



## Phenomenon of Social and Psychological Family Resilience: Contemporary State

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There is a question, which arises presently quite often: "Why are some families resistant to the trials of life and try to bring something new in the life and to change it; others are less steady, but settle into shape and adapt as they begin to change models of functioning, and also conditions and a way of life style; the third group becomes a victim of a situation and collapses, reaching a condition of dysfunction already never to be restored?".

How does the family manage to withstand and rebound from crisis? What does a family become resilient? How can the family avoid disintegration under the influence of difficulties?

Let's try to answer these questions. In order to do it we represent and consider in details development of family stability.

The definition "resilience" in psychological literature is practically not included into the dictionary of practitioners and methodologists. If it concerns semantics of the word, then in Vladimir Dahl's dictionary "steady" means "resistant, strong, firm, not shaky...".<sup>1</sup> "Stability" (resilience) in understanding of foreign psychologists is defined as process, result, ability, a condition of successful adaptation under difficult circumstances, threat or stress.<sup>2</sup>

So, resilience has ability to maintain rather stable balance that, undoubtedly, influences the normal level of functioning, as a rule, under unfavorable situation.

R. Masten defines three types of results of stability:

- 1) The positive outcome – is possible, despite of risk factors
- 2) Competent functioning in a situation of sharp and chronic stressors
- 3) Recovery from a trauma.<sup>3</sup>

1 Dahl V. Explanatory dictionary of living great Russian language: in 4 t. - M.: Russian, 1991. - T. 4. Page 515

2 Place M., Reynolds J., Cousins A., Neill. Developing a resilience package for vulnerable children // Child and adolescent mental health. 2002. -V. 7(4). -P. 162-167.

3 Ahmed R., Seedat M., van Niekerk A., Bulbulia S. Discerning community resilience in disadvantaged communities in the context of violence and injury prevention // South African Journ. of Psychology. 2004. Vol. 34, N 3. P. 386-408.

This typology emphasizes and gives more exact understanding of the definition "resilience". Profiles of people who demonstrate stability are characterized by high rates on all five factors "Big Five" (extraversion, emotional stability / stability, intellectual and cultural openness to experience, tendency to consent / friendliness, conscientiousness / consciousness).<sup>4</sup>

Most researchers consider that if to expand the list of adverse factors, then individual vulnerability, with influence of a stressful situation, can be also neutralized by joint influence of personal qualities, a sociocultural environment and family impact.<sup>5</sup>

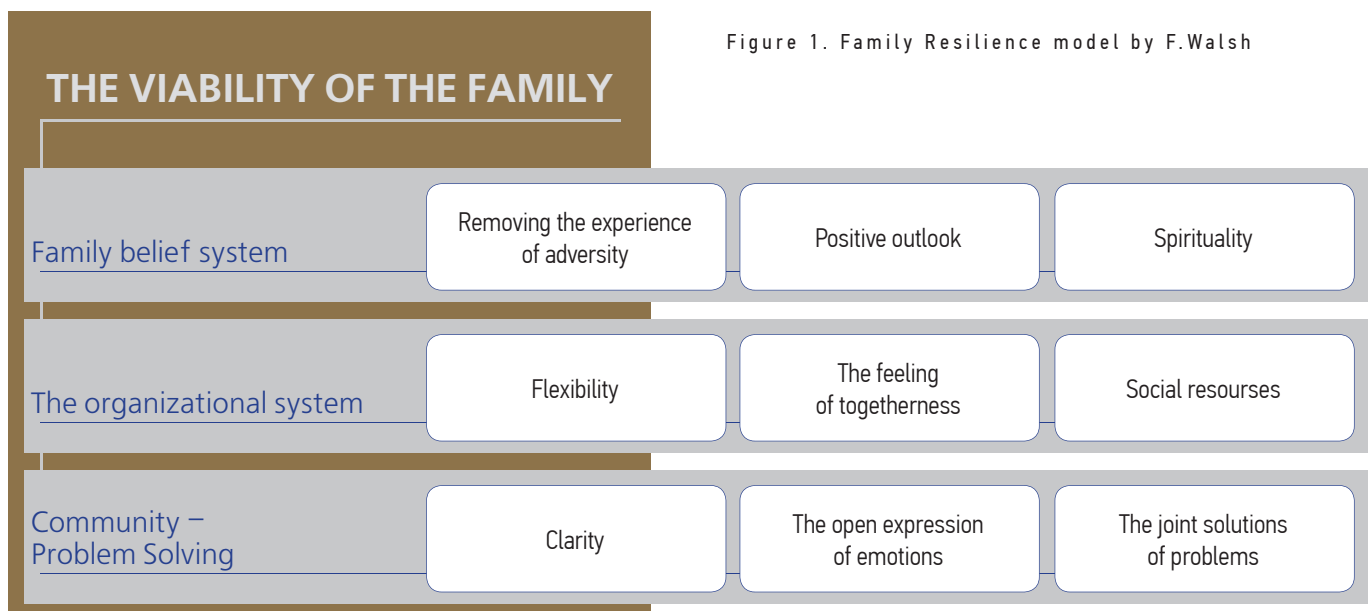
Results of a research of stability have shown that special impact on destiny of the person is exerted by his close relationship with friends and mentors (trainers, teachers) who supported his initiatives, trusted in his potential and encouraged him in the aspiration to achieve from life as much as possible. So, unsuccessful parents (mental diseases, parental alcoholism, family violations) has not given the chance to children to use the family potential which could be revealed and developed even when the physical condition of parents did not allow them to take active part in destiny of children.

