

The Role of Individual-Typological Characteristics in the Process of Family Adaptation of Young Brides

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Abstract: This research explores the role of individual-typological characteristics in young brides' family adaptation. Psychological adaptation is viewed as an individual's adjustment to a group, society, and environment, with social adaptation divided into society (macro-environment), social group (micro-environment), and the individual (internal adaptation). The study involved 50 Kazakh and 50 Uzbek brides from the Konimekh and Navbahor districts respectively. The analysis utilized G.Eysenck's methodology, identifying four types of temperament: stable-introvert (phlegmatic); unstable-introvert (melancholic); stable-extrovert (sanguine) and unstable-extrovert (choleric). Current scientific schools suggest assessing temperament through multiple characteristics, leading us to adopt terms directly expressing these.

1 INTRODUCTION

The issue of social adaptation is a crucial facet of psychological research, as psychological adaptation is perceived as a process of harmonising an individual with a group, society, and environment. Social adaptation is categorised into three levels: society (macro-environment), social group (micro-environment), and the individual (internal adaptation).

At the societal level, an individual's social adjustment is analysed in the context of socio-economic, political, and spiritual societal growth. This perspective aids in understanding the learning motives at the social group level and identifying disparities in the interests of the individual and the social group (work team, family, etc.). An individual's internal adaptation seeks to achieve harmony, a balanced internal position, and self-assessment by the standpoint of others.

Researchers including E.P. Belinskaya (Belinskaya E.P., 2001), I.K. Kryajeva (Kryazheva I.K., 1983), O.A. Tikhomandritskaya (Belinskaya E.P., 2001) have examined the micro and macro social environment levels of socio-psychological

adjustment. F.B. Berezin (Berezin F.B., 1988), A.A. Nalchandjyan (Nalchadzhyan A.A., 1988), among others, have outlined psychological adaptation as the process of establishing optimal compatibility of the individual and the environment, which permits adapting behaviour to environmental requirements while meeting individual needs and achieving significant associated goals.

Psychological adaptation is further explained by several psychologists as the person's adaptation in societal formation, in line with societal demands and personal needs. Based on various criteria, researchers such as L.A. Gordon (Gordon L.A., 1998), G.G. Diligensky (Stefanenko T. 1999), M.A. Shabanova (Shabanova M.A., 2001) identify different types and forms of adaptation, categorised as "voluntary" and "compulsory", "negative" and "positive". Adaptation can also be differentiated into active and passive, constructive and destructive forms.

I.G. Zaynishev (Zainyshev I.G., 2002) splits social adaptation into the following stages:

1. The initial stage - the adapting individual learns only behavioural rules but does not internalise the system of social values.

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2. Patience - acknowledges the equivalent value of the social environment's behavioural basis and the individual in their reciprocal relations.
3. Acclimatisation - associated with mutual concessions, the individual recognises and accepts the value system of the environment.
4. Complete adaptation - the individual forsakes previous patterns and values and fully adopts new ones.

Hence, the principal source of psychological adjustment is the interaction between the individual and society, with the implementation mechanism being the alignment of the individual's internal needs, foundations, and objectives with societal requirements.

Adaptation, with its various expressions, can be considered in terms of its qualitatively specific structural components. These could be broader, such as the individual's interaction with their environment, or more focused, such as their interaction with the specific characteristics of their social environment. This can encompass the acquisition of new group norms and values, their attitude towards them, and it could cover specific actions related to the development of attitudes, mastery of interpersonal relationships, activity systems, the degree of their participation in activities and relationships, and the challenges of realising personal potential.

Furthermore, the aim of this study is to highlight the significance of individual-typological characteristics of young brides in their adjustment to a new family, as these characteristics can influence the adaptation process.

2 EXPERIMENTAL PART

In our research, the Eysenck questionnaire was utilised to determine the individual-typological traits of our participants. This questionnaire comprises 57 questions; respondents are instructed to answer "yes" to acceptable questions and "no" to unacceptable ones. The test includes scales for "neuroticism", "extraversion", "introversion", and "lying", and one of its strengths is the feasibility of carrying out both group and individual studies.

Extraversion signifies an ability to swiftly engage in communication and an orientation towards the external world. Extraverts are forthright, often expressing their opinions openly. They relish social

interactions and tend to participate actively in various events, often seeking to be the centre of attention.

Contrarily, introversion denotes a consistent focus on one's inner world. Introverts usually keep their emotions and thoughts to themselves, preferring solitary activities like reading or household tasks to boisterous gatherings.

Neuroticism, as reflected in the scale, is an indicator of emotional stability or instability. High scores suggest a proclivity towards negative experiences, such as heightened anxiety and low self-esteem. It can manifest in the form of mental instability, high excitability, and heightened tension.

The lie scale should not exceed four points. If a respondent scores five or more, the veracity of their responses comes into question, suggesting a possible attempt to appear more favourable to others or gain societal acceptance.

