frustration" are directed outward or inward. Violation of the gradation in this state causes destructive situations in the person, including a tendency to violence. In the psychocorrective program carried out by us, the skills of stabilizing a person's emotions, analyzing emotions were formed, and the emotional evaluative attitude towards the situation was adjusted in them. Suspicion is a feeling that makes the aggressor more active. At



the root of this feeling lies the lack of the ability to establish a constructive relationship with others. For this reason, in our psychocorrective trainings, attention was paid to the development of individual and social reflection in harmony with identification, the characteristics of "pursuing a concrete approach" and expressing "a sense of belonging" in family relations. In this way, it was possible to prevent violence caused by suspicion in the family.

### CONCLUSION

In conclusion, women who have experienced violence are more likely to focus on the negative orientation and emotions related to solving the problem under pressure, choose behavioral strategies and minimize their impact on the perception of the situation, and have high self-control. retention has been found to be high.

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