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**STUDY OF INDEPENDENCE AS SOCIAL-PSYCHOLOGICAL  
FACTOR INFLUENCING ON THE PERSONAL FEATURES  
OF THE CO-DEPENDENT PERSON**

This article is devoted to the study of codependence as socio-psychological factor that affects the personality characteristics of co-addicts. Co-dependence is regarded as a persistent state of insuperable, often painful, dependency, based on relationships with a significant person who suffers from one type of dependence. A distinctive feature of codependence is self-destructive attachment to a substance-dependent substance, accompanied by specific emotional, psychological and behavioral manifestations. To conduct the study codependence as socio-psychological factor that affects the personality characteristics of co-addicts, an applied research was conducted. Object of the study: co-dependent mothers whose relatives suffer from any kind of dependence. The subject of the study: socio-psychological characteristics of codependence. The purpose of the study: the study of socio - psychological characteristics of codependence and its influence on the peculiarities of the occurrence of addictions in the family. 1. Constructive-destructive family (KDS) (E.G. Eidemiller, VV Yustitsky). 2. Methods for determining codependence D. Fisher, adapted by V.D. Moskalenko. 3. I-Structural Test of Ammon (ISTA). According to the results of the study, the existence of a relationship between co-dependence and manifestations of mental states (frustration, aggression, anxiety). In addition, the study showed that destructive-deficit functions predominate in the structure of the personality of co-addicts, which indicates a «contact breakage», i.e. on the severance of relations with himself, with other people, with the world around him.

**Key words:** co-dependent, aggression, destructiveness, anxiety, neuroticism, and others.

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**Бірлескен тәуелділігі зерттеу бірлескен тәуелділердің жеке ерекшеліктеріне  
әсер етуші әлеуметтік-психологиялық фактор ретінде**

Бұл мақала бірлескен тәуелділігі зерттеу бірлескен тәуелділердің жеке ерекшеліктеріне әсер етуші әлеуметтік-психологиялық факторларын зерттеуге арналған. Бірлескен тәуелділік

тұрақты жағдайдың мүмкін емес, жиі ауруға дейін баратын, тәуелділік, маңызды адаммен қарым-қатынасына негізделген, тәуелділіктің қандай да бір немесе өзге түрімен зардап шегетіндігі қарастырылады. Бірлескен тәуелділіктің айрықша ерекшелігі психобелсенді заттарға тәуелділік, өзін-өзі бұзумен, ерекше эмоционалдық сүйемелдеуімен, психологиялық және мінез-құлық көріністерімен байланысы болып табылады. Бірлескен тәуелділікті зерттеу бірлескен тәуелділердің жеке ерекшеліктеріне әсер етуші әлеуметтік-психологиялық фактор ретінде зерттеуді жүзеге асыру үшін қолданбалы зерттеулер жүргізілді. Зерттеудің объектісі: бірлескен тәуелді аналар, тәуелділіктің қандайда бір түрінен зардап шегетін туысқандар. Зерттеу пәні: бірлескен тәуелділік әлеуметтік-психологиялық ерекшеліктері. Зерттеудің мақсаты: тәуелділіктің әлеуметтік-психологиялық ерекшеліктерін және оның отбасында аддикцияның пайда болу ерекшелігіне әсерін зерттеу. 1. Конструктивті-деструктивті отбасы (ҚДО) (Э.Г. Эйдемиллер, В.В. Юстицкий). 2. Д. Фишердің бірлескен тәуелділікті анықтайтын әдістемесі, бейімделген В.Д. Москаленко. 3. Мен-құрылымдық Аммон тесті (МҚАТ). Зерттеудің нәтижелеріне сәйкес, бірлескен тәуелділіктің және психикалық жағдай көріністерінің арасындағы қатынастардың болатыны анықталды (фрустрация, агрессивтілік, қорқыныш). Бірлескен тәуелділіктің жеке құрылымында деструктивті-дефициттік функциялардың басымдылығы, бұл «байланыс үзілуін» білдіреді, яғни өзімен, басқа адамдармен, қоршаған әлеммен қарым-қатынасты ұзу туралы.

