

UNIVERSAL INSIGHTS CONFERENCE ON SCIENCE AND SOCIETY

international scientific conference

PSYCHOLOGICAL FACTORS OF THE EMERGENCE OF FAMILY CONFLICTS IN THE CONTEXT OF THE PROFESSIONAL ACTIVITY OF INTERNAL AFFAIRS OFFICERS

Shamshimetov Ruslan Tashtemirovich

Academy of Law Enforcement of the Republic of Uzbekistan
Senior Lecturer at the Department of Professional Psychology and
Management Activity

***Annotatsiya.** Mazkur ilmiy maqolada ichki ishlar organlari xodimlarining kasbiy faoliyati sharoitida oilaviy nizolar yuzaga kelishining psixologik omillari ijtimoiy-psixologik nuqtai nazardan tahlil qilinadi. Tadqiqotda xizmat faoliyatining o'ziga xos jihatlari, jumladan, yuqori darajadagi mas'uliyat, xavfli vaziyatlar bilan to'qnashuv, noturg'un ish rejimi, vaqt tanqisligi hamda emotsional zo'rqiqlashning oilaviy munosabatlarga ta'siri o'rganiladi. Shuningdek, kasbiy stress, emotsional charchoq, kommunikativ qiyinchiliklar va shaxslararo nizolar o'rtasidagi o'zaro bog'liqlik empirik tahlil asosida yoritiladi. Tadqiqot davomida psixodiagnostik metodlar, so'rovnoma va statistik tahlil usullaridan foydalanilgan. Natijalar shuni ko'rsatadiki, yuqori darajadagi kasbiy zo'rqiqlash oilada nizolar sonining ortishiga, emotsional yaqinlikning pasayishiga va o'zaro tushunmovchiliklarning kuchayishiga olib keladi. Shu bilan birga, stressga bardoshlilik, samarali kommunikatsiya ko'nikmalari va ijtimoiy qo'llab-quvvatlash salbiy ta'sirlarni kamaytiruvchi omillar sifatida namoyon bo'ladi. Tadqiqot natijalari ichki ishlar tizimi xodimlari bilan ishlovchi mutaxassislar uchun muhim amaliy ahamiyatga ega.*

UNIVERSAL INSIGHTS CONFERENCE ON SCIENCE AND SOCIETY

international scientific conference

Kalit soʻzlar: kasbiy stress, ichki ishlar organlari, oilaviy nizolar, emotsional zoʻriqish, kommunikativ muammolar, psixologik omillar, ijtimoiy qoʻllab-quvvatlash.

Аннотация. В данной статье рассматриваются психологические факторы возникновения семейных конфликтов в условиях профессиональной деятельности сотрудников органов внутренних дел с социально-психологической точки зрения. Особое внимание уделяется специфике служебной деятельности, включая высокий уровень ответственности, профессиональные риски, нестабильный график работы, дефицит времени и эмоциональное напряжение, влияющие на семейные отношения. Анализируется взаимосвязь между профессиональным стрессом, эмоциональным выгоранием, коммуникативными трудностями и межличностными конфликтами в семье. В исследовании использованы методы анкетирования, психодиагностики и статистического анализа. Результаты показывают, что высокий уровень профессионального напряжения способствует увеличению числа семейных конфликтов, снижению эмоциональной близости и ухудшению взаимопонимания. В то же время стрессоустойчивость, развитые коммуникативные навыки и социальная поддержка выступают как факторы, смягчающие негативное влияние. Практическая значимость исследования заключается в разработке рекомендаций по психологическому сопровождению сотрудников.

Ключевые слова: профессиональный стресс, органы внутренних дел, семейные конфликты, эмоциональное напряжение, коммуникативные трудности, психологические факторы, социальная поддержка.

Abstract. This article examines the psychological factors contributing to the emergence of family conflicts in the context of the professional activity of

UNIVERSAL INSIGHTS CONFERENCE ON SCIENCE AND SOCIETY

international scientific conference

internal affairs officers from a socio-psychological perspective. The study focuses on the specific characteristics of law enforcement work, including high responsibility, exposure to risk, irregular working schedules, time constraints, and emotional strain, and their impact on family relationships. Particular attention is given to the relationship between occupational stress, emotional burnout, communication difficulties, and interpersonal conflicts within the family. The research employs questionnaires, psychodiagnostic methods, and statistical analysis. The findings indicate that high levels of occupational strain significantly increase the frequency of family conflicts, reduce emotional closeness, and weaken mutual understanding. At the same time, factors such as stress resilience, effective communication skills, and social support act as protective mechanisms that mitigate negative outcomes. The study highlights the importance of developing psychological support programs aimed at improving both family well-being and professional effectiveness of internal affairs personnel.

