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## **STUDY OF INDEPENDENCE AS INFLUENCE ON THE DEVELOPMENT OF SOCIAL AND PSYCHOLOGICAL PECULIARITIES OF THE PERSONALITY OF DEPENDENT MOTHERS**

The article presents the results of an experimental study of codependency as a socio-psychological phenomenon. During the study, we proceeded from the understanding that codependency is a steady state of painful dependence on compulsive (uncontrollable) forms of behavior, a protective compensatory reaction to intrapersonal conflict, where conflicting relationships with a significant person and an individualized system of cultural norms, values, prescriptions. The specialties of codependency are self-destructive attachment to substance addicts, accompanied by specific emotional, psychological and behavioral demonstrations. In this regard, many researchers (Bitensky, 2012; Bratus, 2002; Beatty, 2007; Moskalenko, 2012; Korolenko, 2010; Zaitsev, 2014; Shorokhova, 2012; Mendelevich, 2013; Winehold, Winehold, 2012, etc.) consider “an independent form of addiction, but deeper and more hardly adaptable.” This understanding of codependency leads to the actualization of studies devoted to the study of this phenomenon.

Object of the study is a co-dependent person. In our study, these are co-dependent mothers whose relatives (adult children) suffer from any kind of addiction.

The subject of the study: the socio-psychological characteristics of codependency as a socio-psychological phenomenon.

The purpose of the study: to study the effect of socio-psychological characteristics of codependency and its influence on the personality of co-dependent mothers.

The general hypothesis is the assumption that there is a relationship between codependency and demonstrations of mental states (frustration, aggression, anxiety) that determine their effect on addiction in the family.

The main experimental base was the Psychological Center “Senim” of Astana and the city drug treatment center of medical and social correction in Almaty. The study involved 110 dependent mothers living in Astana and Almaty.

The article describes in detail the course of the study, which consists of 3 steps, starting with the interview and the diagnostic study.

**Key words:** dependency, codependency, socio-psychological features, co-dependent mothers, depression, frustration, etc.

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### **Бірлескен тәуелді аналар тұлғасының әлеуметтік-психологиялық даму ерекшеліктеріне бірлескен тәуелділіктің әсерін қарастыру**

Бұл мақалада жүргізілген эксперименттік зерттеу нәтижесінен кейін, бірлескен тәуелділік әлеуметтік-психологиялық құбылыс ретінде көрсетілген. Зерттеу барысында бірлескен тәуелділік мінез-құлықтың компульсивті (басқарылмайтын) тәуелділіктің ауыр түрінің тұрақты сипаты, құндылықтар, жеке-дараланған жүйелі мәдени нормалар мен маңызды адаммен қақтығысатын өзара жанжалды, жанжалдан қорғанатын ішкітұлғалық компенсаторлық реакцияның тұрақты күйі болып табылатынын түсіндік. Бірлескен тәуелділіктің айрықша ерекшеліктері бұл мінез-құлық көріністерінің психологиялық, ерекше эмоциалық сүйемелдеуімен және психоактивті заттардан тәуелдіге тәуелді өзін-өзі бұзатын байланыс. Осыған байланысты көптеген зерттеушілер (Битенский, 2012; Братусь, 2002; Битти, 2007; Москаленко, 2012; Короленко, 2010; Зайцев, 2014; Шорохова, 2012; Менделевич, 2013; Уайнхолд, Уайнхолд, 2012 және т.б.) «аддикцияның тәуелсіз формасы, бірақ одан да тереңірек және түзетуге қиынырақ болатынын» қарастырады. Бұндай бірлескен тәуелділікті түсіну осы құбылысты зерттеуге арналып, зерттеудің өзектілігіне алып келеді.

Зерттеудің нысаны – бірлескен тәуелді тұлға. Біздің зерттеуімізде бұл бірлескен тәуелді аналар, кез келген тәуелділіктен зардап шегетін туыстары (ересек балалары).

Зерттеу пәні: бірлескен тәуелділіктің әлеуметтік-психологиялық ерекшеліктері әлеуметтік-психологиялық құбылыс ретінде.

Зерттеу мақсаты: бірлескен тәуелді аналар тұлғасының әлеуметтік-психологиялық сипаттамаларын дамытуға бірлескен тәуелділіктің әсерін зерттеу.

Жалпы болжам ретінде отбасындағы аддикция әсерін анықтайтын бірлескен тәуелділік пен психикалық күй көріністерінің (фрустрация, агрессия, алаңдаушылық) арасында өзара байланыс бар.