**Түйін сөздер:** бірлескен тәуелділік, аддиктивті бұзылыстар, агрессивтілік, деструктивтілік, қорқыныш, нейротизм және т.б.

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### Изучение созависимости как социально-психологического фактора, влияющего на личностные особенности созависимых

Данная статья посвящена изучению созависимости как социально-психологического фактора, влияющего на личностные особенности созависимых. Созависимость рассматривается как устойчивое состояние непреодолимой, часто доходящей до болезненности, зависимости, в основе которой лежат отношения со значимым человеком, страдающим тем или иным видом зависимости. Отличительным признаком созависимости является саморазрушительная привязанность к зависимому от психоактивных веществ, сопровождающаяся специфическими эмоциональными, психологическими и поведенческими проявлениями. Для проведения изучения созависимости как социально-психологического фактора, влияющего на личностные особенности созависимых, было проведено прикладное исследование. Объект исследования – созависимые матери, родственники которых страдают каким-либо видом зависимости. Предмет исследования – социально-психологические особенности созависимости. Цель исследования – изучение социально-психологических особенностей созависимости и ее влияния на особенности возникновения аддикций в семье: 1. Конструктивно-деструктивная семья (КДС) (Э.Г. Эйдемиллера, В.В. Юстицкого). 2. Методика определения созависимости Д. Фишера, адаптированная В.Д. Москаленко. 3. Я-структурный тест Аммона (ISTA). По результатам исследования было выявлено существование взаимосвязи между созависимостью и проявлениями психических состояний (фрустрации, агрессивности, тревоги). Кроме того, исследование показало, что в структуре личности созависимых преобладают деструктивно-дефицитарные функции, что, указывает на «разрыв контакта», т.е. на разрыв отношений с самим собой, с другими людьми, с окружающим миром.

**Ключевые слова:** созависимость, созависимые, аддиктивное расстройство, агрессивность, деструктивность, тревожность, нейротизм и др.

### Introduction

A sharp increase in the prevalence of addictive disorders, the diversity of their forms and the appearance of new varieties is one of the characteristics of modern society of the 21st

century. At the present time in psychological science there is an increase in studies examining the phenomenon of codependence (M. Beatty, 2007), (Eidemiller, Yustitskis, 2008), (Korolenko, Dmitrieva, 2010), (Azarova, 2012), (Moskalenko, 2012), (Bitensky, 2012), Wainhold, 2012) and other.

In a number of works special attention is paid to the interconnection of biological, psychological and sociocultural factors of codependence, which participate in the genesis of mental disorders, as a result of which the study of the phenomenon of codependence acquires a complex, interdisciplinary character (Zykov, 2007).

Recently, more and more domestic and foreign researchers have come to the conclusion that codependence is «an independent form of addiction, but more profound and more difficult to correct.» The emergence and development of codependence occurs much earlier than the appearance in the family of the problem of dependent behavior. Co-dependents can influence close people, contributing to addiction, provoking it, creating favorable conditions for the development of addictive behavior (Tulebaeva, 2010).

Co-dependency is a stable state of insuperable, often painful, dependence on compulsive (uncontrolled) forms of behavior, a protective compensatory response to an intrapersonal conflict, based on a relationship with a significant person who suffers some form of dependence. A distinctive feature of codependence is self-destructive attachment to a substance-dependent substance, accompanied by specific emotional, psychological and behavioral manifestations. Due to the resulting behavioral, emotional and cognitive destruction, co-addicts are not able to fully realize themselves in work, it is difficult for them to build a connection between life events (past, present and future), there is dependence on external evaluations (Tumanova, 2011).

Despite the considerable interest of researchers in the problem of codependence, many key issues remain open and, as a result, debatable.

### Statement of the problem

The formulation of the research problem consists of:

1. In identifying the characteristics of the family system, the degree of its constructiveness / destructiveness.
2. In assessing the level of codependence of family members (mothers), whose children suffer from any kind of dependence.
3. In determining the social and psychological characteristics of codependence (frustration, aggressiveness, anxiety, and personal temperament and character factors) of mothers whose children suffer from any kind of dependence.

