

Personal Relationship Peculiarities With Primary Objects As Component Of Overcoming Crisis Circumstances

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Abstract

The article presents a theoretical and empirical analysis of the phenomena of resilience, the type of attachment, the quality of the maternal object, the type of adult reactions to stress. The results of an empirical study of the influence of the peculiarities of the relationship of primary objects with their children on the further formation of adult resilience, the ability to resist stress and overcome the negative effects of stressful circumstances are presented. In particular, we considered such shades of relationships of close adults as the type of attachment, the quality of the maternal object, the type of response to stress of significant adults. The method of research of the outlined phenomena in their interrelation with ability to resist stress, to overcome crisis circumstances is presented.

Keywords: crisis circumstances, excessive stressors, post-traumatic stress disorder, resilience, primary objects, type of attachment.

Introduction

Today, it is safe to say that the modern population of Ukraine suffers from chronic crises. Mass riots, military conflict in the East, socio-economic instability, violation of the sense of basic security due to the global epidemic COVID-19 - all these are factors of significant stress, which affects the psycho-emotional, mental and physical health of the population. Under such conditions, in the area of the most relevant scientific research are issues related to the phenomena of stressors, the development of stress and its consequences, the ability to resist stress (including resilience) and overcome the symptoms of trauma. However, in the social environment of variability, unpredictability, uncertainty, the study of patterns of formation in the individual's ability to resist stress, the possibility of forming this ability in adults and children, in our opinion, come to the fore because they have significant potential for mental health.

It is now well known that one of the most vulnerable categories of the population affected by the crisis in society is children. They are quite sensitive to events that change the constancy, reliability, safety of the environment and cause a sharp, unpredictable dynamics of psycho-emotional relationships with adults (Bowlby, 1980, Lieberman & Knorr, 2007, Kisarchuk & Omelchenko, 2016). Mechanisms for overcoming the effects of stressors in children are in the process of formation, and they may experience stressful influences, both their own and those of adults, because the latter may lose the quality of resistance due to excessive stress. In fact, children need a reliable, constant adult both as a support object that creates a safe environment for development, but also as someone they imitate in crisis situations (Rutter, 1990; Widom, 1999; Bowlby, 1980; Winnicott, 2007; Brish, 2012; Omelchenko, 2015; Masten & Barnes, 2018). In view of this, it is quite promising to consider the question: what are the components of the

interaction of adults and children are crucial in the context of the formation of resilience, stress, vitality.

No less vulnerable to stress is a group of people in ancillary professions, in particular, psychotherapists, social workers who work with different categories of victims (Lazos, 2017). Issues of resilience to stress, the ability to overcome crisis circumstances acquire for them not only personal significance but also professional effectiveness. The isolation of resilience factors for this group acquires the values of professional efficiency and growth (Lazos, 2017; 2018).

Resilience is mainly understood as the ability of the psyche to recover from excessive stress, crisis, adverse psychosocial, physical conditions (Neman, 2005) or as a dynamic ability of the individual to successfully adapt to traumatic factors, disorders, significant threats (Richardson, 2002; Horn & Feder, 2018), adaptations to challenges that threaten the functions of survival or future development of the system (Masten & Barnes, 2018).. Thus, in fact, it is about the ability of an individual to resist the effects of excessive stressors, overcome crisis circumstances, restore their own psycho-emotional balance, adapt to new conditions and even improve after injury. Today it is known that resilience depends on many internal and external components, such as: adequate self-esteem, self-confidence, developed emotional intelligence, the ability to maintain effective, reliable relationships with others, etc. (Rutter, 1990; Luthar, 2000; Bolton, 2013; Masten, 2014). However, in our opinion, these qualities are layered on the more basic layers of personality consciousness, which continue to be crucial in a person's ability to resist stress, to overcome crisis circumstances.

Thus, studies of the theory of object relations, the theory of attachment highlighted an important concept for deepening understanding of the nature of resilience, the crucial qualities of primary objects, the experience of relations with primary objects, the characteristics of attachment for further functioning of the adult psyche human

(Bowlby, 1980; Main, Kaplan & Cassidy, 1985; Rutter, 1990; Winnicott, 2007; Brish, 2012.).