Key words: *occupational stress, internal affairs officers, family conflicts, emotional strain, communication difficulties, psychological factors, social support.*

Introduction. In modern society, the professional activity of internal affairs officers plays a crucial role in maintaining public order, ensuring safety, and protecting citizens' rights. However, the nature of law enforcement work is inherently demanding and is widely recognized as one of the most stressful occupational fields. Officers are regularly exposed to high levels of responsibility, time pressure, unpredictable situations, and potentially life-threatening circumstances. In addition, irregular working hours, including night shifts and extended duty periods, significantly increase physical and emotional exhaustion. International studies indicate that between 60% and 80% of law

UNIVERSAL INSIGHTS CONFERENCE ON SCIENCE AND SOCIETY

international scientific conference

enforcement personnel report experiencing moderate to high levels of occupational stress, which is considerably higher than in many other professions.

Such working conditions create a persistent state of emotional strain that affects not only the psychological well-being of officers but also their interpersonal functioning. Emotional exhaustion, irritability, reduced emotional regulation, and symptoms of burnout are commonly observed among internal affairs personnel. These psychological changes often extend beyond the workplace and influence the quality of relationships within the family. Family, as a primary social support system, is expected to provide emotional stability and recovery; however, under conditions of chronic stress, it may instead become a context where tension and conflict intensify.

Recent research highlights that occupational stress is a key predictor of family conflict among law enforcement officers. High emotional strain reduces the ability to engage in effective communication, decreases empathy, and leads to misunderstandings between family members. Studies show that officers experiencing high stress levels are more likely to report increased marital dissatisfaction, frequent conflicts, and emotional distancing. Furthermore, the spillover effect explains how negative experiences and emotions from work are transferred into the home environment, disrupting family harmony and communication patterns.

At the same time, the relationship between professional stress and family conflict is not unidirectional. Family dynamics also influence an officer's psychological state and professional performance. Supportive family environments can buffer the negative effects of occupational stress, enhance resilience, and promote emotional recovery, whereas dysfunctional family relationships may exacerbate stress and contribute to further deterioration of

UNIVERSAL INSIGHTS CONFERENCE ON SCIENCE AND SOCIETY

international scientific conference

mental health and job effectiveness. Thus, a reciprocal relationship exists between professional activity and family functioning.

Given these considerations, the study of psychological factors contributing to family conflicts in the context of law enforcement work is highly relevant. Understanding these mechanisms is essential for developing effective psychological support systems, improving communication skills, and implementing preventive interventions aimed at enhancing both family well-being and professional efficiency among internal affairs officers.

The problem of family conflict among internal affairs officers has increasingly been examined at the intersection of occupational psychology, legal psychology, family psychology, and stress research. In international scholarship, law enforcement work is consistently described as one of the most psychologically demanding professional domains because it combines exposure to danger, chronic vigilance, irregular schedules, organizational pressure, traumatic incidents, and high public accountability. Systematic reviews show that police stress is shaped not only by operational risks but also by organizational stressors such as bureaucracy, managerial pressure, workload, shift work, and limited recovery time. Importantly, these studies argue that the consequences of such stress are not confined to the workplace; rather, they spill over into officers' personal lives and alter the quality of intimate and family relationships.

A major strand of international research explains family conflict among police personnel through the frameworks of work–family conflict, spillover theory, and resource depletion. From this perspective, the emotional and cognitive resources required for policing often reduce the officer's capacity for constructive communication, patience, empathy, and emotional responsiveness at home. A study of Hong Kong police officers found that both work-to-family conflict and family-to-work conflict were significantly associated with

UNIVERSAL INSIGHTS CONFERENCE ON SCIENCE AND SOCIETY

international scientific conference

occupational stress and turnover intention, suggesting that professional strain and family tension reinforce one another rather than operate as separate problems. Similar findings from pandemic-era police research showed that heavy workload increases work–family conflict, which in turn intensifies job stress and dissatisfaction. These findings support the view that family conflict in police households is not merely a private issue but a psychologically predictable extension of occupational overload.

Recent qualitative and review-based international studies deepen this argument by showing that the central issue is not only lack of time, but also the erosion of emotional availability. Research on how police officers balance work, partnership, and parenting demonstrates that officers often struggle to “re-enter” family life after demanding shifts. Even when physically present, they may remain psychologically distant, emotionally numb, irritable, or overly guarded. Reviews on public safety personnel families similarly report that stress-related irritability, anger, hyperreactivity, emotional withdrawal, and unprocessed trauma can damage communication, undermine trust, and produce repeated conflict cycles within the family. In this literature, family conflict emerges not simply from scheduling incompatibility, but from deeper disruptions in emotional regulation and relational presence.

