

Personal Subject Profile of Psychological Readiness to Marital Relationships

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Abstract

The existing types of psychological help to families are very diverse. They can be divided according to the orientation on certain group of clients, type of help and tasks, performed by the therapist. These differences form certain models of help and each of these models relies on its theoretical foundation and uses its own methods of work. In accordance with directivity and type of work with families, among the whole range of other models, emphasis are placed on a psychotherapeutic (or psychological) model, because this model suggests that ethiopathogenesis of family problems is in personal particularities of the family members. This reason is considered as a logical result of personal development in the process of which such preconditions as: motivation to marriage, stereotypes of parents' family, formed life-style, attitude to people and events and the most important personal peculiarities of the individual (which in the conclusion form psychological readiness to the marital relations) create all together the system of emotional connections and interrelations.

Keywords: *personal subject profile, psychological readiness, marital relationships, readiness for marriage*

1. Problem topicality

Besides that at the basis of the psychotherapeutic model there are several principles. The main principle is an individual approach in terms of which the therapist work on elimination or prophylaxis of those factors which can lead to family disruption, disharmony, alcoholism, neurotic disorders, decrease of fostering quality, cause behavioral disorders of children etc. But even though behind all those phenomenon as important values (Eşi, 2010, 27-38) can be problems of social, demographical, economic or sociological nature, therapists conclude that they don't have equal influence on different people, families and are mediated by psychological peculiarities and personal characteristics of the family members, their psychological resources. And because of such a mediated function of psychological structures and processes the same factors can cause disharmony and problems in one family, but will not have the same effect in other. Thus, having studied friendly and conflict families, psychologists concluded that the inner stability of the family depends on personal peculiarities of the individual and personal readiness to marriage. That is why focus of our

attention is directed on the determination of personal subject profile of psychological readiness to marital relationship.

2. Aim of the research is to explain theoretically and with the help of experimental and diagnostic explication the personal subject profile of psychological readiness to marital relationship.

3. Analyze of the latest researches and publications.

The notion of psychological readiness is used in psychology mainly for the characteristic of passage from one age period into another. Availability/ absence of the psychological readiness means the availability/ absence of certain characteristics of the individual that support/hinder the organization of new psychological formations, behavioral patterns, activities, abilities, character peculiarities, values etc. In the context of the problem, notion of psychological readiness to marriage means only availability/ absence of the certain level of the consciousness, axiological formations, need of establishment, maintenance and strengthening of constructional relationship with other people, which help to create happy family life.

As people come to understanding themselves mediately and through reflexive relations with other people. Spouses, relatives are like a mirror, which we use to see our true-self. Through these interactions with other people we come to understanding of our personality (if we are dependent, independent, cheerful, depressive etc.), our needs (sexual, need of closeness, autonomy, need of recognition etc.) and our values (how important to us are children, family, rituals, responsibilities). These basic components of self-cognition can be detected only through the intensive interactions with other people.

Family psychotherapeutics appeal more often to the theories that develop in the direction of the existential and humanistic approach (C. Rogers, F. Perls, V. Frankl etc.) to describe the sample part of an individual in the marital relationship. Ethic cultural community (organized humanistic direction of the spiritual community in the basis of which there is an idea that people realize their spiritual vocation, by establishing deep and important relationships with other people) considers marriage as one of the most important fields of personal development and discoveries. [13, p. 27-28].

One of the most famous theories of this direction is a concept of self-actualization of A. Maslow. The fame of this theory is connected on the one hand with the heuristic notion of self-actualization and the possibility of its operationalisation and usage in the empiric researchers. On the other hand the given model of personality, stressing the positive demonstration of human nature such as altruism, love, creativity, friendship etc., is an example of marital relationship, constructive foundation of the relationship system between man and woman. One of the most important ways to develop positive qualities of human nature, inner potential, possibility to achieve spiritual integrity

and feeling of life enjoyment is a self-actualization through the obligations to the partner and trust relationships to him. This form of self-actualization makes possible harmonious connection of many different aspects of personality and this is a part of psychological revolution of personality, the description of which was performed by lots of scientists (C. Jung, K. Goldstein, A. Adler). Having obligations and trust in the relationships, spouses can join personal experience of being together with the feeling of bonding with the whole world. When partners cannot achieve self-actualization by obligations and trust relationships, the more often they claim about absence of love and “the bond” with the partner. It represents a serious threat to marriage and also to the ability of partners to build three fundamental principles: persistent quality, social support and adaptation.

