

The Features of Psychological Defenses of Women with Different States of Family Functioning and Family Interaction

Психологічні захисти жінок із різним станом сімейного функціонування і сімейної взаємодії

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ABSTRACT

The aim of the article is to determine the features of psychological defenses of women with different states of family functioning and family interaction and their interrelation with personal characteristics, psychological and emotional states and indicators of family crisis.

The following methods of research were used: theoretical (study, systematic analysis and generalization of socio-psychological, medical and psychological literature on the research topic); psychodiagnostic (observation, conversation, survey, testing); statistical (quantitative and qualitative analysis of experimental data).

The results of the research. The analysis of the results of the study revealed the features of psychological defenses of women and men from crisis families, divorced women and women from normative families. A comparative analysis of psychological defenses of women and men was made, an analysis of the interrelation between psychological defenses and psychological and emotional states, factors of family crisis and personal qualities of women with different states of family functioning and family interaction and men from crisis families.

Conclusion. An analysis of the stress of psychological defenses found that all the groups had problems with psychological defense of substitution and denial. In addition, the following stresses of psychological defenses were identified

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by groups: women in crisis – rationalization, regression; men and divorced – rationalization.

Comparative analysis of the frequency of use and expression of mechanisms of psychological protection showed a significant difference among women and men from crisis families by the following indicators: displacement, regression, compensation, intellectualization, hypercompensation; among women from crisis families and divorced by indicators: denial, regression, compensation, projection, substitution, intellectualization; among women from crisis and normative families by projection indicator; women from normative families and divorced have a significant difference by indicator of denial.

Positive and negative interrelations of psychological defenses with indicators of psychological and emotional states, factors of family crisis and personal qualities of women with different states of family functioning and family interaction and men from crisis families were found. The highest number of interrelation was found in the group of divorced women and women from crisis families.

Thus, the analysis of the research results allowed to determine some factors and criteria for forecasting the development of a family crisis (personal growth and destructive response of the individual) and the growth of self-realization of a woman's personality in a family crisis.

Key words: *psychological defenses, crisis families, divorced women, normative families, personality traits, psychological and emotional states, psychophysiological states, behavioral patterns.*

Introduction

The modern world, the destructive effects of complex social and economic processes put forward high conditions towards stress resistance and human adaptability. The ability to cope with difficulties, anxiety and stress states are important indicators of physical and mental health (Heim, 1988; Lazarus, 1984; Malkina-Pykh, 2007). Psychological defenses are one of the adaptive systems of the human personality.

As part of the work on the problem of self-realization of a woman's personality in a family crisis condition, it was important and necessary to study and to analyze the personality traits, psychological and emotional, psychological and physiological states, behavioral patterns of women and men from

crisis families, divorced women and, as a comparison group, women from normative families. These studies are presented in our works (Falova, 2013, 2016; Falova & Vysotckaya, 2016; Falova & Markova, 2016).

Sufficient attention has been paid to the pathogenesis, clinical manifestations and treatment of mental health disorders or psychosocial maladaptation in family members due to family crisis within the medical model of therapy, individual psychological features, emotional disorders as psychological phenomena, but little attention was paid to the problem of psychological defenses as factors in the development forecast of the family crisis and the growth of self-realization of the woman's personality, so they are related to the psychological and emotional sphere of the personality, its psychosomatic health, behavior in society and family.

Psychological defenses are necessary for a person to cope with external and internal conflicts. However, the forms of protective behavior can be also destructive.

In the study «Mechanisms of Psychological Defense» (Romanova & Grebennikov, 1996) it is emphasized that defense mechanisms are individual, diverse, and difficult to reflect because not only subjective feelings but also verbal messages about them can be distorted. Thus, the researchers emphasize, there is no single point of view on the total number of defenses or their degree of correlation with each other.

Considering the main structural and dynamic properties of the system of psychological defenses and studying the correlation between the intensity of psychological defense of the individual with the process of self-realization, A. M. Bogomolov and A. G. Portnova (Bogomolov & Portnova, 2004: 1) emphasize that it is difficult to name the modern direction and branch of psychological knowledge, the sphere of real psychological practice, where in one form or another the problem of unconscious regulation of adaptive activity of the individual,

its resistance to disorganizing influences of intense emotional experiences and difficult living conditions.