Негізгі эксперименттік база – Астана қаласының «Senim» психологиялық орталығы және Алматы қалалық медициналық және әлеуметтік түзету орталығы. Зерттеуге Астана мен Алматы қаласында тұратын 110 бірлескен тәуелді аналар қатысты.

Мақалада әңгімелесу мен диагностикалық зерттеуден бастап 3 қадамнан тұратын зерттеудің барысы туралы толықтай көрсетілген.

Қорытындыларда жүргізілген зерттеудің нәтижелері көрсетілген.

**Түйін сөздер:** тәуелділік, бірлескен тәуелділік, әлеуметтік-психологиялық ерекшеліктер, бірлескен тәуелді аналар, депрессия, фрустрация және т.б.

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### **Изучение влияния созависимости на развитие социально-психологических особенностей личности созависимых матерей**

В данной статье представлены результаты проведенного экспериментального исследования созависимости как социально-психологического феномена. При проведении исследования мы

исходили из понимания, что созависимость – это устойчивое состояние болезненной зависимости от компульсивных (неуправляемых) форм поведения, защитная компенсаторная реакция на внутриличностный конфликт, где сторонами конфликта выступают крайне противоречивые отношения со значимым человеком и индивидуализированная система культурных норм, ценностей, предписаний. Отличительным признаком созависимости является саморазрушительная привязанность к зависимому от психоактивных веществ, сопровождающаяся специфически эмоциональными, психологическими и поведенческими проявлениями. В связи с этим многие исследователи (Битенский, 2012; Братусь, 2002; Битти, 2007; Москаленко, 2012; Короленко, 2010; Зайцев, 2014; Шорохова, 2012; Менделевич, 2013; Уайнхолд, Уайнхолд, 2012 и др.) рассматривают созависимость как «самостоятельную форму аддикции, но более глубокую и труднее поддающуюся коррекции». Такое понимание созависимости приводит к актуализации исследований, посвящённых изучению этого феномена.

Объектом исследования является созависимая личность. В нашем исследовании – это созависимые матери, родственники (взрослые дети) которых страдают каким-либо видом зависимости.

Предметом исследования являются социально-психологические особенности созависимости как социально-психологического феномена.

Цель исследования: изучение влияния созависимости на развитие социально-психологических особенностей личности созависимых матерей.

В качестве общей гипотезы выступает предположение, что существует взаимосвязь между созависимостью и проявлениями социально-психологических особенностей (фрустрации, агрессивности, тревоги), определяющими их влияние на аддикции в семье.

Основной опытно-экспериментальной базой стал Психологический центр «Senim» г. Астаны и Городской наркологический центр медико-социальной коррекции г. Алматы. В исследовании приняло участие 110 матерей зависимых, проживающих в Астане и Алматы.

В статье подробно описан ход проведения исследования, состоящий из 3 шагов, начиная с проведения беседы и диагностического исследования.

В выводах отражены полученные результаты проведенного исследования.

**Ключевые слова:** зависимость, созависимость, социально-психологические особенности, созависимые матери, депрессия, фрустрация и др.

## Introduction

The sharp increase in the prevalence of addictive disorders, the diversity of their forms and the emergence of new varieties is one of the characteristics of modern society in the 21st century. At present, the psychological science has witnessed an increase in research examining the phenomenon of codependency (Bitensky, 2012; Bratus, 2002; Beatty, 2007; Moskalenko, 2012; Korolenko, 2010; Zaitsev, 2014; Shorokhova, 2012; Mendeleovich, 2013; Uayhold, Uayhold, 2012 and others). In a number of works, special attention is paid to the relationship of biological, psychological and sociocultural factors of co-dependence that are involved in the genesis of mental disorders, as a result of which the study of the phenomenon of co-dependency becomes complex, interdisciplinary (Rosen, 1977: 169-174).

Recently, more and more domestic and foreign researchers have come to the conclusion that codependency is “an independent form of addiction, but deeper and more difficult to correct.” The emergence and development of codependency occurs much earlier than the appearance of the problem of addictive behavior in the family. Codependents can influence close people by promoting addiction,

provoking it, creating favorable conditions for the development of addictive behavior (Martynova, 2002: 50-54).

