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РЕАЛЬНІСТЬ І ПЕРСПЕКТИВИ**

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PSYCHOLOGICAL ASPECTS OF MALADAPTIVE MOTHER-CHILD RELATIONSHIPS IN THE FAMILY AFTER DIVORCE

Abstract. *In our research we've shown that in psychological works for practicing psychologists the concept of "adaptive situation" means a system of external prerequisites for the subject that motivate, facilitate and mediate the person's attitude to life, his/her vital energy, activity, under which conditions the external adaptive position for the subject means: 1. The external adaptive position for the subject is perceived in spatial and temporal terms – as some external location in accordance with the paradigm of space and temporal boundaries. 2. Purely in temporal terms as a warning of maladaptive, destructive and aggressive actions of the subject. 3. In functional and paradigmatic terms "adaptive situation" is a significant independence from the space of the corresponding prerequisites or conditions of the individual at the time of manifestation of actions, different forms of activities and the paradigm of life activity.*

We distinguish three types of adaptive data contained in the adaptive situation of social interaction: 1. Purely objective adaptive prerequisites in which an individual or society acts adaptively. These prerequisites are a set of adaptive values, such as economic, social, spiritual, religious, axiological, intellectual and others, which directly or indirectly, explicitly or implicitly, but always adaptively, affect the state of cognition of an individual by other people or a micro-group, as well as by an individual. 2. The attitudes existing in an individual or micro-group, which at a given moment in time have a real impact on the adaptive behavior of the individual. 3. The definition of an adaptive situation, which constitutes a more or less adaptive concept of the prerequisites for the development of the individual, the formation and awareness of its values, attitudes, desires and ideals.

We believe that the concept of "adaptive situation of personal development" is usually used to denote an adaptive social environment that can be used most optimally for the adaptive development of a child. An adaptive situation of personal development should be considered, as we suggest, in accordance with the harmonization of the child's personal characteristics and the qualities of the person who acts in this situation, performs activities in comparison with the adaptive activity itself. In particular, we argue that the adaptive situation of personal development, in which the child's behavior is carried out, often does not remain unchanged, but, on the contrary, significantly changes under the influence of the child's behavior (activity) towards its harmonization, due to which new adaptive qualities of the subject are arisen. According to

scientists, each adaptive situation dictates its own style of adaptive behavior and actions of the child: in each adaptive act, a person “presents” himself/herself and his/her personal qualities and characteristics differently, and if this “self-presentation” is not adaptive or adequate, then social interaction will be considered complicated or maladaptive.

So, we propose the following types of maladaptive relationships between a mother and a child in a family after divorce: Sudden maladaptive relationships, when there is no time and any opportunity to prepare and plan one’s own activities. This includes the situation of parental divorce, the situation of the death of one or both parents, the situation of the death of a brother or sister, as well as situations when a child together with the mother found themselves in a space where an earthquake, fire, war in Ukraine, etc. is taking place. Emerging and directly formative maladaptive relationships. They provide considerable time for research and planning one’s own activities, one’s actions, when the task was to conduct psycho-correction of the child’s maladaptive states before the psychological crisis enters the most critical phase. Permanent, long-term maladaptive relationships, which can last for months or years, despite the efforts of both parties (mother and child) to eliminate them.

Keywords: *maladaptive mother-child relationships, after divorce, adaptive relationships between a mother and a child, adaptive situation, the external adaptive position for the subject, purely objective adaptive prerequisites, adaptive situation of personal development.*

Problem’s statement. Divorce is the process of dissolution of marriage, that is the legal termination of marriage under the conditions of joint life of spouses. Divorce is a non-normative crisis of the family, the dominant content of which is a state of disharmony, caused by a violation of the homeostasis of the family system, which requires the reorganization of the family as a holistic, harmonious, closed system, which the family is. According to foreign scientists, divorce is the result of an absolutely crisis development of the relationships of a married couple (Malone, Waternaux, Haas, Cooper, Li & Mann, 2003).

Nowadays, divorce as a certain psychological phenomenon is assessed rather ambiguously. If earlier it was interpreted as unambiguously negative, associated with a threat to the family, today the possibility of divorce is considered as a certain integral component of so-called harmonious family system, which requires its targeted reorganization in cases where it is impossible to preserve the family in its previous composition and structure (Krzyszowski, 1993).

