

Valences of Creative Meditation in the Psychotherapist's Training

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Abstract

This research aims at identifying and evaluating the formative valences of the creative meditation in the personal optimizing group at the level of personality variables. We considered empathy as the main reference point in order to validate the proposed method. Secondly we evaluated variables such as emotional intelligence, anxiety, flexibility, social behavior, self-acceptance and self-affirmation, creative thinking.

We conducted the research on a sample of 90 subjects, students psychologists aged 20-25 from the University of Bucharest, divided in two equal groups (n1=45, n2=45), experimental group and control group.

We applied a program of creative meditation and drama-therapy to the experimental group and we worked on debates with the control group. We worked 28 hours in sessions of 4 hours (once a week) with both samples divided in groups of 15 subjects. The statistical procedure of test – retest (t grade for independent samples) applied at the level of the two groups enabled the identification of statistically significant differences regarding emotional empathy, predictive empathy and other secondary variables except for emotional intelligence and anxiety.

According to the results, it seems that the method of creative meditation with drama-therapeutic support may increase empathy, creative thinking, self-acceptance and self-affirmation, social behavior and flexibility.

Keywords: drama-therapy, empathy, therapeutic alliance, personal optimization.

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Interconnections between Assertiveness and Empathy in Couple Relationships - experiential applications -

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Abstract

Introduction: *The present paper approaches the couple dynamics topic, more precisely the connections between assertiveness and empathy, as well as the connections between them and the optimal functioning of the couple.*

Objective: *to reveal the particularities of the intercommunication between genders, of empathy and assertiveness within the couple*

Method: *There were 120 heterosexual participants (60 women, 60 men) aged 20 to 35 (60 couples: 30 married couples and 30 freely consented unions – duration of relationship 1-15 years). The following instruments were used: Questionnaire of assertiveness and empathy, Questionnaire of marital satisfaction, Femininity/masculinity Scale.*

Results: *The hypotheses of the research were confirmed. Thus, there is a relationship of mutual facilitation between*

assertiveness and empathy; masculinity positively correlates with assertiveness and femininity positively correlates with empathy. Other results emphasize that the partners' satisfaction is high when a mechanism of facilitation between assertiveness and empathy functions within the couple.

Conclusions: *As far as femininity and masculinity are concerned, the psychological androgyny of both genders must be brought into discussion. Androgyny would constitute a premise of an optimal relation between assertiveness and empathy. According to the situation, an androgynous person may be assertive, when self-affirmation is necessary, and empathic, thus increasing the satisfaction within the couple.*

Discussions: *Due to the current mutations, both the person and his/her couple relationship have to adapt by using a series of relational and communicational abilities. Our study supports the importance of the role played by assertiveness and empathy. However, their precise place in the abilities structure remains to be clarified through further studies.*

Keywords: *couple dynamics, communication, assertiveness, empathy*

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Experiential applications in the aggressiveness-frustration dynamic in adolescents

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Abstract

As a "crisis" period, produced by the split from childhood, adolescence implies a series of freedom limitations that the young man experiences as a frustration or as an assault of his inherent rights to manifest as a personality.

Firstly, this work aims at capturing the relation between aggressiveness and frustration during adolescence by: revealing the occurrence of a statistically significant positive relation between the level of aggressiveness and the level of resistance to frustration among teenagers, stressing the occurrence of some differences regarding the level of aggressiveness and resistance to frustration according to the subjects' age and gender; determining some correlations between the level of aggressiveness, the degree of resistance to frustration and the polarity introvert/extrovert.

Secondly, we would like to point out the effects of some experiential work techniques in reducing the level of aggressiveness and frustration among teenagers.

Keywords: *aggressiveness, resistance to frustration, introvert-extrovert polarity*

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Elements of Internalized Homophobia and the Self Image in Draw-a-Person Test

- an evaluation micro-study –

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Abstract

Introduction: This study is based on the fact that people with a gay identity internalize the negative social messages referring to a gay sexual orientation, phenomenon also known as internalized homophobia. Internalized homophobia manifests itself in various ways, such as hostility, anxiety, a rigid self-control, hiding and underestimation, feelings of guilt or shame. **Objectives:** The objectives of this study are: 1) the evaluation of internalized homophobia elements among people with a gay sexual orientation; 2) the evaluation of the implications of internalized homophobia over gay persons' self-image.

Methods: The main hypotheses of this study are: 1) people with a gay identity internalize negative social messages regarding their sexual orientation; 2) persons with a gay identity are more prone to develop a negative self-image than persons with a heterosexual identity are. The research group included 13 subjects who define themselves as having a gay identity, both women and men, with ages between 20 and 30 years old. The methodological instruments used were draw-a-person test and clinical observation.

Results: According to the obtained results, the hypotheses have been confirmed. Persons having a gay identity are more prone to build a negative self-image compared to persons having a heterosexual identity.