Besides that for humanistic oriented therapeutics success in close relationship and self-actualization are synonymic processes. The important thing is that the marital relationships, which are supremely satisfactory, help to satisfy basic needs so that a person can move faster to the self actualization. And on the contrary the self-actualized person is in the most advantageous position to develop strong marital relationship because according to A. Maslow, self-actualized person, who achieve high level of development and realization of potential, has the most strongly shown ability to love and to be loved. Their love can be characterized as spontaneous and natural and idealization is not typical for them. Nowadays, researchers, theoreticians and clinicians spend a lot of time searching important ways to show the connection between individual growth and marital relationships [11, p.108-118; 3, p. 418-421]

4.The main material of the research.

With the aim of experimental and diagnostic explication of personal subject profile of psychological readiness to the marital relationships applied has been a complex package of supplemental diagnostic tools. The test of self-actualization, adapted by J. Alioshyna, L. Hosman etc., helps to determine the level of individual abilities development of a person to self-actualization. Whereas the term of self-actualization includes many-sided and uninterrupted development of creative and spiritual potential of a person, the maximal realization of all capabilities, adequate acceptance of the world and the place in it, variety of emotions and spiritual life, high level of mental health and morality etc that is why this test is important for our investigation, which has been developed on the basis of the theory of self- actualization of A. Maslow, concept of psychological time acceptance and temporary orientation of an individual of F.Perls and R.May, ideas of C. Rogers and other representatives of existential and humanistic approach in psychology. [10, p. 397-413].

Diagnostic method of affiliation level determination of A.Mehibrian, which is directed on the detection of two motivational tendencies, that are functionally interrelated and correlate with the affiliation need (need of establishment, maintenance and strengthening of relationships with other people) – “conation to people” and “fear of being neglected”. An individual who has this need, does not only strive to people and feel the pleasure from emotionally positive communication with other

people, but also consider communication with people as one of the most important life principles, which is especially important in the marital relationships [13, p. 178-183]. To detect leading terminal values in different spheres of exertion there has been used a morphological test of life values structure of V.F. Sopov, L.V. Karpushyna. This test helped to observe not only spreading and preference of terminal values in different life areas, but also to determine individual motivational structure of a person, which helps to evaluate the level of representation of personal values in the structure of individual consciousness for better understanding sense of his actions, comprehend not only “value kernel” of a person, having determined the level of the topical value but also to detect within the motivational frame the most functional value system, that influence on their activity and behavior. The test system includes values that belong to differently directed groups: moral and spiritual values and egoistic and pragmatic values, that are conceptually important for detection of the activity of an individual. To the first group of values belongs: self-development, spiritual pleasure, creativity and active social contacts, that reflect moral and business intentions. To the second group belong: prestige, achievement, material situation, preservation of personality. They reflect egoistic and pragmatic intention. [13, p. 154-160]

Experimental data of empiric investigation consists of 1136 people, 338 of male sex and 182 of which are town dwellers and 156 - rural dwellers; 798 – female sex, 456 – town dwellers; 342 – rural dwellers. Besides that the joint sample was divided into seven subcategories in accordance with the relationship status: 1) married; 2) young people (to 20 years), who have been on a long-term relationship (from 2 years) and want to get married; 3) young people (from 20 years), who have been on a long-term relationship (from 2 years) and want to get married; 4) young people who are on long-term relationships but don't have intentions to get married; 5) young people who are on short-term relationships and (up to 1 year) and don't have intentions to get married; 6) young people who don't have any relationship but want to get married; 7) young people with indifferent status and don't want to get married.

