

THE IMPACT OF EXPECTATIONS ON THE MENTAL HEALTH OF YOUNG BRIDES AND GROOMS

Mahliyokhon Maxmudova

Lecturer at the Department of Psychology

Fergana State University

Abstract:

This article analyzes the impact of social, familial, and cultural pressures encountered in the lives of young brides and grooms on their mental health. In particular, it highlights the psychological effects of various demands and “expectations” imposed by relatives, society, and traditional views, such as responsibility, early childbearing, economic stability, and adaptation. The article examines the causes of mental states such as stress, anxiety, and depression, as well as ways to prevent them from both scientific and practical perspectives. In addition, the importance of mutual understanding, psychological preparedness, and social support in forming a healthy family environment is substantiated.

Keywords: Young brides and grooms, mental health, family pressure, social expectations, stress, psychological adaptation, depression, healthy family.

Introduction

Clear and open expression of expectations within the family and their mutual alignment are of great importance. This requires mutual respect, understanding, and patience. When the bride and groom listen to each other’s opinions, value each other’s emotions, and solve problems together, the stability of the family is ensured. In addition, relationships with parents and relatives also influence the expectations of the bride and groom. In such cases, open communication and mutual respect are considered key factors.

The impact of expectations on family relationships is felt not only between the bride and groom but throughout the entire family system. Children in the family observe their parents’ relationships and form their own views and expectations. Therefore, if family expectations are positive, they also have a beneficial influence on children. Otherwise, misunderstandings and conflicts within the family may leave negative traces in children’s consciousness.

Family expectations are also closely related to the culture and traditions of society. In every society, family roles and responsibilities differ, and the expectations placed on brides and grooms also vary. Therefore, young couples should strive to adapt their mutual expectations to social norms. This facilitates the family’s adaptation to the social environment and increases its stability.

Expectations deepen family relationships. Through them, the bride and groom express mutual love, trust, and respect. Fulfilling expectations ensures the psychological balance of the family and helps prevent stress and depressive states. For this reason, the expectations of both sides within the family must be harmonized and continuously updated.

MATERIALS AND METHODS

It should be noted that a role is, first, the consolidation of an individual's position within a system of relationships; second, the set of responsibilities inherent to that position; and third, the generally accepted standards of behavior expected from a person performing a particular role (Kovalev S.V., 1991). The significance of role behavior is studied in psychology across various spheres of human activity, and marriage is no exception.

“Analyzing the structure of family roles makes it possible to answer the question of how family functions are implemented: who leads and who follows in the family, and how rights and responsibilities are distributed among family members” (Eidemiller E.G., Yustitskis V., 2008). “The distribution of responsibilities in the family is related to the roles assumed by the husband and wife” (Zemskaya M., 1991, p. 26), and other family characteristics, such as marital compatibility, are also connected with roles.

In simple terms, the role structure in marriage is the distribution of rights and obligations between husband and wife: “If spouses reach an agreement regarding their mutual rights and obligations, family life will be successful” (Filyukova L.F., 2006, p. 39). In turn, the rights and obligations of spouses—and thus family roles—may be distributed very differently depending on traditions, needs, opportunities, expectations, claims of the spouses, and other factors.

There are two main models of such distribution (Schneider L.B., 2005), or family forms (Aleshina Yu.E. et al., 1987): traditional (asymmetrical) and egalitarian (symmetrical) families. “A traditional family is one in which specific roles are assigned to spouses according to gender: the wife plays the role of mother and homemaker, while the husband is primarily responsible for material provision and sexual relations” (Aleshina Yu.E. et al., 1987, p. 29). The second family form is egalitarian. “In an egalitarian family, almost all roles are distributed between husband and wife largely equally, regardless of gender” (Aleshina Yu.E. et al., 1987, p. 29).

Between these basic family models, there exist several transitional forms that also have their own specific role structures. For example, in a companionate marriage, the wife, alongside traditional roles of mother and homemaker, also performs the role of a friend (psychotherapist) in relation to her husband (Aleshina Yu.E. et al., 1987).

