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- 13.00.00 Pedagogika fanlari
- 13.00.01 Pedagogika nazariyasi. Pedagogik ta'limotlar tarixi
- 13.00.02 Ta'lim va tarbiya nazariyasi va metodikasi (sohalar bo'yicha)
- 13.00.03 Maxsus pedagogika
- 13.00.04 Jismoniy tarbiya va sport mashg'ulotlari nazariyasi va metodikasi
- 13.00.05 Kasb-hunar ta'limi nazariyasi va metodikasi
- 13.00.06 Elektron ta'lim nazariyasi va metodikasi (ta'lim sohaları va bosqichlari bo'yicha)
- 13.00.07 Ta'limda menejment
- 13.00.08 Maktabgacha ta'lim va tarbiya nazariyasi va metodikasi
- 13.00.09 Ijtimoiy pedagogika
- 07.00.00 Tarix fanlari
- 19.00.00 Psixologiya fanlari
- 01.00.00 Fizika-matematika fanlari
- 02.00.00 Kimyo fanlari
- 03.00.00 Biologiya fanlari
- 09.00.00 Falsafa fanlari
- 10.00.00 Filologiya fanlari
- 11.00.00 Geografiya fanlari

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MUNDARIJA

Bolalik davridagi autizmning turli shakllarini differensial tashxislash	10
<i>Saydaliyeva Xojiya Abduljalil qizi</i>	
Autizm spektri buzilishi bo'lgan bolalarda kommunikativ ko'nikmalarni shakllantirishda qo'llaniladigan korreksion ish tamoyillari	14
<i>Karimova Zulfiya Abduraxmanovna, Saydaliyeva Xojiya Abduljalil qizi</i>	
Bo'lajak o'qituvchilarda axborot iste'mol madaniyatini rivojlantirishning psixologik-pedagogik asoslari	19
<i>Dadonova Aziza Tulkunovna</i>	
Ilk o'spirinlik yoshidagi o'quvchilarning o'z-o'ziga bo'lgan munosabatini psixologik tahlili	23
<i>Mamaradjabova Bog'zoda Abdilxakimovna, Panjiyeva Nargiza Botirovna</i>	
Oliy ta'lim tizimida muammoli o'qitish texnologiyasi	30
<i>Tuksanova Zilola Izatulloyevna</i>	
Shahar va qishloq yuqori sinf o'quvchilarida irodaviy sifatlarning qiyosiy tahlili	35
<i>Mamaradjabova Bog'zoda Abdilxakimovna, Panjiyeva Nargiza Botirovna</i>	
Organik kimyo ta'limida ochiq tipli STEAM loyihalarini loyihalashning didaktik modeli va uni amaliyotga joriy etish metodikasi	41
<i>Bo'riyev Rashidbek O'ktamjonovich</i>	
Kasbiy kompetentlikni oshirishda raqamli ta'lim vositalari va interaktiv metodlardan foydalanish	47
<i>Fazildjanova Nilufar Xikmatdjanovna</i>	
Tadbirkorlik faoliyatini innovatsion va ta'lim ekotizimidagi roli	50
<i>Mirzayeva Nigora Ibrohimjon qizi</i>	
Kasbiy ta'lim muassasalarida strategik boshqaruvni joriy etishning nazariy-metodologik asoslari	54
<i>Qobilov Voxidjon Zoxidovich</i>	
Психологические факторы мотивации личности в обучении иностранному языку	58
<i>Мухамеджанова Римма Рашидовна</i>	
Jadid ma'rifatparvarlarining boshlang'ich ta'lim-tarbiya jarayonida o'quvchilarda kitobxonlik fazilatlarini va madaniyatini shakllantirishdagi pedagogik tajribalari	66
<i>Ahmadov Olimjon Shodmonovich, Fayzilova Mohinur Azamhon qizi</i>	
Talabalarda kelajakni strategik modellashtirish layoqatini rivojlantirish bo'yicha ilg'or xorijiy va mahalliy tajribalarning qiyosiy-pedagogik tahlili	70
<i>Sadriddinova Feruza Meliyevna</i>	
Bo'lajak pedagoglarda kreativ fikrlashni rivojlantirishda fanlararo abstsessial va ordinal bog'liqlikka asoslangan metodik ta'minotni takomillashtirish	75
<i>Xudayberganov G'ayrat Quranboyevich</i>	
Maktablarda chaqiruvga qadar boshlang'ich tayyorgarlikni isloh qilish: muammo va yechimlar	80
<i>Qudratov O'ktam G'ofurovich</i>	
Ustoz-shogird tizimida raqamli vositalardan foydalanishning metodik asoslari	85
<i>Tursunov Xusniddin Isomovich</i>	
Boshlang'ich sinf o'quvchilarida kommunikativ kompetensiyani shakllantirishda maktab va oila hamkorligining pedagogik imkoniyatlari	88
<i>Safarova Halovat Barnoyevna</i>	
Globallashtirish sharoitida tolerantlik madaniyatining nazariy-metodologik asoslari	91
<i>Yusupova Maftuna Ilxomidin qizi, Qurbonova Zebiniso Mamarajab qizi</i>	
Adobe After Effects muhitida inersiyaviy davomiylik va ustma-ust harakatni avtomatlashtirishning matematik modeli (Ziyoanim Overlap)	97
<i>Hakimov Bahtiyorjon Muzaffar o'g'li</i>	
Tizimli yondashuv asosida talabalarning raqamli kompetensiyasini takomillashtirishning uch komponentli konseptual modeli	101
<i>Kulidjanova Yulduzxon Inomjon qizi</i>	



