

VOL 4. ISSUE 9



JOURNAL OF CONTEMPORARY WORLD STUDIES



zenodo

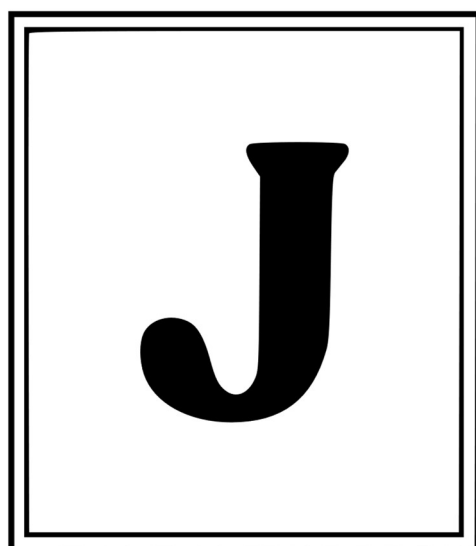
OpenAIRE | EXPLORE

ISSN

INTERNATIONAL
STANDARD
SERIAL
NUMBER
INTERNATIONAL CENTRE

ISSN:
3030-3311

VOLUME | 4 ISSUE | 9 | APRIL | 2026



JCWS

TEENAGER'S EMOTIONAL DEPENDENCY IN FAMILY RELATIONSHIPS AND ITS PSYCHOLOGICAL FEATURES

Yusupov Umidjon Salim oqli

Oriental university teacher

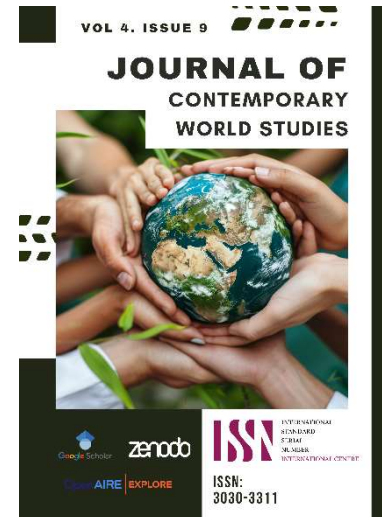
e-mail: uyusupov080@gmail.com

ANNOTATION:

This article analyzes the state of emotional dependence (emotional dependence) in family relationships, its psychological characteristics, causes and consequences. The factors that form emotional dependence, how it develops in the context of family roles and social relationships are revealed. Psychological approaches aimed at identifying and reducing this condition are also considered.

KEYWORDS:

emotional dependence, family relationships, attachment theory, interpersonal communication, psychological safety, control, psychological support.



April 28, 2026,

Published Date:

April 30, 2026

Journal Website:

<https://d-pressa.com/index.php/jcws/>

License



This work is licensed under a [Creative Commons Attribution-NonCommercial-NoDerivatives 4.0 International License](https://creativecommons.org/licenses/by-nc-nd/4.0/)

Introduction.

Adolescence is one of the most complex and transformative stages in human life, during which the formation of personality, the need for independent thinking and decision-making increases. At the same time, during this period, adolescents still remain emotionally dependent on the family, especially parents or people close to them. This dependence can in some cases exceed the norm and take the form of emotional dependence.

Emotional dependence is the excessive emotional reliance of an adolescent on another person (usually a parent or guardian), unable to exercise his or her own judgment and independence without their presence. This condition leads to various obstacles in the adolescent's psychological development, including decreased social activity, loss of self-confidence, increased anxiety, and difficulty making independent decisions.

The structure of family relationships, roles and communication patterns are important factors in shaping the emotional dependence of adolescents. Controlling or overprotective parenting styles can exacerbate this situation, while positive and supportive relationships can ensure the independent and stable psychological development of adolescents.

Analysis of the literature on the topic.

In the psychology of family relationships, interpersonal dependence and its overly intensified form - that is, emotional dependence - are considered one of the urgent problems of modern psychology. The state of emotional dependence is characterized by the need for a person to fully realize himself through another person, to receive constant emotional affirmation from him. This condition is usually manifested by a violation of healthy emotional boundaries, a

decrease in independence, and a need for excessive dependence.

In studying this issue, the first thing to consider is **the theory of attachment**. serves as the main methodological basis. This theory, put forward by J. Bowlby, emphasizes that the relationship formed by an individual with his parents in childhood plays an important role in his interpersonal relationships in later life. Secure, ambivalent, and indifferent attachment styles identified by Ainsworth are considered an important factor in the formation of the level of emotional dependence, especially between spouses. Shaver and Mikulincer (2002) linked the dependence in emotional connections between adults to this psychological experience in childhood.