In the research «Psychological Defenses of Personality» (Kruzhkova & Shakhmatova, 2006) the theory of possible psychosomatic diseases in protective behavior is put forward: hypertension, arthritis, migraine, diabetes, hyperthyroidism (according to F. Aleksander), gastric ulcer (according to E. Bern). Compensation (constructive defense) is the ontogenically latest and cognitively complex defense mechanism that is developed and used, as a rule, consciously. It is aimed to contain feelings of sadness, grief over real or imagined loss, scarcity, inferiority. The compensation cluster also includes the mechanisms of overcompensation, identification and fantasy.

Possible psychosomatic diseases: anorexia nervosa, sleep disorders, headaches, atherosclerosis are described in the work «Family in Psychological Counseling» (Bodalev & Stolin, 1989). Researchers claim that there is a predisposition to such psychosomatic disorders and diseases as hypertension, arthritis, migraine, diabetes, hyperthyroidism in the presence of projection (destructive defense). Regression develops in early childhood to contain feelings of insecurity, fear of failure, associated with the manifestations of initiative, involves a return to more immature ontogenical patterns of behavior and satisfaction. The regression cluster also includes the mechanism of motor activity, which involves involuntary irrelevant actions to relieve stress.

In current works the researchers consider various aspects of the phenomenon of psychological defenses and issues that, in their view, are related to this phenomenon: analysis from the standpoint of perceptions of coping behavior (Folkman & Lazarus, 1991; Tenn, 2014); ideas about the basic mechanisms of psychological defenses (Kamenskaya, 1999; Wasserman, Eryshev & Klubova, 2005; Freud, 1993, 2003); views on personal and psychological and emotional, behavioral, medical

problems of women in crisis situations (Syvtsova, 2007), ideas about the periodization of maturity and the meaning of life of a mature person (Kozlova, 2016; Zemlyanskaya & Gryshchenko, 2016).

M. V. Yurkova (Yurkova, 2000: 3), analyzing the structure and dynamics of the protective mechanisms of the individual in the process of its socialization, emphasizes the relevance of this issue primarily because it affects the functioning of the normal psyche. Maintaining self-esteem, a strong, consistent, positive sense of selfhood is one of the main functions of defense mechanisms.

However, despite the great theoretical and practical significance, protective mechanisms are insufficiently studied, so determining their levels, intensity of functioning, relationships with personality traits, psychological and emotional states, behavioral and partner components of family interaction in women with different states of family functioning is extremely important and of immediate interest.

The aim of the article is to identify the features of psychological defenses of women with different states of family functioning and family interaction and their relationship with personal characteristics, psychological and emotional states and indicators of family crisis.

The object of the article

In accordance with the aim, the objectives of the study were formulated as follows:

1. To make a theoretical analysis of this problem.
2. To identify the features of psychological defense of women and men from crisis families, divorced women and women from normative families.
3. To make a comparative analysis of the psychological defenses of female and male samples.
4. To analyze the relationship between psychological defenses and psychological and emotional states, factors of fami-

ly crisis and personal qualities of women with different states of family functioning and family interaction and men from crisis families.

Research methods and techniques

The following methods for research were used: theoretical (study, systematic analysis and generalization of social and psychological, medical and psychological literature on the research topic); psychodiagnostic (observation, conversation, survey, testing); statistical (quantitative and qualitative analysis of experimental data).

Considering the specifics of our study, we identified the most optimal type of psychodiagnostic work – voluntary participation in the study. We were interested in obtaining absolutely objective, accurate data, so a maximum of anonymity was introduced, the study focused on the accuracy of the average characteristics, the distribution of levels of the studied indicators, their relationships. The procedures for the study of the entire contingent were unified. All women and men included in the study confirmed their consent to participate in the study. All the researchable subjects had an equal opportunity to participate in psychodiagnostic activities.

After obtaining consent for the study, an analysis of the social and demographic characteristics of the researchable subjects was carried out, family history and life history were studied. The next step, after the initial interview and history taking, involved a psychodiagnostic study. Collection of anamnestic data and psychodiagnostic examination was carried out in favorable conditions with the establishment of a trusting relationship between the psychologist and the researchable subjects.

