

## PSYCHOLOGICAL FOUNDATIONS OF THE NEED FOR SOCIAL CLOSENESS: AN ANALYSIS OF THE AFFILIATION MOTIVE

Yuldasheva Kamolaxon Erkinjon qizi

*Master's Student, Namangan State Universit*

**Anotatsiya:** *Ushbu maqolada insonning ijtimoiy yaqinlikka bo'lgan ehtiyoji va affiliyatsiya motivining psixologik asoslari tahlil qilingan. Ijtimoiy yaqinlikning shaxsiy rivojlanish, hissiy barqarorlik va ijtimoiy moslashuvchanlikdagi ahamiyati, shuningdek, Maslow, McClelland kabi psixologik nazariyalarga asoslangan holda ijtimoiy ehtiyojlarning mazmuni yoritilgan. Affiliyatsiya motivining shakllanish jarayoniga biologik, psixologik va ijtimoiy-madaniy omillarning ta'siri izohlangan. Tadqiqot natijalari ijtimoiy yaqinlik va qo'llab-quvvatlashning stressga chidamlilik, ijtimoiy muvaffaqiyat va ruhiy farovonlikni ta'minlashdagi o'rnini ko'rsatadi. Maqola psixologiya, ijtimoiy ish va pedagogika sohalarida amaliy qo'llash uchun zarur nazariy asoslarni taqdim etadi.*

**Kalit so'zlar:** *ijtimoiy yaqinlik, affiliyatsiya motivi, psixologik ehtiyojlar, ijtimoiy qo'llab-quvvatlash, shaxs rivoji, ijtimoiy moslashuv.*

## ПСИХОЛОГИЧЕСКИЕ ОСНОВЫ ПОТРЕБНОСТИ В СОЦИАЛЬНОЙ БЛИЗОСТИ: АНАЛИЗ МОТИВА АФФИЛ И АЦИИ

**Аннотация:** *В статье анализируются психологические основы потребности человека в социальном сближении и мотива аффилиации. Рассматривается значение социального взаимодействия для личностного развития, эмоциональной устойчивости и социальной адаптации. На основе теорий Маслоу, МакКлелланда и современных исследований раскрывается содержание социальных потребностей и механизм формирования мотива аффилиации. Показано влияние социальных связей и поддержки на стрессоустойчивость, психическое благополучие и успешность*



личности в обществе. Материал может быть и  
использован в психологии, социальной рабо-  
те и педагогической практике.

**Ключевые слова:** социальная близость, мо-  
тива аффилиации, психологические потреб-  
ности, социальная поддержка, личностное р-  
азвитие, социальная адаптация.

## PSYCHOLOGICAL FOUNDATIONS OF THE NEED FOR SOCIAL CLOSENESS: AN ANALYSIS OF THE AFFILIATION MOTIVE

**Abstract** This article analyzes the psychological foundations of the human need for *social closeness and the affiliation motive*. It highlights the importance of social interactions for personal development, emotional stability, and social adaptation. Based on Maslow's hierarchy of needs, McClelland's theory, and modern psychological research, the study explains the nature of social needs and the mechanisms underlying the formation of the affiliation motive. The findings demonstrate how social support and interpersonal connections contribute to stress resistance, psychological well-being, and social functioning. The article provides theoretical insights valuable for psychology, social work, and educational practice.

**Keywords:** social closeness, affiliation motive, psychological needs, social support, personal development, social adaptation.

### INTRODUCTION

Social relationships always play an important role in human life. Every person strives not only to satisfy biological and physiological needs, but also to realize themselves socially. From this point of view, the need for social closeness is considered an important factor in a person's mental and psychological development. The search for social closeness and the desire to maintain it are often associated with an individual's harmony with the social environment, emotional stability, and success in personal life.

In psychology, the need for social closeness is mainly explained through the affiliation motive. The affiliation motive is the drive to establish warm, friendly, and trusting relationships with others, to gain social support, and to integrate into a group. This motive plays an important role in ensuring emotional and social well-being, reducing stress and anxiety, and developing effective interpersonal interactions at both individual and group levels.



