

Mechanisms and Strategies Involved in Marital Satisfaction Depending on Religion

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Abstract

Introduction. *The study brings an element of novelty with a practical applicability with regard to human adapting to the hardships of life by revealing the unconscious defence mechanisms and the coping strategies. In order to highlight the adjusting models, we have introduced couples with various degrees of marital satisfaction and of various religions in our research.*

Objectives. *The main objective of the research is to develop a comprehensive model for evaluating the mechanisms of couple members to adjust to the marital life, in order to create a map of marital satisfaction based on these considerations. This would allow us to make a comparative analysis founded on the religious criterion.*

Method. *The method we used was the psychosocial survey, which comprises a guided interview concerning the quality of marital life, supported by the observation of the non-verbal behaviour.*

Results. *We have evaluated the marital (dis)satisfaction, the defence mechanisms and the coping strategies on a lot of 176 subjects (88 couples), of various religions (Orthodox and Muslim). Thus, we obtained significant correlations between coping strategies focused on emotions and marital dissatisfaction and between coping strategies focused on action and marital satisfaction. We have revealed significant correlations between what we consider immature coping mechanisms and marital (dis)satisfaction. The maps we created for the two groups of subjects (Orthodox and Muslims) revealed differences consisting of: the use of a mature defence mechanism (intellectualisation) for the Orthodox - correlating with a high level of marital satisfaction - and the use of a reactive formation for the Muslims.*

Conclusions. *The research opens the path for a new holistic approach and the introduction in the study of religion as a moderating variable reveals interesting latent factors, which belong to the vast array of influences on marital (dis)satisfaction.*

Keywords: *defence, coping, religion, marital couple*

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Metaphoric Technology-Based Scenarios for the Experiential Diagnosis of Children with Attention Deficit Hyperactivity Disorder

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Abstract

Introduction: Children diagnosed with attention deficit hyperactivity disorder (ADHD) present a significantly higher risk for numerous emotional and social problems than those without ADHD, including poor self-image, depression, and interpersonal difficulties, which lead to academic and social underachievement.

Objectives: Since these children are included in the general education classroom, the teachers need to understand their emotional difficulties better, in order to collaborate efficiently with the psychotherapist and to adapt their teaching strategies for an effective instruction of these children.

Methods: The paper describes the development of two experiential technology-based metaphoric scenarios aimed to help teachers and psychotherapists in the diagnosis of self-image improvement in experiential psychotherapy of children diagnosed with ADHD.

Results: There is a correlation between the way a child assesses himself and relates to himself, and how he evaluates and behaves in relation to his peers. This means that the improvement of self-image can be a primary goal in the psychotherapy of disruptive behavior disorders.

Conclusions: The construction, validation and implementation of these scenarios in school settings is part of a larger research project that proposes a combined research strategy regarding the efficiency of expressive experiential psychotherapy in treating disruptive and emotional disorders in children.

Keywords: ADHD, social problems, emotional disorders, development

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Fractals of Stress Experience at Air Traffic Controllers

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Abstract

Introduction: *The present study is rooted in the desire of finding suitable solutions for the aggravating forms of stress. Beyond the harsh reality of powerful stress factors, there is our desire for recovery and adequate use of personal resources. This is not a simple task at all, and in order to do this we should first identify our personal resources.*

Objectives: *The objectives of the study were to study the interaction between the personality factors and the fractals of occupational stress among air traffic controllers and the Optimization of stress adjustment mechanisms among air traffic controllers and the development of the premises necessary for adopting a lifestyle based on an efficient coping.*

Methods: *The instruments used are: the Perceived Stress Scale, the Freiburg Personality Inventory, the Holmes Scale, and the Coping Scale. The subjects have been asked to answer individually to the samples that have been applied, with no time limit. For each group of subjects, the sample application has been performed inside the institution in which they usually worked. The sample consisted of 90 individuals, all air traffic controllers, with a mean age of $m=38.2$. It is important to point out that the study refers only to en-route air traffic controllers and due to the low number of women working in this domain, the gender variable has not been taken into consideration. Furthermore, the study compares the results obtained for the air traffic controllers working in Arad and those working in other regions of Romania.*

Results: *Results have shown that the prolonged presence of stressful factors in the case of the groups subjected to study, has led to negative effects for all five categories that have been taken into consideration: influence on personality, cognitive effects, influence on health, influence on behaviour and physiological effects.*

Conclusions: *By identifying the dimension of our reaction to stress, some of our adequate*

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possibilities to react and some of our personal resources, we can take a step forward towards participating with more openness and enthusiasm in the interventions that occur in the case of critical incidents.