**Object of the study:** co-dependent mothers whose relatives suffer from any kind of dependence.

**The subject of the study:** socio-psychological characteristics of codependence.

**The purpose of the study:** the study of socio - psychological characteristics of codependence and its influence on the peculiarities of the occurrence of addictions in the family.

As a **general hypothesis**, there is a suggestion that there is a correlation between co-dependence and the manifestations of mental states (aggressiveness, destructiveness, anxiety, neuroticism, etc.) that determine their influence on the socially-psychological characteristics of co-addicts.

### Methods of research

To solve set tasks and test hypotheses, a **comprehensive research method** was used that included the following levels:

**Theoretical**, including the analysis of scientific and methodological literature, the systematization of scientific ideas, theories, concepts, modeling;

**Empirical:** - a package of psych diagnostic techniques, including:

1. Constructive-destructive family (KDS) (E.G. Eidemiller, V.V. Yustitsky).
2. Methods for determining codependence D. Fisher, adapted by V.D. Moskalenko.
3. The I-STRONT is the Ammon Test (ISTA).

**Methods of mathematical data processing.** The package of applied statistical programs SPSS (Statistical Package for the Social Sciences) is a computer program for statistical data processing intended for carrying out applied research in the social sciences.

The main experimental and experimental base was the Center for Health and Sport, Reab and the lithium center «Senim» Almaty. The study involved 30 mothers dependent, living in Astana and Almaty.

For the organization of the empirical study of the socio-psychological characteristics of codependency and its impact and Mr. Leach nasty features codependent **program of scientific research** has been developed, which includes several stages, each of which has independent significance, but at the same time was a logical continuation of the previous one.

The choice of mothers as an object of study was not accidental. The mother is the key figure in the life of the child, the person closest to the child. Naturally, the psychological transformations in the context of the formation of codependence are most vividly observed in mothers. In addition, as practice shows, it is mothers who first seek psychological help for the addiction of their children.

Note that 65% of co-dependent women from complete families are married. At the same time, 54.3% lived with the father of a drug dependent child, 10% - with a stepfather; 35.7% were not

married. 32.2% of mothers had one child, 5.6% were mothers with many children. A second child suffered from drug addiction in 8 mothers, (11.2%) cases. Permanent work was 88%, households were engaged in 12% of mothers.

52% of those surveyed complained of a deterioration in their physical condition, 98.6% of mothers complained of a conflictual relationship with an addict.

None of the mothers participating in the study is registered with the psychoneurological dispensary, none of whom previously addressed a psychologist on co-dependency issues or other reasons. Only in single cases there were appeals to the therapist for sleep disturbances, increased anxiety.

### Inspection procedure

Before the beginning of the experimentally-psychological examination with co-dependent mothers, an individual conversation was conducted, during which the anamnestic data was studied, an atmosphere of confidential psychological contact, motivation for participation in the study was created.

The model of respondents' selection was probabilistic, that is, any woman whose child was on rehabilitation in these three centers could take part in the study. The testing was voluntary and anonymous.

On average, it took several hours - depending on the individual pace of work and the number of difficulties arising during the course of the survey. Due to the length of the procedure, the examination was conducted for several days. After completing the experimental psychological part of the study and processing the results, the surveyors were asked to get «feedback», during which the results were discussed, and their correspondence to the mothers' ideas about the real situation. Discussion of the results was individual.

It should be noted that in the group of dependent mothers there were very often difficulties in choosing the answers, there were fears that «somebody can read this and think that I'm a bad mother.»

It can be assumed that this indicates an increased anxiety, an orientation toward the opinion of others when forming ideas about one self. During the individual conversation, the co-dependent mothers sought to talk as much as possible about their family problems, get specific advice about the situation in the family. Often they could not restrain strong emotional reactions, tears caused by memories of a «failed» life, often the ideas of self-blame, characteristic of depressed patients.

It seems that these women are in dire need of emotional support and psychological help in overcoming the crisis situation that has developed in their lives.