The Theory of Fostering Students' Responsibility for Natural Resources and Waste in Karakalpak Folk Pedagogy.....	104
<i>Tursinbekova Qundizgul Joldasbekovna</i>	
Soft skills kompetensiyalarining ilmiy-pedagogik mohiyati va zaruriyati: soft skills tushunchasining evolyutsiyasi, asosiy komponentlari, turlari va tasnifi	109
<i>Igamberdiyeva Gulmira Botir qizi</i>	
O'zbek va ingliz tillarida "yolg'izlik" konseptining leksik-semantik xususiyatlari.....	115
<i>Sabina Saitmurodova Olim qizi</i>	
Bo'lajak pedagoglarni kasbiy tayyorlashda art-pedagogikaning imkoniyatlari.....	119
<i>Komolova Iroda Xamidullayevna</i>	
9-sinf iqtisodiy va ijtimoiy geografiya darslarida GIS texnologiyalaridan foydalanishning pedagogik imkoniyatlari va uslubiy muammolari	123
<i>Sapayeva Gulbahor Odilbek qizi</i>	
Zamonaviy biologiya ta'limida interaktiv metodlarni qo'llashning nazariy jihatlarini	126
<i>Abdullayeva Guzalxan Vladimirovna</i>	
Bo'lajak boshlang'ich sinf o'qituvchilarini xalqaro baholash dasturlari bilan ishlashga tayyorlashning zarurati	130
<i>Berdimurodova Mexrubon Masudjonovna</i>	
Nutq nuqsoni bo'lgan o'quvchilarning ijtimoiy moslashuv jarayoniga ta'sir etuvchi omillar	136
<i>G'aniyeva Maloxat Odilovna</i>	
Ruhiiy salomatlikni mustahkamlashda psixologik treninglarning ahamiyati	140
<i>Maqsuda Norbosheva, Nafisa Abduyeva</i>	
Xitoy tilini xalqaro miqyosda o'qitishning zamonaviy tendensiyalari.....	144
<i>Shasaidova Lola Shamaksudovna</i>	
Социально-экологический кризис в Южном Приаралье.....	149
<i>Сейтова З. П.</i>	
Iqtisodiy fanlar bo'yicha to'garak faoliyatini tashkil etishning nazariy-metodik asoslari.....	153
<i>Xusanboyeva Tursunoy Muxammadqasimjanovna</i>	
Motivational Readiness for Continuous Professional Development.....	162
<i>Okilova Kamola Sadulloyevna</i>	
Raqamli ta'lim muhitida o'quvchilarda antisotsial xulq-atvorning oldini olishning pedagogik mexanizmlari ..	166
<i>Davronova Zarrina Baxtiyorovna</i>	
Yapon tilini o'qitishda らしい (rashii) evidentsiallik ko'rsatkichini o'rgatishning pedagogik xususiyatlari	173
<i>Musayeva Aziza Ibrohim qizi</i>	
Ta'lim tizimini rivojlantirishda pedagogik prognostikaning nazariy-metodologik asoslari va metodik imkoniyatlari.....	178
<i>Sharipova Shaxnoza Xasanovna</i>	
Qoraqalpoq nasrida inson psixologiyasi.....	183
<i>Dosbergenova Miyrigul Sadiratdinovna</i>	
Tibbiy ta'lim klasterida talaba markazlashgan muhitni shakllantirish: kredit-modul sharoitida intellektual adaptiv tyutorlik texnologiyasining pedagogik imkoniyatlari	188
<i>Ibragimova Venera Azadovna</i>	
Turli yosh davrlarida perfektsionizm va maqullanish motivatsiyasi o'rtasidagi bog'liqlikni o'rganish.....	193
<i>Nazaraliyeva Marhabo Xayitboyevna</i>	
Frazeologik derivatsiyaning lingvomadaniy xususiyatlari	197
<i>Raxmonova Gavhar Nuritdinovna</i>	
Development of adolescent thinking and its psychodiagnostics and psychocorrection	202
<i>Samarova Shoxista Rabidjanovna</i>	
Jadid pedagogik konsepsiyasi va zamonaviy ta'lim tizimi integratsiyasi: tarixiy-pedagogik tahlil va amaliy yo'nalishlar	209
<i>Shamsullayeva Ruxsatoy Sunnatullayevna</i>	