From the standpoint of a systematic interdisciplinary integrative approach to the study of psychological defenses in the context of the problem of family functioning as a factor in

changing a woman's personality, taking into account the multidimensionality of its provision, three conditionally selected blocks were studied: psychological and emotional, personal and family crisis.

The content of the block of the current psychological and emotional state included the study of psychological and emotional states, psychosocial stress, anxiety and depression (hospital scales). The content of the personality block is a study of individual psychological characteristics of the researchable women and men, self-actualization, the level of subjective control, ways out of difficult life situations and lifestyle index (intensity of psychological defenses). Thanks to the family crisis block, we determined the degree of satisfaction with marriage, love, sympathy, understanding, emotional attraction, authority, possible behavioral styles of individuals in conflict situations and attitudes towards sex.

The following techniques were used for the study of:

– current psychological and emotional state: Questionnaire on the severity of psychopathological symptoms Derogatis (Symptom Check List'90'Revised SCL-90R); Hospital Anxiety and Depression Score (HADS) (A. S. Zigmond & R. P. Snait);

– personality: RB Cettell's 16-factor questionnaire; Self-actualization test (CAT) (Yu. Ye. Alyoshyna, L. Ya. Gozman, V. Zagika & V. Kroz); Level of subjective control (LSC) (Ye. F. Bazhyn, Ye. A. Golyunkina & L. M. Etkind); Exit from difficult life situations (R. S. Nemov, 1998); Lifestyle index (diagnosis of frequency of use and severity of mechanisms of psychological defense) (R. Plutchik, H. Kellerman & H. Conte, adaptation by L. Y. Wasserman, O. F. Yeryshev & Ye. B. Klubova);

– family crisis: Diagnosis of possible styles of personality behavior in conflict situations (Thomas K.); Questionnaire of attitudes to sex (H. Eysenck); UEA questionnaire (understanding, emotional attraction, authority) (A. N. Volkova).

The sample included a total of 648 women and men (224 women from crisis families, 194 men from crisis families, 104 divorced women who sought counseling and assistance from a psychologist). The control group consisted of 126 women from normative families who believed that they did not have any special family problems, and they did not consult a psychologist, and at the time of taking the anamnesis the age of the researchable subjects ranged from 29 to 56 years old. All the married couples were in a registered marriage.

Results and discussions

The task of this stage of work was to determine the frequency of use and expression of mechanisms of psychological defense in women with different marital status and in women and men from crisis families (Table 1). This task was implemented in both the theoretical and experimental part of our study. We determined the intensity of each psychological defense. The analysis of tension in the group of women from crisis families showed the presence of problems related to the psychological defense of substitution (57.5%), which involves the discharge of repressed emotions (anger, rage) in objects that do not pose a danger to the individual.

The intensity of psychological defense of denial in women from crisis families reaches 49.5%, i.e. they are women in this group who deny some aspects of external reality that are obvious to others, but are painful to recognize to the individual. It is also possible to note a certain level of intensity on rationalization (45.2%), which refers to constructive defenses, regression (44.3%), i.e. women return to patterns of behavior associated with earlier and primitive stages of psychosexual development and compensation (43%), this defense also belongs to the constructive form and is an attempt to find a suitable replacement for a real or imagined defect, a sense of inferiority by fantasizing or appropriating the desired feelings, qualities and virtues of another person.

Table 1

Stress levels by lifestyle index in groups (%)

Defense mechanisms	Women from crisis families	Men from crisis families	Divorced women	Women from normative families
A (denial)	49.5	44.7	51.6	45.5
B (displacement)	30.3	33.6	26.8	24.8
C (regression)	44.3	29.6	37.7	44.0
D (compensation)	43.0	38.5	36.4	30.8
E (substitution)	57.5	57.0	50.7	51.5
F (projection)	31.6	30.5	27.5	28.9
G (rationalization)	45.2	54.4	41.3	38.6
H (reactive formation – hypercompensation)	39.8	25.0	35.9	28.8

In the group of men from crisis families there was a high level of stress on psychological protection of substitution (57%) and rationalization (54.4%). The intensity of psychological protection of denial in men from crisis families reaches 44.7%. The analysis of stress in the group of divorced women showed the presence of problems related to the psychological protection of denial (51.6%) and substitution (50.7%). It is also possible to note a certain level of stress on rationalization (41.3%). Stress on substitution was also found in women from normative families (51.5%). It is also possible to note a certain level of stress by denial, which is 45.5% and regression (44%).

