

Evolution of family relationship in Kyrgyzstan

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Abstract. The relevance of the study is determined by the observed changes in the structure, role models, and functions of the family in Kyrgyzstan over the last decade. Consequently, there is a need to form beliefs and values that may qualitatively differ from previous ones and influence the socialisation of the younger generation in the process of creating new family institutions. The purpose of the study is to clarify the role and conduct a deep analysis of various aspects, such as psychological, biological, religious studies, and others, to identify patterns and problems that people face in marriage, and to provide recommendations for improving individual well-being. Among the methods used, statistical, analytical, comparative, and others are noteworthy. The study on the evolution of family relations, covering various aspects, provides important conclusions about changes in this context. It presents an increase in the diversity of family structures, with some remaining more traditional and others being more adaptive to modern changes. It was found that education and migration play a key role in shaping family relations, influencing partner choices and family decisions. Religious and philosophical beliefs remain important factors shaping family values. The study highlights the impact of biological factors, such as health and genetics, on family decisions, especially in the context of childbirth and child-rearing. All aspects collectively provide a deep understanding of how family relationships evolve in contemporary Kyrgyzstan. The practical value of

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the study lies in the development of adaptive family policies, educational programs, support for family counselling, and psychological assistance to strengthen families

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Introduction

Strengthening family ties and developing effective family policies have a direct impact on societal well-being and stability. Stable and healthy family relationships contribute to the reduction of social conflicts, the decrease in domestic violence, the improvement of child welfare, and the psychological well-being of citizens (Prime *et al.*, 2020).

The research issues on the evolution of family relationships in modern Kyrgyzstan encompass a range of complex questions. Among them are changing roles and expectations in families, the multi-ethnic nature of society, the influence of cultural and religious factors, and biological aspects. Exploring these aspects is an integral part in light of rapid sociocultural changes and presents challenges for family well-being. The development of effective family policies and support programmes requires in-depth analysis and an interdisciplinary approach. All these issues form a complex problem that is crucial for ensuring family stability.

In the study by G.T. Karabalaeva (2023) analysed the influence of Islamic culture on the formation of priority values of the family: love, mutual understanding, respect. The author emphasised that the theoretical foundations of family upbringing are rooted in the understanding of human life as holistic and encompassing various aspects: worldview, religious, ethical. She pointed out the significant role of family pedagogy over many centuries in the process of shaping moral and ethical norms. The conclusion was drawn that the religious and cultural components are crucial for family upbringing and influence the formation of moral values and norms in the family and society as a whole.

D.A. Osmonova (2018) described the impact of the Islamic Renaissance on the women's community of Kyrgyzstan and revealed the features of the interaction of gender and Islam. The author draws attention to the influence of Islam on women and their status in society and notes possible manifestations of discrimination under the guise of religious traditions. Special attention is paid to religious practices and attributes for women, such as wearing the hijab. The paper also discusses the revival of mass legitimation of marriage in the form of "nikah" and issues of polygamy. The cases of involvement and participation of women in religious extremist organisations are analysed.

The article written by G.S. Tokoeva (2018) described the influence of the socio-philosophical aspect on family relations. In the context of sociocultural dynamics and philosophical beliefs, she examined how families are formed, function, and evolve. The author analysed sociocultural norms and values that can influence roles and responsibilities within the family, ethical dilemmas they face, and changes in family values under the influence of social and philosophical trends. She emphasised the role of philosophy and ideology in shaping family values and decisions.

In the study by A.A. Dimitrova (2021), attention is drawn to how hereditary factors affect interaction within the family: discussions about health, genetic disorders, and their impact on joint decisions. The author analysed the influence of biological aspects, such as pregnancy, childbirth,

and child-rearing, on family relationships. The paper explores how the health of family members is reflected in their relationships.

In her study, K.R. Ruban (2023) described how emotional well-being, stress levels, and overall mental well-being can influence interaction within the family. She focused on the importance of conflict resolution and emotion management in the family context. The role of psychological support and counselling in maintaining family relationships was emphasised. The study proposed methods for conflict resolution and emotion management in the family context.

