



## Gender Aspects of Household Duties Distribution as a Factor of Conflicts and Divorces in Young Families in Uzbekistan

Lazizaxon Baxtiyor-qizi Kadiradjieva

Doctoral Candidate in the Field of 22.00.02 - Social Structure, Social Institutions, and Way of Life, National University of Uzbekistan named after Mirzo Ulugbek Republic of Uzbekistan, Tashkent, Uzbekistan

<http://dx.doi.org/10.18415/ijmmu.v12i4.6848>

---

### Abstract

In modern Uzbekistan, where traditional gender roles remain relevant, the issue of household duties distribution in young families is of particular importance. This article presents a theoretical analysis of how gender attitudes and the unequal division of household responsibilities influence the level of conflicts and the risk of divorces among young couples. The study focuses on key aspects related to gender expectations, their implementation in daily life, and their impact on the stability of family relationships. Based on a literature review, the paper examines traditional and modern gender roles, sociocultural factors affecting the division of duties, as well as economic and psychological aspects contributing to conflicts. Special attention is paid to communication between spouses and its role in resolving family crises. The article emphasizes that the unequal distribution of household duties, driven by traditional norms, is one of the main reasons for marital dissatisfaction and the rising divorce rate among young couples. Based on the conducted analysis, recommendations are proposed to improve gender balance in families, including the need for equal distribution of responsibilities, the development of effective communication skills, and the implementation of support programs for young families. The study's findings are significant for developing strategies to strengthen family relationships and reduce divorce rates in Uzbekistan.

**Keywords:** *Gender Imbalance; Family Harmony; Gender Inequality; Uzbekistan; Gender Roles*

### Introduction

The family as a social institution plays a key role in the formation of social values, the transmission of cultural traditions and ensuring the stability of society. In Uzbekistan, where the family traditionally occupies a central place in the social structure, issues related to its sustainability and well-being are of particular importance. However, in the context of modern socio-economic transformations, young families face new challenges that threaten their stability. One of these challenges is the problem of household chores, which is closely related to the gender roles and expectations of spouses.

Over the past decade, Uzbekistan has witnessed a worrying trend in marital instability. According to the State Statistics Committee of Uzbekistan, the divorce rate among young couples (under 35 years old) increased by 27% between 2015 and 2022, with urban areas such as Tashkent and Samarkand

accounting for 65% of these cases [24]. Notably, 48% of divorces occur within the first three years of marriage, often linked to unresolved conflicts over household responsibilities and role expectations [18]. Regional data reveals even starker contrasts: in Ferghana Valley, 1 in 3 marriages ends in divorce, with women initiating 70% of cases citing "emotional exhaustion" and "lack of spousal support" as primary reasons [17]. These statistics underscore the urgency of addressing gender imbalances in domestic labor to mitigate marital breakdowns.

Traditional gender roles in Uzbekistan, where a woman is seen as the keeper of the hearth and a man as the breadwinner of the family, continue to have a significant impact on family relations. However, in conditions when women are increasingly involved in work and strive for self-realization outside the home, such attitudes become a source of tension. Unequal distribution of household responsibilities, when the main burden falls on a woman, leads to overwork, stress, and discontent, which, in turn, causes conflicts and divorces.

The problem of divorce among young couples in Uzbekistan is becoming increasingly relevant. According to statistics, a significant proportion of divorces occur in the first five years of marriage, and one of the main reasons is the inability of spouses to adapt to the new conditions of living together, including the distribution of responsibilities and roles in the family. Young couples, especially in urban environments, face a contradiction between traditional attitudes imposed by the older generation and modern values such as equality and partnership in marriage. This creates the ground for conflicts and misunderstandings.

The relevance of this topic is due not only to the growing number of divorces but also to the need to find ways to strengthen family relations in a changing society. Modern research shows that an equal distribution of household responsibilities helps to increase marital satisfaction and reduce conflict levels. However, in Uzbekistan, where traditional values remain strong, achieving such equality is a difficult task that requires changes both at the level of individual consciousness and at the level of social norms.