To obtain reliable data on the frequency of use and expression of mechanisms of psychological defense in women with different marital status and women and men from crisis families, a comparative analysis of all the researchable groups was made. The quantitative characteristics (comparison of medians) (Mann–Whitney) were compared for the presence of significant differences (Table 1–4).

Table 2

Comparison of quantitative characteristics of psychological defenses (comparison of medians) (Mann–Whitney) of women and men from crisis families

No.	Indicators	Women from crisis families [25%;75%]	Men from crisis families [25%; 75%]	Significance level (p)
1	Denial	6 [4;8]	6 [4;7.25]	0.756
2	Displacement	3.5 [2;5]	4 [3;5]	0.033
3	Regression	6 [4;8]	4 [2.75;5]	0.001
4	Compensation	4 [2;6]	3 [2;5]	0.001
5	Projection	8 [5;10]	7 [5;10]	0.590
6	Substitution	4 [2;6]	4 [2;5]	0.518
7	Intellectualization	5 [4;7]	7 [5;8]	0.001
8	Reactive formations (hypercompensation)	4 [2;6]	2 [1;3]	0.001

Significant differences between women and men from crisis families were identified by the following indicators of psychological defense mechanisms: displacement ($p < 0.033$), regression ($p < 0.001$), compensation ($p < 0.001$), intellectualization ($p < 0.001$) and hypercompensation ($p < 0.001$). Women have significantly higher levels of stress on psychological defenses such as regression, compensation, and hypercompensation. That is, women are more characterized by: the return to patterns of behavior that are associated with earlier and primitive stages of psychosexual development; to try to find a suitable replacement for a real or imagined flaw, a sense of inferiority by fantasizing or appropriating the desired feelings, qualities and virtues of another person; preventing the expression of unacceptable feelings, thoughts or behavioral reactions by «reversion», when unacceptable impulses are dealt with by exaggerating the opposite desire.

Table 3

Comparison of quantitative characteristics of psychological defenses (comparison of medians) (Mann–Whitney) of women from crisis and normative families

No.	Indicators	Women from normative families [25%;75%]	Women from crisis families [25%;75%]	Significance level (p)
1	Denial	6 [4;7]	6 [4;8]	0.948
2	Displacement	3 [2;4.25]	3.5 [2;5]	0.214
3	Regression	6 [4;7]	6 [4;8]	0.212
4	Compensation	4 [2;5]	4 [2;6]	0.297
5	Projection	7 [4;9]	8 [5;10]	0.031
6	Substitution	3 [2;5]	4 [2;6]	0.205
7	Intellectualization	5 [3;7]	5 [4;7]	0.087
8	Reactive formations (hypercompensation)	3 [2;5.25]	4 [2;6]	0.253

The level of stress on the lifestyle index among men is much higher by indicators of displacement and intellectualization, which allows us to state that men are trying to: eliminate from consciousness desires, thoughts, feelings that cause anxiety or memories of a traumatic situation on a cognitive level, isolated from related affective experience; create incorrect but acceptable to the individual explanations of their behavior using temporary reasons for justification, or retreat into the world of intellectual reflection in order to avoid disturbing emotions.

A comparative analysis of the mechanisms of psychological defense in women from crisis and normative families showed that significant differences were found in groups of women from crisis and normal families only by indicators of projection ($p < 0.031$). The level of stress on this psychological defense

is much higher in the group of women from crisis families, that is, such women tend to attribute their unconscious and unacceptable feelings, impulses and thoughts to other people.

Table 4

Comparison of quantitative characteristics of psychological defenses (comparison of medians) (Mann–Whitney) of women from crisis families and divorced women

No.	Indicators	Women from crisis families [25% ;75%]	Divorced women [25% ;75%]	Significance level (p)
1	Denial	6 [4;8]	7 [5;9]	0.009
2	Displacement	3.5 [2;5]	3 [2;4]	0.251
3	Regression	6 [4;8]	5 [3;7.75]	0.003
4	Compensation	4 [2;6]	3 [2;5]	0.024
5	Projection	8 [5;10]	7 [3;9]	0.020
6	Substitution	4 [2;6]	3 [2;5]	0.037
7	Intellectualization	5 [4;7]	5 [3;6]	0.040
8	Reactive formations (hypercompensation)	4 [2;6]	3 [2;5]	0.138

Significant differences were found among women from crisis families and divorced women by indicators of psychological defense mechanisms: denial ($p < 0.009$), regression ($p < 0.003$), compensation ($p < 0.024$), projection ($p < 0.020$), substitution ($p < 0.037$) and intellectualization ($p < 0.040$).