With the aim of the determination of personal subject profile of psychological readiness to the marital relationship, applied have been the multidimensional methods of mathematic analyze to the obtained on the previous (diagnostic) stage empiric figures: correlational, component and factorial (methods of maximal credibility). These types of analyze were performed on the basis of summarized data of experimental selection in accordance with determinative characteristics of evaluation of personal profile of the subject of psychological readiness to marital relationships.

Thus, results of applying methods of main components and factor analysis by the method of maximal credibility gave an opportunity to detect personal subject profile of psychological readiness to the marital relationships. On the first stage to determine the number of factors there has been used the method of main component and in terms of factorization there has been used method of maximal credibility. This method gives minimum mistakes of factor structure and by the fixed quantity of factors allows to evaluate statistical significance of “quality adjustment” of completeness of factorization in the correlation coefficient distribution according to χ^2 criteria. The significance of this criteria is determined depending on the number of factors and quantity of variables and helps to determine minimum permissible number of factors for twenty two variables.

Thus, from the 22 variables there have been chosen five factors of personal profile of the individual of psychological readiness to the marital relationship and the summarized information value of which explains 74,54 % of summarized dispersion [5, p.112-132; 7, p. 128 – 134; p. 45-57].

In such a way, the structure and information value of the most representative factors, obtained in the result of investigation of men selection is as follows:

Factor 1 represents “*professional and family involvement*” and is reflected in five indicator spheres = (+ 0,968 – sphere of professional activity) + (+ 0,964 – sphere of study) + (+ 0,960 sphere of interest) + (+ 0,911 – sphere of social activity) + (+ 0,809 – sphere of family life). Such arrangement of these factor indexes into combined characteristics shows the importance of professional activity spheres, developing activity and personal manifestation, that is confirmed by revealed result of the indicator “sphere of professional activity”, that reflects importance of for men to join to the professional activity, to pay special attention to the professional activity and readiness to spend time on solving production problems. Similar number of the indicator can certifies both the result of gender stereotyping, which is demonstrated in the expectations from men to enjoy their professional activity, and important meaning of professional activity as one of the main spheres for self-actualization of a man. Besides that quite a high intensity has an indicator “sphere of studies”, which certifies the striving to increase the educational level, to enrich worldview and general knowledge. Thus, among men predominates entrepreneurial and investigative directivity. This fact was proved by the gained results from such indicators as “Sphere of professional activity” and “sphere of family life”. The indicator “sphere of family life” represents the value of family for men, wish for deep understanding between all members of family and having spiritual affinity with them. So, men pay quite a lot of attention to family welfare and relationships.[6, p.199]

Factor 2 combines three variables which explicate “*axiological imperative*” = (+ 0,884 – spontaneity) + (+ 0,852 – cognitive needs) + (+ 0,780 – axiological orientation). The given factor has more intensity according to the indicator “spontaneous”, which certifies the ability to openly demonstrate personal emotions and feeling and the ability to spontaneous actions and immediate reaction. Besides, the character feature for men is the desire to explore the surrounding world, which is shown by the indicator “cognition needs”. The indicator “axiological orientation” reflects the attitude of a person to the environment, acting as a criterion of differentiation of objects according to the extent of their subjective significance, represents one of the central characteristics of personality, and performs an considerable influence on all sides of its activity. Combining mentioned above indicator with the axiological orientation we can say that men divide values and consider that these values are peculiar to people with a high level of self-actualization, percept it as the main aspect of development of one’s personality, focus on the development of competency, determining and realizing personal plans with the peculiar control and responsibility for achievement of goals.

Factor 3 demonstrates “*imperceptive temporality*” with a quite high factor intensification = (+ 0,792 – orientation in time) + (+ 0, 741 – self-perception). Combination of the given indexes

shows the ability to live for a day, to enjoy each moment in life, to accept life as a whole, not dividing it on past, present and future. The intensification of indexes “orientation in time” and “self-actualization” certifies relative independence in actions, desire of man to follow his own goals, believes, plans, principles, when he accepts himself as he is, independent from the estimation of his own honesty or disadvantages or maybe despite of the disadvantages.

