



THE CONCEPT OF WORK-FAMILY BALANCE AND ITS PSYCHOLOGICAL ANALYSIS

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Annotation: *This article analyzes the psychological content of work-family balance, its role in the mental stability of the individual and social adaptation. The article psychologically explains the states of stress, fatigue, withdrawal syndrome and emotional exhaustion that arise as a result of work-family balance disorders. It also discusses the strategies for combining professional and family roles of an individual, modern stress reduction methods and socio-psychological support mechanisms.*

INTRODUCTION:

Maintaining work-family balance in modern human life is becoming increasingly complex. The dynamics of the labor market, technological development, remote work forms and the increase in family responsibilities require a person to have high psychological flexibility. Overload at work, time pressure, leadership requirements or professional stress have a negative impact on family relationships. At the same time, family problems also reduce productivity. Therefore, work-family balance is considered a criterion not only for social, but also for psychological stability.

OBJECTIVE:

The purpose of this study is to analyze the psychological content of the concept of work-family balance, identify the factors influencing its formation, and develop a system of psychological approaches to maintaining this balance.

MATERIALS AND METHODS:

- Psychodiagnostic methods: The Maslach Burnout Inventory, Work-Family Conflict Scale, and Life Balance Test were used to determine the level of stress of a person and emotional exhaustion at work and in the family.
- Observation and interview: Interviews were conducted with men and women working in various fields, and psychological conflicts between work and family were analyzed.
- Correlation analysis: The relationship between time spent at work, emotional exhaustion, and family satisfaction was studied.
- Elements of psychological training: Mini-trainings were conducted on stress reduction, time management, and the development of emotional intelligence.
- Social support factor: The role of psychological support through family members, colleagues, and social networks in maintaining balance was assessed.



RESULTS AND ANALYSIS:

According to the results of the study, the main factors that disrupt the balance between work and family are: excessive workload, stress, lack of time, emotional exhaustion and lack of sufficient communication with family members. According to the results of the analysis, people who are able to maintain a balance between family and work have the following psychological characteristics: high emotional intelligence, stress tolerance, self-management skills, positive outlook and willpower. These characteristics increase a person's professional efficiency and ensure family peace.

In modern times, the balance between work and family is one of the most important psychological issues in human life. Economic pressure, a competitive environment and technological speed put a strong burden on the human mind. As people spend too much time at work, family communication decreases. This reduces the emotional energy of a person. According to psychologists, the loss of balance leads to stress, fatigue and emotional coldness. The family environment is a source of psychological regeneration for a person. Success at work strengthens the feeling of self-esteem. Therefore, harmony between these two areas ensures stable mental health. Ensuring work-family balance is also considered the basis of social stability. This issue depends on the ability of each individual to manage their personal resources.

Psychological factors that shape work-family balance form a multi-level system. First of all, it depends on the level of control of a person's own emotions. People with developed emotional intelligence resolve conflicts constructively. They learn not to transfer pressure from work to the family. Willpower and self-control are manifested as important psychological resources. When a person defines his role and responsibilities, it becomes easier to maintain balance. This process is directly related to the value system and motivational orientations of a person. If both family and work are important values for a person, he strives for stability in both areas. Therefore, psychological harmony is the basis of balance.

Disruption of work-family balance is often accompanied by stress and emotional exhaustion. Excessive demands at work deplete human resources. He returns home tired and his interest in communication decreases. This situation causes emotional alienation. Misunderstanding between family members increases. As a result, the individual feels isolated. Psychologically, this is called "role conflict." A person neglects their family role while fulfilling their professional role. If this inconsistency persists for a long time, it can lead to depressive states. Therefore, stress management is a central factor in balance.

Table 1.