The increase in the number of divorces, in our opinion, is in a certain sense due to the transition to a new way of concluding a marriage, or to the transition to life in a civil marriage, when the strategy of free choice of a family trajectory by a man on the basis of an unlimited feeling of love and personal selectivity acquires the main importance (Byram, 2012). According to the authors, the freedom to choose a partner by a certain conditional necessity implies a free divorce under conditions when marital relations are developing quite unsuccessfully (Barsalou, 1999). At the same time, the development of economic independence and social equality of women and men creates positive preconditions for divorce in cases where the family becomes an obstacle to free self-development and self-realization, in particular for women (Hathout & Namer, 2018).

So, the purpose of our research is to analyze psychological aspects of maladaptive mother-child relationships in the family after divorce.

Analysis of recent research and publications. So, as we can see, the number of divorces in Ukraine has been steadily increasing recently (Nordstrom, 2007) (Table 2.1).

It is worth noting that in a family with several children, divorce does not mean its liquidation and cessation of its functioning. The family always retains at least one, but the most important function is raising children. After a divorce, spouses cease to be a husband and a wife, but always remain the parents of their children (Lin, Chen, Chan & Hsu, 2019).

Table 2.1

Number of divorces in official marriages in Ukraine (in %)

Year	Number of divorces	Year	Number of divorces	Year	Number of divorces
2005	31,69	2012	39,01	2019	43,98
2006	31,08	2013	41,26	2020	45,06
2007	33,24	2014	40,27	2021	47,96
2008	33,43	2015	42,87	2022	48,34
2009	34,87	2016	43,56	2023	48,91
2010	37,98	2017	35,18	2024	49,67
2011	38,90	2018	42,16	2025	52,65

The analysis of the scientific literature shows that divorce includes two main periods – the divorce itself and the post-divorce period, associated with overcoming the consequences of divorce and the formation of a new family system – the so-called single-parent family. Scientists (Mann, Malone, Nielsen, Goldman, Erdos & Gelernter, 1997) distinguish three phases in divorce:

1. *Thinking and making a decision about divorce.* During this stage, destructiveness and disharmony in family relationships increase. Confrontation between partners and quarrels become chronic. Anxiety, bad mood, feelings of disappointment, dissatisfaction, alienation and cooling, despair and distrust prevail. A decrease in the level of subjective satisfaction with marriage, a feeling of loss of love lead to the emergence of coldness, hostility and distance in the relationships between spouses, which is an indicator of the beginning of the process of emotional divorce (Oquendo, Malone, Ellis, Sackeim & Mann, 1999). Thinking and making a decision about divorce by one or both members of the spouses last from several days to several years and it is based on their awareness of the impossibility of further existence within the family system (Croft, 2009). The husband's notification of the decision to his partner causes shock, despair, feelings of emptiness and chaos, ambivalence of experiences, which constitute a characteristic pattern of emotional experience of a decision about divorce rejected by the partner. The decision to divorce is either made by the other partner at the same time, or negotiations and a time-out are held, with a postponement of a final decision (Soloff, Lynch, Kelly, Malone & Mann, 2000).

2. *Planning the liquidation of a holistic harmonious family system.* This phase begins from the moment of the final decision to divorce by one or both members of the spouses. This phase is characterized by a negative and anxious emotional background of family existence, high emotional tension and frustration, which pose a serious threat to a reasonable way out of the crisis. The liquidation of the family system is often associated with the need to change the role structure of the family, redistribute its main functions and build a new way of life (Placidi, Oquendo, Malone, Brodsky, Ellis & Mann, 2001). The task of the liquidation stage of the family system is in such a way:

- *actualization of the spouses' attention on emotional separation*, which involves the emotional separation of the spouses; transformation of emotional attachment to their partner;
- *physical separation*, which includes territorial separation and leads to the separation of the former spouses;