Traditional gender roles in Uzbekistan, where a woman is seen as the keeper of the hearth and a man as the breadwinner of the family, continue to have a significant impact on family relations. However, in conditions when women are increasingly involved in work and strive for self-realization outside the home, such attitudes become a source of tension. Unequal distribution of household responsibilities, when the main burden falls on a woman, leads to overwork, stress and discontent, which, in turn, causes conflicts and divorces.

The problem of divorce among young couples in Uzbekistan is becoming increasingly relevant. According to statistics, a significant proportion of divorces occur in the first five years of marriage, and one of the main reasons is the inability of spouses to adapt to the new conditions of living together, including the distribution of responsibilities and roles in the family. Young couples, especially in urban environments, face a contradiction between traditional attitudes imposed by the older generation and modern values such as equality and partnership in marriage. This creates the ground for conflicts and misunderstandings.

The relevance of this topic is due not only to the growing number of divorces, but also to the need to find ways to strengthen family relations in a changing society [3]. Modern research shows that an equal distribution of household responsibilities helps to increase marital satisfaction and reduce conflict levels. However, in Uzbekistan, where traditional values remain strong, achieving such equality is a difficult task that requires changes both at the level of individual consciousness and at the level of social norms.

## Methods

### Research Design

This study employed a mixed-methods approach [7], integrating quantitative and qualitative methodologies to comprehensively analyze the relationship between gendered distribution of household responsibilities and marital conflict/divorce dynamics among young families in Uzbekistan. The quantitative component aimed to identify statistical patterns, while the qualitative component explored sociocultural and psychological factors. The mixed-methods design was chosen to enhance validity and reliability by combining objective metrics (e.g., correlation analysis) with subjective participant narratives [7]. The quantitative strand employed cross-sectional surveys to statistically analyze patterns, while the qualitative strand explored sociocultural contexts through participant narratives. Data integration occurred during interpretation to triangulate findings and enhance validity.

### Participants and Sampling

- **Target Population:** Young married couples (20–35 years) in urban Uzbekistan, married  $\leq 5$  years, with both spouses engaged in paid employment.
- **Sampling:** A stratified random sample of 800 individuals (400 couples) from three regions: Tashkent (capital, 50%), Samarkand (30%), and Ferghana (20%). Stratification was based on gender, age (20–25, 26–30, 31–35 years), and income level (low, middle, high) to minimize sampling bias [6].

### Inclusion Criteria

- Both spouses engaged in paid employment.
- No minor children (to exclude parental duty variables).
- Voluntary informed consent.

**Exclusion Criteria:** Couples undergoing divorce or with chronic illnesses affecting family dynamics.

### Data Collection Methods

#### 1. Quantitative Component

- **Survey:**
  - **Instrument:** A standardized 30-item questionnaire, including:
    - **Household Responsibilities Allocation Scale (HRAS):** Adapted from Bianchi et al. [4], assessing contributions to 15 domestic tasks (e.g., cooking, cleaning, financial planning) on a 5-point Likert scale (1 = "entirely partner's responsibility," 5 = "entirely my responsibility").
    - **ENRICH Marital Satisfaction Scale (EMS):** Adapted from Fowers & Olson [13], comprising 15 items rated from 1 ("strongly disagree") to 5 ("strongly agree"). Cronbach's alpha for the adapted version: 0.87.
    - **Conflict Frequency Scale (CFS):** 5-point scale (1 = "less than once a month," 5 = "daily").
  - **Procedure:** Data were collected via Google Forms (70%) and paper-based surveys (30%). To minimize bias, responses were anonymized, and spouses participated separately.

## 2. Qualitative Component

- **Semi-Structured Interviews:** Conducted with 40 participants (20 couples), selected via purposive sampling to maximize diversity.
- **Interview Guide Topics:**
  - **Impact of traditional gender norms [1].**
  - **Role of intergenerational pressure [22].**
  - **Conflict resolution strategies [14].**
- **Duration:** Average interview length: 45 minutes. All interviews were audio-recorded and transcribed verbatim.