Kredit-modul tizimi asosida kasbiy ta'lim tashkilotlari o'quvchilarini kasbiy kompetensiyalarini baholashning pedagogik mexanizmi	213
Shoyqulov Baxtiyor Bakirovich	
Modern Socio-Psychological Trends in the Study of Emotional Alienation	219
Yangibaeva Dildorakhon Rakhmon kizi	



MODERN SOCIO- PSYCHOLOGICAL TRENDS IN THE STUDY OF EMOTIONAL ALIENATION

Yangibaeva Dildorakhon Rakhmon kizi

Independent researcher, doctor of philosophy (PhD) in psychology

ORCID: 0009-0006-1413-6031

Abstract: Emotional alienation has become one of the most significant socio-psychological phenomena accompanying the rapid transformation of modern society. Processes such as globalization, digitalization, labor migration, urbanization, demographic transition, changing family structures, and the expansion of virtual communication have substantially altered the quality of interpersonal relationships and emotional connectedness. Contemporary psychological research increasingly conceptualizes emotional alienation not merely as an individual emotional experience but as a multidimensional biopsychosocial construct reflecting the subjective perception of emotional disconnection despite the presence of social relationships. These findings contribute to the methodological development of emotional alienation research and provide a theoretical foundation for future empirical studies aimed at improving psychological well-being, strengthening family relationships, and promoting emotional connectedness within rapidly changing social environments.

Key words: emotional alienation, socio-psychological research, interpersonal relationships, emotional connectedness, attachment theory, family systems, biopsychosocial model, digital psychology, longitudinal research, methodological trends.