- *economic separation*, which involves concluding an agreement and arrangements on the division of property and housing, on forms of economic support by the former spouses to each other, on the contribution of each of them to ensuring the material well-being of the children and planning, if it is necessary, certain important steps regarding the change of the place and activity schedule of each of the spouses;
- *socially conditioned divorce*, which includes two tasks: reorganization of relations with the full family and restructuring of relations with the social environment that it is significant for each member of the couple, a common circle of friends and colleagues;
- *actualization of parents' attention to the divorce of their children*, which involves reaching agreements between the spouses on responsibility and specific forms of custody and participation in upbringing children; preparation and informing children about the upcoming divorce and new conditions of their lives;
- *religiously conditioned divorce*, which involves harmonizing the upcoming planned divorce with religious canons and obtaining permission from a spiritual father or hierarchs of the denomination to dissolve the marriage, if one or both of the spouses are believers (Sublette, Milak, Galfalvy, Oquendo, Malone & Mann, 2013).

Thus, planning for the collapse of the family system is carried out by negotiating the resolution of material, some actual problems associated with the cessation of the functioning of the family in general. If the emotional divorce is complete or its dynamics are positive and reflect a certain decision made by the spouses about the expediency of terminating marital relations, then a constructive dialogue between the spouses is entirely possible. If there is no such constructive dialogue, it is impossible as a result of the spouses' rejection of each other, and also if the emotional relations of the spouses have shades of feelings of resentment, aggression, anger, hatred, hostility, then negotiations between the spouses reach a dead end, indicate a dead end and acquire a purely destructive character (Liu & Zhang, 2014).

3. *Separation of family relationships*. Separation is a final phase. It is accompanied by the cessation of the spouses' joint household and cohabitation. Often, during this phase, the spouses physically separate from each other, that is, they leave for their ancestral family or move (or direct) to another place of residence. Even if the spouses continue to live under the same roof, so-called household is divided, rooms are redistributed, and the family budget ceases to be common, etc. The process of so-called emotional divorce intensifies, that is there is an affective reassessment of the nature of the relationships with the partner and an affective reassessment of the partner himself/herself, differentiation of the boundaries of Me and You and the establishment of new rules and norms of post-family interaction. The most important component of separation is *the Transformation of the Image of We, the Construction of a New Image of We, Me and You in the Future* (Heidari, 2019).

The results of the research and their discussion. Scientists (Barsalou, Santos, Simmons & Wilson, 2008) describe four consecutive stages of the development of maladaptive mother-child relationships in the family after divorce:

- initial, but quite significant increase in tension, which stimulates the usual ways of solving problems or conflicts;
- a further increase in tension in conditions when these methods for developing adaptive mother-child relationships in the family after divorce turn out to be ineffective and useless;
- even greater increase in tension, which requires the mobilization of external and internal sources for the development of adaptive mother-child relationships in a family after divorce;
- if everything turns out to be useless, the fourth stage comes. It is characterized by great increase in the level of anxiety and depression, feelings of helplessness and hopelessness, and disorganization of the personality.

Thus, divorce is not just a stamp in the passport as a procedure for a certain legal registration of a new family status, but also the registration of an economic break, as well as an agreement on the participation of the spouses in upbringing children. If the parents do not reach a mutual agreement on who the children will remain with and how the realization of the right of a single father to raise children will be ensured, then such a decision is made by the court. It is the court that decides with which of the parents the children will remain, based on information about their age and gender; based on information about the emotional attachment of the children to their parents and other family members; based on information about the financial and economic conditions that each parent can provide for the children, naturally under the conditions of financial support from the other parent; based on information about the possibilities for the father to fulfill the educational function; based on the information about the state of the parents' somatic and neuropsychiatric health and determination of their legal status. Usually, until adolescences, the question of who the children are should stay with is decided in favor of the mother, while at high school age, 33,45% of children stay with their father.

In the period after divorce, when the family system is being restructured and significantly stabilized, scientists (Alyami & Mohsen, 2019) distinguish three phases: 1) the post-divorce stage (up to one year); 2) the phase of complete restructuring of family relationships (2-3 years); 3) the stabilization phase (2-4 years). During the period of divorce, all family members, as a rule, experience a crisis that occurs after the legal registration of the divorce. The family may lose the ability to function normally for a certain, even long period of time. The duration of this phase is quite different (from several months to a year) depending on the family's resources and social support. According to the authors, divorce is perceived by a person, usually a female, especially at the first moment, as evidence of her inferiority, which leads to an acute experience of her own inability, self-doubt, depression, self-blame. In a senior age children form a new image of the family; they need to live separately from their parents does pose the task of adapting to new conditions of communication and cooperation with each of the parents.

