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SOCIO-PSYCHOLOGICAL FACTORS CONTRIBUTING TO THE FORMATION OF DESTRUCTIVE RELATIONSHIPS IN MODERN YOUNG FAMILIES

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Abstract

The stability of young families has become one of the most significant social concerns in the context of rapid socioeconomic transformation, globalization, and changing family values. The increasing prevalence of destructive relationships among young couples negatively affects psychological well-being, family functioning, children's development, and social stability. This study aims to examine the socio-psychological factors contributing to the emergence and development of destructive relationships in modern young families. The research analyzes the influence of emotional immaturity, ineffective communication patterns, financial instability, unrealistic marital expectations, social media influence, family upbringing, and psychological stress on marital interactions. The study is based on the analysis of contemporary psychological and sociological literature, comparative analysis, and theoretical synthesis. The findings indicate that destructive family relationships are rarely caused by a single factor; instead, they emerge through the interaction of multiple psychological, social, economic, and cultural determinants. The results emphasize the importance of developing preventive psychological support programs, premarital counseling, family education initiatives, and communication skills training aimed at strengthening family resilience. The study contributes to the understanding of family psychology by providing an integrated framework for identifying risk factors associated with destructive marital interactions among young families.

Keywords

young families; destructive relationships; family psychology; socio-psychological factors; marital conflict; emotional intelligence; communication; family stability.

Introduction

The family has traditionally been recognized as the primary social institution responsible for the socialization of individuals, emotional support, and the transmission of cultural values across generations. In modern society, however, rapid economic transformation, globalization, technological advancement, and changing social norms have significantly influenced family relationships, particularly among young couples. As a result, destructive interpersonal relationships have become an increasingly common phenomenon that threatens family stability and psychological well-being.

Young families experience numerous challenges during the early years of marriage. These challenges include adaptation to new social roles, financial instability, employment difficulties, housing problems, and balancing professional and family responsibilities. While many couples successfully overcome these obstacles, others develop persistent conflicts that gradually transform into destructive patterns of interaction characterized by emotional alienation, hostility, aggression, mistrust, ineffective communication, and psychological dissatisfaction.

Destructive family relationships are not caused by a single factor. Instead, they emerge through the interaction of psychological characteristics, social influences, economic conditions, and cultural expectations. Poor emotional regulation, low emotional intelligence, unrealistic marital expectations, insufficient communication skills, and unresolved childhood experiences often increase the likelihood of marital conflicts. At the same time, external factors such as unemployment, financial stress, excessive use of digital technologies, social media influence, and declining social support further complicate family interactions.

Modern psychological research emphasizes that healthy marital relationships depend not only on love and mutual attraction but also on effective communication, empathy, emotional maturity, conflict-resolution skills, and shared family values. Consequently, identifying the socio-psychological determinants of destructive relationships is essential for developing preventive interventions that strengthen family resilience and reduce the risk of marital breakdown.

The purpose of this study is to analyze the major socio-psychological factors contributing to the formation of destructive relationships in modern young families and to identify effective approaches for preventing family conflicts and promoting healthy interpersonal interaction.

Literature Review

The phenomenon of destructive family relationships has attracted considerable attention in psychology, sociology, and family studies. Numerous scholars have investigated the psychological mechanisms underlying marital conflicts and family instability.

According to attachment theory, early emotional experiences significantly influence interpersonal relationships in adulthood. Individuals who develop insecure attachment patterns during childhood often experience difficulties establishing trust, emotional intimacy, and constructive communication within marriage. These patterns frequently contribute to jealousy, emotional dependence, avoidance, and recurring conflicts.

Family systems theory considers the family as an interconnected social system in which the behavior of one member inevitably affects all other members. From this perspective, destructive interactions develop through dysfunctional communication, ineffective role distribution, and unresolved interpersonal tensions rather than through individual personality traits alone.

Research on emotional intelligence has demonstrated that spouses possessing higher levels of emotional awareness, empathy, and self-regulation are more capable of resolving conflicts constructively. Conversely, low emotional intelligence is associated with impulsive behavior, emotional aggression, poor communication, and reduced marital satisfaction.