Annotatsiya: Emotsional alienatsiya zamonaviy jamiyat taraqqiyoti sharoitida tobora dolzarb ahamiyat kasb etayotgan murakkab ijtimoiy-psixologik fenomenlardan biri hisoblanadi. Globallashtirish, raqamlashtirish, urbanizatsiya, mehnat migratsiyasi, demografik transformatsiyalar, oila institutining o'zgarishi hamda virtual kommunikatsiyaning kengayishi insonlar o'rtasidagi emotsional yaqinlik va shaxslararo munosabatlar sifatiga sezilarli ta'sir ko'rsatmoqda. Natijada emotsional alienatsiya nafaqat individual psixologik kechinma, balki biologik, psixologik, oilaviy, ijtimoiy va madaniy omillarning o'zaro ta'siri natijasida shakllanuvchi ko'p komponentli biopsixosotsial konstrukt sifatida talqin qilinmoqda. Maqola natijalari emotsional alienatsiyani kompleks ijtimoiy-psixologik fenomen sifatida ilmiy izohlashni chuqurlashtiradi hamda oila psixologiyasi, ijtimoiy psixologiya va psixologik salomatlik sohasidagi kelgusidagi fundamental va amaliy tadqiqotlar uchun nazariy-metodologik asos yaratadi.

Kalit so'zlar: emotsional alienatsiya, ijtimoiy psixologiya, shaxslararo munosabatlar, emotsional bog'liqlik, bog'lanish nazariyasi, oilaviy tizim, biopsixosotsial model, raqamli psixologiya, longitud tadqiqot, metodologik tendensiyalar.

Аннотация: Эмоциональная аalienация является одним из наиболее актуальных социально-психологических феноменов современного общества, формирующимся под влиянием глобализации, цифровизации, урбанизации, трудовой миграции, демографических трансформаций и изменений института семьи. Рассматриваются современные методологические проблемы диагностики эмоциональной аalienации, вопросы концептуальной валидности, межкультурной адаптации психометрических инструментов, а также перспективы применения лонгитюдных исследований, структурного моделирования, сетевой психометрии, цифрового фенотипирования и технологий искусственного интеллекта. Полученные результаты формируют современную методологическую основу для дальнейших фундаментальных и прикладных исследований эмоциональной аalienации в социальной и семейной психологии.

Ключевые слова: эмоциональная аalienация, социальная психология, межличностные отношения, эмоциональная связанность, теория привязанности, семейные системы, биопсихосоциальная модель, цифровая психология, лонгитюдные исследования, методологические тенденции.

INTRODUCTION

The twenty-first century has fundamentally transformed the architecture of human social relationships. Accelerated globalization, rapid digitalization, international labor migration, urbanization, demographic transitions, and the unprecedented expansion of virtual communication have considerably altered both the structure and the quality of interpersonal interaction. Although technological innovations have significantly increased



opportunities for communication, numerous international studies indicate that the frequency of social contact has not necessarily translated into greater emotional connectedness. Instead, many societies are experiencing a growing discrepancy between objective social interaction and subjective emotional intimacy, resulting in the emergence of emotional alienation as one of the most pressing socio-psychological challenges of contemporary civilization. Recent international reports demonstrate that emotional alienation and perceived emotional disconnection have become global public health concerns.

According to the World Health Organization, mental disorders currently affect nearly one billion people worldwide, with emotional isolation, chronic interpersonal stress, and deterioration of social connectedness being recognized among the principal psychosocial determinants of poor mental health. Similarly, the World Mental Health Report (2022) emphasizes that weakened interpersonal relationships significantly contribute to depression, anxiety disorders, suicide risk, and declining psychological well-being across different age groups. Recent evidence from the United States Surgeon General's Advisory (2023) further identifies social disconnection as a public health epidemic comparable in magnitude to well-established risk factors such as smoking, obesity, and physical inactivity, highlighting its profound implications for mortality, cardiovascular disease, cognitive functioning, and overall quality of life ^[1].

The global prevalence of emotional alienation has become increasingly evident across different demographic groups. International longitudinal studies indicate that approximately 80% of adolescents report experiencing emotional disconnection at least occasionally, whereas nearly 40% of adults aged over 65 years report persistent feelings of emotional isolation despite maintaining social relationships. Furthermore, approximately 15-30% of the general population experiences chronic forms of emotional alienation that persist over extended periods and substantially increase vulnerability to psychological and physical disorders.

