



УДК 159.946.4:364-787.24

THE PSYCHOLOGICAL WORK WITH FAMILY RELATIONS WITH A HELP OF PROJECTIVE DRAWING

Tzarkova O.V., candidate of Psychological Science
Associate Professor of Psychology

Bogdan Khmelnitsky Melitopol State Pedagogical University

Guz N.V., candidate of Psychological Science
Associate Professor of Psychology

Bogdan Khmelnitsky Melitopol State Pedagogical University

In the article the features of psychological work with family relationships by means of projective drawings. The attention is focused on possible violations of these functions, which are influenced by changes in social norms, values and personal qualities. Also concluded that essential to forecast the effectiveness of family influences on the development of the child in modern psychological science research becomes social and psychological characteristics of family as a small contact group. It is indicated that this method allows you to understand the feelings thus reinforcing marital relationship. The attention paid to basic functions projective figure. Also concluded that the benefits of projective figure as a method of working with family problems are individual approach to each subject, dialogue in an atmosphere of trust and support, study the dynamic characteristics of the individual, correctional effect.

Key words: *family relationships, projective drawing, family functions, psychological diagnosis, values.*

В статье рассмотрены особенности психологической работы с семейными отношениями средствами проективных рисунков. Акцентируется внимание на возможных нарушениях данных функций, которые происходят под влиянием изменения социальных норм, жизненных ценностей и личностных качеств человека. Также сделан вывод, что существенное значение для прогноза эффективности семейных влияний на развитие личности ребенка в современной психологической науке приобретает исследование социально-психологических особенностей семьи как малой контактной группы. Отмечено, что этот метод позволяет осознавать чувства, укрепляя таким образом семейные отношения. Внимание акцентировано на основных функциях проективного рисунка. Также сделан вывод, что среди преимуществ проективного рисунка как метода работы с семейными проблемами можно выделить индивидуальный подход к каждому субъекту, диалог в атмосфере доверия и поддержки, изучение динамических характеристик личности, коррекционный эффект.

Ключевые слова: *семейные отношения, проективный рисунок, функции семьи, психологическая диагностика, ценности.*

Царькова О.В., Гузь Н.В. ПСИХОЛОГІЧНА РОБОТА ІЗ СІМЕЙНИМИ СТОСУНКАМИ ЗА ДОПОМОГОЮ ПРОЕКТИВНИХ МАЛЮНКІВ

У статті розглянуто особливості психологічної роботи із сімейними стосунками засобами проективних малюнків. Акцентується увага на можливих порушеннях цих функцій, які відбуваються під впливом зміни соціальних норм, життєвих цінностей та особистісних якостей людини. Також зроблено висновок, що суттєве значення для прогнозу ефективності сімейних впливів на розвиток особистості дитини в сучасній психологічній науці набуває дослідження соціально-психологічних особливостей сім'ї як малої контактною групи. Зазначено, що цей метод дає змогу усвідомлювати почуття, укріплюючи таким чином подружні відносини. Увагу акцентовано на основних функціях проективного малюнку. Також зроблено висновок, що серед переваг проективного малюнку як методу роботи із сімейними проблемами можна назвати індивідуальний підхід до кожного суб'єкта, діалог в атмосфері довіри й підтримки, вивчення динамічних характеристик особистості, корекційний ефект.

Ключові слова: *сімейні стосунки, проективний малюнок, функції сім'ї, психологічна діагностика, цінності.*

Formulation of the problem. The family is referred to that amount of phenomena, the interest to which will be always steady and mass. For society the question about the knowledge about this social institute and the ability of directing and leading of it, has the most important meaning just because from its state depends recreation of population, creation and passing spiritual values.

In recent years the numbers of disorders in family systems have increased. You see the social transformation of the latest decade caused impoverishment of overwhelming majority of families, increasing of working and everyday occupation of adult members of family. The increasing of unemployment objectively restricts the financial possibilities of family. As a result of this is the lowering of

standard of living, alarming atmosphere in the house, the increasing of conflicts in relations, heartlessness towards children.

The topicality of this work is caused by that modern family, being inalienable factor of development and socialization of any human, today is in crisis. So, family relations in the latest decades are changing under the influence of numerous inner family, social-demographic and other factors that caused transformation of value orientations and views on marriage and family. Intensification of social-cultural contradictions between traditional and modern directions and stereotypes of marriage-family relations, the change in the system of social roles, general accepted norms causes to rise more often family problems and conflicts.

The analysis of the latest researches and publications. The majority of psychologist and sociologists that investigate family relations underline the importance of incipient period of development of family (E. Antonuk, I. Grebennikov, I. Dementieva, A. Dmytrienko, O. Zuskova, Z. Kratokhvil, D. Kutsar, V. Lovkovych, A. Lidors, M. Matskovskiy, V. Menshutin, R. Navaitis, N. Rimashevskaya, R. Richardson, V. Sysenko, T. Trapeznikova, Yu. Oliinyk, G. Filippova, A. Kharchev, L. Schneider, Ye. Eidermiller, V. Yustitskis). That is why in this period there matrimonial adaptation, formulation of family norms, is happening mastering of role behavior. At the same time in this period become more acute almost all problems of matrimonial life.

