

METHODS OF SOLVING COMMUNICATION PROBLEMS IN MARRIED COUPLES

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Annotation

This article is devoted to the study of methods for identifying communication problems that arise in married couples and effectively solving them. The article focuses on misunderstandings, conflicts in communication between couples and their causes. The article also describes constructive communication strategies, active listening, empathy and conflict resolution techniques. The recommendations obtained help couples strengthen mutual trust, respect and emotional intimacy. The results of the study show that developing communication skills and using effective communication strategies are important in creating family stability and a positive psychological environment.

Keywords

married couple, communication problems, communication strategies, conflict resolution, emotional intimacy, mutual trust, psychological stability.

One of the main factors in successful relationships between married couples is effective communication. Communication is not only the expression of thoughts and feelings, but also the process of understanding and supporting each other. Unfortunately, many couples, for various reasons, experience communication problems, which lead to conflicts, misunderstandings and even family conflicts. Therefore, timely identification of communication problems and knowledge of ways to solve them are important for the stability and psychological health of every family.

This article analyzes communication problems that arise in married couples, their main causes and effective ways to solve them. It also examines in detail the techniques of constructive communication, active listening, empathy and conflict resolution.

Communication problems between couples manifest themselves in many ways: not listening to each other, misunderstandings, difficulty expressing emotions, and conflicts. The main causes of these problems are:

Stress and external factors: Work pressure, financial problems, and health issues negatively affect family communication. In stressful situations, people often become impatient and cannot express their feelings correctly.

Personal characteristics and differences: Each person has different characters, educational background, upbringing, and values. These differences sometimes lead to misunderstandings between couples. For example, one may communicate openly and expressively, while the other is quiet and thoughtful.

Lack of mutual trust and respect: If couples do not trust or respect each other, they are afraid to express their feelings openly. This increases the barriers to communication.

Previous Experiences: Trauma or negative experiences from past relationships can also affect new communication. For example, someone who was criticized or not heard in the past may not be able to express their thoughts openly in the future.

Identifying the problem is the first step to finding a purposeful and effective solution. In married couples, problems can be identified through the following signs:

Not listening to each other and cutting off ideas.

Constant arguments or petty conflicts and quarrels.

Hiding feelings or inability to express them through words.
Decreased mutual trust and lack of support for each other.[2]
Constantly expressing dissatisfaction with one party or avoiding communication with the other party.
Once the problem is identified, ways to solve it can be chosen.
Methods for solving communication problems
Effective communication methods for married couples are multifaceted and include psychological, emotional, and practical aspects.
Constructive communication is a form of communication that is focused on solving problems, based on listening and understanding each other. The following principles apply:
I-communication: Expressing personal feelings in the form of “I feel this way” rather than in accusations such as “You always do this”.
Clear and open expression: Explaining the problem in clear terms without hiding it.
Positive approach: Giving suggestions and constructive feedback instead of criticism.
Active listening is not just about hearing, but also understanding and reflecting on the communication process.[1]
Restatement: Confirming that you have understood by restating the other person’s words in your own words.
Physical gestures: Showing attention through nodding, eye contact, and so on.
Asking questions: Asking for clarification to resolve misunderstandings.
Empathy is the ability to understand the other person’s feelings and respond appropriately to them. Empathy in couples is developed as follows:
Against Try to understand the other party's situation.
Don't deny and appreciate feelings.
Show support and affection.
It's natural for every couple to have conflicts. The important thing is to resolve them in a healthy and constructive way.
Identify and limit the problem: Clearly define the topic of the dispute and avoid personal attacks.
Compromise: Both parties adjust their point of view a little.
Give time: Don't solve the problem right away during strong emotions, take a temporary break.
Professional help: Seek advice from a psychologist or family counselor if necessary.
Effective communication should be done constantly, not just during problems. It is important for couples to make time for each other and regularly exchange feelings and thoughts.[3]
Daily conversations: Talk about small things, express feelings.
Quality time: Spend time together, strengthen the bond through common activities.
Family rituals: Weekly or monthly meetings, family discussions.
In the field of psychology, many methods and exercises have been developed for married couples. They include:
The Gottman Methodology - this method is aimed at analyzing communication between couples, resolving disputes in a healthy way, and increasing emotional intimacy.
Emotionally Focused Therapy (EFT) - focuses on solving problems through emotional connection and empathy.
Communication training - teaches couples active listening, I-talk, and constructive criticism.
These methods have proven to be highly effective in practice and are an effective tool for strengthening family stability.[4]
In conclusion, communication problems in married couples can pose a serious threat to the stability and psychological health of the family. Therefore, it is important to identify problems, solve them constructively, and use effective communication methods. Constructive communication, active listening, empathy, conflict resolution techniques, and regular



communication help to strengthen trust, respect, and emotional intimacy between couples. Modern psychological methods teach couples effective strategies, making their family life more qualitative and happy. Thus, developing communication skills is an important and necessary aspect for every couple.

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