Previous studies conducted by the authors explore various aspects of the influence of cultural, religious, and biological factors on family relationships and values. They also consider the importance of psychological well-being and support in the family. However, research has not yet covered aspects of the development and dynamics of family relationships in modern Kyrgyzstan. Therefore, this topic remains relevant and requires further research to better understand its changes and impact on family well-being. The purpose of the study is to analyse changes in contemporary family relationships, their dynamics, and their impact on societal processes. The study is also oriented towards examining the evolution of family relationships, including changes in family structure, spousal roles, and the dynamics of family values. The main tasks of the study include a literature review and theoretical foundations, identifying trends and influencing factors to better understand sociocultural changes in society and their impact on family structures, and analysing statistical data on families in 2000-2022 years.

Materials and methods

The research on the evolution of relationships in Kyrgyzstan families was conducted using various methods that allowed for a more detailed exploration of the theoretical content of the issue. The analytical method helped systematise and structure a vast amount of information and data collected during the study. This method facilitated the identification of theoretical concepts and factors that have the greatest influence on the evolution of family relationships. The analytical method provided a scientific basis for the research, allowing for conclusions and theoretical generalizations based on evidence. The comparative method allowed for identifying common trends and features of family relationships in Kyrgyzstan in the context of other cultures or countries. This helped understand what is unique to the culture and what is shared with other societies.

Comparative analysis in the study of the evolution of family relationships in modern Kyrgyzstan made the conclusions more compelling and contributed to the development of knowledge on this issue. The statistical method has allowed making forecasts and predictions regarding future trends in family relationships based on current data. The statistical method contributed to the quantitative analysis of marriage and divorce statistics, age of marriage, dynamics of changes in family relationships, and other parameters.

This method helped identify trends and patterns in changes in family relationships in Kyrgyzstan. The use of the statistical method contributes to the objectivity of conclusions since it is based on facts and data rather than just opinions or assumptions.

The synthesis method allowed examining the issue from various perspectives and considering all aspects, contributing to a more comprehensive understanding of the evolution of family relationships in Kyrgyzstan. It helped avoid a narrow specialised approach and consider multiple factors influencing family relationships. The functional method helped understand the functions that family relationships perform in society, including psychological aspects (support, role structuring), social aspects (socialisation, economic support), religious aspects (adherence to religious norms), and biological aspects (continuation of the lineage). By deeply analysing each aspect of family relationships, the concretisation method allowed identifying features, norms, and values influencing family interactions in each specific area. This method helped gain a profound understanding of various aspects of family relationships, leading to more precise formulation of conclusions. Through the generalisation method, key patterns were identified, such as the average age of marriage, trends in marriages and relationship stability, fertility, and life expectancy, characterising changes in families. This

method also contributed to formulating recommendations applicable for further improving family well-being.

Using each research method, it was possible to examine family relationships from multiple perspectives, identify key factors, highlight unique features, and synthesise conclusions. This combined approach enriched the understanding of the evolution of family relationships in Kyrgyzstan, providing fundamental insights and recommendations for further research and the development of programs aimed at improving the quality of family interactions in the country.

Results

Families in Kyrgyzstan are undergoing changes due to the modernisation of society, increased education, and gender equality. Traditional roles of men and women in the family may change, leading to new dynamics within families. Demographic changes, such as declining birth rates and changes in the age of first marriage, influence the structure and nature of family relationships (Karabalaeva & Kalibekova, 2019).

Statistical data examined in the study allow assessing the stability of family unions, family planning changes, and demographic and sociocultural factors influencing family dynamics (Table 1). Life expectancy by gender also provides insights into differences in family roles and their impact on longevity (Table 1).

Table 1. Factors influencing the evolution of family relationships

Areas of interest	Gender	2000	2005	2010	2015	2020	2022
Age of marriage (average)	F	22.2	23.1	23.3	23.6	23	24.1
	M	25.1	26.5	26.5	26.2	26.5	28
Marriages		24294	37321	50362	52043	39747	48232
Divorces		5348	6097	8155	8588	9128	12187
Life expectancy	F	72.4	71.9	73.5	74.8	76	76.3
	M	64.9	64.2	65.3	66.7	67.8	68
Birth rate	F	47204	53305	71325	78802	76958	72893
	M	49566	56534	74798	84650	81154	77332

Source: user satisfaction survey of the national Statistical Committee of the Kyrgyz Republic (2023)

The analysis of the presented statistical data gave an idea of what trends can affect the evolution of family relations in Kyrgyzstan. The increase in the average age of women and men at marriage indicates that young people now devote more time to education, career growth, and personal development before marriage. This can contribute to a more mature and stable family relationship, as partners know themselves and their expectations better. An increase in the number of marriages from 2000 to 2015, and then a decrease by 2022, may indicate a higher demand for marriages in the first half of the period, possibly related to economic or socio-cultural factors. However, the increase in divorces also means that family relationships may be less stable and may require more in-depth research and support. An increase in life expectancy for women and men may mean that a married couple can spend more time in marriage and living together. This can encourage longer-term and sustainable family relationships. An increase in the birth rate from 2000 to 2015 may have an impact on family dynamics. However, the decline in the birth rate after 2015 may mean that families face less intense pressure in terms of increasing family responsibilities.