Another consequence of divorce is that the members of spouses' experience feelings of personal failure, collapse and destruction, etc. Most often, divorce occurs at the initiative of one of the parties of the members of the family. The rejected and offended partner experiences make the decision to divorce especially hard. The initiator of the divorce, even in the face of clearly negative feelings and emotional manifestations from the other spouse related to him/her, fully retains control over the situation, while for the rejected and offended partner, a characteristic experience is a feeling of powerlessness, hopelessness, destruction. The spouses experience anxiety and fear of losing control over the situation especially acutely (43,98% of men and 72,34% of women). Post-divorce syndrome, which includes experiences by one or both spouses of aggression (51,49% of men and 81,12% of women), depression (33,90% of men and 72,18% of women), hopelessness (21,35% of men and 69,03% of women), loss of meaning in life (21,18% of men and 78,90% of women), fear (51,24% of men and 65,77% of women) and despair (15,38% of men and 81,02% of women), low self-esteem (47,38% of men and 66,99% of women), is also most important characteristics of women.

The male variant of the syndrome after divorce is characterized by feelings of loneliness (17,89% of men and 78,32% of women), depression (25,92% of men and 73,45% of women), confusion (15,88% of men and 68,90% of women), sleep disorders (21,87% of men and 73,81% of women), loss of appetite (24,38% of men and 67,80% of women), alcohol abuse (27,03% of men and 71,52% of women), decreased interest in professional activities (17,98% of men and 76,90% of women), sexual disorders (9,60% of men and 61,56% of women). We obtained these data during the ascertainment study, which will be described in detail in the next articles of our research.

A final phase of the period after divorce, according to the authors (Placidi, Oquendo, Malone, Brodsky, Ellis & Mann, 2001), is *the stabilization phase*. At this stage, the problems of family restructuring are usually successfully overcome, equal partnership relations are established

between the former spouses, and their effective implementation in the joint upbringing of children becomes possible. The psychological criterion for stabilizing a family after divorce is the readiness of the former spouses to accept the past, recognize the happiest moments of their marriage and express gratitude to their partner for all the good things they had to experience together.

As we can see, divorce ceases to be only one-time event and has its own dynamics. Scientists (Hampe & Grady, 2005) have proposed a model of the breakdown of marital relations, which includes *seven main stages*.

1. *Emotional divorce*, which is caused by the destruction of illusions of married life, feelings of dissatisfaction, alienation of spouses from each other, fear and despair, the use of various methods of controlling the partner, arguments and the desire to avoid problems.

2. *The time of reflection and despair* before divorce is accompanied by pain, anger and fear, contradictory feelings and actions, most often it is shock, a feeling of emptiness and chaos. As a rule, one of the spouses makes different attempts to return the lost love, to get help from friends and family members.

3. *Legal stage of divorce* – the formalization of the breakup of relations takes place at the formal level. At this stage, the spouses have already made the decision to divorce, and the divorce itself is quite formal. This stage is associated not only with legal proceedings, but also with the participation of an increasing number of people in the family relations of the marriage partners. The formalization of the breakup of relations may be accompanied by conflicts, danger or a desire for negotiations. During the divorce and the period of legal disputes, the abandoned partner may feel self-pity, helplessness, a sense of despair and aggression.

4. *Economic divorce*, which is usually associated with the termination of joint management and the division of the family budget (if it was even common before).

5. *Establishing a balance between parental responsibilities and custody rights* is closely linked to the parents' negotiations regarding further relationships with their children and the distribution of so-called zones of responsibility. The main tasks of this stage are to create new relationships between a father or a mother and the child, as well as to gain a sense of self-esteem and independence.