Codependency is a steady state of painful dependence on compulsive (uncontrollable) forms of behavior, protective compensatory reaction to intrapersonal conflict, where the parties to the conflict are extremely contradictory relationships with a significant person and an individualized system of cultural norms, values and prescriptions. A distinctive feature of codependency is a self-destructive attachment to an addict to psychoactive substances, accompanied by specific emotional, psychological and behavioral manifestations. Due to the emerged behavioral, emotional and cognitive destruction, co-dependents are not able to fully realize themselves in work, it is difficult for them to build the connection of life events (past, present and future), there is a dependence on external assessments (Chudnovsky, 1997).

The study of personal characteristics of co-dependents is not possible without the study of family relationships, where co-dependence manifests itself in the most dysfunctional way.

One of the main features of “addictive” marriages, described by most scientists, is the phenomenon of a “closed family system”, that is, social exclusion,

which is one of the main dynamic characteristics of the co-dependent close reaction. The behavior of the spouse is completely subordinated to the concealment of husband's addiction, family conflicts and family violence. A total closeness is developing with impulsively arising attempts to save a husband, with constant guilt feelings and obsessive remorse of conscience (Merinov, Lukashuk, 2017: 139-147).

The destructiveness of the personal and behavioral reactions of a dependent woman aggravates the spouse's addiction, worsens her own mental state, disrupts family relationships and destroys the personality of children (Stoyanova, Mazurova, Bohan, 2011).

Despite the considerable interest of researchers in the problem of code dependency, many key

questions remain open and, as a result, debatable. In the study of literary sources, there is a lack of information, including the study of the personal characteristics of mothers, code-dependent. At the same time, the "mother-dependent adult child" system is the primary dyad, which allows considering code dependency also from the point of view of violation of separation processes.

Creativity as a complex systemic phenomenon that includes both intrapsychic and interpersonal dynamics at the same time requires an integrated approach to the study of the functioning of a co-dependent person (Osinskaya, Kravtsova, 2016: 42-56).

Thus, the research problem (Figure 1) consists of:

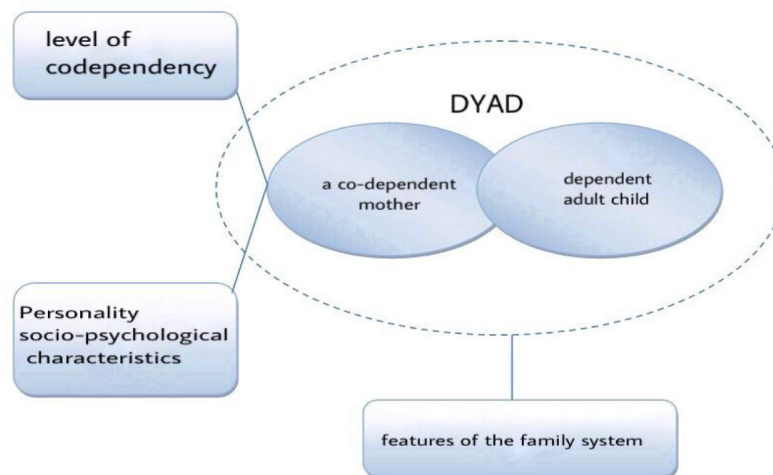


Figure 1 – Statement Problems of the Study

1. In identifying the features of the family system are code-dependent, the degree of its constructiveness / destructiveness, openness / closeness of borders.

2. In assessing the level of co-dependence of mothers whose adult children suffer from any kind of dependence

3. In determining the socio-psychological characteristics of the personality of code dependent mothers, whose adult children suffer from any type of dependence.

#### Research organization

For the organization of the empirical study of the socio-psychological characteristics of codependency, a program of scientific research was developed. A program of scientific research

was developed for the organization of the empirical study of the socio-psychological characteristics of codependency (Figure 2).

An empirical research program was developed that includes a battery of diagnostic techniques.

The analysis of the obtained results. Mathematical data processing was performed using the statistical package SPSS, version 20.0.

The object of study: codependent person. In our study, these are co-dependent mothers whose relatives (adult children) suffer from any kind of addiction.

Subject of research: the socio-psychological characteristics of codependency as a socio-psychological phenomenon.

The purpose of the research: the study of codependency and its influence on the development

of socio-psychological characteristics of the personality of co-dependent mothers.

The general hypothesis is the assumption that there is a relationship between

codependency and manifestations of mental states (frustration, aggression, anxiety) that determine their effect on addictions in the family.