Based on these data, it can be assumed that family relations in Kyrgyzstan are becoming focused on individual growth and development and can also become stable and harmonious at a more mature age of partners. Nevertheless, the increase in the number of divorces also highlights the importance of supporting families and developing mechanisms for resolving conflicts within marriages to ensure the long-term well-being of the relationship.

The psychological aspect plays an important role in the evolution of family relationships, and its influence can be viewed from different standpoints. Evolution of the perception of the family: at the beginning of human history, the family was primarily an institution for ensuring survival and reproduction. However, over time, psychological aspects, such as emotional connection, became more important. Today, the family is considered not only as an economic unit but also as a source of emotional support and psychological security. Psychological emotional connection between family members formed the basis for the development of family relationships. The relationship between spouses, parents, and children is determined by emotional closeness and mutual understanding. It is important to note that each family

member has its own unique psychology. Differences in characters, needs, stories, and values can create both positive and negative dynamics in a family. Conflicts and compromises are often associated with various psychological aspects within the family. Psychological aspects influence the ways of communication within the family. Communication skills, the ability to listen and express feelings can significantly improve the quality of family relationships. Constructive conflict resolution and the ability to express love and support can make family relationships healthier. Family relationships can face various psychological crises, such as a midlife crisis, parenting problems, loss of loved ones, and others. The family's reaction to these crises and the way they overcome them depend on psychological factors. Evolution of roles in the family: these aspects also affect the change of roles within the family. With the change in gender norms and economic conditions, the roles of husband and wife can become equal. This change requires adaptation and revision of psychological expectations. Psychotherapy and family counselling can also have a positive impact on family relationships. Specialists can help families resolve conflicts, teach them how to manage emotions, and improve communication. The psychological aspect plays a significant role in the evolution of family relationships, shaping emotional closeness, determining communication methods and interactions between family members, and influencing family roles and values (Daks *et al.*, 2020; Eales *et al.*, 2021). The influence of the social aspect on the evolution of family relationships is of great importance, as societal and cultural factors have a substantial impact on how family relationships are formed, developed, and changed. Social changes in gender roles have a profound impact on family relationships (Zhu *et al.*, 2023). In the past, traditional gender roles determined what a man and a woman should do within the family. With the development of gender equality, family relationships have become more flexible and adaptive, allowing family members to choose roles based on their abilities and interests.

Sociocultural changes also affect the structure of families. The increase in divorce rates, the age of first marriage, the rise of single parents, and the diversity of family models (such as same-sex couples, multi-child families) shape new family dynamics. Cultural values can have a significant impact on family relationships. Religious and ethnic factors, value systems, and expectations affect how families make decisions, raise children, and manage finances. Economic conditions and changes in the workplace also influence family relationships. Economic difficulties can create stress in the family, and workloads can affect the available time for family activities. Media and public opinions: media and public opinions can shape the perception of what "ideal" family relationships should be. These influences can impact the expectations and behaviour of family members. Laws and government policies also influence family relationships, including issues related to marriage, divorce, children's rights, and ways to protect families. Social changes in lifestyle, such as increased mobility, impact family relationships. Technology also creates new ways of communication between family members. Understanding and adapting to sociocultural changes can help families cope with challenges (Prime *et al.*, 2020). The philosophical aspect influences the evolution of family relationships, providing a foundation for understanding the values, goals, and principles that underlie family life.