We should note that the theory of attachment was proposed by Bowlby J. and Ainsworth M. in 1960-1970. The theory reveals the importance of the quality of attachment of the individual in early childhood with parents and other important objects for its further adaptation, socialization. The main ideas of the theory of attachment are that: in the experience of early child relations with significant adults, working models of relations with the surrounding world are formed, which are further crucial for the processes of adaptation and socialization throughout life; what kind of attachment is formed determines the emotional reactions of the child and his behavioral strategies; the internal working model of relationships can change if a person consciously makes an effort to form a new model of attitudes, evaluations and reactions. An important part of the theory is the quality of a child's attachment to close adults. As should be noted, "personality traits and coping strategies have been shown to influence the impact of PTSD from past trauma on psychiatric outcomes" (Slanbekova et al, 2017, 2). Understanding the quality of attachment is based on the categories of feelings of security/danger, reliability/unreliability, constancy/chaos, predictability/unpredictability, which provide or not the object of attachment. Accordingly, it is possible to observe patterns of infant behavior after the stress caused by separation from a relative: some children quickly calm down and restore a sense of security, safety after returning the object of attachment, others - begin to avoid the object, reject contact and support or, conversely, cling and anxiously "stick" to the object, feel the danger in the future, another group of babies is too disorganized to separate and even after the return of the object continues to be in the same state. Based on these observations, a classification of types of attachment was made (see Table 1), which can be observed in adults in one way or another, as the relationship matrix extends to further social

life: styles/types of attachment to different family members, building relationships with the social environment, the quality of relationships

in adult life, etc. (Brennan, Clark & Shaver, 1988, Bartholomew & Horowitz, 1991).

Table 1 Types of Attachment in Children and Adults

AGE GROUPD	TYPES (STYLES) OF ATTACHMENT
CHILDREN	Safe/reliable/protected (reliable) Ambivalent (unreliable) Remote/evasive/elusive (unreliable) Disorganized (unreliable)
ADULTS	Standalone/secure Avoidable/evasive/rejective Anxious/obsessive/anxious Disorganized

It should be noted that Table 1 uses the names of attachment types/styles proposed by authors such as Bartholomew & Horowitz (1991); Sharff & Sharff,(2009), who, moreover, equally use the terms type, style and quality of attachment.

A large number of modern studies show that the formed type of attachment affects not only a person's social life, but also his or her ability to overcome the effects of stress, the quality of the resilience. According to Brish (2012), close, reliable attachment, which is formed in early childhood, plays a significant role in creating a system of mental protection in children, which is the basis for the development and improvement of socially oriented behaviors and ensures the stability of the child's psyche and its ability to resist stress, to cope with its consequences. That is, in fact, the basis of resilience is formed. Arden J. notes that a reliable type of attachment is the basis for successfully overcoming the negative effects of stress and is an important indicator of personality resilience. Similar conclusions were reached by a group of scientists Maunder & Hunter (2001). Research by Rutter (1990) found that a secure relationship between parents and children reduced the risk of mental disorders in the latter, even if there was a chronic conflict in the family. The scientist made an important conclusion that reveals the nature of the resistance to personal stress - the

presence of a reliable and safe relationship of at least one parent with the child had a positive effect on the child's self-esteem, which had a protective effect. Similarly, Brish K.G. indicates that the presence of at least one person with whom the child has a stable strong bond, a secure attachment is a protective factor for the child and affects his or her psychological health and resilience. Studies by Nemeth & Olivier (2018) on a sample of victims of Hurricane Katrina (2005, Louisiana) found a pattern that shows that the presence of a close, meaningful environment can help to quickly master and overcome the negative effects of stress, a quick return to normal life without signs of trauma. Kalmykova (2012) together with a group of scientists established a relationship between the types of attachment and the level of resistance to the development of psychotrauma. It has been found that the ability of an adult to be resistant to stress, to the development of trauma is directly related to the presence of a strong attachment to important people. The study by Thompson, Wrath, Trinder & Adams, (2018) shows that the type of attachment is reflected in the level of formation of resilience in medical students, which in turn affects their ability to protect themselves from the destructive effects of stress. factors, as well as the ability to create a solid foundation for later life. Researchers Rasmussen, Storebo & Lokkeholt, (2019) found that safe attachment

indicates the presence of resilience and consider attachment as a key condition for the formation of resistance to stress. In studies by Heinonen & Nissen-Lie, (2020), the ability of psychotherapists to have a secure attachment is revealed as a trait that affects their professional effectiveness.