The psychological foundations of the affiliation motive have been widely studied in various theoretical frameworks. For example, in Maslow's hierarchy of needs, social needs (love and belonging needs) occupy an essential place and play a decisive role in the motivational system of an individual [2]. In addition, according to McClelland's theory, the affiliation motive arises from the desire to join social groups, cooperate, and strengthen social connections [3]. Modern psychological research also shows that the affiliation motive functions not only to satisfy social needs, but also as a protective mechanism against stress.

The purpose of this study is to identify the psychological foundations of the need for social closeness, to analyze the role of the affiliation motive in personal and social life, and to examine the mechanisms of its development. The main tasks of the research include defining the concept of social closeness, studying the psychological characteristics of the affiliation motive, and analyzing its influence on emotional, social, and motivational processes. This topic is of both practical and theoretical importance, as understanding human social needs makes it possible to develop effective strategies that enhance personal and social well-being. Furthermore, studying the affiliation motive provides a basis for offering recommendations in psychological practice, social work, and pedagogy aimed at increasing social adaptability and reducing stress.

#### **Affiliation Motive and Its Formation**

The affiliation motive is a psychological process that enables a person to establish social connections with others, maintain warm and friendly relationships, and seek social support. This motive plays an important role in an individual's emotional, social, and motivational systems, as it ensures not only success in the social environment but also psychological stability. When the affiliation motive is absent or insufficiently developed, a person may experience social isolation, feelings of loneliness, and increased stress, which negatively affects their overall quality of life [3].

From a psychological standpoint, several interrelated factors contribute to the formation of the affiliation motive. The first factor is biological nature. Human beings develop as social creatures from birth. They have an innate need to communicate with others and to feel safety and support through interpersonal relationships. Additionally, early social experiences and the family environment shape the initial development of this motive. For instance, individuals raised in a loving and warm family atmosphere tend to establish relationships more easily and naturally learn to build friendly and trusting connections with others [4].

The second factor involves psychological personal characteristics. Self-esteem, emotional stability, empathy, and social competence directly influence



the development of the affiliation motive. For example, individuals with high levels of empathy find it easier to communicate with others, understand their needs, and feel useful by offering social support. Conversely, individuals with low self-esteem may feel discomfort in social interactions and avoid closeness with others, which weakens the development of their affiliation motive.

The third factor is the social and cultural environment. Social norms, school and peer groups, and various social communities play a significant role in shaping the affiliation motive. Through social experiences, individuals learn what types of relationships are acceptable and how to build them. For example, successful cooperation with classmates, active participation in group work, and reinforcement of friendly relationships during school enhance the motive and make the person more socially active.

The formation of the affiliation motive occurs through two main processes. The first is learning interpersonal relationships through social experience. By interacting with others, a person internalizes social rules, respect and trust, and communication styles based on cooperation and friendliness [5]. The second process involves emotional and psychological regulation mechanisms, through which the individual learns to accept and reciprocate social support. A person feels the need for help from others, receives it, and provides support in return, which strengthens social closeness.

Furthermore, the affiliation motive is closely linked to personal development. Through this motive, a person feels valued and important within a social group. The presence of this motive also increases resilience against stress. Social support and friendly relationships protect the individual in difficult situations and help maintain psychological well-being. Therefore, the affiliation motive is regarded as an essential mechanism for ensuring emotional stability.

Modern research shows that the affiliation motive directly influences an individual's social success. People with a strong affiliation motive actively participate in group work, communicate effectively, and contribute to reducing conflicts. In their personal lives, friendly and family relationships tend to be stronger, and their emotional support needs are met more effectively. A low level of affiliation motive, however, increases loneliness, social withdrawal, and stress, negatively affecting overall life quality [6].