Discussions: Persons having a gay identity have higher levels of anxiety, underestimation, control, hiding and guilt. These subtle elements of internalized homophobia influence the development of one's self image as well as the process of self-acceptance and positive integration of the gay sexual orientation into one's personal identity.

Keywords: *gay identity, internalized homophobia, self-image*

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The Attachment in Couple Relationships

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Abstract

This study was designed to investigate the existence of an association between the type of attachment developed in childhood with the parents and the type of attachment in couple relationships, in order to compare the effect of the attachment to the mother and the attachment to the father on the attachment in the couple relationship. It also investigated the relationship between attachment-related anxiety and self-esteem, as well as the relationship between attachment-related avoidance and self-esteem.

The study was conducted on a sample of 33 heterogeneous people (mean 33.45) as far as age is concerned, but with a

balanced gender distribution (15 male participants, 18 female participants) chosen on the criterion of at least one long-term relationship in their life history.

The type of attachment created in relationship with the parents in early childhood was measured by AAI interview (Adult Attachment Interview, George, Kaplan, & Main, 1986, 1996) which was translated and adapted in Romanian and results in four attachment categories: secure, avoidant, preoccupied and unresolved / disorganized. The attachment type in couple relationships was assessed by using the self-assessment questionnaire ECR-Revised (secure, avoidant, rejected, preoccupied, fearful-avoidant) and the self-esteem was measured by using two instruments, the Rosenberg scale and the Sorensen scale.

Data analysis showed a significant association between the type of attachment developed in early childhood with the primary attachment figures and the attachment type created in couple relationships.

The result was also a stronger association between the type of attachment to the mother and attachment type in the couple relationship compared to the association of the type of attachment to the father and the type of attachment in the couple relationship.

Furthermore, the hypothesis that high levels of attachment-related anxiety and low self-esteem are significantly correlated was confirmed.

Keywords: *Romantic attachment, self-esteem, attachment-related anxiety, attachment-related avoidance, dependence in couple*

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Differences Related to Gender and Relationship Type Regarding the Marital Satisfaction Dimensions and the Characteristics of Sexual Behavior in Dysfunctional Couples

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Abstract

The purpose of the present paper is to investigate the extent to which the appreciation of the marital satisfaction dimensions and the sexual behavior characteristics in dysfunctional couples differ according to gender and relationship type (married, cohabitants, lovers).

The study is based on the assumption that the analysis of the marital satisfaction dimensions in dysfunctional couples, based on gender and relationship type (married, cohabitants, lovers), can provide important information for the therapeutic process.

Keywords: *couple, marital dysfunction, malfunction, sexual behavior, gender, relationship type*

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Social Network and Internet Addiction Disorder: An Italian study

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Abstract

In recent years, the widespread use of the Web 2.0 has led to a broad diffusion and usage of social oriented Internet applications that may also lead to a wider diffusion of the Internet Addiction Disorder. The aim of this research is to evaluate the predictive power of the time spent online, various Internet applications and personality traits with problematic Internet use in a University context from central Italy. A self-report pencil and paper questionnaire including questions about the usage of specific web applications, the Internet Addiction Test (IAT) and the Temperament and Character Inventory (TCI), were applied to a sample of 407 students between the ages of 18 and 48. Results showed the amount of time spent online, the use of social oriented web applications like Facebook and Chat, low Self Directness and high Novelty Seeking levels, which are all significant predictors of IAT scores.

Key-words: *social network, internet addiction disorder*

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How Bullying during Adolescence Affects Personality

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Abstract

Bullying is defined as the exposure of an individual, repeatedly and over time, to negative actions on behalf of one person or more people (Coolidge, DenBoer, & Segal, 2004). Taking many different forms, bullying can be associated with meaningful levels of psychological problems. Victims of bullying during adolescence share some of the same characteristics, e.g. passive or submissive, small in stature, weak or frail (Fleisher & Schwartz, 2003). Bullies also share some features among them, such as: overly aggressive, having a low tolerance for frustration, impulsive, hot-tempered, destructive and tendency to process social information in a dysfunctional manner (Coolidge et al., 2004). The victims also share some of the long term effects on personalities due to the memories of being bullied (Roth, Coles, & Heimberg, 2002). Victims often see themselves as failures, insignificant, unintelligent or unattractive and because of these cognitions; victims blame themselves for being bullied (Fleisher & Schwartz, 2003). Long term effects on personality of bullying during adolescence include: depression, low self-esteem and lower satisfaction in adult relationships (Roth, Coles, & Heimberg, 2002). Due to the victimization during adolescence, males may have difficulty with their relationships with women, as well as alcohol and drug abuse, while females may suffer from eating disorders (Wilkins-Shurmer, O'Callahan, Najman, Bor, Williams, & Anderson, 2003). In a nutshell, the physical wounds from bullying will heal, but it is far more difficult to overcome years of psychological and emotional abuse (Eliot, Cornell, Gregory, & Fan, 2010).

Keywords: *types of bullying, characteristics of victims of bullying, bullies' features, immediate effects of bullying, bullying long term effects on victims' personality*