Recent studies have also highlighted the growing influence of digital technologies on family relationships. Excessive use of smartphones, social networking platforms, and virtual communication often reduces face-to-face interaction between spouses, contributes to emotional distancing, increases jealousy, and creates unrealistic expectations regarding family life. Constant comparison with idealized images

presented on social media frequently generates dissatisfaction with one's own relationship.

Socioeconomic conditions also remain among the strongest predictors of family conflict. Financial insecurity, unemployment, housing shortages, and occupational stress significantly increase psychological tension between spouses. Economic difficulties often intensify existing interpersonal problems, making constructive conflict resolution more difficult.

Contemporary researchers agree that destructive relationships emerge through the interaction of multiple psychological, social, cultural, and economic variables rather than through isolated causes. Therefore, comprehensive prevention programs should address emotional competence, communication skills, family education, and psychological counseling simultaneously.

Materials and Methods

This study employs a qualitative theoretical research design based on systematic analysis and synthesis of contemporary scientific literature concerning family psychology, marital interaction, and socio-psychological determinants of destructive relationships among young families.

The methodological framework incorporates comparative analysis, content analysis, descriptive analysis, and generalization of empirical findings reported in international psychological and sociological research published during the last decade. Scientific publications indexed in internationally recognized academic databases, together with authoritative books on family psychology and interpersonal communication, served as the primary sources of information.

The research focuses on identifying major socio-psychological variables associated with destructive family relationships. Particular attention was devoted to emotional maturity, communication patterns, financial stress, family upbringing, social support, digital communication, conflict management, and psychological resilience.

The collected information was categorized into thematic groups, allowing the identification of common patterns and interrelationships among various factors influencing marital stability.

Results and Discussion

The analysis demonstrates that destructive relationships in modern young families result from the interaction of several interconnected socio-psychological factors rather than from isolated personal characteristics.

One of the most influential determinants is emotional immaturity. Young spouses who lack emotional self-control often respond impulsively during disagreements, which increases the intensity and frequency of conflicts. Poor emotional regulation reduces empathy and prevents constructive dialogue.

Communication difficulties represent another significant factor. Couples who avoid discussing problems openly frequently experience misunderstandings, emotional distancing, and declining mutual trust. Constructive communication, active listening, and mutual respect remain essential for maintaining healthy family relationships.

Financial instability was identified as one of the strongest external stressors. Limited income, unstable employment, housing problems, and increasing living expenses generate chronic psychological stress that negatively affects marital satisfaction and family functioning.

The influence of digital technologies has become increasingly evident in recent years. Excessive engagement with social media often reduces direct interpersonal communication and contributes to unrealistic expectations regarding marriage. Digital dependence may also increase jealousy, emotional neglect, and family conflicts.

Family upbringing significantly shapes future marital behavior. Individuals raised in families characterized by frequent conflicts or ineffective communication often reproduce similar behavioral patterns within their own marriages unless appropriate psychological support and education are provided.

The findings indicate that preventive measures should emphasize psychological education before marriage, emotional intelligence development, conflict-resolution training, and accessible family counseling services. Such interventions may substantially reduce destructive interactions and strengthen family resilience.

Conclusion

Modern young families encounter numerous psychological, social, and economic challenges that may contribute to the development of destructive interpersonal relationships. The present study confirms that emotional immaturity, ineffective communication, financial instability, digital technology overuse, and family upbringing are among the principal socio-psychological factors influencing marital conflicts.

Strengthening family stability requires comprehensive preventive strategies integrating psychological counseling, family education, emotional intelligence training, and communication skill development. Government institutions, educational organizations, psychologists, and community support services should cooperate in promoting healthy family relationships and preventing destructive interaction patterns.

Future research should include empirical investigations involving young married couples from different cultural and socioeconomic backgrounds in order to develop evidence-based intervention programs that enhance family well-being and social stability.

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