6. *Time of self-exploration and return to balance after divorce*. The main problem of this period is the loneliness of one or two members of the couple and, as a result, the presence of ambivalent feelings: indecision, aggression, optimism, pessimism, regret, devotion, sadness, manifestation of misunderstanding, curiosity, ambivalence, excitement, joy, manifestation of grief, sadness, etc. At this stage, the search for new friends, spheres of activity begin, a completely new way of life is developed, responsibilities for all family members are determined, etc.

7. *Psychological stage of divorce*. On the emotional level, at this stage, the fact of the breakdown or destruction of relationships is accepted, the emotional state is stabilized, and negative feelings associated with the divorce are processed. At the cognitive-behavioral stage, in turn, there is a readiness of one or both spouses to take action or activity, confidence in one's own abilities, a sense of self-worth, the emergence of a sense of independence and autonomy, the search for new objects of love, and a readiness to build new relationships.

In our research we've shown that in psychological works for practicing psychologists the concept of "*adaptive situation*" means a system of external prerequisites for the subject that motivate, facilitate and mediate the person's attitude to life, his/her vital energy, activity, under which conditions the external adaptive position for the subject means:

1. *The external adaptive position for the subject* is perceived in spatial and temporal terms – as some external location in accordance with the paradigm of space and temporal boundaries.

2. *Purely in temporal terms* as a warning of maladaptive, destructive and aggressive actions of the subject.

3. *In functional and paradigmatic terms “adaptive situation”* is a significant independence from the space of the corresponding prerequisites or conditions of the individual at the time of manifestation of actions, different forms of activities and the paradigm of life activity.

Conclusions and perspectives of further researches. We distinguish *three types of adaptive data contained in the adaptive situation of social interaction*:

1. *Purely objective adaptive prerequisites* in which an individual or society acts adaptively. These prerequisites are a set of adaptive values, such as economic, social, spiritual, religious, axiological, intellectual and others, which directly or indirectly, explicitly or implicitly, but always adaptively, affect the state of cognition of an individual by other people or a micro-group, as well as by an individual.

2. *The attitudes existing in an individual or micro-group*, which at a given moment in time have a real impact on the adaptive behavior of the individual.

3. *The definition of an adaptive situation*, which constitutes a more or less adaptive concept of the prerequisites for the development of the individual, the formation and awareness of its values, attitudes, desires and ideals.

We believe that the concept of “*adaptive situation of personal development*” is usually used to denote an adaptive social environment that can be used most optimally for the adaptive development of a child. An adaptive situation of personal development should be considered, as we suggest, in accordance with the harmonization of the child’s personal characteristics and the qualities of the person who acts in this situation, performs activities in comparison with the adaptive activity itself. In particular, we argue that the adaptive situation of personal development, in which the child’s behavior is carried out, often does not remain unchanged, but, on the contrary, significantly changes under the influence of the child’s behavior (activity) towards its harmonization, due to which new adaptive qualities of the subject are arisen. According to scientists, each adaptive situation dictates its own style of adaptive behavior and actions of the child: in each adaptive act, a person “presents” himself/herself and his/her personal qualities and characteristics differently, and if this “self-presentation” is not adaptive or adequate, then social interaction will be considered complicated or maladaptive.

So, we propose *the following types of maladaptive relationships* between a mother and a child in a family after divorce:

- *Sudden maladaptive relationships*, when there is no time and any opportunity to prepare and plan one’s own activities. This includes the situation of parental divorce, the situation of the death of one or both parents, the situation of the death of a brother or sister, as well as situations when a child together with the mother found themselves in a space where an earthquake, fire, war in Ukraine, etc. is taking place.

- *Emerging and directly formative maladaptive relationships*. They provide considerable time for research and planning one’s own activities, one’s actions, when the task was to conduct psychocorrection of the child’s maladaptive states before the psychological crisis enters the most critical phase.

- *Permanent, long-term maladaptive relationships*, which can last for months or years, despite the efforts of both parties (mother and child) to eliminate them.

- In further our articles we’ll propose psychological model of maladaptive mother-child relationships in the family after divorce.