Keywords: *stress, fractals, personal resources, critical incidents*

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The Dynamics of the Personal and Familial Change in the Anxious Patient Through the Experiential Psychotherapeutic Approach. A Case Study.

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Abstract

Introduction: *With a view on understanding the general framework of the anxiety issue within which change must be operated, one must investigate both the therapist's and the client's perspective from the very beginning. The challenge of finding out what lies under the so complex symptoms of anxiety, of discovering what mechanisms cause, facilitate and fuel them, by retracing, understanding and giving new significance to every client's life story thread, constitutes the most laborious and, at the same time, the most exciting aspect both for the therapist and for the client.*

Objectives: *The general objective of the paper consists in identifying the mechanism of individual change within the integrative-unifying psychotherapeutic labour, while the practical-applicative one refers to offering a possible methodological register in order for practitioners to be capable of monitoring the dynamics.*

Method: *The present paper represents „an excerpt” from an ampler study that analysed, using qualitative methodology, the effects of the integrative-unifying therapeutic endeavour of experiential type on anxious-depressive disorders.*

Results: *The effects resulting from an integrative psychotherapeutic endeavour of experiential type on people suffering from subclinical anxious-depressive disorder, who were*

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monitored dynamically and during follow-up, were the following: the remission of the anxious-depressive disorder symptoms, assuming anxiety as an emotional state signalling misbalance that can be solved by discovering the mechanism causing it and by connecting to one's own resources, by identifying blocking and neurotic repetitive individual behavioural patterns with similar finality and individual psychological mechanisms of anxiety.

Conclusions: *The structuring on three dimensions (symptoms, the existential dimension and the dimension across generations) of working methods and techniques used within the integrative-unifying psychotherapeutic endeavour highlights the importance of monitoring the client's individual dynamics.*

Keywords: *life script resignification, personal development*

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Cognitive Coping Mechanisms in Patients with Alcohol Addiction

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Abstract

Introduction: *In order to cope with daily stress that is present in everyday life, man turns to certain defensive mechanisms against disturbances.*

Objectives: *This paper aims to highlight aspects of cognitive coping mechanisms in men diagnosed with alcohol addiction, given the fact that they turn to substance abuse to handle stressors easily. At this juncture, alcoholic patients develop certain defense mechanisms to minimize the problem they have and the negative effects that are present in alcohol abuse, which are reflected in all areas they have to deal with: family, social area, professional area, but they are also emotionally and morally affected.*

Methods: *We used DMRS questionnaire: The Defense Mechanisms Rating Scales and Beck's Depression Inventory (BDI).*

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Results: *Patients diagnosed with alcohol addiction use dysfunctional behavior to cope with everyday stress and repeat it due to irrational beliefs.*

Conclusions: *Excessive alcohol consumption affects the information processing, so they will continue to see the negative side of situations in everyday life. On top of this, we have noticed a relationship between alcohol addiction syndrome and depression.*

Keywords: *alcohol, addiction, abuse, vice*

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Experiential Applications for Reviving Adolescents’ Psychological and Cultural Values

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Abstract

Introduction: *Most of the research in the experiential learning area did not focus on cultural and moral values, especially in teenagers. Human and cultural values are forgotten in this age of continuous change and our youngsters think that everything that is old is also worthless.*

Objectives: *The purpose of this study was to explore and measure the effects of experiential learning in increasing emotional intelligence and cultural values in adolescents. At the same time, the general objective was to study the way in which experiential group activities can change the way they see themselves as a part of the culture and find a place in the community (Tasting ARTS Project is the initiative of prof. Monica Pleșca from The Technological Alimentation Industry High school, along with professors from „Socrates” Theoretical High-School and „Henri Coandă”*

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Technical High-School, Timisoara, Romania. I salute this fruitful idea, which proved to be extremely liked by the students and as they stated, even life-changing).

Methods: *A total of 20 subjects were tested with the Contingencies of Self-Worth Scale (Crocker & Wolfe, 2001) and also with the Emotional Intelligence Questionnaire (Roco, 2001) before and after several sessions of experiential training, as part of a larger project of recovering human and cultural values.*

Results: *The discussions of the results obtained in this study can be concluded with the statement that adolescents are eager for experiential activities. They enjoy interacting with each other and expressing their ideas and their own values regarding culture and society.*

Conclusions: *Considering that after all, teenagers are the adults of tomorrow, we should take into account that leading them to self-discover values and culture could be a path into reviving our society.*

Keywords: *experiential techniques, social values, psychological values, teenagers*

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