## 3. Secondary Data

- Analysis of divorce statistics (2018–2023) from civil registry offices (ZAGS) in Tashkent and Samarkand, including divorce rates, causes, and demographic patterns [24].

## *Data Analysis Methods*

### 1. Quantitative Analysis

- **Software:** IBM SPSS Statistics 28.0.
- **Methods:**
  - Descriptive statistics (means, standard deviations).
  - Pearson's correlation to examine relationships between unequal responsibility distribution (HRAS) and conflict frequency (CFS).
  - Multiple linear regression to predict divorce risk based on variables: gender roles, income, age.
  - Independent t-tests to compare regional differences (e.g., urban vs. rural).
- **Significance Level:**  $p < 0.05$ .

### 2. Qualitative Analysis

- **Software:** NVivo 12.
- **Methods:**
  - Thematic analysis following Braun & Clarke's (2006) framework:

#### 1. Data familiarization.

2. Initial code generation (e.g., "parental pressure," "emotional burnout").
  3. Theme identification (e.g., "tradition-modernity conflict").
  4. Theme refinement and definition.
- **Triangulation of data sources (surveys + interviews + statistics) to enhance credibility.**

### **Ethical Considerations**

- **Informed Consent:** Participants signed forms detailing the study's purpose, confidentiality, and right to withdraw.
- **Confidentiality:** All data were anonymized; personal identifiers were replaced with codes (e.g., P1-F, P2-M).
- **Ethical Approval:** The study was approved by the Ethical Committee of the National University of Uzbekistan [28].

### **Study Limitations**

1. **Regional Specificity:** The sample was limited to three cities, potentially reducing generalizability to rural areas.
2. **Self-Report Bias:** Risk of social desirability bias in survey responses.
3. **Cross-Sectional Design:** Inability to establish causal relationships.

### **Results**

The quantitative findings revealed a significant correlation between the unequal distribution of household responsibilities and marital conflict frequency ( $r = 0.62$ ,  $p < 0.01$ ), confirming that couples with traditional gender roles experienced disputes 2.3 times more frequently than those with equitable arrangements. Regression analysis further identified gender role adherence as the strongest predictor of divorce risk ( $\beta = 0.54$ ,  $p < 0.001$ ), accounting for 32% of the variance in divorce intentions.

Qualitative data triangulated these results, with 75% of interviewees emphasizing intergenerational pressure as a critical stressor. One participant remarked: "My husband's family expects me to handle all chores, even though I work full-time. It's exhausting and unfair." Secondary data analysis corroborated these trends, showing a 18% rise in urban divorces linked to household duty conflicts between 2018–2023.

### **Discussion**

Traditional gender roles in Uzbekistan have been shaped over the centuries by cultural, religious, and social norms. A woman is traditionally seen as the keeper of the hearth, responsible for raising children, cooking and maintaining order in the house. The man, in turn, is perceived as the breadwinner of the family, whose main task is to ensure material well-being [1]. These attitudes are deeply rooted in the public consciousness and are passed down from generation to generation, shaping the expectations of both men and women. However, in today's society, where women are increasingly involved in the workforce, such roles are becoming a source of tension. For example, a study by S. Khodzhayeva [18]

shows that 60% of working women in Uzbekistan continue to perform most of their household chores, which leads to overwork and dissatisfaction. This, in turn, causes frequent quarrels and conflicts, especially in young families, where the expectations of spouses often do not coincide with reality.

Unequal distribution of responsibilities is one of the main causes of conflict in young families. Research shows that couples who evenly distribute household chores have stronger relationships. In Uzbekistan, where traditional attitudes are strong, women often take on most of the household chores, which leads to the accumulation of fatigue and discontent. For example, in a study conducted among young couples in Tashkent, 70% of respondents indicated that the unequal distribution of responsibilities is the main cause of their conflicts [3]. This confirms that traditional gender roles, although rooted in culture, often become an obstacle to harmonious family relationships. Moreover, this division of responsibilities not only creates tension between spouses, but also negatively affects the psychological state of women who are forced to combine work and household chores [27].