Such a detailed analysis of role positions clearly demonstrates how important the correct distribution of roles between spouses is and how it serves as a key to successful family life. If we attempt to describe the most optimal version of such distribution, it becomes evident that spouses should “organize their social roles so that they complement each other” (Pakova L.M., 1991).

This may seem like a simple and undisputed recommendation. However, there is one factor that significantly complicates its implementation: when entering marriage, each spouse already has a specific and well-formed perception of family structure, role distribution, and family functions. The expectations of spouses regarding marriage may differ greatly, and they may hold different views about family life. Unfortunately, the less compatible these views are, the less stable the family becomes, and the more likely conflict situations arise (Aleshina Yu.E. et al., 1987).

Therefore, for a successful family life, future spouses should clarify each other's views on this crucial issue before marriage and distribute family roles in a way that aligns as closely as

possible with their mutual expectations. These expectations are referred to in psychology as role expectations and have several definitions, such as: “Role expectations are a system of expectations or demands regarding norms of role performance within a group” (Dictionary of Practical Psychology, compiled by Golovin S.Yu., 2001, p. 775). Another definition describes them as “ideas about what, how, with whom, and in what sequence group members should do when solving a common task” (Kovalev S.V., 2007, p. 147).

RESULTS

In family relationships, preferences and dislikes between spouses are also influenced by dressing in accordance with taste, possessing an attractive appearance, choosing clothing that takes each other’s preferences into account, and paying attention to neatness and grooming. Both men and women are naturally inclined toward external attractiveness and beauty. However, the extent to which this inclination is realized depends on personal maturity.

According to the “external attractiveness” scale, both husbands and wives demonstrate a tendency toward personal charm and modern, neat dressing. Representatives of both genders showed fairly high results on this scale: husbands scored 8.20 ± 0.68 points, while wives scored 8.61 ± 0.81 points. Such high results may also be a product of the respondents’ imagined self-images. The realization of desires and aspirations depends on socio-economic conditions, cultural environment, worldview, and emotional state of the individual. Nevertheless, regardless of circumstances, spouses aspire to “external attractiveness.”

We had planned to analyze the methodological results in two stages. Therefore, the indicators of the second stage are presented in the following table.

	Sexual Intimacy	Personal Identification	Household and Domestic Roles	Parental (Educational) Role	Social Activity	Emotional and Psychotherapeutic Support	External Attractiveness
Oqsh.e	4	8	7	5	5	5,5	6
Oqsh.a	3	6	6,5	8	8	6	7
Oqm	1	2	1,5	0,5	3	0,5	1

The indicators obtained from the family values scales of spouses lead to the following conclusion: according to the results of our study, the level of compatibility between spouses in terms of family values is moderate. Differences between spouses across key areas of family life exceeded the established normative threshold (the accepted norm should not exceed 3 points). In family relationships, the role of parents as educators, as well as needs, perceptions, and shared life goals, play a significant role. It should also be noted that instability in family relationships indicates insufficient preparedness for parental responsibilities, lack of attentiveness, care, and warm interpersonal relations, absence of attractiveness and a modern external appearance, as well as limited ability to resolve everyday household problems.

Expectations in family relationships are not limited solely to duties or responsibilities. They also include emotional needs, affection, support, and mutual trust. For example, a bride may expect to feel like a full-fledged member of the family, while a groom may expect respect as the head of the family. When such expectations are mutually aligned, peace and harmony prevail within the family. However, if these expectations conflict or one partner fails to meet the other's expectations, family conflicts may arise.

Expectations between spouses may change over time. New stages of life, the birth of children, and changes in professional activity influence family relationships. Therefore, it is essential for the bride and groom to maintain continuous communication and regularly update their expectations. This process contributes to the development of the family and helps each member feel comfortable and happy.

In conclusion, mutual expectations between spouses form the foundation of family relationships. These expectations ensure trust, respect, affection, and stability within the family. If the bride and groom understand, respect, and strive to meet each other's expectations, peace and happiness will prevail in the family. Otherwise, unmet expectations may lead to misunderstandings and conflicts, which can ultimately result in family breakdown. Therefore, openly discussing expectations, listening to one another, and showing mutual respect are key factors for family happiness. When the needs and hopes of both partners are fulfilled, the family becomes strong and happy.

