

# THE PSYCHOLOGICAL INFLUENCE OF GENDER ATTITUDES IN THE FORMATION OF MARRIAGE AND FAMILY RELATIONSHIPS

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**Abstract:** In modern society, gender attitudes significantly influence the process of establishing a family and represent an important socio-psychological factor in the lives of young people. The interaction and sometimes conflict between traditional and modern gender perspectives give rise to new trends in marital decisions, spousal relationships, and the distribution of family roles. This article scientifically analyzes the impact of gender attitudes on family decision-making, relationships between spouses, and child-rearing practices. The study is based on the methodology "Diagnosis of the Distribution of Marital Roles in the Family" developed by Yu.E. Alyoshina, L.Ya. Gozman, and E.M. Dubovskaya, and the obtained results are argued to be of significant importance in understanding the formation of gender roles in young families.

**Key words:** gender, gender stereotypes, gender attitudes, family, family values, socialization.

## INTRODUCTION

The family is one of the most important social institutions of society, and its stability and effectiveness have a significant impact on the country's socio-economic development. In recent years, increasing attention has been paid in Uzbekistan to the role of gender attitudes in the formation of family relationships. Gender attitudes are an individual's internal beliefs and values regarding the roles of men and women in society, family responsibilities, and social expectations [1,2]. In modern society, the harmony or conflict between traditional and new views, as well as gender stereotypes, influence family decision-making, spousal relationships, and the process of preparation for marriage. Therefore, from the perspective of gender psychology, the mechanisms of forming family relationships and the interaction between personal values and social stereotypes constitute a relevant issue for scientific research.

The Decree of the President of the Republic of Uzbekistan No. PF-5847 dated October 8, 2019, "The Concept for the Development of the Higher Education System until 2030," and Decree No. PF-158 dated September 11, 2023, "Uzbekistan-2030" Strategy, define the training of qualified personnel, strengthening scientific research, and studying social problems in society as priority tasks. In this context, for young researchers, the study of gender psychology in marriage and family relations provides not only scientific novelty but also practical significance.

The purpose of this article is to analyze the psychological influence of gender attitudes on the formation of marriage and family relationships and to identify their connection with family decision-making, spousal relations, and social stereotypes. At the same time, the article seeks to integrate a scientific approach with practical relevance and to present research findings adapted to the needs of the social sphere and the education system within the framework of the Uzbekistan-2030 Strategy.

## METHODS

In this study, in order to determine the psychological influence of gender attitudes on the formation of marriage and family relationships, the methodology "Diagnosis of the Distribution of Marital Roles in the Family," developed by Yu.E. Alyoshina, L.Ya. Gozman, and E.M. Dubovskaya, was applied. Psychological and sociological research methods were used to identify the psychological impact of gender attitudes in shaping marriage and family relations. The study involved 100 respondents aged

18–30 from various social groups, including unmarried individuals, married individuals, and those fulfilling family responsibilities. The research employed quantitative analysis; that is, questionnaire results were statistically analyzed using the SPSS 26.0 software, applying descriptive statistics, variance analysis, correlation, and regression analysis.

## RESULTS

To determine the influence of gender attitudes on family formation, the methodology “Diagnosis of the Distribution of Marital Roles in the Family,” developed by Yu.E. Alyoshina, L.Ya. Gozman, and E.M. Dubovskaya, was used. Graduates of schools and technical colleges were asked to respond to statements related to the influence of gender attitudes on family formation. The results have shown that a gender difference is observed in the indicators on the “Financial Provision” scale. Adolescent boys place greater importance on material values; for them, financial stability, economic independence, and the role of being a provider are more significant. Their views regarding this value vary considerably. This indicates that some adolescent boys consider it extremely important, while others attach less importance to it [9]. In addition, half of the male respondents rated this value as almost maximally important. The economic principles expressed within the group of adolescent boys are closely associated with the masculine role. This reflects the expectation within gender roles that men assume financial leadership and responsibility for providing resources.