In studies by Moulder & Hunter J. J. found that unreliable attachment (ambivalence, avoidance) contributes to increased reactions to stress, thereby increasing the level of stress; unreliable attachment (ambivalence, avoidance) may affect the fact that the physiological response to stress will be longer; the type of attachment, its quality is likely to affect a person's ability to use social support as an important buffer component of coping with stress. McGauran, Brooks & Khan, (2019) found that the group of offenders showed a significantly higher level of anxiety attachment compared to the normative group. Thus, based on an understanding of the crucial role of attachment type in the process of resilience formation, it was important for us to investigate the relationship between resilience level and attachment type in adults.

However, in the context of building relationships in early childhood and developing resilience to stress, one should consider the quality of the primary object, which is what forms a certain type of attachment and lays the foundation for the ability to resist stressors. Therefore, the primary objects are significant individuals (primarily mother, parents) who hold the child, his or her development and socialization (Winnicott, 2007; Klein, 1997). It is the primary objects that lay and/or not the basic image on which the protective mechanisms of the psyche are formed - reliability, constancy and security, which is further crucial in the relationship of the individual with others and the world around him. What impression of the world is formed in infancy, in early childhood, first of all, by the mother or the person who replaces her, is formed into stable images and is the basis of the quality of attachment and relationship. Winnicott distinguishes several types of

maternal/primary object: a good enough mother - who adequately feels the needs of the child, differentiates them, feels her own psychological boundaries and the boundaries of the baby, friendly and emotional to the child, creates conditions for moderate frustration, which is a condition for healthy development; a too good mother - who feels the needs of the child but from time to time confuses them with her own, emotionally and friendly to the baby, often blurs the psychological boundaries - her own and the child's, tries to avoid healthy frustrations of the child through their own anxiety; bad mother / "cold" - who vaguely feels, differentiates the needs of the child, emotionally detached, blurs psychological boundaries, detached or hostile to the child, creates conditions for too strong frustrations and fixations that hinder healthy development. The good enough mother, through a favorable holding, forms the basis for the internalization of favorable objects (reliability, constancy, security, rhythm), which, as already mentioned, is the prototype of future successful social functioning. The too good mother and too bad mother, on the contrary, create a background for breaking the basic background of socialization and development, breaking the reliable, close relationship.

Hence, considering the qualities of the maternal object, we make the assumption that the types of attitudes of different mothers towards the baby may ultimately be reflected in the type of attachment of the child to the mother. In fact, by experiencing and appropriating the maternal object in its manifestations, the child further builds a relationship (attachment), which is further reflected in the relationship in a broader context. Based on this, we were interested in whether it is possible to correlate the qualities of the maternal object and the types of attachment that will be manifested in children in stressful circumstances.

Analyzing the problem of forming the basis for the development of resilience, we also drew attention to the fact that research indicates the growth and spread of traumatic experiences in children at an early age (Bartlett & Smith S.,

2019). In this case, children suffer from the most severe, long-term and harmful consequences, when the injury begins early in life, and also takes multiple forms, is especially difficult if it involves harm from parents or other primary caregiver (Werner & Smith, 1992; Lieberman & Knorr, 2007, Bartlett & Steber, 2019). It is worth noting that “adolescents often imitate adults and their behavior” (Alimbayeva et al, 2018, 460). Meanwhile, more and more often researchers distinguish a special factor in the formation of children's resilience - their quality of relationships with caregivers, educators, health professionals (Masten, 2014; Masten & Barnes, 2018). Under stressful situations, children face various reactions from important adults - from support and learning the ability to cope with the effects of stress to the deepening of the traumatic process, destruction, neglect of feelings, etc. (Omelchenko, 2015). However, in the case of stress, children especially need a reliable presence, emotional balance of adults (Brish (2012), Klein (1997), Winnicott (2007)), and their unfavorable psycho-emotional state can become a significant stressor for the former. Based on the dominant experiences of parents, their model of behavior during stress, children gradually learn to overcome the negative effects of stress, to find solutions to the crisis situation (Omelchenko, 2015). Given the above, it was important for us to find out whether the psycho-emotional state of adults significantly affects the psycho-emotional state of their children and what this is important in the context of the formation of resilience.

Object of study: type of attachment, quality of primary objects, emotional stability of significant adults as a condition for the formation of personality resilience.