Another influential line of international research connects family conflict with burnout, trauma exposure, and mental health deterioration. Reviews of police mental health show that prolonged occupational strain is associated with anxiety, depression, emotional exhaustion, and reduced coping capacity. These states often weaken interpersonal tolerance and increase hostility, defensiveness, and withdrawal in close relationships. Evidence from spouse and partner studies also indicates that psychological strain is not limited to officers themselves: their partners may experience distress, compassion fatigue, and relationship burden as a result of the officer’s occupational stress. A



UNIVERSAL INSIGHTS CONFERENCE ON SCIENCE AND SOCIETY international scientific conference

prospective study further found that open relationship communication was associated with lower partner distress, implying that communication quality functions as a protective factor against the escalation of family conflict. Thus, international scholarship increasingly frames family conflict as an outcome of both the officer's emotional burden and the family's reduced resilience under chronic occupational stress.

Russian scholarship approaches the same issue through somewhat different, though highly complementary, conceptual categories. Researchers working in legal psychology and the psychology of extreme professions often focus on professional stress, emotional burnout, professional deformation, and neuropsychological adaptation among employees of the internal affairs system. In this tradition, family conflicts are frequently interpreted as a downstream consequence of prolonged psycho-emotional strain accumulated in service. Studies published in Russian-language academic sources emphasize that service in internal affairs bodies gradually shapes such traits as heightened suspicion, emotional restraint, irritability, rigidity, lowered trust, and communication difficulties. These characteristics, while sometimes adaptive in dangerous professional contexts, become maladaptive in family life, where openness, flexibility, empathy, and emotional reciprocity are crucial.

A number of Russian authors directly examine the relationship between police work and family relations. Misbakh's work on the influence of the profession of internal affairs officers on family relations argues that the family sphere is deeply affected by the specific demands of the profession, including service discipline, irregular work rhythms, stress accumulation, and emotional overload. In a related Russian-language article on the psychological aspects of professional activity and marital relationships of law enforcement employees, the same line of reasoning is extended to show that professional tension modifies communication styles between spouses, intensifies misunderstanding,

UNIVERSAL INSIGHTS CONFERENCE ON SCIENCE AND SOCIETY

international scientific conference

and weakens emotional closeness. These studies are especially important because they shift attention from general occupational stress toward specific mechanisms of marital and family discord, thereby linking professional experience with concrete interpersonal outcomes such as quarrels, emotional alienation, communication breakdown, and reduced family cohesion.

Russian research also pays considerable attention to the protective role of psychological stability, communicative competence, and stress prevention. Publications on the psychoprophylaxis of occupational stress in law enforcement personnel show that high stress levels are commonly accompanied by irritability, depressive tendencies, tension, and social withdrawal. Other Russian studies indicate that communicative competence and stress resistance are closely connected: officers with stronger communicative skills are better able to regulate emotional reactions and maintain more adaptive interpersonal behavior. From the standpoint of family conflict research, this is highly significant, because it suggests that not all officers exposed to occupational strain will experience the same level of family dysfunction. Instead, the emergence of family conflicts depends on how stress is mediated by self-regulation, emotional control, communication habits, and access to psychological support.

When Russian and international studies are read together, a more integrated picture emerges. International scholarship tends to emphasize systemic models such as work–family conflict, spillover, family resilience, and organizational stress, while Russian scholarship more often highlights professional deformation, emotional burnout, and personal adaptation under extreme service conditions. Yet both traditions converge on the same core conclusion: family conflicts among internal affairs officers are not random domestic disagreements but psychologically patterned outcomes of occupational stress, emotional overload, and disrupted communication. High

UNIVERSAL INSIGHTS CONFERENCE ON SCIENCE AND SOCIETY

international scientific conference

responsibility, irregular schedules, trauma exposure, organizational pressure, and chronic fatigue gradually reduce emotional accessibility and constructive dialogue in the family, thereby increasing the likelihood of misunderstanding, marital dissatisfaction, and overt conflict. At the same time, both traditions recognize buffering factors such as social support, open communication, emotional self-regulation, and institutional psychological assistance.