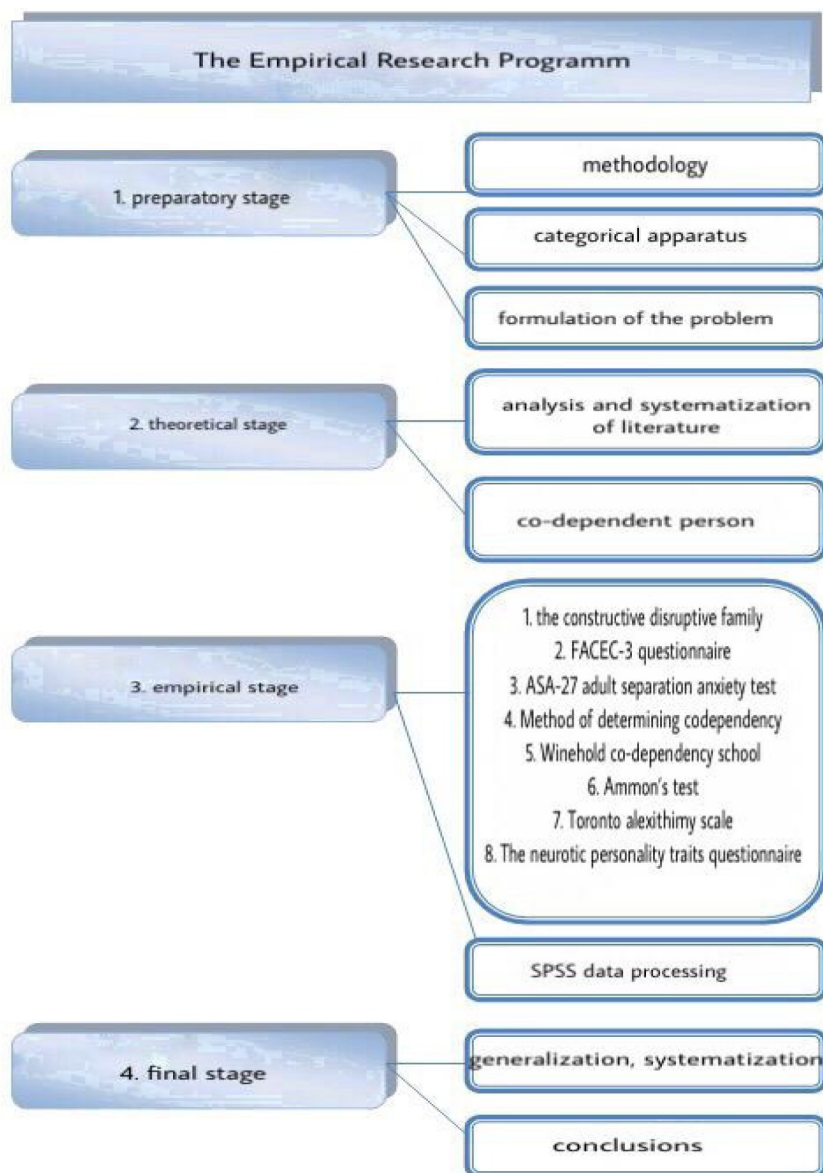


Figure 2 – Pilot study program

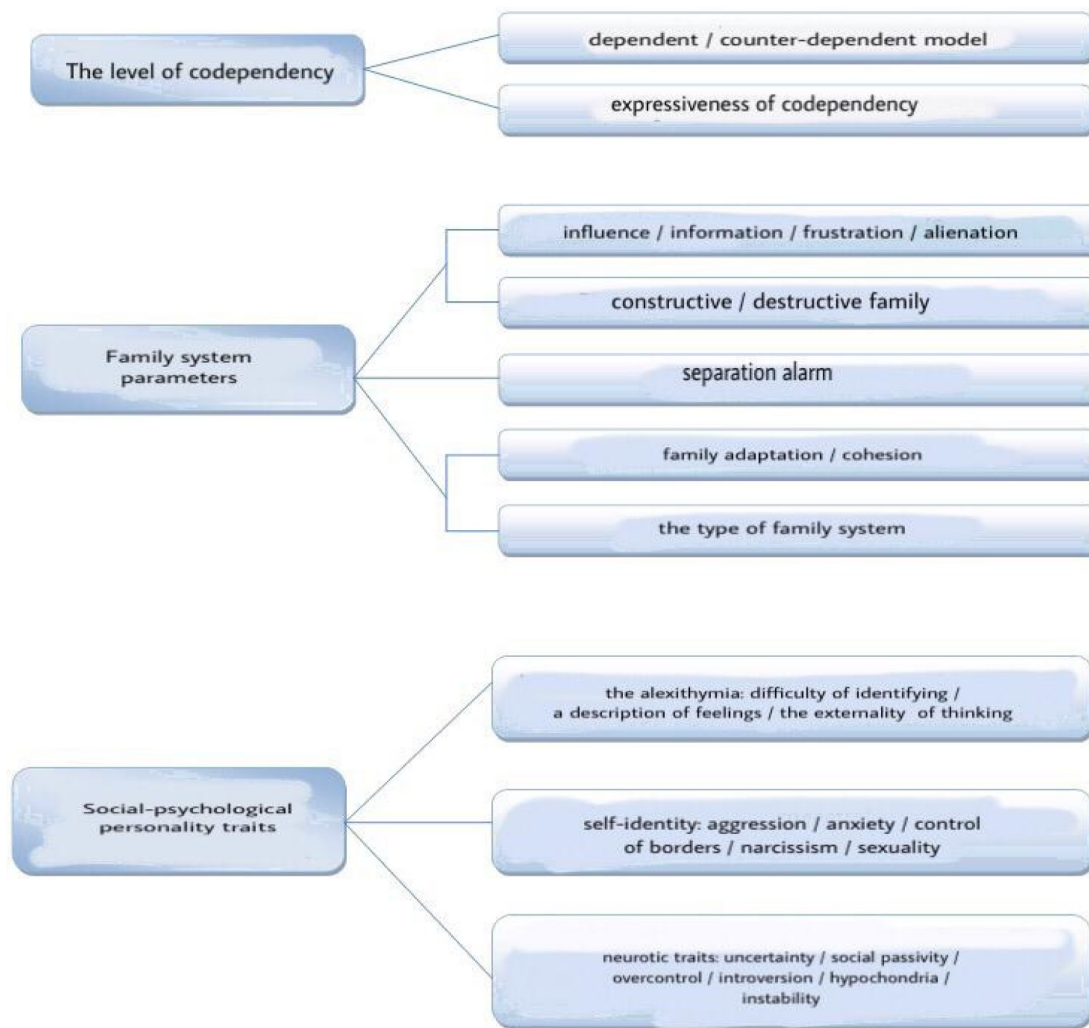
To test the hypotheses and implement the research objectives, the following tasks were set:

- to analyze the socio – psychological characteristics of codependency behavior and its types;
- to conduct an empirical research aimed at identifying the relationship of codependency and socio-psychological characteristics of the individual.

Based on the object, subject, purpose and hypothesis of the study, as well as the theoretical and methodological basis of the study, the following diagnostic units were identified (Figure 3):

- degree of codependency;
  - family system parameters;
  - social and psychological personality characteristics.
- General characteristics of the sample





**Figure 3** – Diagnostic units of testing social and psychological characteristics of codependency

### General characteristics of the sample

The main experimental base was the Psychological Center “Senim” of Astana and the city narcological center of medical and social correction in Almaty. The study involved 110 dependent mothers living in Astana and Almaty.

The choice of mothers as an object of study was not accidental. Mother is the key person in a child’s life, the closest person to a child. Naturally, psychological transformations in the context of the formation of codependency are most clearly observed in mothers. In addition, as practice shows, it is mothers who primarily seek psychological help about the dependence of their children.

Note that 65% of co-dependent women from complete families are married. None of the mothers participating in the study is registered in a mental

hospital, none of them had previously contacted a psychologist on issues of code dependence or other reasons.

The selection model of the respondents was probabilistic in nature, that is, any woman whose child was undergoing rehabilitation in these two centers could participate in the study. Testing was voluntary and anonymous.

The study involved 110 women, the average age was 49.6 years. Of them:

- 70% of the sample are Kazakhs, 17% are Russians, 6% are Tatars, 7% are others. (Figure 4).
- 65% of women from complete families, 23% from incomplete families, 12% from boarding schools (Figure 5).
- the main nosology of addicted children (average age is 24.8): 30% alcoholism, 27% drug addiction, 29% gambling, 14% mixed.