REFERENCES

1. Women, Family, and Society. Tashkent: Yangi Asr Avlodi, 2007, 260 p.
2. Karimova, V. Love and Compassion Begin in the Family. Tashkent: Yangi Asr Avlodi, 2004, p. 28.
3. Maxmudova, M. V. Q. The Impact of Expectations on Family Relationships among Brides and Grooms. Article, 2025, Journal of Psychology.
4. Karimova, V. Family Thinking and Health: On Creating a Healthy Lifestyle in the Family. Primary Education, 2005, No. 2, pp. 8–11.
5. Karimova, V. Health Psychology. Tashkent: Yangi Asr Avlodi, 2005.
6. Karimova, V. Psychology of Family Life: Study Guide. Tashkent, 2006, 142 p.
7. Akramova F. A. The divorce factors of families and psychological service to the family //International Scientific Journal ISJ Theoretical & Applied Science Philadelphia, USA. – 2020. – T. 81. – №. 01.
8. Akramova, F. A. "The divorce factors of families and psychological service to the family." International Scientific Journal ISJ Theoretical & Applied Science Philadelphia, USA 81.01 (2020).
9. Akramova, F. A. (2020). The divorce factors of families and psychological service to the family. International Scientific Journal ISJ Theoretical & Applied Science Philadelphia, USA, 81(01).
10. Orzukulova C. Theoretical significance of factors determining mental health //Science and innovation. – 2023. – T. 2. – №. B11. – C. 62-68.

11. Orzukulova, Ch. "Theoretical significance of factors determining mental health." *Science and innovation* 2.B11 (2023): 62-68.
12. Orzukulova, C. (2023). Theoretical significance of factors determining mental health. *Science and innovation*, 2(B11), 62-68.
13. Khayotjonovna D. N. Studying ethnic stereotypes and psychological standards in preparing girls for a family // *EduVision: Journal of Innovations in Pedagogy and Educational Advancements*. – 2025. – Т. 1. – №. 3. – С. 831-837.
14. Akmalovna A. F. Oilada sog ‘lom psixologik muhit yaratish–dolzarb muammo sifatida // *Fan va ta’lim yangiliklari*. – С. 23.
15. Akramova F. et al. Life cycle of *Bilharziella polonica* (Trematoda, Schistosomatidae) parasite of semi-aquatic birds in Uzbekistan // *Biosystems Diversity*. – 2022. – Т. 30. – №. 2. – С. 137-142.
16. Akramova F. et al. Schistosomatidae from the trematode fauna of aquatic and semi-aquatic birds in Uzbekistan // *Biosystems Diversity*. – 2023. – Т. 31. – №. 1. – С. 3-9.
17. Akramova F. et al. *Diversity*.
18. Хосият Азаматовна Тиллашайхова Изучение Индивидуально-Типологических Особенности Личностных Менеджера// *Research Journal of Trauma and Disability Studies*. 2023/1/20. 33-39 с.
19. Кадилова Х. А., Кадилова Н. А. Формирование национального взгляда у будущих учителей (на основе народного фольклора) // *Вестник науки и образования*. – 2020. – №. 5-2 (83). – С. 42-45.
20. Кадилова, Хуршида Абдихалиловна, and Надира Абдихалиловна Кадилова. "Формирование национального взгляда у будущих учителей (на основе народного фольклора)." *Вестник науки и образования* 5-2 (83) (2020): 42-45.
21. Кадилова, Х. А., & Кадилова, Н. А. (2020). Формирование национального взгляда у будущих учителей (на основе народного фольклора). *Вестник науки и образования*, (5-2 (83)), 42-45.
22. Sulstonova X., Davlatov D. Green architecture: ways to use natural resources wisely // *SYNAPSES: Insights across the disciplines*. – 2025. – Т. 2. – №. 3. – С. 261-272.
23. ХА Тиллашайхова Социально-психологическое благополучие личности в современном мире// *Journal of Universal Science Research*. 2023. 270-275-с.