The aim of the study: to reveal the specifics and significance of psychodynamic factors that arise in childhood in relation to significant, primary objects, for the process of formation of personality resilience.

Research methods.

The relationship between the type of attachment and resilience of adults was studied using the following methods: Connor-Davidson Resilience Scale CD-Risk-25 (Connor & Davidson, 2003); Experiences in Close Relationships (ECR), (Brennan, Clark & Shaver, 1988; Sabelnikova, 2015); Student's t-test was used to study the relationship between attachment type and resilience level.

The study of the qualities of the primary object, the types of attachment of children in crisis circumstances was studied with the help of: structured observation, which was aimed at identifying the type of attachment in children. Characteristics of observation parameters were distinguished on the basis of literature analysis (Bowlby, 1980; Brish, 2012.) and included emotional, communicative-behavioral, cognitive manifestations in children that occurred during meetings with a specialist. The set of features, which were marked on a special form, made it possible to distinguish the type of attachment in children; content analysis of activity products aimed at studying the qualities of the primary object: analysis of the figurative motive, developed in the framework of catatima-imaginative psychotherapy (GAI) H. Leuner (1997), "Luki", which is quite structured as a therapeutic and diagnostic psychotechnics. It is valuable that this image reflects both conscious and unconscious tendencies. Thus, the fact that the primary object has the qualities of a warm mother was diagnosed due to the resource dynamics of the imagination, lush grass and flowers in the meadows, warm pleasant weather, friendly, joyful, trusting mood of the client, pleasant to the touch ground, grass, no conflict projects, etc. Cold /bad mother in the motif "Meadows" was diagnosed due to images of winter weather, the presence of snow and ice in the meadows, hard grass, unpleasant to the touch ground, uncomfortable state of the client (anxiety, fear), impossibility of resourceful relaxed state in meadows, objects, etc. An unpredictable/ too good /disorganized mother was diagnosed through contradictory images of the imagined and depicted: in general,

auspicious meadows could be saturated with unpleasant or dangerous objects, accompanied by a depressed, anxious state of the client, inability to imagine, relax on meadows, contact and contact with there could be a state of suffocation or lack of space, inappropriate clothing for weather conditions or age, there could be places that are impossible to approach, etc.; Spearman's rank correlation, which studied the relationship between the type of attachment and the quality of the primary object.

The study of the relationship between the psycho-emotional state of significant adults (parents) and their children was carried out using the following methods: to study the presence of children's symptoms of PTSD, which can be considered as a psycho-emotional imbalance under the influence of stressors, and their parents used questionnaire "PTSD symptoms in adults", Questionnaire "Signs of PTSD"(in children) - filled in by parents-servicemen (as a group that suffers excessively from stressors); questionnaire on the symptoms of post-traumatic stress disorder (after exposure to excessive stressful events) - was filled out by children. Questionnaires "Symptoms of PTSD in adults", "Signs of PTSD" (in children) included a list of typical symptoms of PTSD in children and adults, which are distinguished on the basis of analysis of relevant sources (Pynoos et al, 1990; Kisarchuk & Omelchenko, 2016). Questionnaire on the symptoms of post-traumatic stress disorder (after exposure to excessive stressful events) is one of the versions of the Ukrainian translation and adaptation of PCL-5; alternative analysis, Mann-Whitney U-test.

Participants of the research.

Based on the understanding that the ability to overcome crisis circumstances, resilience has its origins in early childhood (Bowlby, 1980; Main, Kaplan & Cassidy, 1985; Rutter M., 1990, Brish, 2012) it is advisable to consider sampling of adults and children in the problem of factors of formation of this quality, it seems expedient, as we will be able to single out some important accents of this ability in ontogenesis.

Thus, the analysis of the above phenomena was carried out on different samples and at different times, because the research point of view is quite capacious and multilayered and could not be satisfied at the same time.

Therefore, the relationship between the level of resilience and types of attachment was studied in a sample of ancillary professionals (psychologists, psychotherapists, trauma therapists), who actively provided crisis psychological assistance to the population of Ukraine after the riots and military events in the east (since 2014) during 2017 - 2019. This group consisted of 70 specialists of auxiliary professions (psychologists, psychotherapists, trauma therapists) of female gender, of different ages and work experience (n = 70). It included middle-aged women (30 to 65 years, 50% of the sample belonged to the group "40-50 years") with experience in the specialty "psychologist" over five years or more (average experience 12 years). Most of the respondents in this sample worked with servicemen (anti-terrorist operation veterans, military), and a minority with forced IDPs.