During the clinical and psychological examination, co-dependent mothers complained of a constant sense of anxiety related to the child's dependence. Virtually all of the mothers surveyed (87%) described the state of anxiety they experienced as «unbearable,» which prevented them from concentrating on any activity at home and at work, forcing them to «run back and forth in the apartment, not understanding anything». Such a state of mothers was accompanied by thoughts about the insolvability of the situation, about their own impotence, accusations of themselves and others, 7 mothers even had thoughts about suicide. The co-dependent mothers said that the feeling of their own impotence was especially amplified when they did not find support, seeking help from others, including specialists, meeting only «indifference or contempt» in their address. Their stories were often interrupted by tears; they also had vegetative manifestations in the form of redness of the skin in the neck and face, general physical tension.

When describing one's own personality, some of them noted that heightened anxiety was peculiar to them even before the onset of the child's illness, for example, «if there was a problem, could not find a place, used to walk around the city for hours, trying to cope with his fortune. « They also described themselves as sensitive, emotional, vulnerable, while stressing the importance of strong-willed control, emotional restraint, believing that «from the emotions in life alone trouble.» As a characteristic feature noted «kindness and the desire to help others», than they (surrounding) «begin to unceremoniously use.» Mothers of the dependent complained, the impossibility to refuse, to say «no», including their own dependent child, which often prevents the realization of their own plans, makes them sacrifice their own interests.

During group therapy sessions, most mothers showed a need to be in the center of attention, which was combined with intolerance to criticism from other mothers.

The clinical and psychological research carried out made it possible to reveal that for the co-dependent mothers such personal characteristics as increased anxiety, a tendency to hyper control of one's own experiences, combined with impulsiveness, weakness of emotional control, difficulties in establishing and maintaining full-fledged interpersonal contacts and relationships

without prejudice to one’s own interests, the need to be in the center of attention, combined with the intolerance of criticism from others.

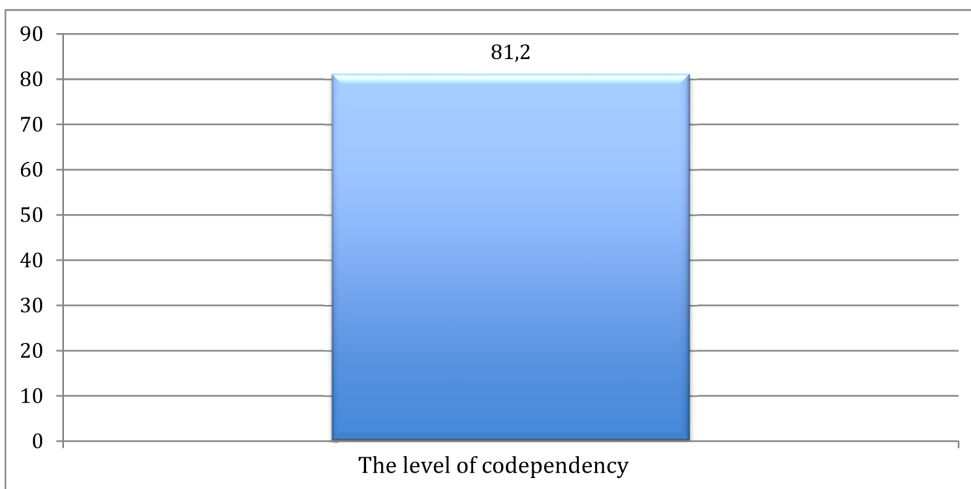
**Main part**

Based on the results of the diagnostic survey of the respondents, a large array of digital data was obtained. Let us introduce the obtained data.