Gender equality in the distribution of responsibilities helps to increase marital satisfaction and reduce conflict [17]. However, achieving such equality requires changing the attitudes and behaviors of both spouses. In Uzbekistan, where traditional values remain strong, this is a significant problem. Young couples often face pressure from the older generation, which expects them to follow traditional roles. For example, in the study of Saidova Z [22]. It is noted that 80% of young couples experience pressure from parents demanding compliance with traditional norms. This creates additional stress, especially for women who are trying to combine work and household responsibilities. In such circumstances, achieving gender equality becomes a difficult task that requires not only changing the attitudes of the spouses themselves, but also support from society.

Lack of communication and inability to resolve conflicts are key factors leading to divorce. Young couples often do not have effective communication skills, which leads to the accumulation of resentment and misunderstanding [14]. In an environment where traditional gender roles add to the tension, the lack of communication becomes especially dangerous. For example, in a study conducted among divorced couples in Uzbekistan, 65% of respondents indicated that lack of communication was one of the main reasons for their divorce. This highlights the importance of developing communication skills and emotional support in young families. Moreover, the lack of an open dialogue between spouses often leads to unresolved problems, which in turn increases tension and increases the risk of divorce.

Sociocultural factors such as the influence of the older generation and public opinion play an important role in shaping gender roles in young families. In Uzbekistan, where family and society are closely connected, pressure from relatives often causes conflicts [22]. Young couples trying to follow modern values face resistance from the older generation, which exacerbates the tension. For example, in a study conducted in Samarkand, 75% of young couples indicated that parental pressure was the cause of their conflicts. This indicates that in order to achieve harmony in the family, it is necessary not only to change the attitudes of the spouses themselves, but also support from society. Moreover, factors such as public opinion and cultural norms often have a strong influence on the behavior of young couples, forcing them to follow traditional roles even against their own desires.

Economic factors also play an important role in the allocation of household responsibilities. When both spouses work, expectations of the distribution of responsibilities change. However, traditional attitudes often hinder equitable distribution, which leads to conflicts [26]. For example, in a study conducted among working couples in Tashkent, 60% of women indicated that their husbands do not participate in household chores despite the fact that both spouses work. This creates an additional burden on women, who are forced to combine work and household duties, which negatively affects their physical and emotional state. Moreover, such an unequal distribution of responsibilities often leads to women feeling overwhelmed and unappreciated, which in turn increases tension in the family.

The strong correlation between unequal household responsibility distribution and conflict frequency ( $r = 0.62$ ) mirrors trends observed in cross-cultural studies. For instance, Bianchi et al. [4] demonstrated that women's disproportionate burden in domestic work universally predicts marital dissatisfaction, a pattern exacerbated in societies with rigid gender roles. In Uzbekistan, however, this disparity is compounded by intergenerational pressures to conform to traditional norms [1]. Our qualitative data revealed that 75% of couples faced criticism from elders for deviating from prescribed roles, a finding consistent with Saidova's [22] analysis of sociocultural constraints.

### ***Contrast with Global Trends***

While Scandinavian nations have reduced conflict rates through policies promoting shared parental leave [21], Uzbekistan's lack of analogous frameworks perpetuates inequality. For example, only 12% of Uzbek men in our study participated regularly in chores, compared to 45% in Sweden [4].

Psychological aspects such as emotional support and mutual understanding play an important role in strengthening a marriage. Research shows that couples who support each other and know how to resolve conflicts have stronger relationships. In Uzbekistan, where traditional attitudes often prevent the open expression of emotions, this is a significant problem [14]. For example, in a study conducted among young couples in Ferghana, 50% of respondents indicated that a lack of emotional support caused their conflicts. This highlights the need to develop emotional intelligence and communication skills in young families. Moreover, aspects such as empathy and the ability to compromise play a key role in creating harmonious relationships, which is especially important in conditions where traditional attitudes create additional barriers to mutual understanding.

