

The Identity Formation Process of Immigrant Children: a Case Study Synthesis

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Abstract

Introduction: *Children who immigrate often have difficulties in adjusting to their host country. A single case study based on similar narratives is composed to develop the character of a child's developmental cultural issues as he immigrated to the United States from El Salvador. Attachment theory is reviewed to discuss how detachment and re-attachment affected him. A review of the literature on assimilation and acculturation is also provided.*

Objectives: *The author synthesizes the work experience with the population with migration history to illustrate how attachment and loss impact these individuals, through a composed case study illustrated through the experience of Ramni, a boy who migrated to the United States from El Salvador.*

Methods: *A case study and narrative approach were used to analyze the clinical experience with this population. The composed narrative was from clients who were seen/ provided psychotherapeutic interventions for adjustment issues. Their age ranges from 10 to 24. The clients' primary country of origin was from the Latin America area.*

Results: *The findings show the child overaccommodated in adjusting to the United States culture, rejected his native culture and country, and had difficulties attaching to his biological parents. However, as a reconstructed self, he readjusted to incorporate his culture and native country. He also recontextualized the perspective he had on his family – to embrace a shared perspective of loss and gain.*

Conclusions: *The story of the child's development showed strong attachment to his grandparents and country of origin, thereby being uprooted from his native country and living with his biological parents necessitated adjustment to the United States culture and norms.*

Keywords: *attachment theory, attachment, acculturation, immigrant, assimilation*

Acknowledgement: I would like to thank the late Dr. Donald Granvold for inspiring this manuscript and encouraging me to write it.

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Resilience in Children with a Divorce History in Their Origin Families – A Case Study on a Preadolescent –

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Abstract

Introduction: *Parental divorce is seen as one of the causes for children's, as well as adolescents' emotional and behavioral difficulties/ distress. Empirical studies show that resilience is a key factor for how children adapt to a traumatic event, such as their parents' divorce.*

Objectives: *This study has as therapeutic objectives to unlock repressed emotions, as well as teach and guide learning of healthy ways of emotional expression, to increase self-confidence and improve the capacity to adapt in difficult contexts, to consolidate the child - parent relationship and develop self-consciousness in a boy whose parents went through a divorce process.*

The case study is focused on a 10-year-old preadolescent whose parents have divorced and later reunited as a couple, who was presenting social anxiety and difficulties in managing his negative emotions at the time of his coming to psychotherapy.

Methods: *The psychotherapeutic process was developed in 12 sessions of experiential psychotherapy, by using expressive-creative methods, drawing, play dough and roleplay.*

Results: *The experiential psychotherapeutic intervention reduced the preadolescent's social anxiety and improved his capacity to adapt in difficult/ unfamiliar contexts.*

Conclusions: *By preparing this case study, it has been observed that divorce has a great impact on the development of preadolescents, leading to a high level of anxiety, low self-esteem and behavioral disorders, while building resilience protects the children of the negative effects of the distress caused by parental divorce.*

Keywords: *experiential psychotherapy, resilience, protection factors, risk factors, distress, divorce*

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The Compassion Dimension in Bullying in High School Students

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Abstract

Introduction: The study focused on the analysis of the relationships between the dimensions of compassion: Self-Compassion, Fear of compassion and the Functions of Self-Criticism, and the 5 roles adopted in bullying: Bully, Assistant, Victim, Defender and Outsider.

Objectives: The objective of the study was to measure the quality of predictors of the dimensions of compassion for the adoption of the 5 roles of bullying.

Methods: The sample consisted of 189 students aged between 16 and 19 years old, enrolled in the 11th and 12th grades in technical colleges, arts and crafts schools and theoretical high schools. The participants completed a set of questionnaires comprising: a section for socio-demographic data, Bullying Participant Behaviors Questionnaire (BPBQ), Self-Compassion Scale (SCS), Fears of Compassion Scale (FCS), The Functions of Self-Criticizing/ Attacking Scale (FCCS). Linear regression analyzes were performed.

Results: The results show that some dimensions of Self-Compassion, Fear of compassion and the Persecution Function of Self-Criticism are predictors for the roles adopted in bullying: Mindfulness is a significant predictor for the role of Victim; Self-Kindness and Isolation for the role of Bully; Over-identification for the Assistant role; Self-Kindness for the Outsider role; Self-Judgment and Over-identification for the Defender role. The Fear of compassion for self is a strong predictor for the roles of Outsider and Defender; the Fear of compassion from others correlates positively with the vulnerability to the Bully and the Assistant roles; and the combined variables of Fear of compassion have a statistically significant contribution to the Victim roles. The Self-Persecution Function of Self-Criticism is also a strong predictor for the role of Victim, but weak predictor for the roles of Bully and Outsider.

Conclusions: As adolescence is a period of identity search by accepting the group of peers, developing compassion for self and repositioning towards self-compassion, compassion for others and from others could support adolescents to avoid taking on roles in bullying situations. Investigation and reduction of self-criticism could be included in anti-bullying intervention programs, both individually and at group level for this age category.