Philosophy forms the basis of ethics and morality that permeate family relationships. Philosophical concepts such as virtue, justice, responsibility, and respect establish the foundation for ethical principles upon which relationships within the family are built. Values and beliefs: philosophy helps to define the values that family members adhere to. This may include values related to religion, ethics, culture, education, and personal development. Values transmitted through philosophical beliefs form the basis for decision-making within the family. Philosophy can help people understand the nature of relationships within the family. Philosophical ideas about love, trust, freedom, and equality can be crucial for shaping healthy relationships within the family. Understanding roles and responsibilities influences the perception of roles and responsibilities within the family. It helps to define what it means to be a partner, parent, child, and what duties accompany these roles. Philosophical concepts can serve as a foundation for parenting methods within the family. Philosophy emphasising the importance of autonomy or collectivism can influence approaches to child-rearing. Conflict resolution and communication: philosophical ideas about dialogue, mutual respect, and conflict resolution can be applied in family relationships to improve communication and decision-making. Philosophy helps individuals realise the significance and meaning of family in their lives. Reflections on the essence of family and its place in society can be the basis for creating more harmonious and conscious relationships. The philosophical aspect forms the foundations of values, ethics, understanding of roles and responsibilities, parenting methods, and conflict resolution (Kusmardani *et al.*, 2022).

The biological aspect significantly influences the evolution of family relationships, as biology defines the foundations of reproduction, impacts the formation of emotional bonds, family roles, and other aspects. Biological factors determine the instincts of parenthood and caring for offspring. These instincts often shape the basic roles of parents in the family, including protection, care, and nurturing offspring. Physiological differences between genders influence the formation of gender roles in the family. Women's biology affects the possibility of pregnancy and childbirth, which can influence the distribution of responsibilities within the family. Biological processes, such as hormone secretion, influence the formation of emotional bonds in the family. Oxytocin (the bonding hormone) plays a role in strengthening connections between parents and children. Genetics also influences individual characteristics, behaviour, and tendencies towards certain emotions. Basic biological needs such as nutrition, sleep, and sexuality also influence family relationships. Satisfying these needs plays a crucial role in strengthening relationships. The biological aspect influences the health of family members, which, in turn, affects relationships. Caring for the health and physical well-being of family members is a key element for sustainable and strong relationships. Biology determines heredity, influencing the similarity and differences between family members. This can form the basis for emotional connections and interaction in the family. Throughout life, human biology changes, which can impact family relationships. Physical ageing, health changes, or hormonal fluctuations can affect family roles and relationships. Understanding the biological foundations of family life helps better recognise the natural needs and characteristics of each family member (Posey *et al.*, 2019).

The influence of the religious aspect on the evolution of family relationships in Kyrgyzstan is significant, considering the religious diversity in this country.

Islam and Orthodoxy are the two main religions, and their influence on family relationships can be examined from various angles. Islamic law (Sharia) and Orthodox Christian law influence the process of marriage and family relationships. In Islam, marriage is considered a sacred commitment, and adherence to rituals is essential. Religious rites and customs can also determine which family traditions are observed. Religion can influence the definition of roles and responsibilities within the family. In Islam, spouses can be assigned clearly defined roles, and it is important to observe these roles in everyday life. Religious teachings also influence the approach to raising children and caring for older family members. Religion often serves as the basis for the formation of family values. Religious families attach great importance to spiritual values such as morality, honesty, compassion, and loyalty. Religious beliefs affect attitudes toward poverty, mercy, and charity. Divorce and family

conflicts: religious teachings influence family conflicts and divorces. Depending on the religion, divorce may be forbidden, restricted, or allowed under certain conditions. Religious rites and holidays: rites and holidays can be significant events in a family's life. This may include wedding ceremonies, prayers, rituals honouring children, and socialising with other believers at religious events. The influence of the religious aspect on family relationships also depends on the sociocultural context. In Kyrgyzstan, there is diversity in ethnic groups and religious trends, leading to different interpretations and practices. Religion can serve as a foundation for strengthening family relationships and a source of conflict, depending on how religious teachings are interpreted and practiced in a specific family (Osmonova, 2019).

The integration of all these aspects helps create a balanced and sustainable family environment that contributes to the happiness, satisfaction, and harmony among its members. Improving family interactions in Kyrgyzstan requires considering various aspects, including cultural, religious, and social characteristics of the country (Table 2).