Participants with scores between 0 and 12 on both the extraversion-introversion and neuroticism scales are categorised as stable introverts. These individuals are typically careful and reflective, prioritising cautious and thoughtful behaviour. They tend not to initiate activities and display traits of calmness, trust, and control over their actions.

If a participant scores between 0 and 12 on the extraversion-introversion scale and between 12 and 24 on the neuroticism scale, they are classified as unstable introverts. These individuals are deeply introspective and sensitive but often conceal their feelings. They tend to be reticent, reflective, and pessimistic about the future. Their interactions are typically minimal and guarded, and they struggle with establishing easy communication with others.

If the extraversion-introversion scale is from 12 to 24, and neuroticism is from 0 to 12, then such an examinee is included in the stable-extravert type. Stable extroverts are quick to communicate and can be the "heart" of any team. It's easy to tell if stable-extroverts have a change in mood just by looking at their faces. They are sometimes very active. They start every job with interest, but they may not always finish it. Everywhere they like to be the leader. They boldly defend their opinions. Stable extroverts are often cheerful and can quickly and easily adapt to situations.

If extraversion-introversion is between 12 and 24 and neuroticism is between 12 and 24, then the subject is

considered to belong to the unstable-extravert type. Unstable-extrovert is characterized by sensitivity, activity. He likes to dominate others, if he doesn't like something, he can immediately tell someone about it. His mental state and processes change quickly it is easy to lose his temper. When he is angry, he doesn't know anyone, he can take someone's pain from another. He always looks to the future with hope.

3 RESULTS AND DISCUSSION

In our study, we employed G. Yu. Eysenck's questionnaire on 'Determining Extraversion-

Introversion and Neuroticism' (Practical psychodiagnostics methods and tests. (1998).) to gauge the

extent to which individual typological characteristics of young brides influence the process of family adaptation. A total of 100 respondents participated in our research.

According to this methodology, we discovered that 40% of brides in Kazakh families and 24% of brides in Uzbek families can be classified as stable extroverts (Figure 1). These individuals exhibit typical sanguine temperament traits as defined by Eysenck's typology. They are energetic, agile, and sociable, capable of swiftly and efficiently navigating challenging situations. Additionally, they demonstrate entrepreneurial traits and display a rapid adaptation to new environments.

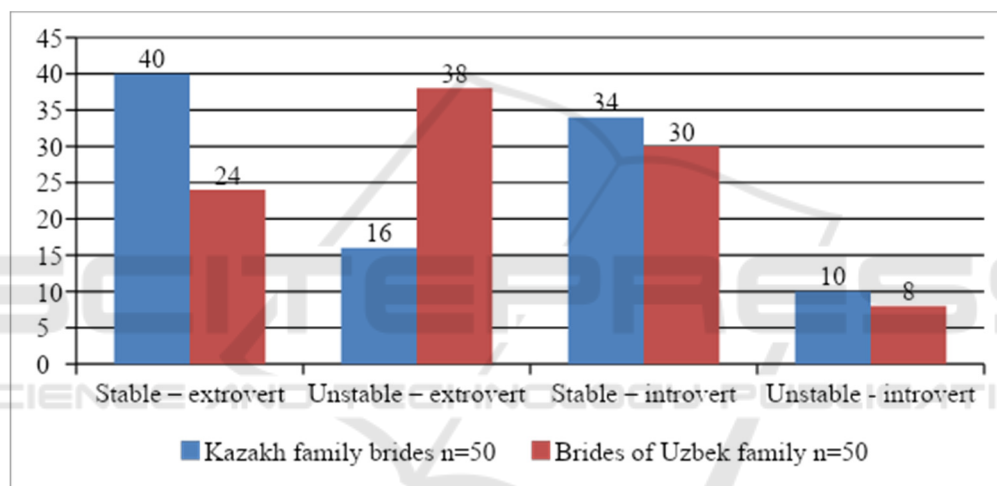


Figure 1: Indicator of the results obtained in the identification of individual-typological characteristics of brides

In our study, we found that 16% of daughters-in-law in Kazakh families and 38% in Uzbek families exhibited characteristics of the unstable extravert type, that is, the choleric temperament within Eysenck's typology. These individuals are typically characterised by enthusiasm, determination, ambition, abundant energy, swift and passionate action, and leadership skills. Although they hail from the Jizzakh region, they do not harbour resentment.

We also discovered that 34% of brides in Kazakh families and 30% in Uzbek families belonged to the stable introvert type, displaying traits common to the phlegmatic temperament. These individuals tend to be deliberate, restrained and reticent, thinking carefully before taking action, and are generally

reliable, patient, resistant, and slow in their reactions. When engaging with others, they adapt slowly and find it challenging to adjust to a new psychological environment.