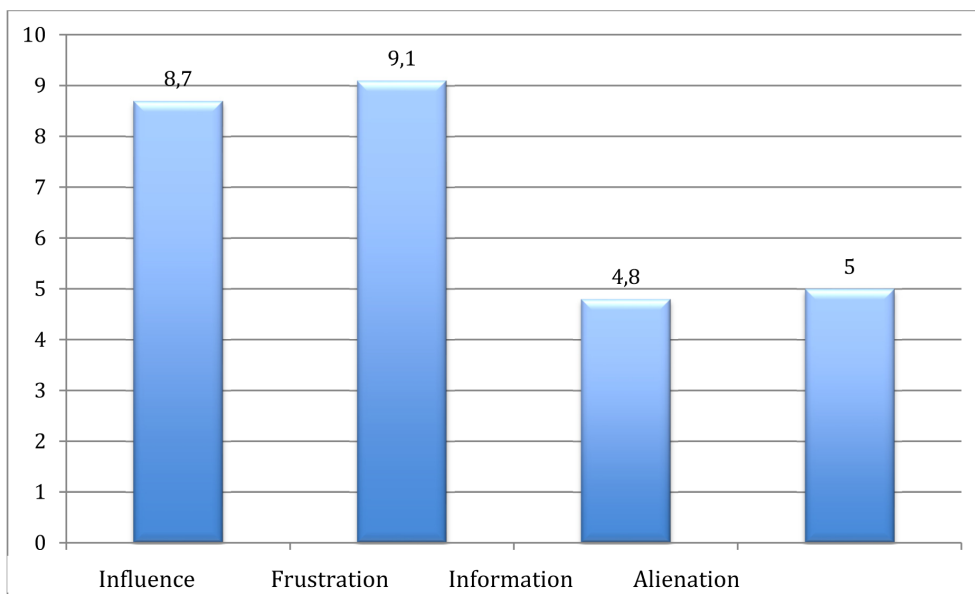
Diagram 1 shows the level of codependence – the average arithmetic is equal to 81.2, what corresponds to the expressed codependence.

We note that the expressed co-dependence is characteristic for 97% of women who took part in the study, and only 3% showed light codependence. Thus, it can be said that co-dependency is a

fairly stable and widespread state among mothers of addicts. The obtained data is also confirmed by the results of observation and preliminary interviews with respondents, during which the high involvement of mothers in life and the process of rehabilitation of children-addicts, their «inability» to distract or focus on a survey, conversation, something other than their child.



**Figure 1** – The level of codependency of codependent mothers



**Figure 2** – The peculiarities of family system of codependents

Figure 2 presents data obtained using the Structurally-Destructive Family (SDF) methodology of E.G. Eidemiller and V.V. Yustitsky.

It follows from Figure 2 that on 3 scales of 4 respondents showed high results indicating an unstable type of the family system:

influence (8,7) - co-dependent women express a «destructive» sense of exhaustion of all the means and associated feelings of their own impotence;

frustration (9,1) - for co-dependent women are characterized by «destructive» feelings of despair, unbelief that the situation can improve;

alienation (5.0) - in co-dependent women, alienation from society, increased vulnerability to criticism, a pronounced guilt for the problems of addiction in the family.

Thus, for a family system with an addictive personality, a moderate knowledge of the personal characteristics of a family member is typical, which presents the most problems. The inability to find the reserves of increasing influence on him, despair and guilt. The type of family is indeterminate or destructive.

Figure 3 shows the data obtained by the method of the I-Structural Test of Ammon (ISTA).