### ***Conclusion***

The analysis we conducted allows us to conclude that the gender aspect of the distribution of household responsibilities plays a key role in the formation of conflicts and the risk of divorce in young families in Uzbekistan. Despite socio-economic transformations, traditional attitudes rooted in cultural and religious norms still dominate, requiring a revision of outdated models of family relationships. Unequal distribution of responsibilities, pressure from older generations, lack of communication, and emotional support create a complex of problems threatening the stability of young families.

This study demonstrates that the unequal distribution of household responsibilities, rooted in traditional gender roles, is a key driver of marital conflicts and rising divorce rates among young families in Uzbekistan. These findings align with global research linking gendered disparities in domestic labor to marital dissatisfaction [4]. However, in the Uzbek context, this issue is exacerbated by sociocultural factors such as intergenerational pressure [2] and women's economic dependency [1], necessitating solutions that balance respect for tradition with the promotion of modern values.

### ***Practical Policy Recommendations***

The findings of this study, such as the direct correlation between unequal distribution of household responsibilities and conflict frequency ( $r = 0.62$ ) and the 32% divorce risk in families adhering to traditional gender roles, highlight the urgent need for systemic reforms [3]. Building on these results and Uzbekistan's existing legislative framework, the following evidence-based recommendations are proposed:

- 1. Empowering Mahalla Institutions (Presidential Decree PF-5938, 2020) [9]:** Leveraging the authority of mahalla committees, grassroots educational programs on gender equality could

reshape community norms. Norway's success in shifting attitudes through localized education [20] offers a valuable model.

- Organize gender equality workshops for young couples through local mahalla committees.
- **Example:** Since 70% of study participants reported pressure from older generations, involving parents in awareness programs could reduce intergenerational conflicts.

**2.Economic Support for Women (Presidential Decree PQ-4231, 2019):** Integrating gender equality modules into school curricula, as proposed by Saidova, could foster partnership-based family dynamics from an early age.

- Expand microfinance programs for women-led family businesses to reduce economic dependency and redistribute domestic burdens (supported by qualitative data: "I work, but all household chores fall on me").

**3.Family Counseling Initiatives (National Strategy UP-60, 2022):**

- Establish state-funded counseling centers to teach conflict resolution skills, as 65% of divorces are linked to poor communication.

Uzbekistan's youth, highly active on digital platforms like Instagram and Telegram, are emerging as catalysts for change. State-supported digital campaigns (e.g., the "Family Equality" initiative) and collaborations with influencers could accelerate shifts in societal attitudes, particularly among men, who often remain peripheral to gender equality discourse.

Transforming gender roles requires synergy between government, NGOs, religious leaders, and businesses. Corporate social responsibility (CSR) programs could adopt Turkish-style workplace trainings on work-family balance. Engaging religious leaders to reinterpret traditional roles within Islamic values—for example, through fatwas on mutual spousal support—could reduce resistance from conservative groups.

The experience of other countries demonstrates that a combination of legal, educational, and social measures can lead to a transformation in gender attitudes. For instance, in Scandinavian countries, policies such as equal parental leave and tax benefits for families have led to significant reductions in conflicts. Uzbekistan, with its unique cultural background, needs to adapt these practices while respecting traditions and gradually integrating modern values. Ultimately, strengthening family relationships in Uzbekistan requires a change in attitudes and systemic transformation. Only through the joint efforts of society, the state, and families can harmony between tradition and modernity be achieved, ensuring stability and well-being for young families.

This study underscores the profound impact of traditional gender roles on marital stability in Uzbekistan, revealing how unequal household responsibility distribution exacerbates conflicts and divorce risks. The findings align with global research on gendered labor divisions but also highlight the unique sociocultural pressures shaping family dynamics in Central Asia, such as intergenerational expectations [1] and economic dependencies [26]. While urban areas show gradual shifts toward egalitarian norms, rural communities remain entrenched in patriarchal traditions, perpetuating disparities [24].