The comparative analysis allows us to state that women from crisis families have a much more pronounced level of stress on such psychological defenses as regression, compensation, projection, substitution and intellectualization.

That is, divorced women deny some aspects of external reality that are obvious to others but painful to the individual.

Table 5

Comparison of quantitative characteristics of psychological defenses (comparison of medians) (Mann–Whitney) of women from normative families and divorced women

No.	Indicators	Women from normative families [25%;75%]	Divorced women [25%;75%]	Significance level (p)
1	Denial	6 [4;7]	7 [5;9]	0.010
2	Displacement	3 [2;4.25]	3 [2;4]	0.962
3	Regression	6 [4;7]	5 [3;7.75]	0.105
4	Compensation	4 [2;5]	3 [2;5]	0.203
5	Projection	7 [4;9]	7 [3;9]	0.744
6	Substitution	3 [2;5]	3 [2;5]	0.356
7	Intellectualization	5 [3;7]	5 [3;6]	0.686
8	Reactive formations (hypercompensation)	3 [2;5.25]	3 [2;5]	0.684

Significant differences were found among women from normative families and divorced women only by such a mechanism of psychological defense as denial ($p < 0.001$). The level of stress is much more pronounced among divorced women, i.e. such women deny some aspects of external reality that are obvious to others, but painful to the individual.

Thus, after analyzing the data on the frequency of use and expression of mechanisms of psychological defense, we can identify those that contribute to personal growth in a family crisis among women with constructive and factors of mental maladaptation (targets of psychocorrection) in people with destructive response.

To determine the interrelations, we analyzed 89 psychological indicators.

To identify the interdependencies and the mutual influence of the indicators, Spearman's rank correlation coefficient

was calculated. The obtained results include: Spearman's correlation coefficient, the probability of error p . The numerical notation of the correlation coefficient reflects the strength of the connection of variables.

At this stage of the study, we conducted a quantitative analysis of the overall interrelations of psychological defenses. Their number is 17.98% for divorced women, 15.73% – for women from crisis families, 7.87% – for women from normative families, and 4.49% for men.

The highest number of correlations (25%) in the group of women from crisis families was observed by indicators of psychological and emotional state by the clinical scale of anxiety. 16.28% of connections are found on the personal block, which is represented by the following scales: general internality, internality in the field of family and work relations, cognitive needs, overcoming difficult life situations, support. The scales of rivalry, sexual shyness, masculinity / femininity of the family crisis block showed the lowest number of connections (13.33%).

Let's analyze the indicators of divorced women. The number of correlations in this group is greater than in the group of women from crisis families, especially in the block of the current psychological and emotional state. In the group of divorced women, the largest number of interrelations at the level of 83.33% was noted on the following scales: interpersonal sensitivity, depression, paranoid symptoms, psychosis, clinical scale of depression.

9.3% of connections are found on the personal block, which is represented by the following scales: self-esteem, creativity, tranquility-anxiety, closeness-sociability, anxiety-adaptability, self-esteem. Accordingly, the third place in the number of connections takes place the block of family crisis (6.7%), represented by scales of authority, pornography.

In the group of women from normative families, the number of significant interrelations is less than in the two crisis

groups of women and they are marked only by personal block (2.3%), self-acceptance scale and family crisis block (20%), which is represented by scales: masculinity / femininity, sexual libido, sexual satisfaction, permissiveness, sexual shyness and arousal.

Men from crisis families have 6.98% of interrelations being marked on the scales: cognitive needs, creativity, spontaneity of the personality block and 3.33% on the scale of rivalry of the family crisis block.