Meta-analytic evidence involving more than 3.4 million participants from multiple countries has demonstrated that deficient social connectedness increases the likelihood of premature mortality by approximately 26-32%, confirming that emotional alienation represents not merely an emotional state but a major determinant of human health and longevity. In view of these theoretical, empirical, and methodological considerations, the present study aims to critically examine the methodological foundations of scientific research on emotional alienation, identify existing conceptual and methodological limitations, integrate contemporary interdisciplinary perspectives, and propose promising directions for future empirical investigations. By synthesizing advances from psychology, sociology, family studies, behavioral medicine, and computational social science, this article seeks to establish a comprehensive methodological framework capable of supporting high-quality interdisciplinary research on emotional alienation in rapidly changing social environments.

LITERATURE REVIEW

The methodological foundation for investigating emotional alienation requires an interdisciplinary framework that integrates theoretical perspectives from social psychology, family psychology, developmental psychology, personality psychology, sociology, behavioral medicine, cognitive neuroscience, and public health. Considering the multidimensional nature of emotional alienation, no single theoretical paradigm is sufficient to explain its emergence, development, maintenance, and consequences. Therefore, the present study adopts an integrative methodological approach combining systemic, biopsychosocial, ecological, cognitive, attachment, family systems, and socio-cultural perspectives. The systems approach constitutes the primary methodological principle for understanding emotional alienation as a multidimensional socio-psychological phenomenon.

Originating from the General Systems Theory proposed by Ludwig von Bertalanffy and later developed within psychology by Bertalanffy and Boulding, as well as by family scientists, including Murray Bowen, the systems approach assumes that emotional alienation cannot be interpreted as an isolated characteristic of an individual but should be understood as a dynamic property emerging from continuous interactions among individuals, families, communities, and broader social institutions. Within this perspective, emotional alienation develops through reciprocal interactions between intrapersonal psychological processes, interpersonal communication patterns, family functioning, cultural norms, and macro-social transformations. Consequently, changes occurring at any systemic level inevitably influence emotional connectedness at all other levels. This methodological position allows researchers to investigate emotional alienation not merely as an individual psychological condition but as a product of complex adaptive systems operating simultaneously across multiple ecological contexts ^[2].

The present study further adopts the biopsychosocial paradigm originally proposed by George L. Engel, which remains one of the most comprehensive methodological models for understanding human psychological functioning. According to this paradigm, emotional alienation results from continuous interactions among biological, psychological, and social determinants rather than from any single causal mechanism. Biological determinants include genetic predispositions, neuroendocrine regulation, inflammatory processes, autonomic



nervous system activity, sleep architecture, and neuroplasticity. Psychological determinants encompass cognitive appraisals, emotion regulation, attachment representations, personality characteristics, coping strategies, resilience, and self-concept. Social determinants involve family cohesion, interpersonal communication, marital satisfaction, social support, cultural expectations, socioeconomic conditions, migration experiences, occupational stress, and digital communication environments. This methodological perspective enables the integration of evidence from psychology, neuroscience, psychiatry, behavioral medicine, and sociology into a unified explanatory framework capable of accounting for both individual variability and contextual influences ^[3].

Attachment Theory, developed by John Bowlby and empirically expanded by Mary Ainsworth, serves as one of the principal theoretical foundations for examining emotional alienation. Attachment theory assumes that early emotional relationships with primary caregivers establish internal working models that influence interpersonal functioning throughout the lifespan. Secure attachment promotes emotional intimacy, trust, effective emotion regulation, and adaptive interpersonal behavior, whereas insecure attachment patterns significantly increase vulnerability to emotional alienation. Individuals characterized by anxious or avoidant attachment styles frequently experience difficulties maintaining emotional closeness despite preserving formal social relationships. Consequently, attachment methodology provides an essential framework for investigating developmental trajectories of emotional alienation across childhood, adolescence, adulthood, and later life.