Table 2. Clear and organized overview of the various aspects related to family dynamics and relationships in Kyrgyzstan

Family Aspect	Description
Joint discussion and decision-making	Increasing awareness and discussing important decisions with spouses and children for mutual understanding and coordination of interests.
Respect for cultural and religious traditions	Acknowledging and adhering to cultural and religious traditions is crucial in Kyrgyzstan's family life, impacting daily routines and celebrations.
Communication and interaction	Developing communication and listening skills within the family to prevent conflicts and solve problems together.
Education and self-improvement	Focusing on family education and personal development to foster conscious and educated families.
Gender roles and equality	Striving for equality and respect between genders within the family, including dividing duties and responsibilities and collaborating on household and parenting matters.
Family values and religious upbringing	Supporting and cultivating family values rooted in religious and cultural traditions, teaching moral norms to strengthen family bonds.
Support and respect for the older generation	Recognizing the vital role of older family members and showing support and respect to strengthen family ties.
Resolution of family conflicts	Developing strategies for resolving family conflicts, such as constructive dialogues, seeking compromises, and involving external consultants when necessary.
Joint family events	Organizing shared events and celebrations to enhance family cohesion.
Support and counseling	Encouraging seeking support from spiritual leaders, psychologists, or family consultants in cases of serious family issues.

Source: developed by the authors based on D. Osmonova (2019)

Improving family relationships in Kyrgyzstan requires a balanced approach, considering both cultural and modern aspects of family life. Families that can combine respect for traditions with openness to change and development can create a happy and harmonious future.

Discussion

Analysing statistical data and various aspects has allowed for a deeper understanding of the relationships between these factors and the level of satisfaction with family life in Kyrgyzstan. The findings have highlighted unique features of this society, shed light on contemporary issues, and pointed to future opportunities. This not only expanded knowledge about the development of family relationships but also indicated new areas for future research. The study by K.B. Nielsen & A.G. Nilsen (2021) analyses the

evolution of family relationships in India, where Hinduism is the predominant faith. They focus on adhering to dharmic duties (righteous actions) in marriage, as these values strengthen family bonds. People believe in reincarnation and karma, so they strive for healthy family relationships. The authors described factors influencing family life: aranyaka (the man's retreat to the forest for the study of spiritual texts, which can exert pressure on family life), yoga and meditation (helps cope with stress and enhance emotional well-being), caste affiliation (has a decisive influence on spouse selection), and the role of women in the family (faith imposes clearly defined roles for women: maintaining well-being, household support, and childcare). Hinduism and Islam are two distinct religious traditions, each influencing family life with its own teachings, rituals, and values (Table 3).

Table 3. A comparison of family aspects in Hinduism and Islam

Aspect	Differences
Monogamy and Polygamy	In Islam, polygamy is permitted under certain conditions. Monogamy is more common in Hinduism.
Marriage Rituals	Hindu marriage rituals may involve numerous rites and traditions. Islamic marriage ceremonies are simpler and based on Islamic prescriptions.
Role of Women	In Islam, there are specific expectations regarding the role of women, including their responsibilities in the family and society. In Hinduism, the role of women may vary depending on region and caste. Women may have more freedom in choosing their roles.
Aspect	Common features
Family Structure	Both Hinduism and Islam consider the family an important element of society. They emphasize the value of family relationships and family support.
Rituals and Traditions	Both religions have rituals associated with marriage, childbirth, and significant family events. Religious ceremonies often play a crucial role in family life.
Family Values	Both Hinduism and Islam advocate family values such as respect for elders, caring for children, and adherence to moral norms within the family.

Source: developed by the authors based on K.B. Nielsen & A.G. Nilsen (2021)

It is important to note that within each of these religious traditions, there is a diversity of currents and interpretations, and practices of family life may vary depending on cultural and regional contexts. Statistical data from Bulgaria on marriages, divorces, and the average age of marriage reveal certain indicators. The average age for marriages (men/women) was as follows: 2010 – 30/26.9, 2015 – 30.9/27.8, 2020 – 32.5/29.4, 2022 – 33/30.1. There is a consistent increase in the age of marriage entry for both men and women. From time to time during this period, the age at marriage entry increased, reflecting changes in lifestyle priorities, career goals, and economic circumstances. Number of marriages and divorces: 2010 – 24286/11012, 2015 – 27720/10483, 2020 – 22172/9015, 2022 – 26013/9525 (Marriage and divorce, 2023).