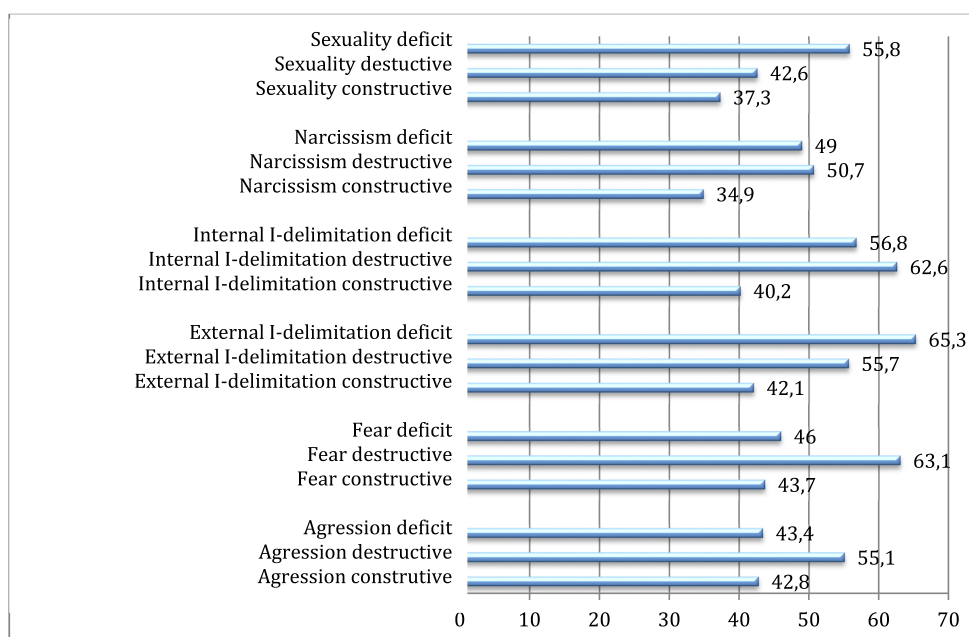


Figure 3 – I-identity of codependent women

Figure 3 shows that the co-dependent women are characterized by the predominance of destructive and deficit functions in the self-identity.

The destructive functions are predominant:

– in the expression of aggression (55.1) - manifested in the situational inadequacy of aggression, outbursts of anger, impulsiveness, sarcasm, irony;

– in the expression of anxiety (63.1) - manifests itself as an inadequate reassessment of real threats, difficulties, problems; excessive expression of bodily vegetative components of emotional reactions; fear of establishing new contacts and close, trusting human relationships; fear of any surprises; difficulty concentrating; expressed fears over their own personal future; inability to seek help and support in difficult life situations.

– in the inner self-limitation (62.6) - is manifested in an imbalance of thoughts and feelings, emotions and actions; rigid orientation on purely rational decisions; discordance of body and soul life; inability to fantasies, dreams.

– in the manifestations of narcissism (50.7) - an inadequate evaluation of oneself, one's actions, abilities and abilities; distorted perception of others; excessive vigilance in communication;

– intolerance to criticism; low tolerance to frustrations.

Deficient functions predominate:

External H-limitation (65.3) – the underdevelopment of the external border is manifested: a tendency to hyper-adapt to the external environment; inability to establish and control interpersonal distance; excessive dependence on

the requirements, attitudes and norms of others; orientation to external criteria and assessments.

Sexuality (55.8) – is expressed by the predominant lack of sexual desires, the poverty of erotic fantasies, the perception of sexual relations as «dirty», sinful, unworthy people and deserving of disgust.

### Conclusions

According to some experts, today one in five is an addicted person, the real number of dependent ones is 8-10 times higher (Krasnik, 2014a, Krasnik, 2014b).

Drug addiction, alcoholism, gambling, food, sexual and other addictions have serious social and psychological consequences: there is a degradation of the individual and the population as a whole, crimes and immoral acts are committed, the birth rate of sick and inferior children is increasing, the death rate is increasing, families are falling apart.

Sufferers of different kinds of dependence rarely live in complete isolation, addiction, whether it's gambling, the Internet, narcotic or alcoholic, brings

painful suffering not only to the dependent herself, but often turns out to be a personal tragedy for relatives, close patients, who also become «victims» of this disease, and which today are defined as co-dependent.

The study of codependence as a socio-psychological factor that influences the personality characteristics of co-addicts made it possible to formulate the following conclusions:

1. For 97% of women who participated in the study, pronounced co-dependence is characteristic;
2. There is a correlation between co-dependence and manifestations of mental states - frustration, aggression, anxiety;
3. Co-dependence is characterized by an increased level of aggression;
4. Co-dependence is characterized by a general destructiveness;
5. Co-dependence is characterized by an increased level of anxiety;
6. Destructive-deficit functions predominate in the structure of the personality of co-dependent women, which indicates a «contact breakage», i.e. on the severance of relations with himself, with other people, with the world around him.

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