Factor 4 explicates “*endogenous intention*” = (+ 0,784 - support) + (+ 0,721 – acceptance of aggression) + (+ 0,706 - sensitivity). Such an arrangement of indicators certifies the independence of the axiological system and behavior of a man from the external influences, desire to follow his own goals, views and principles and also hostility to the surrounding people and confrontation with group norms are not contemplated. A man has a freedom of choice; he is not yield to external pressure, which shows his desire to the high level of self-actualization of personality because determinant of assertion autonomy and lesser conformity are gender expectations and high social status of men. The high intensification level of the index “acceptance of aggression” shows the ability to accept personal irritations, rage and aggressiveness as a part of human nature. In addition the results of “sensitivity” index show that the individual is inclined to reflection of personal feelings and empathy. [1, p. 278]

Factor 5 represents “*synergism*” = (+ 0,795 - synergism) + (+ 0,742 – concept about the human nature). The combination of the given variable into one we can say that in general men accept human nature as positive and don’t consider dichotomies rationality-emotionality, manhood-womanhood as unbridgeable. The intensification level of the indicator “synergy” stresses the integral perception of the world and people by man, understanding of the existing bond of opposites, such as family and professional activity etc.

As for the personal subject profile of readiness to the marital relationships of women, it was obtained in the result of application the principal component analysis and factor analysis by the maximum-likelihood estimation method. Thus, from 22 variables there has been identified 6 factors of personal profile of the individual to the marital relationship, the total information value of which explains 68,44% of the total depression.

The structure and informational value of the most representative factors, obtained in the result of investigation of women selection is as follows:

Factor 1 represents “*axiopsychological adaptivity*” which is reflected in 3 indicating spheres = (+ 0,943 - support) + (+ 0,933 – behavior flexibility) + (+ 0,897 - self-perception). Such range of indexes of this factor into total features show the independence of the value system and behavior of a woman according to the external influence, desire to follow personal values, aims, opinions and principles. Besides the peculiar features are the flexibility in realization of personal values into behavior, individual interactions, the ability to fast and adequate reaction to the changing situation, which can be shown by the high intensification level of “behavior flexibility” indicator and can be explained by increased agility of neural processes and high liability of the nervous system, which is peculiar for women. The index of “self-perception” reflects the ability to

accept oneself, satisfaction of the individual level of development, personal characteristics, attitude to oneself as to the personality, who deserves respect and confidence [6, p.24; 4, p. 44].

Factor 2 shows “*professional and personal directivity*” = (+ 0,893 - occupational category) + (+ 0,857 - educational field) + (+ 0,782 - sphere of social activity) + (+ 0,778 - sphere of hobbies). High intensification level of the index “occupational category” reflects the desire of woman to realize herself in profession to the fullest extent, to advance her professional skills, interest to the information about personal professional skills and perspectives of their development, high demands to oneself, desire to self-perfection and readiness to dedicate time to productive problems. The loading of the “education field” index stresses the desire to grow, increase the level of personal education level and moral satisfaction from improving personal skills and broaden one’s mind. Such behavioral peculiarities can be determined by more expressed need of women in achieving success than men. In total the high intensity of indexes “sphere of social activity” and “sphere of hobbies” certify importance of personal realization in the sphere of social life, wish to variegate civil and social activity, importance of development of personal potential in the social and political live.

Factor 3 demonstrates “*synergism*” with a very high factor level, which engross all others = (+ 0, 932 - synergism). The level of indicator “synergism” shows the ability to percept reality and surroundings, to understand consistency of separate interacted phenomenon and processes and existing bond of opposites, such as family and professional activity etc.

Factor 4 combines 2 variables, that explicate “*reflexivity*” = (+ 0,752 - acceptance of aggression) + (+ 0,708 - sensitivity). Such arrangement of indexes certifies the ability of women to accept personal irritation, rage and aggressiveness, as a show of human nature, certifies the inclination to reflection of personal feelings. Women can be aware not only of personal feelings but also of personal needs, they can feel and understand them. Affirmation of mentioned above data is the inclination of women to verbalize their own negative emotions, to decode nonverbal emotional expressions of others and it allows to consider that women accept and understand personal emotional expression [2, p. 194].