The number of marriages increased from 2010 to 2015, but from 2015 to 2020, there was a decrease. However, by 2022, the number of marriages has increased again. This may indicate fluctuations in marriage and the influence of various socio-cultural factors on the decision to marry. The total number of divorces decreased from 2010 to 2020 but then increased slightly by 2022. This may indicate that, despite changes in the number of marriages, the stability in the relationship remains at a level prone to a decrease in divorces. Men have a more significant increase in the average age at marriage compared to women. The age gap between men and women at marriage increased from 2010 to 2022. Both states demonstrate similar trends in the increasing average age of marriage entry over time, reflecting changes in life priorities and socio-cultural factors. The number of marriages and divorces in the countries fluctuates but generally shows relative stability in relationships in Bulgaria and growth in Kyrgyzstan. It is important to note that Kyrgyzstan lags behind Bulgaria in the average age of marriage entry and has lower indicators of marriages and divorces overall.

A study by J.D. Hamadani *et al.* (2020) examined the impact of the economic aspect on family life. The authors emphasise that unemployment or low income put pressure on relationships, causing stress and conflicts. They analysed how economic conditions affect the distribution of roles in

the family. The researchers concluded that financial stability is an important factor for the family, and difficulties can cause divorce. Economic factors play an important role in family life. However, families that can plan and solve financial issues together usually have more stability. Economic preparedness for the unexpected also plays a crucial role in family well-being. In the paper by the researchers, the impact of economic aspects on family life is examined. The author draws attention to the fact that different political views, participation in events can cause tension and disagreement. It was emphasised that the political situation (changes in the laws or government of the country) affects the rights and interests of families. Ways to adapt to such changes were suggested. The study by D.T. Shek (2020) presents an interesting view on the influence of the political aspect on family relations and the dynamics of family relations. Political beliefs and participation in political events can cause disagreements within families. This is especially true in the modern world, where the political situation can be tense and diverse. To improve the research on the impact of the political aspect on family relations, it is also important to consider the context of families of different cultures, income levels, and social groups for a more complete understanding of how politics affects family dynamics and how families cope with such challenges.

A. Brown (2019) described how cultural foundations and traditions influence family values, the roles of spouses and their expectations of marriage. She considered ways to overcome conflicts related to differences in communication styles, perception of norms and values. She concluded that cultural factors influence the education and professional opportunities of the family. Cultural factors can indeed have an impact on education and professional opportunities. Stereotypes (age, gender, ethnic origin) and expectations (choice of spouse, profession, career development) can create inequality in access to education and employment opportunities, which affects the economic situation of the family. In this context, it is important to strive to create more inclusive and equitable educational and professional environments where cultural differences are respected and valued. This issue can be expanded by comparing the cultural impact in different

communities, analysing the adaptation of cultural differences within the family and the impact on education and career opportunities. Additional research may draw attention to effective strategies for resolving conflicts generated by cultural differences to improve families' well-being and create practical approaches to support family relationships.

B. Harris (2020) analysed how social networks, applications, video communication affect the communication of spouses. They provide new connections but can lead to isolation and a lack of personal communication. The author emphasised that the use of modern technologies promotes learning and skill development but at the same time, affects sleep, physical activity and even emotional well-being. It is important to establish rules for the use of technology within the family, which will help strengthen mutual understanding between spouses. Technology is a powerful tool for strengthening mutual understanding and maintaining communication, but only if the spouses take responsibility for the correct use and balance between the virtual and real world. To maintain this balance, the spouses can agree on the time they allocate to each other without devices. They can also discuss what types of communication they consider a priority and what activities can be shared to maintain a quality relationship.

D.R. Rai & M.R. Dangal (2021) described the impact of the migration aspect on the dynamics of family relations. Migration can create separation between spouses, affect their interaction and the level of intimacy, which leads to stress and a sense of isolation, which can cause divorce. Researchers have proposed ways to adapt relationships to emotional changes during separation. Migration can have a serious impact on family relationships, and adaptation to these changes requires effort. It is important to remember that every family is unique, and there is no universal solution. However, open communication, support, and joint efforts can help a couple cope with emotions during separation and strengthen the relationship successfully. For a more complete understanding of this issue, additional research is needed, including cultural aspects of separation, the effectiveness of various support methods, the impact of separation on children, financial aspects, and the development of innovative strategies for successfully overcoming emotional challenges during separation.

