CHARACTERISTICS OF FAMILY VALUES AND ROLE EXPECTATIONS IN SPOUSES WITH VARIOUS LENGTHS OF MARRIAGE

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Abstract: *In the context of the transformation of modern Russian society, the family sphere, like all other spheres of human life, is subject to complex changes. The country's cultural, political, and economic conditions, as they transform, inevitably impact individuals, forcing them to adapt to the prevailing conditions. People's behavior in everyday life is changing, and in particular, old stereotypes of marital relationships are being destroyed.*

Keywords: *family, transformation, adaptation, relationships, values, role expectations*

Аннотация: *В условиях трансформации современного российского общества сфера семьи, также как и все остальные сферы жизнедеятельности человека, подвержена сложным изменениям. Культурное, политическое, экономическое состояние страны, трансформируясь, неизбежно оказывает влияние на индивида, вынуждая его приспосабливаться к сложившимся условиям. Меняется поведение людей в повседневной жизни, в частности, разрушаются старые стереотипы супружеских отношений.*

Ключевые слова: *семья, трансформация, адаптация, отношения,ценности, ролевые ожидания*

Modern society often encourages people to adopt one-size-fits-all behavior in various situations. Consequently, perceptions of gender roles for men and women are changing, affecting not only the workforce but also the family. The old, centuries-old notions of what men and women should be like when they become husband and wife no longer meet the demands of today. Men and women are beginning to strive, above all, for relationships characterized over a long period by intense sensual and emotional experiences aimed at satisfying the full range of marital orientations in their life together [2].

The challenge of balancing the values of family, marital, and spousal relationships arises. When starting a family, people want to simultaneously feel loved as spouses, fully fulfilling their responsibilities as parents, and individuals who fulfill the basic requirements of modern marriage. The crisis of traditional family and marital relationships is leading today to a continuous stream of divorces. The number of single mothers is increasing, and more and more people are becoming disillusioned with marriage.[3]

Notions are emerging that marriage is a burdensome, unnecessary, and sometimes downright harmful form of life. The intensity of life in a nuclear family supposedly leads to stress, mental illness, conflict, and immorality. Life without obligations seems much easier and more enjoyable.

Nevertheless, marital orientations, as orientations toward coexistence with a loved one, have not lost their significance. However, not all spouses are able to fully realize their ideal of life together. Marriage and family are a form of group or collective life, and all the principles of small group psychology are, to varying degrees, applicable to the analysis of marital and family relationships.[1]

Marital partners typically operate by unwritten rules that aren't clear, much less rigid. Often, spouses negotiate mutual responsibilities, the division of labor, and the distribution of the household budget. This gradually creates a

system of interaction and cooperation. Naturally, the actions of a husband and wife are determined by their understanding of the fundamental goals and objectives of family life. Each spouse contributes to family cooperation. The behavior of a husband or wife is organized in response to the demands placed on them by their spouse. If their behavior fails to meet these expectations and demands, conflicts arise, with mutual accusations of unfulfilled obligations [3].

Living together requires each family member to constantly evaluate their own values and actions in light of how others view them. Expected reactions are pre-programmed into the behavior of the other partner. Over the years, spouses develop a fairly clear understanding of how the other partner will react to certain actions and behaviors.[5]

Flexible coordination of role expectations in a family becomes possible only if each member gradually modifies their behavior based on the behavior of other family members, their intentions, and desires. Successful family life requires a high degree of flexibility, resilience, and, most importantly, highly developed adaptive abilities.

American psychologist G. Roland identifies the following qualities, characteristics, and values that are essential for satisfaction with family relationships [4]:

— Sociability as a lack of constraint and ease of communication;

— A high degree of mutual understanding in the family;

— Sexual satisfaction of spouses;

— A trusting relationship and mutual instrumental and, most importantly, emotional support;

— "Home" as a place where the family coexists optimally (referring to the spouses' psychological perception of their home as a permanent place of rest, leisure, organization of daily life, and a place to satisfy needs). Sometimes a young couple discovers that marriage hasn't quite lived up to expectations.

The discrepancy between marital expectations and reality can be of varying severity.

The renowned psychiatrist B. Furst noted that when contentious issues between husband and wife escalate, they often resort to improper forms of conflict [2]:

The husband increasingly displays his masculine superiority, refusing to participate in housework and making corresponding demands on his wife. The wife, in response, attempts to display feminine superiority and counter-exploits her husband. The situation degenerates into a battle of the sexes.

The partners blame each other for all their problems, unaware that, no matter who they married, they would have faced a significant portion of the same problems they now face in their relationship with each other.

Thus, the optimal nature of a marital relationship is a constant focus on others—the ability (and desire) to understand them, to be attentive to them, and to consider their interests, desires, habits, and tastes. It also requires constant goodwill, a kind of "presumption of innocence" for family members, the ability to refrain from rushing to conclusions about actions and misdeeds, the ability to fully understand them, and a certain leniency toward minor infractions of family life.

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