Thus, the affiliation motive is a natural need to establish, maintain, and develop social connections, and its formation is closely tied to biological, psychological, and sociocultural factors. This motive enhances emotional stability, resilience to stress, social adaptability, and ultimately contributes to success in personal and social life.



The affiliation motive includes a person's natural need to form stable, warm, and friendly relationships with others. It is directly linked to social success, emotional well-being, and psychological stability. When individuals feel social support, they feel safe, valued, and socially significant, which directly affects their overall motivational and psychological state. Therefore, the affiliation motive is an important mechanism not only for an individual's inner world but also for their social functioning.

From the perspective of personal life, the affiliation motive contributes to the development of family, friendly, and intimate relationships. Individuals with a high level of this motive understand the emotional needs of their loved ones, provide assistance, and share personal experiences. This not only increases emotional support but also strengthens self-esteem and mutual trust [7]. For example, people with strong family and friendship ties experience less stress in difficult situations and are more effective in problem-solving.

From a social perspective, the affiliation motive determines a person's group participation, cooperation, and communication abilities. Individuals with a strong affiliation motive actively participate in group activities, play constructive roles in decision-making, and contribute to conflict resolution. They also adapt more easily to new environments, integrate more quickly into social groups, and maintain friendly and trusting relationships, which expand their social networks and strengthen their support systems [7].

The affiliation motive also plays a significant role in enhancing stress resilience. Social support, warm relationships, and friendly connections help individuals cope with difficult situations, reduce anxiety and depressive symptoms, and ensure emotional stability. Research shows that individuals with strong social closeness make more effective decisions in complex situations and resolve problems more quickly. Thus, the affiliation motive improves life quality not only socially but also individually.

Moreover, the affiliation motive is important in social and professional development. Individuals with high levels of this motive tend to work effectively in various professional settings, communicate with colleagues, engage in collaboration, and access resources through social networks. In contrast, individuals with low levels of affiliation motive are more prone to social withdrawal and loneliness, have lower stress tolerance, and face limitations in achieving social and professional success [8].

## **CONCLUSION**

Social closeness and the affiliation motive occupy a central place in human psychology. Research shows that social closeness represents an individual's natural need to establish warm, friendly, and trusting relationships with





others, and it plays an essential role in ensuring emotional well-being, psychological stability, and social adaptability. A lack of social closeness increases the risk of loneliness, stress, and social isolation, which negatively affects overall life quality.

Overall, the affiliation motive has a crucial significance in a person's social and emotional life, as it determines their ability to establish, maintain, and develop interpersonal relationships. This motive plays a decisive role in ensuring psychological stability, resilience to stress, social adaptability, and life success.

Therefore, studying and understanding the affiliation motive in depth provides valuable opportunities for developing effective strategies aimed at improving individual social well-being, particularly within psychological practice, social work, and pedagogical activity.

### **REFERENCES:**

1. Bowlby, J. Attachment and Loss. Basic Books, 1969, pp. 1–35.
2. Maslow, A.H. Motivation and Personality. Harper & Row, 1970, pp. 45–78.
3. McClelland, D. C. (1961). The Achieving Society. Princeton: Van Nostrand.
4. Baumeister, R.F., Leary, M.R. “The Need to Belong: Desire for Interpersonal Attachments as a Fundamental Human Motivation.” Psychological Bulletin, 1995, Vol. 117, pp. 497–529.
5. Axmedova, D. Shaxslararo munosabatlar psixologiyasi. Fan va Texnologiya, 2018, pp. 12–50.
6. Yoqubov, S. Ijtimoiy motivatsiya va shaxs rivoji. Sharq, 2020, pp. 34–68.
7. Tursunov, B. Motivatsiya psixologiyasi nazariyalari. O'zbekiston nashriyoti, 2019, pp. 15–42.
8. Deci, E.L., Ryan, R.M. Self-Determination Theory: Basic Psychological Needs in Motivation, Development, and Wellness. Guilford Press, 2017, pp. 23–60.