As noted by M.J. Thomas (2019), partner education influences the dynamics and structure of relationships. A high level of education promotes equality of relations and joint decision-making. The author emphasised that education improves communication and understanding between partners, reduces the number of conflicts, and promotes competent support for each other in achieving success. The educational aspect is also reflected in the approaches to the upbringing of children. Education contributes to the development of communication and understanding skills. Partners with a high level of education can correctly express their thoughts and feelings and understand each other's point of view, which reduces the likelihood of misunderstandings in the relationship. For a deeper understanding of the impact of the educational aspect, additional research is required. They may include an analysis of the impact of education on conflict resolution processes, the role of education in the formation of values in children, the economic aspects of family well-being, and the development of support strategies to strengthen family relationships.

During the discussion, various factors of influence on the well-being of the family were considered and analysed. Deep exploration of these aspects can help develop effective approaches to support healthy family relationships based on education and mutual understanding between spouses. The analysis of various aspects of family relationships plays a crucial role in improving the quality of family life. Understanding the dynamics of communication, roles, and conflicts within the family helps create programs to enhance relationships. This not only contributes to the emotional well-being of family members, especially children, but also prevents breakdowns in marital relationships. In addition, healthy family ties positively impact societal stability and well-being.

Conclusions

The purpose of this study was to examine the evolution of family relations in the context of modern Kyrgyz families. The main attention was paid to the dynamics of changes in the structure of families, roles and values within them. This study helped to identify the impact of these changes on a wide range of social processes. The importance of examining family relations in time and space was emphasised to understand and evaluate the impact of these changes on societal transformations.

The results of the study showed that family relations in Kyrgyzstan are evolving under the influence of various factors, including cultural changes, psychological factors, religious influences, and biological aspects. Family structures are becoming more flexible and adaptive, which reflects modern society. It is important to provide support and resources for families to help them effectively adapt to changes and develop healthy and sustainable relationships. This study also highlighted the importance of understanding various aspects of family relationships in a particular culture and society to develop targeted strategies and policies to support families.

The practical value of the findings lies in their potential use for the development of programmes and strategies aimed at improving family relationships, establishing more effective family policies, and creating resources to enhance counselling services for families, providing individual support and addressing specific problems faced by spouses in Kyrgyzstan. Integrating this information into educational courses and programs can improve public understanding of family relationships in Kyrgyzstan.

For further investigation of the evolution of family relationships in contemporary Kyrgyz society, several trajectories can be considered. Exploring the dynamics of various family structures, including the influence of digital technologies and social media on family ties, is one avenue. Moreover, analysing economic factors such as employment and income, which play a crucial role in family life, is important. Psychological aspects, including stress, adaptation, and intra-family relationships, also represent significant interests for further research. Exploring the connection between family relationships and art, religion, and analysing the evolution of these aspects from ancient times to the present, will contribute to improving the quality of family life.

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Conflict of interest

None.

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Анотація. Актуальність дослідження зумовлена тим, що в останні десятиліття спостерігаються зміни у структурі, ролевих моделях та функціях сім'ї в Киргизстані, а отже, з'являється потреба у формуванні переконань та цінностей, які можуть якісно відрізнитись від попередніх та впливають на соціалізацію молодого покоління у процесі створення нових сімейних інститутів. Метою дослідження є роз'яснення ролі та глибокий аналіз різних аспектів, таких як психологічний, біологічний, релігійно-науковий та інші, виявлення закономірностей та проблем, з якими стикаються люди у шлюбі, а також надання рекомендацій для покращення індивідуального благополуччя. Серед використаних методів слід зазначити: статистичний, аналітичний, порівняльний та інші. У дослідженні з еволюції сімейних відносин, що охоплює різні аспекти, подано важливі висновки про зміни у цьому контексті. У ньому представлено збільшення різноманітності сімейних структур, які залишаються більш традиційними і тих, які адаптивніші до сучасних змін. Було виявлено, що освіта та міграція відіграють ключову роль у формуванні сімейних відносин, впливаючи на вибір партнерів та сімейні рішення. Релігійні та філософські переконання залишаються важливими факторами, що формують сімейні цінності. У дослідженні звернено увагу на вплив біологічних факторів, таких як здоров'я та генетика, на сімейні рішення, особливо у контексті народження та виховання дітей. Усі аспекти спільно надають глибоке розуміння того, як сімейні стосунки еволюціонують у сучасному Киргизстані. Практична цінність дослідження полягає у розробці адаптивних сімейних політик, освітніх програм, підтримці сімейного консультування та психологічної допомоги, що сприяє зміцненню сімей.

Ключові слова: ролеві моделі; індивідуальний добробут; партнери; цінності; прийняття рішень