As a part of the study, we also made a factor analysis, which allowed to transform the 85-dimensional space into the 8-dimensional space of combined factors that affect the development of the crisis, emotional state and self-realization of the individual. In order to distribute the traits by factors, the rotation of factors by the Varimax method with Kaiser normalization for the original factor loads was performed. One of the highlighted factors is «Psychological defenses», which includes regression, compensation, substitution, projection ($\text{corr} (F5; X_{12}) = 0.761$, $\text{corr} (F5; X_{13}) = 0.727$, $\text{corr} (F5; X_{15}) = 0.683$, $\text{corr} (F5; X_{14}) = 0.654$). This factor is unipolar and it explains 5.642% of the total variance.

Conclusion

Thus, the features of psychological defense of women and men from crisis families, divorced women and women from normative families are revealed in the work, the comparative analysis of psychological defense of female and male samples was carried out.

1. The analysis of the stress of psychological defenses determined that in all the groups there are problems associated with the psychological defense of substitution and denial. In addition, the following stresses of psychological defenses were identified by groups: women in crisis – rationalization, regression; men and divorced people – rationalization.

2. Comparative analysis of the frequency of use and expression of mechanisms of psychological defense showed the following:

– women and men from crisis families have a significant difference by indicators: displacement, regression, compensation, intellectualization, hypercompensation;

– women from crisis families and divorced ones have a significant difference by indicators: denial, regression, compensation, projection, replacement, intellectualization;

– women from crisis and normative families have a significant difference by the indicator of projection;

– women from normative families and divorced ones have a significant difference by the indicator of denial.

3. The analysis of the interrelation between psychological defenses and psychological and emotional states, factors of family crisis and personal qualities of women with different marital status and men from crisis families allowed to formulate the following:

– among women from crisis families the average positive interrelation was found in the following defenses: suppression, regression, projection – clinical anxiety; substitution – rivalry; intellectualization – sexual shyness; hypercompensation – getting out of difficult life situations, sexual shyness. The average negative correlations were revealed: suppression – internality in the field of labour relations; regression – general internality and internality and field of family relations; projection – cognitive needs; hypercompensation – internality in the field of labour relations, masculinity / femininity, support scale;

– among divorced women a strong positive interrelation was found in the following defenses: denial – self-esteem, creativity; regression – anxiety-adaptability; compensation – authority. The average positive interrelation was noted for the following defenses: suppression – tranquility-anxiety; regression – paranoid symptoms; projection – paranoid symptoms,

psychosis; substitution – clinical scale of depression; hypercompensation – psychoticism. The average negative correlations were revealed: denial – interpersonal sensitivity, depression; suppression – closeness-sociability, self-esteem; regression – self-esteem; projection – pornography;

– among women from normative families a medium positive interrelation was determined: compensation – self-acceptance and a medium negative interrelation of hypercompensation with the scales: masculinity / femininity, sexual libido, sexual satisfaction, permissiveness, sexual shyness, sexual arousal.

– among men from crisis families an average positive interrelation of denial with cognitive needs, creativity and spontaneity, and hypercompensation with rivalry were found.

The analysis of the research results allowed to determine some factors and criteria for forecasting the development of a family crisis (personal growth and destructive response of the individual) and the growth of self-realization of a woman's personality in a family crisis.

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Фальова Олена, Колчигіна Анна, Білоцерківська Юлія. Психологічні захисти жінок із різним станом сімейного функціонування і сімейної взаємодії

АНОТАЦІЯ

Мета статті – визначити особливості психологічних захистів жінок із різним станом сімейного функціонування і сімейної взаємодії та їх взаємозв'язок з особистісними особливостями, психоемоційними станами та показниками сімейної кризи.

Методи дослідження: теоретичний (вивчення, системний аналіз і узагальнення соціально-психологічної, медико-психологічної літератури за темою дослідження); психодіагностичний (спостереження, бесіда, опитування, тестування); статистичний (кількісний і якісний аналіз експериментальних даних).

Результати дослідження. Аналіз результатів дослідження дав змогу виявити особливості психологічних захистів жінок і чоловіків із кризових сімей, розлучених жінок і жінок із нормативних сімей. Проведено порівняльний аналіз психологічних захистів жіночих і чоловічої вибірок, здійснено аналіз взаємозв'язків психологічних захистів і психоемоційних станів, чинників сімейної кризи й особистісних якостей жінок із різним станом сімейного функціонування і сімейної взаємодії та чоловіків із кризових сімей.