Setting objectives. The aim of this work is to highlight and analysis of peculiarities of psychological work with family relations with the help of projective drawing.

The main tasks of this work are:

- 1) to give the definition of the notion "family relations";
- 2) to consider the main functions of family;
- 3) to describe the peculiarities of work with family relations with the help of projective drawing.

The main material research. The psychology of family relations concentrates its attention on investigation of regularities of interpersonal relations in the family, inner family relations (their steadiness, stability) from the point of view of the influence on the development of personality. The knowledge of regularities allows us to conduct practical work with families, to diagnose and help to build family relations [6, p. 15]. The main parameters of interpersonal relations are status-role peculiarities, psychological distance, valency of relations, dynamic, steadiness.

Family is initial small social group, the nearest environment of formation of personality, family influence on the needs, social ac-

tivity and psychological state of human. The importance of the family defines by the desires of each of its members. If human leans on norms, values and thoughts of members of its family then it became like referent (significant) group, with which it corresponds itself as a standard. The family in this case is the source of social directions and value orientation of the subject. To be guided by referent group, the human values itself, its action, way of life and ideals.

The important meaning for the forecast of efficiency of family influence on the development of child's personality in the modern science becomes the investigation of social-psychological peculiarities of families as a small sociable group. From the point of view of social psychology family is a social group (that corresponds to certain norms and values of concrete society), united, formatted in mutual activity, combination of interpersonal relations (spouses between each other, children towards parents, parents towards children and children between each other) that reveals in love, attachment and intimacy of its members.

Family relations are a complex phenomenon, mental reality that includes mythological and modern levels of consciousness, individual and collective, ontogenetical, social-genetic and filogenetic grounds. The notion family relations as a state of belonging of individual to some above individual family wholeness includes subjective time, personal vital activity, national culture and traditions. But developed and accomplished enough gnoseological field doesn't exist because during the development of scientific cognition with fundamental principles of objectivity of informal relations, emotional closeness, love, sympathy lived out from this process in any way, and "the marriage bond" and a family relations in whole as psychological phenomenon did not have accurate definition [7, p. 34].

L. Gozman underlines three persons in emotional relations: emotion, whose subject is another person, attitude on another person and emotional component of interpersonal perception. According to this position, objectification of family relation is possible through analysis as emotional relations of members of family one to another so as the sphere of objective existing process of development of family relations on the different stages of life cycle of family [5, p. 23].

The sphere of vital activity of a family is directly connected with the satisfaction of a certain needs of its members, calls the function of a family.

There are as many family functions as many kinds of needs it satisfies in steady, reiterative form. The discharge by a family of



its functions has a meaning not only for its members but for the society in whole. Let's characterize personal and social meaning of the main functions of family in our society.

Educative function of a family is the satisfaction of individual needs in fatherhood and motherhood, contacts with children, their upbringing, self-realization in children. As regards to society during the realization of educative function family ensures socialization of younger generation, preparation of new members of society.

Economic-everyday function of a family is satisfaction of material needs of members of a family, favours the preservation of their health. During the fulfillment of this function ensures recreation of consumed physical strength during the work.

Emotional function of the family is satisfaction by its members the needs in sympathy, respect, recognition, emotional support, psychological protection.

This function ensures emotional stability of the members of society, is actively favorable for preservation of their mental health.

Function of spiritual (cultural) communication is satisfaction of needs in common spending of free time, mutual spiritual enrichment; plays the main role in spiritual development of the members of society.

Function of initial social control is satisfaction of fulfillment of social norms by the members of a family, especially those who due to various circumstances (age, illness) does not able enough to build this own behavior fully according to the norms of society.

Sexual-erotic function is satisfaction of sexual-erotic needs of the members of a family. From the point of view of society it is important that family during this makes the regulation of sexual-erotic behavior of the members of a family, ensures the biological reproduction of a society [1, p. 110].

Eventually there happen changes in the functions of a family: some are lost, others are changed according to new social conditions. Modern family in our society does not have such functions as augmentation and devolution. Efficiently has changed function of initial social control. The level of tolerance towards breaking norms in the sphere of marriage-family relations (adulterate birth, conjugal infidelity) has increased [3, p. 112].

The analysis of thematic drawing gives us an opportunity to objectivize the childish tendencies of psyche with the help of psycho correction. This bond with the childhood reveals the most in the phenomenon of Oedipus complex and in mechanism of "substitution" unrealized inclinations of childhood in topical situations [8, p. 19]. That is why due to

integral analysis of the complex of drawings we can reveal the logic of unconscious that is always subordinate to childish interest of "I" and in every concrete case is unpredictable.

Theoretical grounds of using of projective drawing are based also on the doctrine of Freud about substitution and dream, because as in drawings so as in dreams there are some symbols of what has happened.