For adolescent girls, material values are less significant compared to boys. This may indicate that they place greater emphasis on family-related or emotional values. Among girls, attitudes toward this value are relatively stable and homogeneous. The majority may have rated it as moderate or below average. Adolescent girls appear to be less oriented toward material principles; instead, factors such as emotional closeness, trust, and stability dominate their value system. This also suggests that financial responsibility may occupy a secondary position in the social role of women. Thus, boys value material principles more strongly. This difference can be explained by traditional gender roles (man as provider, woman as family caretaker). This interpretation is important for the psychological analysis of gender stereotypes, intra-family roles, and decision-making processes [8].

The gender difference observed on the “Providing the Emotional Climate in the Family” scale indicates that emotional atmosphere holds significant importance for boys. Half of the male respondents rated this value at the highest level, demonstrating a stable positive attitude toward it. Modern men increasingly place importance on emotional stability and a warm family environment. This suggests that men are becoming more aware of their emotional needs and recognizing their responsibility in creating a positive psychological atmosphere within the family.

Although girls also consider this value important, they rated it lower than boys. They may perceive it as a natural condition rather than a distinct value, and therefore do not single it out explicitly. For women, providing an emotional climate is often viewed as a normative task that should be fulfilled automatically, which may have slightly lowered the evaluation. These findings indicate that society is reassessing the distribution of emotional labor within the family. The growing involvement of men in this domain reflects positive social and psychological changes [3].

The differences observed on the “Organization of Leisure Activities” scale can be interpreted as follows: for boys, organizing leisure activities is important but not an absolute priority. The relatively uniform responses indicate consistency in their opinions. These results suggest that boys are increasingly involved in planning family or group leisure time and organizing recreational activities, or are willing to assume this role. Thus, boys are inclined to participate in such activities, although they still consider them secondary in terms of social role or personal values. Nevertheless, this indicates growing male involvement in modern family life.

Girls rated this criterion more highly, meaning that organizing leisure activities is a very important value for them. Women often take a leading role in organizing family events, trips, celebrations, and activities with children. Therefore, girls perceive this activity as an integral part of the family environment and an expression of care and affection. Through organizing leisure activities, they

strengthen emotional bonds and contribute to the social well-being of the family. Women attach greater importance to this role than men, while men tend to assume a more supportive rather than leading role. These results reflect changes in gender roles, high social activity among women, and their commitment to emotional needs [7].

Differences on the “Gender-Related Aspirations” scale indicate that boys are more active in recognizing and striving toward their gender role. They value masculine attributes such as responsibility, strength, and independence and associate them with their personal identity. There is variability among men on this scale: while some actively embrace their gender identity, others express it less strongly. Most male respondents rated this criterion highly, indicating a strong commitment to gender identity [10]. Thus, men seek harmony between their gender role and societal expectations. Gender-related aspirations among men are linked to self-affirmation, social status attainment, and the need to function appropriately within society.

For women, gender-related aspirations are important but rated lower than for men. This may indicate a more moderate approach to gender role expression and societal stereotypes. Among women, these views are relatively stable, suggesting shared perspectives regarding gender roles. For women, gender identification tends to be expressed more internally and emotionally. They approach this role from a perspective of naturalness rather than social pressure [5]. Additionally, women may adopt a more critical attitude toward gender stereotypes in society.

Men tend to perceive their gender identity more actively, reflecting their desire to align with specific social roles and expectations. Women, on the other hand, understand gender identity on an emotional and natural basis, linking it more closely to personal values than to societal pressure. This analysis contributes to a deeper understanding of the relationship between gender stereotypes and personal identity [6].

## CONCLUSION

The results of the study indicate that individuals’ gender-related attitudes and social perceptions of masculinity and femininity significantly influence their approach to marriage, motivation for family formation, role distribution, and family stability. These findings are consistent with previous psychological research and confirm that gender attitudes play a decisive role in family decision-making processes. Factors such as financial provision, emotional climate within the family, organization of leisure activities, gender-related aspirations, and acceptance of spousal roles are closely linked to gender attitudes.

This demonstrates that gender roles are not merely cultural or traditional constructs but powerful psychological factors that determine the internal mechanisms of family relationships. Differences between men and women can be explained by gender-based sociocultural factors: women tend to focus more on the emotional climate of the family, while men prioritize financial provision. This conclusion confirms the importance of considering gender psychology when analyzing family stability and role engagement within marriage.

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