The study of the qualities of the primary object, the types of attachment of children in crisis was studied in a sample that was affected by excessive stressors due to forced relocation. The total number of subjects was 76 children (n = 76) aged 6 to 15 years. The research was carried out on the basis of the charity organization "Ukrainian House", the crisis center of medical and psychological assistance of the G.S. Kostyuk Institute of Psychology of the National Academy of Pedagogical Sciences of Ukraine during 2015-2016. The organization of the study had specifics in the main procedures, as the subjects were in a crisis situation. The possibility of contact with the subjects was short-lived (from one to five meetings), the research procedures were combined with the process of psychological assistance. Given these facts, the methods themselves were as natural and concise as possible. Data processing was carried out with an emphasis on qualitative data analysis.

The study of the relationship between the psycho-emotional state of significant adults (parents) and their children was carried out during 2018-2019 at the Cherkasy Regional Clinical Hospital for War Veterans among combatants in eastern Ukraine and their children. Total: 70 respondents (n = 70), among them: 34 men and 1 woman aged 27 to 45, 35 of their children and adolescents aged 6 to 15. 10 participants were on conscription, all others were demobilized. It was this group that was chosen as representative, as the military

profession is a high-risk profession under stress, and in the context of military events in the east of the country, such workload has increased.

Results

The relationship between the level of resilience and the type of attachment (experience of close relationships) in professionals of auxiliary professions (psychologists, psychotherapists, trauma therapists) is presented in the following meanings.

Table 2 Relationship of Resilience Levels with Attachment Types in Ancillary Professionals

	Types of attachment (questionnaire subscales)	
	Avoidance	Anxiety
Resilience	- .406 ***	- .291*

* p \leq 0.05; ** p \leq 0.01; *** p \leq 0.001

As can be seen from Table 2, we found a statistically significant inverse relationship between the level of resilience of professionals and the type of attachment "avoidance" of close relationships (p \leq 0.001) and the type of "anxiety" in the relationship (p \leq 0.05). Based on this, we can say that unreliable types of relationships (avoidance, anxiety) in adults negatively affect their resilience: the higher the rate of avoidance and anxiety, the lower the ability to resist stressors, the lower the level of resilience. It should be noted that a statistically significant positive relationship was found between these two types of attachment -, 238 * (p \leq 0.05). Hence, the higher the "anxiety" in a relationship, the higher the "avoidance" of a close relationship. In general, we can say that the type of attachment "avoidance" is the most sensitive to indicators of resilience to stress - the level of resilience, which indicates the importance of relationships and social contacts during a person's crisis. The results confirm the thesis that gaining the experience of a reliable relationship with adults in early childhood is still an important factor in resilience in adults. It is also worth mentioning that in the current domestic study of children's traumatic process (Mischuk, 2019) we find close to our conclusions about the crucial importance in

overcoming / deepening children's trauma strategies of "avoidance" of social contacts / maintaining contact with others. As for the specialists of auxiliary professions, we also found a statistically significant inverse relationship between the level of resilience and the number of hours of personal experience (supervision, intervention, own therapy) that the specialist has: the fewer hours of personal experience, the lower the level of his resilience (p > 0.05, Sig \leq 0.05). Thus, the experience and opportunity to be in a reliable relationship in general and, in particular, during stressful events acquires special professional significance for professionals in ancillary professions, and during the acquisition of experience gains experience in a safe, reliable relationship, which further affects professional efficiency and on the quality of life of the individual, his ability to overcome crisis circumstances.

Thus, the ability to be in a reliable relationship, contact are especially important when a person is in stressful circumstances, as they are an important factor of resilience and affect the effectiveness of coping with stressful circumstances, as well as the effectiveness of professional activities of ancillary professions. The ability to have a reliable relationship is

formed in early childhood, but can be formed in adulthood in the process of psychotherapy, in which there was an experience of safe, reliable relationship with a psychotherapist, supervisor.

Let us now consider the relationship between the types of attachment and the qualities of the primary object, as this will deepen the understanding of the phenomenon under study.