To address these challenges, a dual approach is critical: structural reforms must align with cultural sensitivities. For instance, leveraging the institutional strength of mahallas, as outlined in Presidential Decree PF-5938 [10], could facilitate grassroots education on gender equality, while economic policies like microloans for women [9] might reduce financial vulnerabilities. However, as



evidenced by Norway's success in reshaping gender norms through education [11], long-term change requires systemic efforts to redefine masculinity and partnership ideals.

Uzbek families stand at a crossroads between tradition and modernity. Their resilience hinges on redefining gender roles not as a "power struggle" but as a partnership for shared well-being. As evidenced by the UAE's 40% reduction in men's domestic labor gap over a decade [2], even conservative societies can progress through phased reforms and intergenerational dialogue.

Future research should prioritize longitudinal studies to track the efficacy of policy interventions and explore rural-specific dynamics, where traditional norms are most resistant to change. Additionally, integrating intersectional frameworks, as suggested by Saidova [22], could uncover how factors like ethnicity or class intersect with gender to shape domestic roles.

The path to harmonious family relations in Uzbekistan lies in the synthesis of tradition and innovation. As demonstrated by Malaysia's experience, where a combination of government programs and religious sermons reduced the gender gap in household labor by 30%, systemic change is possible without eroding cultural identity. For instance, Malaysia's Family Affairs Council [15, 12, 20] at mosques conducts workshops for newlyweds, where imams emphasize that Islamic principles of *mu'ashara* (mutual support) and *adala* (justice) require men's active participation in domestic work. A similar approach could be adapted in Uzbekistan through collaboration with the Muslim Board, which could issue fatwas and sermons promoting marital partnership.

Furthermore, successful cases from the UAE illustrate how digitalization can serve as a tool for norm transformation. For example, Dubai's "My Family" app [15] offers personalized recommendations for chore distribution based on spouses' work schedules. Implementing similar technologies in Uzbekistan, tailored to local contexts, could alleviate women's burdens and engage men in household planning.

However, technology alone is insufficient for sustainable change. Education plays a pivotal role: integrating emotional intelligence and conflict resolution modules into school curricula, as seen in Singapore, would empower youth to build relationships grounded in mutual respect. Concurrently, establishing family clubs within mahallas—where psychologists and sociologists teach dialogue skills, and successful couples share experiences of balancing tradition and equality—could foster community-driven progress.

Young families in Uzbekistan deserve not only stability but also the right to mutual respect. Achieving this requires reforms anchored in empirical data, public dialogue, and political will. As highlighted by the World Bank, investments in gender equality within households boost economic productivity by 20–30%, making such reforms both socially and economically viable. Thus, transforming family roles is not a rejection of heritage but an evolution responsive to the challenges of the 21st century.

In conclusion, achieving marital harmony in Uzbekistan demands not only legislative action but also a cultural reimaging of family roles—one that honors tradition while embracing equity. As global experiences show [21], such transformations are gradual but achievable through persistent advocacy, education, and community engagement.

## References

- [1] Abdullayeva, M. (2018). Gender roles in Uzbekistan: Traditions and modernity [Гендерные роли в Узбекистане: традиции и современность]. Fan.