Factor 5 is represented by “*axiological orientation*” = (+ 0,793 - self-respect) + (+ 0, 703 - axiological orientation). High intensification of the index “ self- respect” shows the ability of positive attitude of a woman to herself, which is based on the objective existing virtues or subjective ideas about her own personality, to admit and to respect oneself for these qualities. In comparison of definitions of the “axiological orientation” index we can say that women, the same as men, separate values, which are inherent to people with a high level of self-actualization. On the way to realization of personal potential the individual importance is paid to these personal expressions.

Factor 6 demonstrates “*Physical activity*” = (0,775 – sphere of physical activity). Level of index “sphere of physical activity” certifies the wish to improve personal physical form, which is stimulated by the opinion of others on their physical form, physical abilities and capabilities, because women have critical estimation to their physical looks. Besides that, mainly women strive to those kinds of physical activity, that bring them psychic income from the process, even to a greater degree than from results obtained from physical activity.

5. Conclusion.

Thus, the results of component and factor (method of maximum probability) analyzes gave a possibility to determine personal subject profile of readiness to the marital relationships among men and women. In such a way there has been detected orientation on sphere of professional activities and hobbies, which is quiet significant but nowise prevail over the sphere of family life but is coherent with it. Men pay a lot of attention, maybe to some extend even more than women, to the family well-being and relationships, having a desire to have a family where all its members will have mutual understanding and are close to each other. Besides that they consider these spheres to be not only absolutely consistent, but also they have to be present in life in equal measure and they also have to be interrelated, because deficit of one of this sphere will influence on the man’s life and the deficit of the possibility of professional realization can influence on the marital relationships.

But in the structure of the personal subject profile of women we can see a motivational controversial of these spheres. Women consider personal and professional directivity as important as marital relationships, but think that woman who wants to realize personal abilities to increase personal qualification and level of enlightenment, can be more interesting to her husband and more independent in the marital relationships , because financial independence, even partial leads to the psychological independence – the ability to make an independent decisions and choices, to have rights on creation of personal ideas and choose the way of their realization, to have aims and to have ideas about their realization, to follow personal values, aims, views and principles, according to which the interaction between members of family and society is build, to be responsible, to own some physical territory, those are things, subjects, objects which can be named “mine”. Such peculiarities can be determined by the fact that women have more expressed need to have achievements than men.

But both men and women have values, which are inherent to people with high level of self-actualization, consider them as a motive power of personal development, which give them an opportunity to develop viable and happy marital relationship, because self-actualized people, when they achieve a high level of development and realization of personal potentials, have strongly marked ability to love and be loved. Women have axiological mode coherent with self-respect, which can be seen in positive attitude to herself for positive qualities of character and honesty Men have axiological mode coherent with cognitive needs important for marital relationships, because women are attracted to smart men and men like women with dignity, who can estimate themselves deservedly [6, p. 199].

Also in the personal subject profile of psychological readiness to marital relationship among men and women there has been determined the inclination to reflection of personal feelings. They can be aware of personal feeling and needs, to feel and to understand them. It gives an opportunity to act more meaningful in the marital relationship and to have adequate reaction in the moment of tension. Besides that, women are inclined to verbalize personal negative emotions, and to decode non-verbal emotional expressions and it may be concluded that it helps to control emotions in the moments of tension, to make a contact with spouse and to prepare for positive results of communication, because energy of emotionally-affective plan is passed to the rational, verbal and communicative level. That is why the stabilization of emotions takes place and it helps to have more peaceful and balanced communication.

In the personal subject profile of women there has been detected a wish to improve personal physical form, because they are very critical in their estimation of physical beauty. The opinion of other people on this very topic is very important for women. But men can accept themselves as they are, independent of opinion of other people or personal disadvantages or virtues.

In such a way in the structure of personal subject profile of men and women experimental groups there have been detected both pivotal changes and similar structural components, which can give an evidence to existence of certain character peculiarities, axiopsychological formations, skills, possibilities, needs in establishing, saving and strengthening of constructive relationships with others, which helps to create happy family relationships etc. The existence of these structural components in the personal subject profiles of men and women shows the psychological readiness to the marital relationships.

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