Family Systems Theory, developed by Murray Bowen and further elaborated by Salvador Minuchin, Virginia Satir, and David H. Olson, represents another central methodological foundation of the present study. According to Bowen, family members function as emotionally interdependent components of a single relational system. Emotional alienation should therefore be interpreted not solely as an individual phenomenon but as an indicator of disturbances in family emotional processes. The Circumplex Model, developed by David H. Olson, additionally emphasizes family cohesion, flexibility, and communication as central determinants of emotional connectedness. Families characterized by balanced emotional cohesion demonstrate greater resilience against emotional alienation, whereas disengaged or rigid family systems substantially increase psychological distance among family members. This methodological approach is particularly relevant for studying emotional alienation within marital relationships, parent-child interactions, intergenerational communication, migration-affected families, and geographically separated households ^[4].

RESEARCH METHODOLOGY

The ecological methodology proposed by Urie Bronfenbrenner provides an additional framework for understanding emotional alienation across multiple environmental contexts. According to ecological theory, emotional alienation develops through continuous interactions between individuals and nested environmental systems, including:

1. Microsystem (family, peers, workplace);
2. Mesosystem (interactions among microsystems);
3. Exosystem (institutions indirectly affecting individuals);
4. Macrosystem (culture, values, ideology, public policy);
5. Chronosystem (historical and developmental transitions).

This ecological perspective is particularly important in contemporary societies, where globalization, migration, technological development, and cultural transformation continuously reshape interpersonal relationships. The cognitive methodology adopted in this study primarily relies on the theoretical contributions of Aaron T. Beck, Albert Ellis, and the cognitive discrepancy model developed by Letitia Anne Peplau and Daniel Perlman. Within this framework, emotional alienation emerges through maladaptive cognitive schemas involving expectations of rejection, perceived interpersonal inadequacy, biased interpretations of social information, and negative self-beliefs. Cognitive methodology assumes that emotional alienation is maintained through dysfunctional patterns of attention, interpretation, memory, and attribution, thereby creating self-reinforcing cycles of interpersonal withdrawal.

A central methodological component of this study derives from the evolutionary theory developed by John T. Cacioppo and Louise C. Hawkley. According to this model, emotional alienation functions as an adaptive biological warning system signaling threats to social survival. Perceived emotional disconnection activates unconscious hypervigilance toward social threats, resulting in increased stress responsivity, altered neuroendocrine functioning, impaired immune regulation, sleep disturbances, cardiovascular dysregulation, and maladaptive interpersonal behavior ^[5].

ANALYSIS AND RESULTS

Despite significant theoretical progress, several methodological limitations continue to constrain emotional alienation research. First, conceptual inconsistency persists because emotional alienation is frequently operationalized interchangeably with loneliness, perceived social isolation, emotional deprivation, interpersonal dissatisfaction, and attachment insecurity. Second, most existing psychometric instruments measure isolated dimensions rather than the multidimensional structure of emotional alienation. Third, the predominance of cross-sectional research designs limits causal inference regarding developmental trajectories. Fourth, heavy reliance on self-report methodologies increases susceptibility to common method variance and social desirability bias. Finally, the relatively limited cross-cultural validation of existing measurement instruments restricts their applicability beyond Western populations. Future investigations should increasingly integrate longitudinal cohort studies, multilevel modeling, structural equation modeling, latent profile analysis, network psychometrics, ecological momentary assessment, digital phenotyping, wearable biosensors, artificial intelligence algorithms, machine learning techniques, and computational behavioral analytics. Such methodological integration will facilitate the dynamic examination of emotional alienation across developmental stages, family systems, cultural contexts, and rapidly evolving digital environments. Moreover, combining quantitative and qualitative methodologies within mixed-methods research designs may substantially improve theoretical precision while enhancing ecological validity.

Accordingly, emotional alienation should be investigated as a dynamic, multilevel, biopsychosocial process whose development reflects continuous interactions among biological regulation, psychological functioning, interpersonal relationships, family dynamics, socio-cultural environments, and technological transformations. Such an integrative methodological framework provides the strongest scientific foundation for advancing both theoretical understanding and evidence-based interventions aimed at reducing emotional alienation across diverse populations [6].

