

Changes in Family Trust and Psychological Intimacy Influenced by Social Media

Khabibjonova Nodira Shavkat kizi

Teacher of the Namangan State Pedagogical Institute

G-mail: habibjonovanodira@gmail.com

ORCID: <https://orcid.org/0009-0007-9755-4286>



Abstract

This article analyzes in detail the influence of social networks on modern family life, in particular, the patterns of change in family trust and psychological closeness. It is highlighted that the expansion of forms of communication in the digital environment, on the one hand, allows strengthening ties between family members, and on the other hand, creates problems related to trust, personal boundaries, and emotional security.

Keywords: Social networks, family, family trust, psychological closeness, digital communication, personal boundaries, online behavior, family relationships, digital culture.

Introduction

In the digital age, social networks have become an integral part of everyday life and have a significant impact on the system of family relationships. Previously, trust within the family was strengthened mainly through direct communication, face-to-face conversations, joint work, and spending time together, but today this process often intersects with the online environment. As a result, the formation, preservation, or weakening of psychological closeness is determined by new factors: the time spent on virtual communication, the concept of personal boundaries, digital etiquette, the level of online transparency, and the impact of various information flows on the emotional state.

Family trust usually relies on several key factors: honesty, consistency, mutual respect, responsibility, and a culture of secrecy. Social networks can support these factors, on the one hand, and test them, on the other[1]. For example, when spouses or parents and children are open to each other and don't overly hide their online life, it strengthens trust. However, it's natural that everyone has a personal space: constantly monitoring someone, asking for passwords, checking who they're writing to, and counting comments and likes, instead of building trust, is more likely to increase suspicion and anxiety.

Literature review

Psychological closeness consists not only of being together, but also of delicate processes such as feeling, listening, understanding, supporting, and creating meaning together. Social networks allow maintaining emotional closeness even remotely: frequent conversations with a traveling spouse, checking on children via video calls, and encouraging each other in family groups. At the same time, virtual communication is often short, superficial, and hasty; the emotional tone can be misinterpreted, and the simple sentence itself can appear cold or harsh. In such cases, instead of closeness, misunderstandings arise, and the coldness in the relationship increases.

One of the important patterns encountered in many families is that excessive reliance on social networks reduces real communication time. If everyone in the house is in the same room and everyone stares at their own screen, the live connection between family members weakens. This disrupts the natural rhythm of conversation: when a problem arises, instead of discussing it immediately, you swallow it inside, and then an explosion occurs due to a random post or comment on the network. Since psychological closeness requires constant attention and empathy, trust can also gradually erode as warm words from real life and meaningful time spent together decrease[2]. The issue of virtual transparency and personal boundaries directly affects family trust. For some couples, the freedom of access to each other's accounts, the freedom to see the phone, seems like a sign of closeness. Other couples perceive this as an encroachment on their personal space. In fact, trust is not measured by knowing a password; it is reinforced by a person's behavior, loyalty to their word and promise. When boundaries are agreed upon in advance, when it is clear who considers what to be personal, many doubts are avoided. And in families where there is no agreement, every small concealment causes great suspicion and increases emotional tension.

Research Methodology

The comparison mechanism works very strongly on social networks, and this directly tests psychological closeness. Someone might underestimate their own life by looking at others' family's holidays, travels, gifts, romantic pictures. Especially in an environment with a lot of idealized content, a person expects similar perfection from their spouse. As the gap between expectations and reality widens, resentment, objection, and dissatisfaction intensify. This reduces the warmth that nourishes intimacy and secretly undermines trust, as the partner begins to feel unappreciated.

The so-called digital jealousy also occurs in many families today. While liking, commenting, adding a friend, or starting a follow is a common social action, it is sometimes interpreted as a sign of romantic interest. Especially when trust in relationships is weak from the beginning, every sign on social networks increases suspicion. In such a situation, the problem may actually be not in the network itself, but in the lack of a sense of security within the relationship[3]. Therefore, it is advisable to overcome jealousy not only through prohibitions, but also through open conversation, identifying emotional needs, and calming each other. Secret correspondence or deliberate concealment of communication is one of the most destructive factors of trust. Since social networks have expanded the circle of acquaintances, a family member communicates more with other people. In this case, the problem lies not in the communication itself, but in its purpose and boundaries. If the correspondence takes on a mysterious character, the openness within the family disappears. Where openness is lost, assumptions, doubts, and nervousness intensify[4].

Often, such a process is observed: in the first stage, minor concealment begins, in the second stage, doubt intensifies, in the third stage, inspection and control become a habit, and in the fourth stage, respect in the relationship decreases, and emotional closeness is disrupted.

Issues of personal data protection and family privacy are also relevant today. Some people share family conflicts, child-rearing disputes, or spouse mistakes online. In the short term, this may seem like a relief, but in the long term, it breaks trust. Bringing to public attention an issue that needs to be discussed within the family creates embarrassment, vulnerability, and anger in the partner. The sense of security, which is an important condition for psychological closeness, disappears. Therefore, discussing problems primarily within the family, and if necessary, consulting with a close trusted person or specialist, is more effective.