Table 3 Relationship Between the Quality of the Maternal Object and the Types of Attachment in Children Affected by Forced Relocation.

The qualities of the primary object	Types of attachment		
	Safe	Evasive	Ambivalent (anxious)
Good enough mother	.340**	.146	.168
Bad (cold) mother	.094	.355**	.215*
Too good mother	.180	.206	.316**

** . The correlation is significant at the level of 0.01 (bilateral).

* . The correlation is significant at the level of 0.05 (bilateral).

As we can see from Table 3, we found direct significant relationships between the qualities of the primary object and the types of attachment of children who were in stressful situations due to forced relocation. Moreover, those of them who were diagnosed with signs of a safe type of attachment were diagnosed mainly with the quality of the primary object of a good enough mother. Evasive and ambivalent types of attachment were mostly compared to the object of a bad (cold) mother. Some children with an ambivalent (anxious) type of attachment were diagnosed with the object of being too good a mother. Thus, the types of attachment are probably related to the qualitative characteristics of those important people (mostly mothers) who surrounded the child in the early period of his or her development. Reliable type of attachment, on the other hand, is mostly associated with reliable, fairly good behavior on the part of a significant object. Our additional observations showed that children with a reliable type of attachment were good at contact with a specialist, showed a friendly attitude, politeness, trust, interest in the specialist, were focused on contact and kept eye contact in the

future well overcame the negative manifestations of post-stress, Children with evasive attachment showed emotional detachment in contact, demonstrated evasive behavior, were reticent, sought to avoid prolonged contact, did not maintain eye contact, and tended to suffer much more from the effects of excessive stress. The vast majority of children with ambivalent type of attachment showed anxiety, alertness, mood swings, were often offended and closed in on themselves, and maintained partial eye contact, usually in need of long-term rehabilitation. However, the above results indicate that contact with children affected by excessive stressors due to the qualities of a good enough mother can create a background for further restoration of a reliable relationship and successful rehabilitation after the crisis. In the light of the formation of resilience, we understand that the type of attachment also correlates with certain qualitative characteristics of the primary object, which gives a clearer understanding of the psychodynamic processes of the phenomenon.

Let's look at the results of a study of the relationship between the psycho-emotional state of significant adults (parents) and their

children. To this end, we compared samples from the Mann-Whitney U-test, which included servicemen as a group affected by chronic and acute excessive stressors through their professional activities, and their children, as a group also suffering from chronic and acute stressors due to the tense, unfavorable microclimate at home, psycho-emotional instability of their parents (Kostyak & Fedonina, 2009; Loktaeva, 2014; Omelchenko, 2015). The applied criterion made it possible to assess the difference or similarity of the samples on the basis of the level and frequency of PTSD symptoms.

Comparison of the results of a group of servicemen and their assessment of the symptoms of their children revealed that the empirical value of $U = 378.5$ is in the zone of insignificance at the following critical values of UEMP:

U	
$p \leq 0.01$	$p \leq 0.05$
281	326

This result gives grounds to conclude that the sample groups of servicemen and their children (according to the results of adult evaluation) are similar in terms of the level and frequency of manifestations of PTSD symptoms.

A comparison of the results of a group of servicemen and their children (according to the children themselves) revealed that the empirical value of $U = 403$ is in the zone of insignificance at the following critical values of U:

U	
$p \leq 0.01$	$p \leq 0.05$
270	314

Thus, the samples of servicemen (parents) and their children (according to the results of the assessment of the children themselves) are similar in terms of the level and frequency of symptoms of PTSD.

As we can see from the results of the study, the frequency and intensity of symptoms of PTSD in children and their parents were similar. Accordingly, the psycho-emotional state of adults, their way of reacting to stressful circumstances is an important factor in these processes for their children. In fact, we can assume that the resilience of adults has an impact on the process of formation of such in their children, the ways of stress response in adults are crucial for them. If a significant environment of children responds symptomatically to stress, the likelihood of symptomatic response in children increases. Accordingly, the unbalanced psycho-emotional state of significant adults can become an additional stress factor for children, as well as form unfavorable patterns of behavior in response to excessive stressors. The more pathologically significant adults react to the influence of excessive stress, the more pathological forms of reactions are assimilated by their children. And rightly so - emotional resilience, resilience of adults, a high level of their resilience, the ability to effectively cope with stressful circumstances are an important basis for overcoming the effects of excessive stress in children, and is a model for imitating effective ways of responding to crises.