Psychological factors that contribute to work-life balance

Psychological factor	Description
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Emotional intelligence	The ability to correctly understand and manage one's own and others' emotions
Stress tolerance	The ability to maintain a positive mental state in difficult situations
Adaptability	The ability to quickly adapt to changes in work and family circumstances
Time management	The ability to optimally divide work and family responsibilities
Social support	The psychological support provided by the family and social circle
Motivational alignment	The compatibility of professional and personal values

Adaptability is an important quality that determines the stability of work-family balance. An adaptable person can find a positive solution in any situation. This is also called psychological immunity. Resilience leads a person to internal stability. He looks for a way to constructively resolve any conflict. If these qualities are not developed in a person, he will be stressed even by the smallest changes. Adaptable people perceive changes in life as natural. They know how to manage time, set priorities, and say “no.” This helps maintain mental health. Thus, psychological resilience is the basis of work-family harmony. Social support acts as a positive force in work-family balance. Support from family members, friends, and colleagues reduces stress. A person does not feel alone. This activates psychological defense mechanisms. Psychological support acts as an “emotional buffer.” In an atmosphere of trust within the family, a person feels valued. In the workplace, team cohesion also increases mental stability. Studies show that people who have social support are more resilient to stress. Such people have high self-confidence. As a result, they are more successful in maintaining balance.

Proper time management is one of the most practical skills for maintaining balance. Planned daily activities reduce stress. A person feels in control. This increases the feeling of inner satisfaction. From the point of view of psychological theory, this is a “self-control” mechanism. It expresses a person’s conscious attitude to his/her activities. Incorrect distribution of time creates conflicts between family and work. This increases mental instability. When a person distributes his/her energy correctly, efficiency increases. As a result, a person appears as a subject who controls his/her life. Gender differences play an important role in the issue of work-family balance. Women usually fulfill more family obligations. Therefore, they experience “two-way stress”. Men, on the other hand, are more under professional pressure. This forms different psychological defense mechanisms. For women, social support is important, while for men, professional success is the main source. Therefore, an individual approach is necessary to maintain balance. Gender psychology deeply studies the specifics of this process. In Uzbek society, this issue is also inextricably





linked with national values. Therefore, the cultural context is important in analyzing balance.

Emotional intelligence is the psychological basis of work-family balance. It represents the ability to understand, control and manage emotions. A person with high emotional intelligence is able to direct his emotions constructively. He maintains healthy communication both in the family and at work. Effective communication ensures early resolution of problems. Psychologists call this “emotional literacy”. By developing this quality, conflicts are reduced. Family members maintain mutual love and respect. The team spirit at work is also strengthened. As a result, overall psychological well-being increases.

Another factor in balance is the system of personal values. If a person sees work as the only goal of his life, family ties weaken. On the contrary, a person who is focused only on family values may be sluggish in the professional sphere. Therefore, motivational harmony is necessary. When a person establishes a balance between his values, he feels peace of mind. Such a person is more satisfied with life. He finds the meaning of his life in the harmony of work and family happiness. Psychological research calls this “vital integration”. As a result, a person’s level of self-awareness increases. This increases his stress tolerance.

Work-family balance is a criterion that determines the internal stability of a person’s life. A person who is able to maintain this balance is mentally healthy, socially active and happy. He feels harmony in various aspects of his life. Psychologically, this is called a state of “inner harmony”. When success at work is complemented by family peace, a person develops a strong sense of self-awareness. This situation facilitates social adaptation. A person directs his energy to positive activities. As a result, depression, fatigue and stress are prevented. Therefore, the system of psychological services should pay special attention to this issue. Maintaining work-family balance is a guarantee of the mental health of society.

CONCLUSION:

Maintaining work-family balance is an indispensable psychological necessity of modern human life. If a person cannot combine work and family roles, this leads to mental fatigue, stress, aggressiveness and social exclusion. Psychological analysis shows that in order to ensure balance, a person must develop emotional stability, communicative culture and skills for proper time management. Employers and psychological service providers need to develop comprehensive programs in this area. As a result, the combination of work and family is considered the basis of human well-being and social stability.

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