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ПСИХОЛОГІЧНІ АСПЕКТИ ДЕЗАДАПТИВНИХ ВЗАЄМОСТСУНКІВ МАТЕРІ І ДИТИНИ В СІМ'Ї ПІСЛЯ РОЗЛУЧЕННЯ

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У дослідженні ми описуємо поняття «адаптивна ситуація» як систему зовнішніх стосовно суб'єкта передумов, що спонукають, фасилітують і опосередковують його ставлення до життя, його життєву енергію, його активність, за умов якого зовнішнє адаптивне становище стосовно суб'єкта позначає:

1. Зовнішнє адаптивне становище стосовно суб'єкта сприймається у просторовому та темпоральному відношенні – як деяке зовнішнє розташування відповідно до парадигми простору і темпоральних меж.

2. Суто у часовому відношенні як попередження дезадаптивних, руйнівних та агресивних дій суб'єкта.

3. У функціональному та парадигмальному відношенні – як суттєва незалежність від простору відповідних передумов або умов особистості у момент прояву дій, діяльності та активності.

Ми виділяємо три типи адаптивних даних, які містить адаптивна ситуація соціальної взаємодії:

1. Суто об'єктивні адаптивні передумови, у яких адаптивно діють індивід чи суспільство. Ці передумови являють собою сукупність адаптивних цінностей – економічних, соціальних, духовних, релігійних, аксіологічних, інтелектуальних та інших, які безпосередньо чи опосередковано, експліцитно або імпліцитно, але завжди адаптивно, впливають на стан пізнання індивіда інших людей чи мікрогрупи, а також на окрему особистість.

2. Існуючі у індивіда чи мікрогрупи настановлення, які в даний момент часу справляють реальний вплив на адаптивну поведінку особистості.

3. Визначення адаптивної ситуації, що становить більш-менш адаптивну концепцію передумов для розвитку особистості, становлення і усвідомлення її цінностей, настановлень, бажань і ідеалів.

Ми вважаємо, що поняття «адаптивна ситуація особистісного розвитку» зазвичай використовується для позначення адаптивного соціального середовища, яке можна використати найбільш оптимально для адаптивного розвитку дитини. Показано, що адаптивна ситуація особистісного розвитку має розглядатися, як передбачають вчені, відповідно до гармонізації особистісних властивостей дитини та особливостей того, хто в цій ситуації діє, виконує діяльність у співставленні із самою по собі адаптивною діяльністю. Адаптивна ситуація особистісного розвитку, у якій здійснюється поведінка дитини, часто не зберігається у незмінному вигляді, а, навпаки, суттєво змінюється під впливом поведінки (діяльності) дитини у бік її гармонізації, завдяки чому виникають нові адаптивні якості суб'єкта. На нашу думку кожна адаптивна ситуація диктує свій стиль адаптивної поведінки й дій дитини: у кожному адаптивному акті людина по-різному «подає» як себе, так і свої особистісні якості, особливості, і якщо це «самоподання» не є адаптивною або адекватною, то соціальну взаємодію будемо вважати ускладненою або дезадаптивною.

Ми виділяємо такі типи дезадаптивних взаємостосунків матері і дитини в сім'ї після розлучення: раптові дезадаптивні взаємостосунки, коли немає часу та можливостей для підготовки та планування своєї діяльності. Сюди підпадає ситуація розлучення батьків, ситуація смерті одного або обох батьків, ситуація смерті брата або сестри, а також ситуації, коли дитина разом з матір'ю опинилася в просторі, де відбувається землетрус, пожежа, війна в Україні тощо. Виникаючі та прямо формувальні дезадаптивні взаємостосунки – вони дають неабиякий час для дослідження та планування власної діяльності, своїх дій, коли завданням було проведення психокорекції дезадаптивних станів дитини ще до того, як психологічна криза перейде в найбільшою мірою критичну фазу. Постійні, тривалі дезадаптивні взаємостосунки, які можуть тривати місяцями чи роками, незважаючи на зусилля обох сторін (матері і дитини) щодо їх усунення.

Ключові слова: дезадаптивні взаємостосунки матері та дитини, після розлучення, адаптивні взаємостосунки між матір'ю та дитиною, адаптивна ситуація, зовнішня адаптивна позиція для суб'єкта, об'єктивні адаптивні передумови, адаптивна ситуація особистісного розвитку.

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