Psychological work with family problems using the method of projective drawing is bluntly differ from other ways of work with family difficulties and has its own peculiarities.

Firstly, projective drawing can be used as individual forms of work with one member of a family, so as in group work, in other words with all members of family.

Secondly, this method of non-verbal therapy that allows to work with feeling that spouses, child from one or other reasons do not realize. Drawing makes the situation of work easier. Help in all cases when there are difficulties with verbal expression of psychological contact [2, p. 39].

Thirdly, the process of imaging itself, translation of personal significant material into the language of lines and colors and pencils has a positive role, favour the understanding of inner world, conflicts, problems, expression the most important in them, creates the positive emotional background of work, favours muscle liberation, forms the activity of behavior.

Forth and the main peculiarity is that the projective drawing is free, communicative kind of common and additional drawing that reflects on the special effectivity of this method, its specific interpretation, where it is considered as the whole complex of drawings so as each separately.

The aim of the work with family problems with the help of the method of projective drawing is:

1) to give social acceptable way out of irritability and other negative feelings (the work under the drawing is a safe way of lowering the level of inner conflict of personality of each member of a family and to relieve the strain);

2) to make the process of correction easier. Unconscious inner conflicts and feeling are often easier to display with the help of visual images then during verbal correction. During the non-verbal communication it is easier to avoid censor of consciousness;

3) to work thoughts and feelings out, to relieve the mental strain and tiredness that family is used to press. Sometimes non-verbal means are the only ones for expression and clearing up deep feeling and convictions of human;

4) to put into order the relations between psychologist and investigated. Common partic-

ipation in artistic activity can favour of creation of empathy relations and mutual acceptance;

5) to develop the feeling of inner control under own feeling and states. The work under drawing foresees coordination of color and forms of piece and its harmonization;

6) to teach to express own energy productively. A side product of this art-therapy mean is the feeling of satisfaction that appears as a result of relieve of negative feeling and restoration of mental balance [4, p. 50].

The tasks of psychological work with family problems with the help of the method of projective drawing:

1) to deepen and develop the processes of self-awareness of own emotional change;

2) to give social accepted way out of irritability, to lower the level of inner conflict;

3) to work out thoughts and feelings, to relieve mental strain and tiredness;

4) to develop the feeling of inner control under own feeling and states;

5) to raise mental activity and restore mental balance of the family.

In the end of each session happens reflection, which is the talk and analysis of the range of own drawings and discussion of the plots of drawings, the prevailing colors, themes, symbols and images, possible reasons of family problems and the ways of their solutions.

Hence, among the advantages of projective drawings as a method of work with family problems we can distinguished: individual approach to each subject; dialogues in the atmosphere of trust, support; learning the dynamic characteristics of personality; correctional effect. The analysis of the complex of drawings happens in dialogue interaction with the author of the drawing and foresees taking into account the vision, understanding by him the context of drawing.

It is important that in psychological work with family's difficulties effective is the using of systemic approach that is intercondi-

ity of the behavior of married partners or all members of a family.

Conclusions. So, the method of projective drawing allows investigating in the best way inner feeling of spouses. Also it is important that in the process of work the defensive mechanisms loosen. The method of interaction through drawing makes the process of psychological diagnostics and correction easier. Hence, with the help of the projective drawings it is possible not only the diagnostics of family relations but their infringement as well.

Also, a family psychotherapy is actively developed now, which is based on systemic, scientific approaches that integrate cumulative experience that allows to generalize regularities of family therapy.

References:

1. Волкова А. Методические приемы диагностики супружеских отношений / А. Волкова, Т. Трапезникова // Вопросы психологии. – 1985. – № 5. – С. 110–116.
2. Воловик В. Семейные исследования в психиатрии и их значение для реабилитации больных / В. Воловик // Клинические и организационные основы реабилитации психически больных / под ред. М. Кабанова, К. Вайзе. – М. : Медицина, 1980. – С. 207–267.
3. Гиляровский В. Избранные труды / В. Гиляровский. – М. : Медицина, 1973. – 328 с.
4. Волошин Л. Психологические проблемы семьи / Л. Волошин, Е. Шлягина // Вопросы психологии. – 1985. – № 2. – С. 186–187.
5. Голод С. Стабильность семьи / С. Голод. – Л. : Наука, 1984. – 136 с.
6. Гребенников И. Воспитательный климат семьи / И. Гребенников. – М. : Знание, 1976. – 40 с.
7. Губачев Ю. Эмоциональный стресс в условиях нормы и патологии человека / Ю. Губачев, Б. Ковалев, Б. Карвасарский. – Л. : Медицина, 1976. – 224 с.
8. Губачев Ю. Клинико-физиологические основы психосоматических соотношений / Ю. Губачев, Е. Сгабровский. – Л. : Медицина, 1981. – 216 с.
9. Хорни К. Невроз и личностный рост. Борьба за самореализацию / К. Хорни. – СПб. : Восточно-Европейский институт психоанализа, 1997. – 76 с.