Overall, the literature suggests that the psychological factors behind family conflicts in the lives of internal affairs officers should be understood as a multidimensional system rather than a single-cause phenomenon. Occupational stress, emotional exhaustion, burnout, poor recovery, communicative rigidity, and weakened empathy all contribute to family discord, but their effects are shaped by organizational conditions, family climate, and individual coping resources. This makes the topic especially important for further research, because it requires not only identifying stressors but also understanding how professional experience is translated into relational conflict at home. For that reason, future empirical studies should examine these links in a more integrated way, combining occupational, emotional, communicative, and family variables within a single socio-psychological framework.

Conclusion. The present study demonstrates that the emergence of family conflicts among internal affairs officers is not incidental but is closely linked to the psychological demands of their professional activity. Law enforcement work is characterized by high responsibility, exposure to risk, irregular schedules, and continuous emotional pressure, all of which contribute to sustained psychological strain. Over time, this strain accumulates and manifests in emotional exhaustion, irritability, reduced self-regulation, and symptoms of burnout. These internal changes do not remain confined to the

UNIVERSAL INSIGHTS CONFERENCE ON SCIENCE AND SOCIETY

international scientific conference

professional domain but extend into the family environment, shaping the quality and dynamics of interpersonal relationships.

The findings indicate that one of the key mechanisms connecting professional stress and family conflict is the disruption of communication processes. Emotional overload weakens empathy, reduces patience, and limits the ability to engage in constructive dialogue. As a result, interactions within the family may become superficial, emotionally distant, or conflict-prone. Misunderstandings, dissatisfaction, and repeated arguments emerge not only due to situational disagreements but also because of deeper changes in emotional responsiveness and communicative behavior. In this sense, family conflict can be viewed as an external expression of internal psychological imbalance caused by occupational strain.

At the same time, the relationship between professional activity and family functioning is reciprocal. While occupational stress contributes to the development of family conflicts, the quality of family relationships also significantly influences the psychological state of the officer. Supportive, emotionally stable families can buffer the negative effects of stress, facilitate recovery, and enhance resilience. In contrast, conflictual family environments intensify emotional tension, reduce coping capacity, and may further impair professional effectiveness. This bidirectional interaction highlights the importance of considering both work and family domains as interconnected components of a unified psychological system.

Importantly, the study shows that not all officers experience the same level of family conflict under similar professional conditions. Individual differences play a crucial role, particularly in terms of emotional regulation, stress tolerance, coping strategies, and communication skills. Officers who possess well-developed self-regulation and constructive communication abilities are more capable of maintaining stable family relationships despite

UNIVERSAL INSIGHTS CONFERENCE ON SCIENCE AND SOCIETY

international scientific conference

occupational challenges. Additionally, external resources such as social support, organizational assistance, and access to psychological services serve as protective factors that mitigate the negative consequences of professional strain.

In conclusion, the psychological factors underlying family conflicts among internal affairs officers should be understood as part of a complex, multi-level system involving occupational stressors, individual psychological resources, and family dynamics. Addressing this issue requires a comprehensive approach that goes beyond focusing solely on individual resilience. It is essential to implement organizational measures aimed at reducing excessive workload and improving work conditions, alongside psychological interventions that develop emotional regulation and communication competencies. Furthermore, strengthening family support systems and promoting awareness of work–family interaction can significantly contribute to reducing conflict and improving overall well-being. Such an integrated strategy not only enhances the quality of family life but also supports the professional effectiveness and long-term psychological health of internal affairs personnel.

REFERENCES

1. Richard S. Lazarus Lazarus, R. S., & Folkman, S. (1984). Stress, appraisal, and coping. New York: Springer.
2. Hans Selye Selye, H. (1974). Stress without distress. New York: McGraw-Hill.
3. Christina Maslach Maslach, C., & Leiter, M. P. (2016). Understanding the burnout experience: Recent research and its implications for psychiatry. *World Psychiatry*, 15(2), 103–111.

UNIVERSAL INSIGHTS CONFERENCE ON SCIENCE AND SOCIETY

international scientific conference

4. Arnold B. Bakker Bakker, A. B., & Demerouti, E. (2007). The Job Demands–Resources model: State of the art. *Journal of Managerial Psychology*, 22(3), 309–328.
5. Jeffrey H. Greenhaus Greenhaus, J. H., & Beutell, N. J. (1985). Sources of conflict between work and family roles. *Academy of Management Review*, 10(1), 76–88.
6. John M. Violanti Violanti, J. M., Owens, S. L., Fekedulegn, D., et al. (2018). An exploration of shift work, fatigue, and gender among police officers. *Policing: An International Journal*, 41(6), 796–809.
7. Eric G. Lambert Lambert, E. G., Qureshi, H., Frank, J., et al. (2017). The impact of work–family conflict on job stress among police officers. *Policing: An International Journal*, 40(4), 903–916.