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## THE ROLE OF COGNITIVE PSYCHOTHERAPY IN STABILIZING MARITAL RELATIONSHIPS AND PROVIDING PSYCHOLOGICAL SERVICES TO COUPLES

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### Abstract

The article justifies and describes the role of cognitive psychotherapy in stabilizing marital relationships and providing them with psychological services.

**Keywords:** Marital relationships, healthy psychological environment in the family, scientifically based psychotherapies, cognitive psychotherapy.

### Introduction

#### ER-XOTIN MUNOSABATLARINI BARQARORLASHTIRISHDA VA ULARGA PSIXOLOGIK XIZMAT KO'RSATISHDA KOGNITIV PSIXOTERPIYANING O'RNI

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### Annotatsiya:

Maqolada er-xotin munosabatlarini barqarorlashtirishda va ularga psixologik xizmat ko'rsatishda kognitiv psixoterpiyaning o'rni asoslab berilgan, bayon etilgan.

**Tayanch iboralar:** er-xotin munosabatlari, oilada sog'lom psixologik muhit, ilmiy asoslangan psixoterpiyalar, kognitiv psixoterpiya.

### Introduction

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Information highlighting the influence of interpersonal relationships on determining family stability worldwide is of great importance for contemporary family life and for ensuring marital stability. In particular, studying spousal relationships—the foundation of the family—and introducing the practice of using scientifically grounded psychotherapies in providing psychological services to couples is one of the key tasks facing modern psychology.

In today’s families, spousal relationships are becoming increasingly complex; keeping pace with social change is more difficult, and the study and analysis of factors affecting marital stability are growing in relevance. In young families, spousal relationships represent the most delicate and decisive form of relationship formation, shaped by specific territorial, ethnic, age-related, and individual psychological characteristics. The patterns typical for one young couple may not suit another couple. This is because spouses who form a young family come from different family environments, have been raised within different systems of interpersonal relations and traditions, and have developed as individuals under diverse conditions. Nevertheless, specialized psychological studies and the scientific literature based on their findings present relevant information about the general mechanisms underlying the formation and development of spousal relationships within the family.

According to this literature, world psychology has developed scientifically grounded psychotherapies aimed at stabilizing spousal relationships and providing psychological services to couples; these approaches have justified public trust by demonstrating effective results over many years. It has been proven that such therapies can improve communication, enhance mutual understanding, and enable the stable resolution of problems. Examples include the following:

### 1. Couples Therapy

- Purpose: to improve communication and understanding between partners and to resolve conflicts.
- Methods: active listening, empathy, identifying problems, and exercises focused on solving them.

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- Example: Emotionally Focused Therapy (EFT) – a model aimed at understanding emotions and strengthening empathy.

## 2. Behavioral psychotherapy

- Teaches couples to reinforce positive behavior and reduce negative habits.
- Forms new positive interaction patterns in the relationship through balanced influence.

## 3. Cognitive-behavioral therapy (CBT)

- Aims to change incorrect thoughts, stereotypes, and assumptions within the couple.
- Helps improve communication and find constructive solutions to problems.

## 4. Psychoanalytic and psychodynamic therapy

- Enables the identification of deeper psychological factors in relationships.
- Focuses on resolving problems based on past experiences, family upbringing, and internal conflicts.

## 5. Systemic therapy

- Views the family and couple environment as a single system and analyzes interdependence and communication patterns.
- Solves the problem not only at the individual level but within the context of the family system.

Among these psychotherapies, cognitive psychotherapy is considered one of the main directions of psychological services for spousal relationships. It identifies and changes distorted thoughts, increases emotional stability, and creates a basis for effective communication. Therefore, research grounded in various psychological perspectives and theories confirms its significance.

For example, among representatives of world psychology, Beck (2011) emphasizes the role of KPT in conflict resolution, noting that it helps overcome problems by re-evaluating thoughts and doubts. [6]

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As the founder of cognitive psychotherapy, A. Beck advances the following ideas. Cognitive psychotherapy (KPT) is a form of psychological support aimed at improving mental health by analyzing and regulating an individual's thinking processes (Beck, 2011). In spousal relationships, KPT is important for identifying distorted thoughts and emotional reactions expressed through problems and for changing them. [6]

Epstein and Baucom (2002) highlight the role of KPT in reducing conflicts in spousal relationships and guiding them toward constructive solutions. [9] Burns (1980) explains that cognitive therapy reveals the interrelationship between emotions and thoughts, which is important for understanding emotional problems in relationships. [8]

It is explained that the main problems between spouses are associated with negative, stereotypical thoughts (Ellis, 2002). KPT identifies them and teaches constructive, accurate thinking. [7]

Cognitive psychotherapy (KPT) enables better awareness and management of negative emotions such as fear, anger, and surprise. In many cases, this method helps strengthen clear and open communication to improve spousal relationships (Burns, 1980). [8]

Based on the analysis of Uzbek and Russian literature, Toshmatov and Hasanov (2015) analyzed national experiences and outcomes regarding the application of KPT in family psychology, providing information on the effectiveness of cognitive methods in resolving marital difficulties. [10] In addition, Sharipov (2017) revealed the importance of cognitive psychotherapy methods in family psychological services and provided comprehensive recommendations on the psychological interventions that should be implemented. [11]

Thus, cognitive psychotherapy is one of the most effective methods among psychological services for spousal relationships, playing a special role in changing distorted thinking patterns, regulating emotions, and solving problems. With this method, family relations improve and sexual relations are corrected. The role of cognitive psychotherapy in stabilizing spousal relationships is reflected in the following:

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- misunderstandings between spouses are often the result of incorrect or reality-incongruent thoughts; KPT helps identify these thoughts and correct them;
- by understanding their emotions and reactions, individuals take responsibility for relationship problems;
- through KPT, sexual and emotional trust increases and skills for correctly understanding one another are developed;
- negative thoughts and incorrect beliefs on both sides are identified and guided toward constructive solutions.

### **Main KPT methods:**

#### **1. Identifying and restructuring distorted cognitions**

- partners identify negative thoughts that arise in their interaction (e.g., “he/she never understands me,” “everything will be bad”).
- with the therapist’s support, the inaccuracy of these thoughts is demonstrated and, accordingly, positive, clear, and constructive thoughts are formed.

#### **2. Focusing on cognitive errors in communication**



- misconceptions that arise in communication, overgeneralization, “all-or-nothing” thinking, and similar patterns are analyzed.
- these errors are corrected and rules of clear, open communication are learned.

#### **3. Developing social and emotional skills**

- the couple learns to recognize and manage psychological states and emotions.
- skills such as compromise and constructive argumentation are developed.

#### **4. Teaching problem-solving strategies**

- the couple identifies common problems and applies step-by-step methods to resolve them.
- through a disciplined and planned approach, problems are effectively addressed.

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## 5. Reinforcing positive behaviors in the relationship

- relationships improve by increasing positive experiences, valuing small successes, and providing encouragement.

Cognitive psychotherapy methods are aimed at reshaping negative thoughts and emotions in spousal relationships, making communication open and effective, and resolving problems constructively. This approach provides substantial support in psychological services by increasing mutual understanding and stabilizing relationships between partners.

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