Further, we observed that 10% of brides in Kazakh families and 8% in Uzbek families exhibited traits of the unstable introvert type, namely, the melancholic temperament. Owners of this temperament type are typically characterised by shyness, low engagement, high impressionability, a tendency towards fantasy, instability, indecisiveness, occasional tearfulness, low self-esteem, and a lack of self-confidence. The results derived from the neuroticism scale of this methodology are presented in the following table (Table 1):

Table 1: Results obtained on the neuroticism scale in subjects (%).

Families	Low level		Average level		High level		Very high level	
	№	Persons	Persons	%	Persons	%	Persons	%
Brides of Kazakh families (n=50)		12	21	42	10	20	7	14
Brides of Uzbek families (n=50)		14	18	36	13	26	5	10

According to the table, 24% of brides from Kazakh families and 28% of brides from Uzbek families achieved low scores on the neuroticism scale. These percentages suggest that these brides are characterised by tranquillity, equilibrium, self-assurance, and resolution. Meanwhile, 42% of brides from Kazakh families and 36% of brides from Uzbek families exhibited a medium level of neuroticism. The neuroticism scale was high for 20% of daughters-in-law in Kazakh families and 26% of daughters-in-law in Uzbek families. Very high levels of neuroticism were found in 14% of brides from Kazakh families and 10% of brides from Uzbek families. It emerged that these individuals showed imbalance, emotional instability, self-doubt, irritability, mood swings, as well as elevated levels of anxiety and indecisiveness in their neuropsychological processes.

Common adaptive traits encompass the ability to collaborate, communicate, empathise and understand others both emotionally and rationally, along with self-control and self-awareness. According to the author, the development of these skills determines the success of familial-marital adjustment (Sysenko V.A. (1993).). Based on this perspective, we attempted to ascertain the correlation between the results of the Eysenck questionnaire and the outcomes of the "Social-psychological adjustment" methodology of K. Rodgers and R. Diamond (Arapbaeva D.K). The results of the mathematical-statistical analysis suggested that brides categorised as stable extravert and unstable extravert types demonstrated higher levels of adaptation. These results align with the views of Professor G.B. Shoumarov, a doctor of psychology (Shoumarov G'.B. (2008). However, the correlation analysis did not reveal a reliable relationship between extraversion-introversion scores and adjustment level. Moreover, it was discovered

that the complexity of the adaptation process leads to a higher level of neuroticism.

Additionally, in the opinion of Doctor of Psychology and Professor V.M. Karimova (Karimova V.M., 2009), the adaptation of the bride to the new family environment is quick and easy for some, while others struggle to acclimatise even after years. This will depend on the quality of balance in her psyche.

According to M. Kabakova and M. Maulsharif (Kabakova M., 2013), who selected Kazakh families and Russian families living in Kazakhstan as a control group, the specific characteristics of interpersonal relations within these families were studied and ethno-psychologically compared. This also included the study of the social roles of husbands and wives.

The socio-psychological characteristics of young women's adaptation to family life were examined in the studies conducted by R.S. Razakova, a Doctor of Philosophy (PhD) in Psychological Sciences (Razakova R.S., 2021).

This (Razakova R.S., 2021) study indicates that there are gender differences in interpersonal relationships within the family, which can negatively impact the success of family life in the following instances:

- Within the realm of communication: Men argue that women's ability to listen is inadequate, while women underline that they struggle to articulate men's thoughts and feelings;
- Both men and women highlight a deficiency in the ability to effectively resolve conflicts;
- When assessing men's personal qualities, women noted that they are prone to various habits, emotionally insensitive, jealous, and not sufficiently reliable.

Moreover, there are numerous psychologists in Uzbekistan - including M.G. Davletshin (Davletshin M.G. (1993), E.G. Goziev (Uzakov H., G'oziev E.G., 1992), M.M. Mamatov (Mamatov M.M., 1999), R.S. Samarov (Samarov R.S., 1997), T.B. Norimbetov (Practical psycho-diagnostics methods and tests., 1998), and others - whose research primarily focuses on familial-marital relations, the preparation of young people for family life, and interpersonal relations. These works hold considerable scientific potential within the field of psychology.

4 CONCLUSION

Firstly, stable-extraverted and unstable-extraverted brides exhibit higher rates of adjustment. However, a correlational analysis did not reveal a substantial relationship between scores of extraversion-introversion and levels of adjustment. It was also discovered that the intricacy of the adaptation process contributes to an increased level of neuroticism. Secondly, both objective and subjective factors influence an individual's process of adaptation to a new environment. Objective factors exert an independent effect on a person's mentality and desires. Conversely, subjective factors are intrinsically linked to the individual-typological characteristics of a person. In this regard, the social-psychological environment and individual-typological characteristics are incomparable in the bride's adaptation to her new family.

Thirdly, it is necessary for practical psychologists to carry out educational activities aimed at young women about the importance of psychological preparation for family life. They should diagnose their readiness for marriage, individual-typological characteristics, and levels of communication skills using reliable methods. Moreover, they should undertake measures to eliminate psychological factors that could potentially threaten future familial harmony.

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