Keywords: self-compassion, self-criticism, fear, shame, bully, assistant, victim, defender, outsider

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The Emotional State and Self-Esteem when Dealing with Cyberbullying in Adolescents

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Abstract

Introduction: As the use of Internet has become more and more accessible globally, phenomena such as cyberbullying have also emerged – adolescents being amongst the vulnerable categories.

Objectives: Identifying the mediating effect of self-esteem in the relationship between cyberbullying (aggressor, victim) and emotional state (anxiety, depression).

Methods: The sample consisted of 165 adolescents from Romania, out of which 51 (30.9%) were male and 114 (69.1%) female. The age of the participants is between 12 and 18 years ($M = 15.43$, $SD = 1.89$). Taking into consideration the educational level, the participants range from being enrolled in the 5th grade to the 12th grade (57 of them are in secondary school and 108 in high school).

Results: The obtained results show that there is a statistically significant relation between all studied variables, self-esteem having a partial mediating effect in their relationships.

Conclusions: If self-esteem was taken into account, the effects of the phenomenon of online bullying could be diminished. Thus, interventions on adolescents' self-esteem would be more than welcome and widely recognized as necessary.

Keywords: anxiety, depression, aggressor, victim, self-esteem, asymmetry of power, cybervictimization

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The Relation between the Dark Triad and Social Media Addiction, with the Moderating Role of Social Anxiety in Young People

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Abstract

Introduction: Nowadays, social media has become an indispensable part of people's lives, especially for young people. Their importance grows day by day (Murat Kirik, 2015). Thus, the use of social media can become problematic in some cases, such as extreme and compulsive preoccupation about them, strong motivation and excessive time used on social media (Andreassen & Pallesen, 2014). Improper use of social media can be associated with the Dark Triad, which consists of a cluster of negative personality traits, as narcissism, Machiavellianism, and psychopathy (Paulhus & Williams, 2002).

Objectives: This study proposes the examination of the relation between the Dark Triad and social media addiction, as well as the role of social anxiety in the same relationship.

Methods: This study includes the use of: The Short Dark Triad Scale (Jones & Paulhus, 2014), the Liebowitz Social Anxiety Scale (Liebowitz, 1987) and an adaptation of The Bergen Facebook Addiction Scale (Andreassen et al., 2012), in order to measure social media addiction. These were applied to 290 young participants, with the condition that they used at least one social media platform.

Results: The results suggest that between the three negative personality traits and the social media addiction there are significant positive relations, although these are somewhat weak. Thus narcissistic, psychopathic or Machiavellian personality traits can cause an increase in the degree of social media addiction. As to the relation between social anxiety and addiction to social media, is a very strong one, which makes it easier for young people with social anxiety to become addicted. However, the results show that social anxiety does not bring any additional effects to the interaction between the Dark Triad and social media addiction, breaking the conditions of analysis moderation.

Conclusions: Future studies should take into consideration a more homogenous distribution of the participants, as well as accounting for external variables in the examination of the excessive use of social media.

Keywords: narcissism, Machiavellianism, psychopathy, personality, social media addiction, social anxiety, Facebook

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COVID-19. How did the Coronavirus Pandemic and Lockdown Affect Psychological Functioning? A Micro-study among Romanian Population

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Abstract

Introduction: *The Coronavirus outbreak started in 2019 in Wuhan, China, and it spread rapidly all around the world. The actions taken by governments were to isolate the population in order to prevent the spreading of the virus. However, this type of action can have a number of negative psychological effects, such as increased anxiety, depression, fear of death or impaired interpersonal relationships (Wang et al., 2020; Zhang et al., 2020; Shiina et al., 2020).*

Objectives: *The purpose of this study is to evaluate the effects of the pandemic on depression, anxiety, stress, creativity and optimism among the Romanian population.*

Methods: *This study was conducted by the use of Millon Clinical Multiaxial Inventory (MCMI), The Fear of COVID-19 Scale (FCV-19S), Hogan Personality Inventory (HPI) and the COPE Scale, but also implied two semi-structured interviews in order to measure the above-mentioned variables. These were applied to 80 participants, of which 40 young adults (19-39 years old) and 40 adults (40-65 years old).*

Results: *The results show that there are statistically significant differences according to age group in terms of depression, anxiety and stress generated by the coronavirus pandemic, but also changes have been observed concerning creativity and optimism. The young adults obtained higher scores on all the researched variables.*

Conclusions: *The COVID-19 pandemic has obviously created a state of global uncertainty, as well as provided the context for triggering a psychological crisis, as evidenced by emotional and behavioral changes. This study is a starting point for conducting other researches in order to find ways to address the psychological crisis. Further research can be carried out, taking into account the current context, outside the state of emergency, that allows the direct meeting between the researcher and participants, making possible physical observations, studies on larger samples and also the exploratory research of other psychological variables.*

Keywords: *coronavirus, COVID-19, pandemic, depression, anxiety, creativity, stress, optimism, coping mechanism*

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