Figure 1 presents the indicators of low, moderate, and high levels of loneliness among husbands and wives in Uzbek families. The results of the analysis demonstrate that loneliness is not distributed uniformly across gender groups and that the intensity of its manifestation is shaped by different psychological mechanisms in men and women. According to the findings, a low level of loneliness was identified in 14.40% of men and only 4.17% of women. This difference indicates that the proportion of respondents who experience little or no loneliness, or who evaluate their social and emotional needs as being adequately satisfied, is higher among men than among women. This pattern may be explained by the fact that men perceive loneliness differently, are less likely to acknowledge their emotional experiences, or are less inclined to express them openly. Research in gender psychology frequently indicates that men tend to conceal their emotions, demonstrate independence, and cope with emotional difficulties through their internal resources. Therefore, in certain cases, low scores may reflect not the actual absence of loneliness but, rather, gender-specific characteristics of its subjective evaluation.

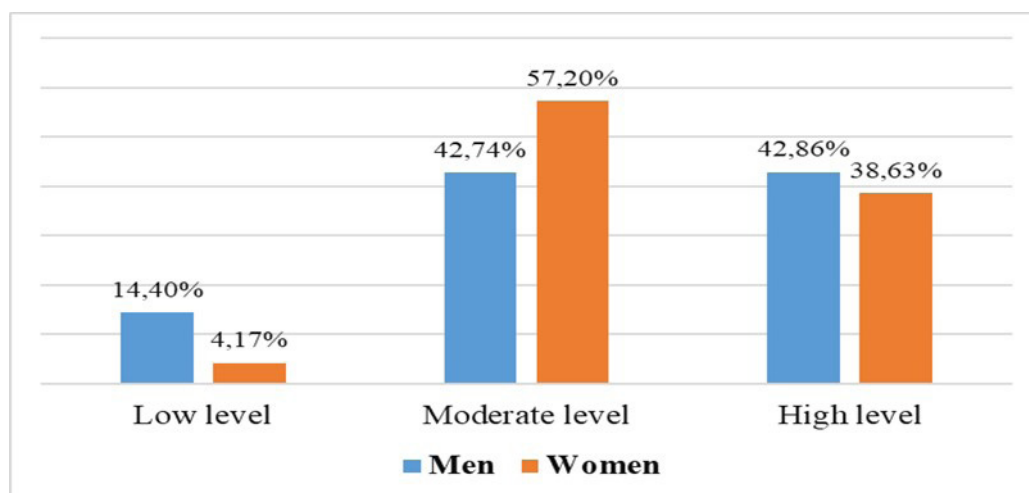


Figure 1: The indicators of low, moderate, and high levels of loneliness among husbands and wives in Uzbek families

The largest proportion in the diagram corresponds to a moderate level of loneliness. A moderate level was identified in 42.74% of men and 57.20% of women. The particularly high percentage among women indicates that their need for emotional intimacy, psychological support, and mutual understanding may be more



pronounced. Even when regular communication with a spouse, children, or relatives is present within the family, the incomplete satisfaction of emotional needs may contribute to the development of loneliness among women. This finding is consistent with the cognitive discrepancy theory developed by Letitia Anne Peplau and Daniel Perlman, according to which loneliness depends not on the number of existing relationships but on the discrepancy between the quality of relationships expected by the individual and the quality of relationships actually available. A high level of loneliness was recorded in 42.86% of men and 38.63% of women. This finding demonstrates that profound or persistent loneliness occurs slightly more frequently among men than among women. This difference may be explained by men's greater reliance on their spouse as a primary source of emotional support and by the relatively limited range of their close friendships and emotionally meaningful relationships. Family conflicts, emotional distancing, or a decline in communication with the spouse may therefore lead to greater psychological isolation among men.

