

Self-Understanding and Family Relationships in Modern Society: A Psychological Analysis

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The relevance of the topic arises from the need to develop self-understanding in the context of globalisation and socio-cultural transformations, in order to harmonise family relationships and prevent intergenerational conflicts. The purpose of the study was to analyse the impact of self-understanding on family relationships within the framework of modern socio-cultural changes. The study employed psychological testing and a sociological survey of 300 participants (aged 20 to 55 years; male-to-female ratio approximately 1:1) from various regions of Kyrgyzstan. It was found that the level of self-understanding, emotional intelligence and empathy has a significant influence on the quality of family communication, including constructive conflict resolution and emotional support. Using parametric statistical analysis methods, significant relationships were identified: self-understanding positively correlates with emotional intelligence ($r = .42, p < .01$), empathy ($r = .38, p < .05$) and the quality of family interaction ($r = .44, p < .01$). Regression analysis confirmed that these personality traits explain up to 30% of the variance in indicators of family relationships. Significant differences in the level of self-understanding were identified between urban and rural residents, as well as its dependence on education level and gender roles. The highest levels were recorded among individuals with higher education, living in cities, having migration experience, and adhering to an equal distribution of family responsibilities ($F = 5.12, p < .01$). It was demonstrated that socio-economic and cultural factors (urbanisation, education, migration experience) shape personal qualities that contribute to the harmonisation of family relationships. The results obtained highlight the importance of considering both individual psychological characteristics and the external social context when developing family support programmes. The findings can be applied in the design of psychological support programmes for families aimed at fostering self-

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understanding, emotional intelligence and empathy. They can also serve as a basis for educational and social initiatives that promote the harmonisation of intergenerational relations, taking into account the cultural context.

Keywords: empathy, emotional intelligence, awareness, communication strategies, socio-economic factors, cultural factors.

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