Analysis and results

Trust between children and parents also changes under the influence of social networks. Parents strengthen control to protect their child, while the child strives for independence and expands their personal space. If control becomes excessive, the child learns to hide, which destroys mutual trust. On the contrary, when an open, respectful dialogue is established with the child, agreements are developed regarding network risks, acquaintances, and content issues. These arrangements increase the child's responsibility, reduce parental anxiety, and strengthen psychological closeness within the family.

Practical experience shows that social networks can either intensify or reduce family conflicts. In situations where conflict escalates, three factors usually occur simultaneously: lack of time standards, declining communication culture, and non-compliance with digital etiquette rules. For example, not putting down the phone while eating, interrupting the conversation, looking at the screen while the partner is speaking are perceived as disrespect [5]. Gradually, resentments accumulate, and the natural flow of intimacy breaks. On the other hand, in positive cases, family members use the network for useful purposes: joint learning, viewing useful content, finding common interests, writing mutually supportive messages, coordinating family plans. Such use becomes a resource that strengthens trust and closeness. Unexpected flows of messages and constant notifications can destabilize the emotional state. When the human brain is frequently distracted, attention is divided, fatigue increases, and nervousness intensifies. A tired person has difficulty both listening to their loved ones and speaking politely. Thus, a simple notification, which seems to be a technical factor, ultimately affects the quality of communication within the family. If the quality of interaction decreases, psychological closeness also decreases. Families who understand this pattern typically implement digital hygiene rules: putting your phone aside at certain times, turning off notifications at night, not accessing networks before sleep, and setting family conversation times separately.

The concept of digital etiquette plays an important role in strengthening trust between couples. Digital etiquette means taking into account how network behavior affects a partner, not putting each other in an awkward position, and maintaining respect [6]. For example, posting a partner's photo without their consent, making funny posts about them, discussing personal shortcomings in front of others is against intimacy. On the contrary, cultured posts, congratulations, and expressions of gratitude that show mutual respect can strengthen trust. Here too, the norm is important: it is not necessary to disclose everything to the public, the main values must first be

felt and lived within the family. Another pattern of change in psychological closeness is that online communication can temporarily satisfy emotional needs and delay real problems. Someone finds praise, attention, sympathy on the network, but feels incomprehensible at home. In such a situation, a person enters the network even more often, as they receive instant positive emotions [7]. As a result, the distance within the family expands. To stop this process, it is necessary to determine the true need: does the person want attention, recognition, a conversation partner, rest, or an opportunity to express themselves. When a need is identified, mechanisms for satisfying it in a healthy way appear within the family.

On the other hand, social networks expand family support networks. Maintaining contact with relatives, maintaining warm relationships with those living far away, exchanging experiences, and finding helpful advice on upbringing or health matters contributes to family well-being. Especially for new parents or individuals with significant responsibilities, such information and communities can provide moral support. However, every recommendation and trend needs to be critically evaluated: accepting the opinion of strangers as absolute truth, making decisions within the family based on network pressure can also harm trust and closeness. If there are agreements between family members, many disputes arising from social networks will be prevented. An agreement is understood as the development of general rules in such matters as time limits, personal boundaries, etiquette of communication with whom, maintaining family secrets, and child's online safety. When rules are established not as strict prohibitions, but as norms based on mutual respect, everyone feels freer and safer. Most importantly, the agreement is not permanent: as living conditions, age, work schedule, and needs change, the agreement is renewed.

Conclusion

In conclusion, social networks influence family trust and psychological closeness in two ways: they both provide an opportunity to strengthen them and increase the risk factors that test them. The pattern is that the network itself does not spoil or improve the relationship; how it is used, the quality of communication within the family, personal boundaries, and a culture of respect determine the result. Practical approaches such as meaningful conversation, maintaining time limits, observing digital etiquette, solving problems indoors without public disclosure, and establishing trusting communication with children protect the family from digital pressure. The most stable family is one that doesn't avoid the online environment, but consciously manages it, benefits from technology, and prioritizes human closeness.

References

1. Bim-Bad B.M., Gavrov S.N. Modernization of the Family Institute: Sociological, Economic and Anthropological-Pedagogical Analysis. - Moscow: Intellectual Book - New Chronograph, 2010. - Б. 25-28.
2. Ikonnikov S.N. Youth and Society: Socio-Cultural Aspects. Moscow: Pedagogika, 2019. - 286 p.
3. Khazova S.A. Modern Family: Reinterpretation of Contexts. Kostroma: Kostroma State University, 2020. - P. 45-47.
4. Khokhlova O.M. "Family Values in the Period of Spiritual Crisis..." Concept, 2017. - C. 662-663.

5. Khudoyberganov S.S. Family as a Social Institution of Society. World of Philology. - Б. 91-93.
6. Zaytsava I. Transformation of Marriage and Family Values in Russia. - Тошкент, 2021. - P. 260.
7. Zuhridinov K.M. Values as a Factor in Ensuring Family Stability. Creative Teacher, 2024. - P. 1-4.