Although the proportion of women with a high level of loneliness was slightly lower than that of men, amounting to 38.63%, this indicator remains substantial. It means that more than one in three women experiences profound emotional loneliness within the family. Such a condition may frequently be associated with unmet emotional needs, insufficient open communication with the spouse, limited participation in family decision-making, or inadequate psychological support. The distribution pattern of loneliness differs between men and women. Moderate loneliness predominates among women, whereas the proportion of high-level loneliness is relatively greater among men. This pattern suggests that loneliness among women is more often manifested as prolonged emotional dissatisfaction and insufficient emotional closeness, whereas among men it may become more acute and intense once the problem has already deepened. In our view, these findings confirm that loneliness in Uzbek families develops through gender-specific psychological mechanisms. Among women, the principal predictors of loneliness appear to be insufficient emotional closeness and mutual understanding, whereas among men, loneliness is more closely associated with a restricted system of social and emotional support, a high degree of emotional dependence on the spouse, and disrupted family communication.

CONCLUSION

Marriage and family relationships constitute the primary social environment through which individuals develop emotional attachment, psychological security, interpersonal trust, and a sense of belonging. Beyond their biological and reproductive functions, contemporary families perform fundamental psychological functions by facilitating emotional regulation, identity formation, socialization, resilience, and the intergenerational transmission of cultural values. Consequently, the quality of emotional relationships within the family has become one of the principal determinants of psychological well-being and social adaptation throughout the life course. The transformation of family structures observed during recent decades has substantially influenced the development of emotional alienation. The demographic transition from traditional extended families toward nuclear, geographically separated, dual-career, transnational, and digitally mediated family systems has altered the nature of emotional interaction between spouses, parents and children, and extended family members. These transformations have shifted scientific attention from reproductive behavior and family size toward the investigation of emotional cohesion, psychological connectedness, and the quality of interpersonal relationships as the primary indicators of healthy family functioning.

The institutional diversification of family life—including single-parent families, foster families, blended families, transnational families, geographically separated families, and digitally connected households—demonstrates that emotional alienation cannot be adequately explained through structural family characteristics alone. Instead, the quality of emotional interaction, communication patterns, psychological intimacy, mutual support, and adaptive coping mechanisms increasingly determine whether family members experience emotional connectedness or emotional alienation. Consequently, methodological emphasis has gradually shifted from examining family composition toward investigating the emotional processes operating within different family systems. Within this context, emotional alienation is increasingly conceptualized as a self-organizing and dynamically developing socio-psychological process emerging from continuous interactions between individuals and their relational environments. Family systems operate as adaptive microsocial systems whose emotional climate continuously responds to external socioeconomic changes while simultaneously influencing the psychological well-being of individual family members. Emotional alienation therefore reflects not only individual vulnerability but also the adaptive capacity of family systems confronted with changing social realities.

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- 13.00.00 Pedagogika fanlari
 - 13.00.01 Pedagogika nazariyasi. Pedagogik ta'limotlar tarixi
 - 13.00.02 Ta'lim va tarbiya nazariyasi va metodikasi (sohalar bo'yicha)
 - 13.00.03 Maxsus pedagogika
 - 13.00.04 Jismoniy tarbiya va sport mashg'ulotlari nazariyasi va metodikasi
 - 13.00.05 Kasb-hunar ta'limi nazariyasi va metodikasi
 - 13.00.06 Elektron ta'lim nazariyasi va metodikasi (ta'lim sohaları va bosqichlari bo'yicha)
 - 13.00.07 Ta'limda menejment
 - 13.00.08 Maktabgacha ta'lim va tarbiya nazariyasi va metodikasi
 - 13.00.09 Ijtimoiy pedagogika
 - 07.00.00 Tarix fanlari
 - 19.00.00 Psixologiya fanlari
 - 01.00.00 Fizika-matematika fanlari
 - 02.00.00 Kimyo fanlari
 - 03.00.00 Biologiya fanlari
 - 09.00.00 Falsafa fanlari
 - 10.00.00 Filologiya fanlari
 - 11.00.00 Geografiya fanlari



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Mas'ul muharrir: Ramzidin Ashurov

Ingliz tili muharriri: Murod Xoliyorov

Musahhih: Alibek Zokirov

Sahifalovchi va dizayner: Iskandar Islomov

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