Erich Fromm's "Escape from Freedom" deeply analyzes the psychological roots of emotional dependence. He explains this condition in terms of the individual's fear of independent thinking and his inner need to avoid loneliness.

Norwood (1985) introduced the concept of "codependency" and described the pathological need of an individual in family relationships to understand himself through another person. This condition is especially pronounced if one of the spouses is psychologically weak, anxious or has low self-esteem. Within the framework of family systems theory, M. Bowen interprets emotional dependence as a form of systemic imbalance in the family. In his opinion, if emotional boundaries between family members are not clearly defined, the individual has difficulty making independent decisions and completely depends on another person. Salvador Minuchin's structural family therapy model also emphasizes that the violation of roles and boundaries in the family causes emotional dependence.

Recent research has shown that emotional dependency is directly related to certain psychological characteristics – low self-esteem, high anxiety, fear of interpersonal connection – (Rosenberg & Mueser, 2002; Johnson, 2019). These factors have been found to be particularly prevalent among women. According to researchers, the less self-confidence a person has, the stronger their need for emotional connection with others.

Most local sources have assessed family problems from a general psychological perspective. For example, authors such as E. Yusupov, M. Tolipov, R. Abdukarimov have studied issues of family balance, emotional stability, and mutual respect, but have not consistently analyzed emotional dependence as an independent phenomenon.

The above literature analysis shows that emotional dependence in family relationships not only leads to interpersonal conflicts, but also negatively affects the self-awareness, psychological stability, and independent decision-making processes of the individual. Early detection, analysis, and development of psychological support measures for this condition are one of the important tasks of modern family psychology.

Analysis and results.

This study examined the psychological characteristics of emotional dependence in family relationships and its impact on the mental state of the individual.

The results of the study showed that as the level of emotional dependence between family members increases, the individual's independence decreases, confidence in their own thoughts and decisions decreases, and the level of anxiety increases. According to the analyzed data, it is found that emotional dependence is associated with low self-esteem, excessive anxiety, and internal uncertainty. At the same time, individuals with a high level of emotional dependence are more likely to be vulnerable to stress, have conflicting relationships, and have difficulty controlling themselves.

The results of the gender comparison showed that women have higher levels of emotional dependence and dependency, which is explained by their emotional sensitivity and specific attitude towards family relationships. Men, on the other hand, tend to maintain greater independence, but excessive independence sometimes exacerbates relationship problems. Also, the violation of healthy boundaries in family systems was noted as an important factor in increasing emotional dependence. Excessive control or, conversely, neglect in the family environment affects the formation of a state of emotional dependence.

A total of 58 subjects participated in our study. Their level of emotional dependence in family relationships and psychological characteristics were studied using the following methods (Table 1).

Table 1

Methodology indicators

No.	Methodology name	Author	Description
1	Emotional dependence scale	Emmons	Measures the level of emotional dependence in family relationships.
2	Beck Anxiety Inventory	Beck	It is used to determine a person's overall level of anxiety.
3	Self-control level measurement	Tangney	Measures self-control.

Adolescence is a period of personality formation, emotional and social changes, and at this stage, the emotional dependence of adolescents on the family environment plays an important role. The level of emotional dependence affects the mental state of young people and the quality

of social relationships. In this study, the level of emotional dependence of 58 adolescents was studied based on the "Emotional Dependence Scale" methodology developed by Emmons. Table 2 below presents the results of descriptive statistics obtained using this methodology.

Table 2

**Descriptive statistics for the Emotional Dependence Scale (N=58)
(Based on the Emmons methodology)**

Indicators	N	Min	Max	Average value (M)	Standard deviation (SD)	Asymmetry (Skewness)	Kurtosis
Emotional dependence	58	12	48	30.45	7.23	0.15	-0.56

The average score on the Emotional Dependence Scale is 30.45, which is slightly above average. The skewness index (0.15) indicates that the distribution is almost symmetrical. The kurtosis index (-0.56) indicates that the distribution is round. These results indicate that adolescents have a moderate level of emotional dependence in relation to family relationships.

Anxiety disorders during adolescence are often closely related to stress and mood changes. Studying the level of anxiety at this stage is important for a better understanding of the mental health of young people. The level of anxiety in adolescents was measured using the Beck Anxiety Inventory. Table 3 below presents the descriptive statistical results obtained using this methodology.

