SUMMARY

Theme: «The program of prevention of marital conflicts in a young family»

Author: Gendugova Diana Arsenovna

76 pages, 67 bibliographic titles, 1 appendix.

Key words: a young family, marital conflicts after the birth of a child, crisis stages in the family, prevention of marital conflicts.

The relevance of the research topic is due to the fact that the institution of marriage is undergoing a transition period, the destruction of traditional installations for marriage continues. In such conditions, young families are especially hard-hit: all the difficulties associated with the economic component cause acute problems in marital relations. It is the young family, from the perspective of the development of society, is of particular value, being an important factor in both demographic and socio-economic changes.

So, the young family has to face other difficulties: mastering new roles, adapting to each other, teaching trust and respect, creating a favorable climate in relationships, distributing responsibilities, solving both household problems and dealing with common household problems, a sharp restriction of entertainment and recreation, and, as a consequence – the limitation of opportunities for professional growth and the realization of their own interests. Especially sharply raised these issues with the advent of the child in the family. As a result - periods of "decline in relations", domestic conflicts, growing into family crises, often with which young people can not cope on their own.

So, the research purpose is the development of a program for the prevention of marital conflicts in a young family.

To achieve the goal it is necessary to solve a number of objectives:
- reveal the concept of a young family, identify the crisis stages and causes of marital conflicts;
- identify the characteristics of marital conflicts in a young family after the birth of a child;
- conduct a diagnostic study of the conflict behavior of young families;
- develop a program to prevent conflictual behavior of young families.

The theoretical significance of the research is that the young family is characterized by such psychological features that do not occur in subsequent stages of married life. Therefore, the theoretical and methodological positions formulated in the study contribute to a more in-depth understanding of the nature of marital conflicts in a young family after the birth of a child, its causes, stages of family life crises, the peculiarities of their manifestation, and ways of conflict resolution and prevention. The practical significance lies in the fact that the program developed by us to prevent conjugal conflicts in a young family will allow couples to timely identify the presence of conflict, eliminate it at an early stage, and also to adjust the climate and the atmosphere in the family.

The result of our research is the development of the program “YOU + I = FAMILY”, which is aimed at building skills of conflict-free communication and harmonization of relations between young spouses. Practical exercises will help the spouses to understand the intra-family problems, which will contribute to the constructive resolution of conflict situations in the family.