F. Horovitz has offered more generalized model which describes interaction between qualities of the child and environment. Under the main ingredients this model assumes stability, and also vulnerability of the child, absence or existence of "contribution" of the environment. Thus, if the child is steady and stays in poor environment, he is capable and can be quite successful as such child is capable to derive benefit from all available influences and opportunities. In the stimulating environment a vulnerable child can be also successful.

According to this model, there is an opposition (collision) of two extremes; it means if the vulnerable child is in the poor environment, then such combination of factors can bring unsuccessful result.

4 Howard P. J., Medina P. L., Howard J. M. The Big Five locator: A quick assessment tool for consultants and trainers // The 1996 Annual. - Y. 1. - San Diego: Preiffer & Company, 1996.

5 Kuftyak E. V. A research of stability of a family at influence of difficulties [An electronic resource]// Psychological researches: online scientific journal. 2010. N 6(14).



The system view gives now the chance to be beyond the parent child pattern, so, provide the opportunity to consider impact of the relatives, including both biological siblings and distant relatives. This approach can change a view on the families enduring a stressful event. The family is not the cell of society which has been destroyed and has no ability to restoration. The family is a group of people which has met vital difficulties where everybody has the necessary potential for restoration and development.

It is possible to offer different explanations of resistance of families to life difficulties. Generally they are considered by the theory of a family, the concepts of stress and coping. Family stabilizers are one of key parameters which are used at the description of features of functioning of a family within system approach "a family – system that helps people to keep together". The stabilizers also change depending on the period of life. The functional stabilizers are allocated which can promote satisfaction of requirements of all members of the family. It is also possible to allocate: sharing accommodation space, general family budget, family entertainments, mutual interest, and implementation of common tasks. It is necessary to tell about dysfunctional stabilizers which interfere with realization of functions of family system (a disease, violation of behavior).<sup>1</sup>

According to experts, efficiency of family mechanisms of integration of a family is criterion of functioning of a family, but not lack of difficulties and the conflicts.<sup>2</sup> The model of family behavior in any difficult life situation is the key for the characteristic of a family. Crisis acts as a family integration tool. In turn, integration can depend on ability, and also ability of a family to find the ways of overcoming obstacles and problems.

1 Varga A. Ya. System family psychotherapy. Introduction to system family psychotherapy. - M.: Kogito-center, 2001. - 144 pages (44)

2 Kufiyak E. V. Family psychology: regulation and protection: Monograph. - Kostroma: KGU of N. A. Nekrasov, 2011. - 384 pages.

The structure of a family coping is defined by the features of family activity acting as resources of social space of a family. F. Walsh has offered the concept of family overcoming stressful situations where she has described resilience of a family in adverse circumstances the Figure 1.<sup>3</sup>

The factors causing manifestation by a stability family:

- 1) Group of external factors which influence a family – risk, obstacles of everyday life, and also stressful and unpleasant events which are experienced for long time.
- 2) Sensitivity of family members and ability of a family to soften blows, it is characteristic of the second group of factors that promotes changes in a family at collision with stressor.

Family wellbeing, adaptation or adaptation is the result of process of family resilience. Thanks to the analysis of approaches it is possible to understand that family stability plays a positive role. "Family resilience" is a power source which is saved up for positive adaptation. The family is forced to accept a situation and also to mobilize the resources (adaptability to circumstances and resistance to them). Social and psychological resilience is the process of adaptation of a family to various stressful situations. The unification shown in the relations and a community of values in a family is and there is a basis of the family relations.

3 Walsh F. Family resilience: a framework for clinical practice// Family Process.- 2003; - VqK.42L):-PU-18