Table 3

Beck Anxiety Inventory results (N=58)

Indicators	N	Min	Max	Average value (M)	Standard deviation (SD)	Asymmetry (Skewness)	Kurtosis
Anxiety level	58	5	35	18.37	6.89	0.32	-0.24

The average anxiety level is 18.37. This indicates an average level of anxiety. In comparison, the distribution is slightly skewed to the right (skewness = 0.32), indicating that some participants had higher levels of anxiety.

Adolescents' mental health and stress adaptation are largely dependent on their level of emotional dependence and self-

regulation. Adolescents with high emotional dependence may have difficulty managing their emotions in stressful situations, so the level of self-regulation plays an important role in ensuring their mental stability. In this study, the level of self-regulation of 58 adolescents was measured. Table 4 below presents descriptive statistics for this indicator.

Table 4.

Results of the self-control scale (N=58)

Indicators	N	Min	Max	Average value (M)	Standard deviation (SD)	Asymmetry (Skewness)	Kurtosis
Level of self-control	58	18	56	36.12	8.15	-0.07	-0.30

The average level of self-control is 36.12. The distribution is observed to be almost symmetrical (-0.07 skewness) and close to normal. This means that most of the respondents have an average level of self-control ability.

The correlation between the emotional dependence, Beck Anxiety Inventory, and self-control scores obtained in the study was determined using correlation analysis (Table 5). This analysis

shows that self-control is one of the main factors in adolescents' ability to overcome stress and emotional dependence. By developing self-control, adolescents can reduce anxiety and emotional dependence, strengthen mental stability, and psychological health. Therefore, it is advisable that psychological support and educational work be directed precisely at the formation of self-control skills.

Table 5

Correlation results

Indicators	Emotional dependence	Anxiety level	Level of self-control
Emotional dependence	1	0.62**	-0.55**
Anxiety level		1	-0.48**
Level of self-control			1

*Note: * $p < 0.01$*

Positive correlation between emotional dependence and anxiety ($r = 0.62$). Emotional dependence is a psychological dependence of an adolescent on others, especially close people (parents, friends) and the evaluation of himself through their relationships. In this case, the adolescent associates his mental state with others and is greatly influenced by their opinions, attitudes or satisfaction. This, in turn, leads to an increase in the level of anxiety in stressful situations. That is, adolescents with high emotional dependence are sensitive to even small changes in the surrounding environment and are more anxious, which increases

anxiety. Therefore, a strong positive correlation was found between these two indicators.

Negative correlation between emotional dependence and self-control ($r = -0.55$). Self-control is the ability to control one's emotions, behavior, and adapt to stressful situations. Adolescents with high levels of self-control tend to reduce their emotional dependence and try to cope with stress in independent and positive ways. Such adolescents rely more on internal resources and are less dependent on the opinions of others, so their level of emotional dependence is lower. Therefore,

there is a negative correlation between self-control and emotional dependence.

Negative correlation between anxiety and self-control ($r = -0.48$). Adolescents with high levels of anxiety often have difficulty controlling their emotions. In such situations, the level of self-control is low, as they experience difficulty in managing stress and adapting to the situation. On the contrary, adolescents with developed self-control skills are able to reduce their anxiety and increase their tolerance to stressful situations. This connection is based on interconnected psychological mechanisms: when the ability to control is high, the level of anxiety and worries decreases.

Conclusion: The results of this study showed that the level of emotional dependence of adolescents in family relationships is medium to slightly high, which reflects their psychological dependence on the family environment. Also, the general level of anxiety of the participants was medium, and some adolescents were experiencing high levels of stress and anxiety. This may be due to problems in the family environment, pressure at school, and other social factors. The ability to self-control was medium, indicating that adolescents maintain a certain level of psychological stability in situations of stress and emotional dependence. At the same time, it was found that there is a need for psychological assistance and support measures to reduce emotional dependence and anxiety in family relationships and develop self-control skills. In general, the study can serve as a basis for psychological interventions aimed at improving the mental health of adolescents and increasing their resilience to stress.

References:

1. Emmons RA The Emotional Dependency Scale: A Measure of Emotional Reliance on Others / RA 1987. — Vol. 51, No. 2. — P. 291–300.
2. Beck AT, Steer RA, Brown GK Manual for the Beck Anxiety Inventory / AT 1996. — 38 p.
3. Tangney JP, Baumeister RF, Boone AL High Self-Control Predicts Good Adjustment, Less Pathology, Better Grades, and Interpersonal Success / 2004. — Vol. 72, No. 2. — P. 271–324.
4. Cramer P. The Development of Emotional Dependence in Adolescents / 1998. — Vol. 21, No. 4. — P. 421–435.