Discussion

In the course of the research it was revealed that the problem of formation of personality resilience needs more attention and is especially actual in the modern society. Theoretical analysis and analysis of empirical data showed that the issues of prevention, overcoming distress, trauma, PTSD, the development of vitality, resilience of the individual lies in the psychodynamic plane and requires an appropriate strategy. For instance, “analysis of modern psychological and pedagogical research suggests that the most common form of emotional distress of students associated with the school is anxiety” (Ivanova & Sorokina, 2020, 334). Thus, teaching the individual the correct forms of behavior under the influence of stressful

circumstances is only part of solving the problem of developing a stressful society.

In particular, a study of samples affected by excessive stress showed that personality resilience correlated with the type of attachment that develops in early childhood. In turn, the type of attachment correlates with the quality of the maternal (primary) object, which is associated with the holding of the child. In fact, the quality of the relationship with the maternal object is a prototype of the type of relationship of the individual with others and with the world. We also found that the resistance of parental figures, their type of response to stress also plays an important role in shaping the ability of the individual to overcome the effects of excessive stress. As can be seen from the data obtained, the manifestations of PTSD symptoms in parents affected the number and frequency of manifestations of such symptoms in their children. We can argue that in addition to the fact that significant adults are important objects in the process of overcoming the negative effects of child stress, their psycho-emotional imbalance can be a stress factor in children, and the type of adult response to stress can be an example to follow.

Given the above, a significant indicator of resilience is the ability of the individual to mature, reliable relationships - to a secure attachment to others, which coincides with the findings of other researchers (Mauder & Hunter, 2001), psychodynamic qualities of its primary object, basic patterns of reactions on stress, which were formed under the influence of the reaction to excessive stress of significant adults.

According to these data, it can be argued that the prevention of PTSD, the formation of a high level of resilience should be associated with therapy style (type) of personality relationships with others, the development of the qualities of the primary (maternal) object, the basic type of personality response to stress circumstance.

It should be noted that the study has certain features and limitations. It is conducted

on small samples of adults and children affected by stressful circumstances, and requires a more expanded format for final verification and refinement of results. The choice of psychodiagnostic material should be noted as features and limitations. Because the EGs were in crisis, complex, cumbersome tests or questionnaires were not possible. Instead, we selected techniques that could take a minimal amount of time and be part of rehabilitation work with victims, at least organically intertwined with it. In the future, it would be useful to supplement and expand the research methodology.

The obtained results can be used in the practical activities of specialists working with victims of the effects of excessive stressors. In addition, the data can be used by specialists to prevent the development of distress reactions, overcome the negative effects of stress, the formation of customer resilience. The results of the study expand the theoretical understanding of the nature of resilience, which can be used in training programs for assistants. It also seems promising that on the basis of the obtained data it is possible to develop special training, psychotherapeutic programs for the development of resilience of specialists in auxiliary professions and children.

Conclusions

A number of regularities concerning the nature, features of formation of resilience of the person are established: a) resilience of the person is in significant positive correlation with its ability to reliable, safe relations, type of attachment which is formed in the early childhood; b) the type of attachment correlates with the qualities of the primary (maternal) object: a reliable type of affection is positively related to the qualities of a good enough mother, the evasive type of attachment is positively correlated with the object of a bad (cold) mother, the ambivalent type of attachment has a positive significant relationship with the qualities of the object of a bad and too good mother; c) the psycho-emotional state of significant adults, their type of response to stress has an impact on the

psycho-emotional state of children and their behavior in the face of stressful circumstances; d) significant adults are important objects in the process of overcoming the negative effects of a child's stress, their psycho-emotional imbalance can become a stressor in children, and the type of adult response to stress can be an example to follow.

The study confirmed that the characteristics of a person's relationship with significant adults in childhood have a significant impact on his or her ability to overcome the effects of stressful circumstances. Significant qualities that influence a person's success in overcoming the negative effects of stress are the ability to cope with the reaction of alienation due to stress, to be in contact with others, even experiencing difficult feelings, the ability to request and receive support - to be secure in relationships with others and the world. .

It is outlined that the issue of prevention and overcoming the negative effects of stress, the development of resilience is also in the psychodynamic plane and requires the development of effective approaches based on these data.

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