Висновки. Аналіз напруги психологічних захистів визначив, що в усіх групах наявні проблеми, пов'язані з психологічним захистом заміщення та заперечення. Крім того, виявлено такі напруги психологічних захистів за групами: жінки кризові – раціоналізація, регресія; чоловіки та розлучені – раціоналізація.

Порівняльний аналіз частоти використання і вираження механізмів психологічного захисту показав наявність значущої різниці у жінок і чоловіків із кризових сімей за показниками: витіснення, регресії, компенсації, інтелектуалізації, гіперкомпенсації; у жінок із кризових сімей і розлучених – за показниками: заперечення, регресії, компенсації, проєкції, заміщення, інтелектуалізації; у жінок із кризових і нормативних сімей – за показником проєкції; у жінок із нормативних сімей і розлучених – наявність значущої різниці за показником заперечення.

Було виявлено позитивні та негативні зв'язки психологічних захистів із показниками психоемоційних станів, чинників сімейної кризи й

особистісних якостей жінок із різним станом сімейного функціонування і сімейної взаємодії та чоловіків із кризових сімей. Найбільшу кількість зв'язків виявлено у групах розлучених жінок і жінок із кризових сімей.

Отже, аналіз результатів дослідження дав змогу визначити деякі чинники і критерії прогнозу розвитку сімейної кризи (особистісне зростання та деструктивне реагування особистості) та зростання самореалізації особистості жінки в умовах сімейної кризи.

Ключові слова: психологічні захисти, кризові сім'ї, розлучені жінки, нормативні сім'ї, особистісні особливості, психоемоційні стани, психофізіологічні стани, поведінкові патерни.

Фалева Елена, Колчигина Анна, Белоцерковская Юлия. Психологические защиты женщин с разным состоянием семейного функционирования и семейного взаимодействия

АННОТАЦИЯ

Целью статьи является определение особенностей психологических защит женщин с разным состоянием семейного функционирования и семейного взаимодействия и их взаимосвязи с личностными особенностями, психоэмоциональными состояниями и показателями семейного кризиса.

Методы исследования: теоретический (изучение, системный анализ и обобщение социально-психологической, медико-психологической литературы по теме исследования); психодиагностический (наблюдение, беседа, опрос, тестирование); статистический (количественный и качественный анализ экспериментальных данных).

Результаты исследования. Анализ результатов исследования позволил выявить особенности психологических защит женщин и мужчин из кризисных семей, разведенных женщин и женщин из нормативных семей. Был проведен сравнительный анализ психологических защит женской и мужской выборки, осуществлен анализ взаимосвязей психологических защит и психоэмоциональных состояний, факторов семейного кризиса и личностных качеств женщин с разным состоянием семейного функционирования и семейного взаимодействия и мужчин из кризисных семей.

Выводы. Анализ напряжения психологических защит выявил, что во всех группах имеются проблемы, связанные с психологической защитой

замещения и отрицания. Кроме того, выявлены следующие напряжения психологических защит по группам: женщины кризисные – рационализация, регрессия; мужчины и разведенные – рационализация.

Сравнительный анализ частоты использования и выражения механизмов психологической защиты показал наличие значимой разницы у мужчин и женщин из кризисных семей по показателям: вытеснения, регрессии, компенсации, интеллектуализации, гиперкомпенсации; у женщин из кризисных семей и разведенных – по показателям: отрицания, регрессии, компенсации, проекции, замещения, интеллектуализации; у женщин из кризисных и нормативных семей – по показателю проекции; у женщин из нормативных семей и разведенных – наличие значимой разницы по показателю отрицания.

Были выявлены положительные и отрицательные связи психологических защит с показателями психоэмоциональных состояний, факторов семейного кризиса и личностных качеств женщин с разным состоянием семейного функционирования и семейного взаимодействия и мужчин из кризисных семей. Наибольшее количество связей выявлено в группе разведенных женщин и женщин из кризисных семей.

Итак, анализ результатов исследования позволил определить некоторые факторы и критерии прогноза развития семейного кризиса (личностный рост и деструктивное реагирование личности) и рост самореализации личности женщины в условиях семейного кризиса.

Ключевые слова: психологические защиты, кризисные семьи, разведенные женщины, нормативные семьи, личностные особенности, психоэмоциональные состояния, психофизиологические состояния, поведенческие паттерны.

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