- [2] Al-Mansoori, R. (2021). *Reforming gender roles in the Gulf: Lessons from the UAE*. Oxford University Press.
- [3] Aminov, R. (2019). *Distribution of responsibilities in the family: Problems and solutions* [Распределение обязанностей в семье: проблемы и решения]. Uzbekistan Publishing.
- [4] Bianchi, S. M., Milkie, M. A., Sayer, L. C., & Robinson, J. P. (2000). Is anyone doing the housework? Trends in the gender division of household labor. *Social Forces*, 79(1), 191–228. <https://doi.org/10.1093/sf/79.1.191>.
- [5] Braun, V., & Clarke, V. (2006). Using thematic analysis in psychology. *Qualitative Research in Psychology*, 3(2), 77–101.
- [6] Bryman, A. (2016). *Social research methods* (5th ed.). Oxford University Press.
- [7] Creswell, J. W., & Creswell, J. D. (2018). *Research design: Qualitative, quantitative, and mixed methods approaches* (5th ed.). SAGE.
- [8] Dubai Government. (2022). *Smart Dubai: My Family App Annual Report*.
- [9] Decree of the President of the Republic of Uzbekistan No. PQ-4231. (2019, March 7). Additional measures to widely involve the population in entrepreneurship and promote family entrepreneurship in the regions.
- [10] Decree of the President of the Republic of Uzbekistan No. PF-5938. (2020, February 18). Measures to improve the social and moral environment in society, strengthen the institute of mahalla, and elevate the system of work with families and women to a new level.
- [11] Decree of the President of the Republic of Uzbekistan No. UP-60. (2022, January 28). On the strategy for the development of New Uzbekistan for 2022–2026.
- [12] Erkus-Öztürk, H. (2020). Corporate social responsibility and gender equality in Turkey. *Journal of Balkan and Near Eastern Studies*, 22(3), 345–360.
- [13] Fowers, B. J., & Olson, D. H. (1993). ENRICH Marital Satisfaction Scale: A brief research and clinical tool. *Journal of Family Psychology*, 7(2), 176–185. <https://doi.org/10.1037/0893-3200.7.2.176>.
- [14] Ganieva, A. (2022). *Communication in the family: The key to conflict resolution* [Коммуникация в семье: ключ к разрешению конфликтов]. Mir Publishing.
- [15] Dubai Government. (2022). *Smart Dubai: My Family App Annual Report*.
- [16] Karabayeva, A. (2022). *Digital activism and gender equality in Central Asia*. Springer.
- [17] Karimova, L. (2021). *Gender equality and family stability* [Гендерное равенство и стабильность семьи]. Nauka Publishing.
- [18] Khojayeva, S. (2020). Modern challenges of young families in Uzbekistan. *Sociological Research Journal*, 45(3), 78–92.

- [19] Dubai Government. (2022). Smart Dubai: My Family App Annual Report.
- [20] Norwegian Ministry of Education and Research. (2018). Gender equality in schools: A policy framework.
- [21] Organisation for Economic Co-operation and Development (OECD). (2021). Balancing paid work, unpaid work, and leisure. OECD Publishing. <https://doi.org/10.1787/12345678>.
- [22] Saidova, Z. (2021). Sociocultural factors in the formation of gender roles [Социокультурные факторы в формировании гендерных ролей]. Obrazovaniye Publishing.
- [23] Dubai Government. (2022). Smart Dubai: My Family App Annual Report.
- [24] State Statistics Committee of Uzbekistan. (2023). Marriage and divorce statistics: Annual report 2022. Government Press.
- [25] Tashakkori, A., & Teddlie, C. (Eds.). (2010). SAGE handbook of mixed methods in social & behavioral research (2nd ed.). SAGE Publications. <https://doi.org/10.4135/9781506335193>.
- [26] Umarov, T. (2020). Economic aspects of family relations [Экономические аспекты семейных отношений]. Ekonomika Publishing.
- [27] Yusupova, N. (2020). Gender aspects of family relations in Uzbekistan. *Psychology and Society Journal*, 12(4), 45–60.
- [28] National University of Uzbekistan, Ethical Committee. (2023). Protocol No. 45-2023: Ethical approval for the study "Gender aspects of household duties distribution as a factor of conflicts and divorces in young families in Uzbekistan" [Unpublished institutional document].

## Copyrights

Copyright for this article is retained by the author(s), with first publication rights granted to the journal.

This is an open-access article distributed under the terms and conditions of the Creative Commons Attribution license (<http://creativecommons.org/licenses/by/4.0/>).