

Experiential Applications in the Aggressiveness - Frustration Dynamics in Teenagers

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Abstract

Introduction: *Adolescence is a period of “crisis” determined by the rupture from the childhood age, which implies a series of freedom limitations that are often felt by young people as a frustration, an attempt on his natural rights to manifest as a personality.*

Objectives: *First of all, the paper aims to capture the relationship between aggressiveness and frustration during adolescence by: revealing the existence of a statistically significant positive correlation between the level of aggressiveness and the level of resistance to frustration among teenagers; emphasizing the existence of differences regarding the level of aggressiveness and the level of resistance to frustration according to the subjects’ age and gender; determining some correlations between the level of aggressiveness and the degree of resistance to frustration and the introvert/extravert polarity. Second of all, we aim to highlight the effects of some experiential work techniques in reducing the level of aggressiveness and frustration among teenagers.*

Method: *We used the following instruments: Eysenck Personality Inventory, organized on three scales: Extraversion, Neuroticism and Lie Scale, E.P.Q. Personality Questionnaire, which analyses essential personality dimensions on 5 scales, S. Rosenzweig’s frustration test and The experiential work program, containing a number of 5 sessions, within which we developed a series of expressive, creative and optimizing activities.*

Results: *The results allow us to state that, generally, the subjects did not present a motivation towards dissimulation. Also, a correlation between aggressiveness and the high scores in extraversion and neuroticism was noticed.*

Conclusions: *We can assert that there were positive and statistically significant correlations between the aggressiveness level and the resistance to frustration degree and the personality dominant (introvert/extravert).*

Keywords: *adolescence, crisis, aggressiveness, frustration, identity, process*

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Spiritual Counseling from Psychological and Theological Perspective

– A Comparative Study –

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Abstract

Introduction: *Spiritual counseling is a less known intervention field in Romanian society. Many of those who declare themselves orthodox-Christians do not seek nor find solutions for their existential problems within the relationship with the priest. On the other hand, there are persons who question the meaning of life or their purpose on this world, although they do not adhere to a religious cult. Psychological counseling is a short or long term intervention, which aims to prevent, remit or resolutely assist some personal problems (emotional, cognitive and behavioral) with a disorganizing individual, familial and socio-professional impact. Its topics are various, from educational ones to rehabilitation, recovery and social reintegration, from the ones concerning psycho-emotional and social support to the ones of adaptation and efficient communitarian integration.*

Objectives: *Human's spiritual dimension may be approached from a double perspective – psychological and theological. Therefore, it is useful to analyze the way future specialists relate to this field.*

Methods: *The research method consisted in a survey based on the subjective aspect of social reality, which aims to emphasize what people think, feel or appreciate. We used a questionnaire containing five open questions that implied writing down the answer freely. This questionnaire was self-applied and anonymous.*

Results: *We noticed that spiritual counseling is an activity of spiritual guiding, advising and training for both theology and psychology students. Also, the answers regarding the common points of the two reference fields – theology and psychology – offer an element of homogeneity to the entire research group.*

Conclusions: *The study shows that both theology and psychology aim at the human's wellbeing: psychology – psychological healing and optimization, theology – spiritual illness healing and redemption.*

Keywords: *spiritual, psychological, counseling, healing, existential, meaning*

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The Value of the Experiential Group in the Personal Development of Adolescents with Creative Potential and Relationship Difficulties

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Abstract

Introduction: *Personal development is addressed to all the people who want to improve their life by overcoming some blockages and difficulties, but also by activating their own resources. In the present study, we focus on the adolescent with above average creative capacities and with difficulties in relationships, with a problematic self-concept and inadequate self-esteem.*

Objectives: *This experiential module was addressed to adolescents aged 17-20 with artistic skills. It included 12 sessions. The main purpose of the therapeutic method is to integrate the body-mind-emotion complex, integration that can facilitate positive consequences (behavior), thus reducing those interpersonal difficulties which hinder adaptation. We aimed to help the participants form and undertake an image and self-identity proper to the environmental requirements.*

Method: *It was scientifically proven that people with creative potential have a large capacity of visualization and a great emotional vulnerability. For this reason, in the process of personal development for adolescents with interpersonal difficulties, we primarily focused on putting them in contact with themselves, on body awareness, mentalization and meditation. We especially used body awareness techniques, expressive artistic techniques (drawing, modeling and painting) and drama therapy*

Results: *Adolescents were assessed before and after participating in the personal development module with several tools: interview, questionnaire type tests, projective tests. Both quantitative and qualitative analysis of the psychological assessment results showed an improvement in the capability of self-knowledge, self-esteem and ability to relate for the participants in the group.*

Conclusions: *The experiential approach proved once again the importance of grounding in the here and now, in order for the subject to gain a flexible attitude and to see the multitude of alternatives for solving a situation. When all levels (body, mind, emotions) function as a whole, the consequences of integration lead to reduced relational adaptation problems.*

Keywords: *teenagers, potential, interpersonal difficulties, personal, development*

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Public Understanding of Mental Illness: Results from a Romanian Sample

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Abstract

Introduction: Although nowadays people seem to have more knowledge about mental illness, various studies reveal a great level of ignorance and hostility towards mental patients, among the general public (Furnham, A., Chan, E., 2004).

Objectives: The current study investigates public beliefs about mental illness among Romanian adults (their perspective on causes, manifestations, the role played by society and hospitals, patients' rights).

Methods: 134 participants (aged 18-75) completed a 56-items questionnaire, derived from the instrument used in Furnham's study (1988). Reliability analyses were performed in order to determine the psychometric properties of the instrument and Pearson Correlation Test was used for hypothesis testing.

Results: The results show that 1) people who know someone with a mental health problem will be more likely to give social explanations for mental disorders; 2) people who worked with patients diagnosed with a mental disease are not prone to use the medical model of explanation for the mental disease.

Conclusions: Nowadays, there is a need to extend previous research and to investigate the public acceptance of mental disease in Romania, in order to create better informational programs.

Keywords: public, beliefs, theories, mental, disorder, acceptance

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A Program of Organizational Therapy - “Checkmate to Stress” -

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Abstract

Introduction: *The aim of the paper is to discuss a new way to deal with organizational stress.*

Objectives: *We intend to emphasize the importance of the organizational group therapy by presenting a program that is meant to both improve and increase the strength of the working group and to make the activities that are carried out as a result of the decrease of non-productive behaviors and the installation of organizational health more efficient.*

Method: *We have presented a program of Organizational Therapy - “Checkmate to stress”, drawing its course, working metaphors and utility, program that can be customized according to the organization’s particularity and the individual’s characteristics.*

Conclusions: *Check mate stress presumes stress training, in the context of redesigning the job (position) and offering social support to the members of the working team.*

Keywords: *stress, management, learning, job, redesigning, organizational*



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