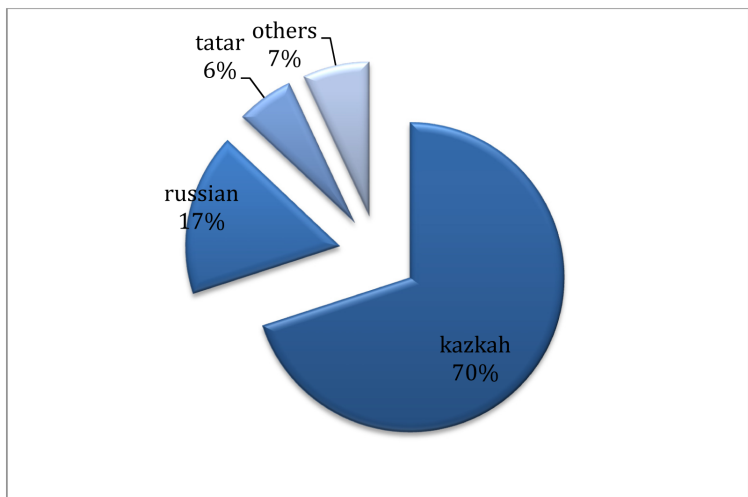


Figure 4 – Characteristics of the sample by nationality

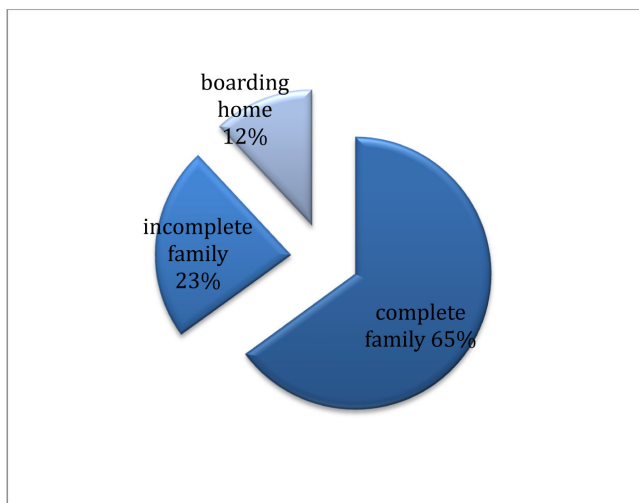


Figure 5 – Sample characteristics by family of respondents

- the main nosology of addicted children (average age is 24.8): 30% alcoholism, 27% drug addiction, 29% gambling, 14% mixed.

The Research progress

The first step of the study was to conduct a conversation with the respondents aimed at getting acquainted with the diagnostic procedure and forming motivation to participate in the diagnostic examination. The conversation took place in a group format for 20 minutes.

We note that women did not willingly participate in the study, they were completely immersed in their experiences, in relations with the “child” whom they came to visit. In the conversation, women experienced difficulties, were closed, did not want to answer questions, chose the right words for a long time, found it difficult to identify and describe their own emotions.

The second step of the study was to calculate the scores for each method and create a pivot table in the Microsoft Office Excel program.

The third step of the study consisted in the mathematical processing of the data.

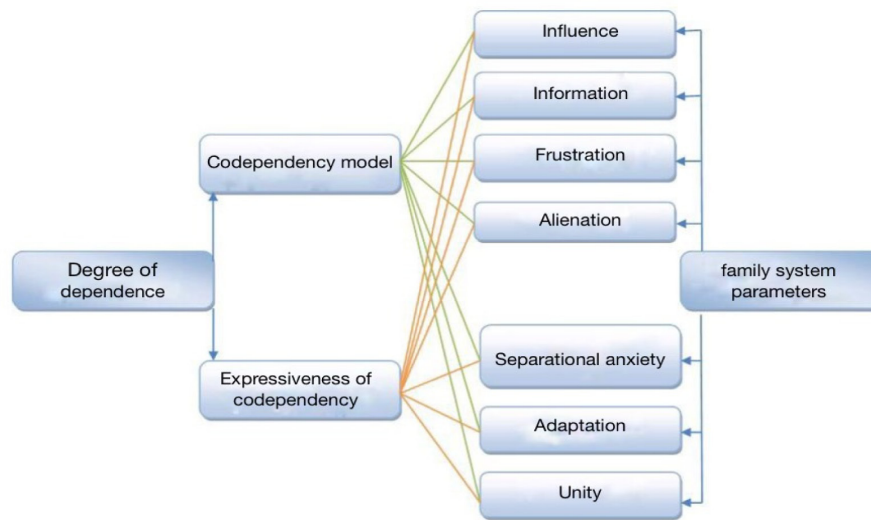


Figure 6 – The Interconnection of co-dependencies and family system parameters

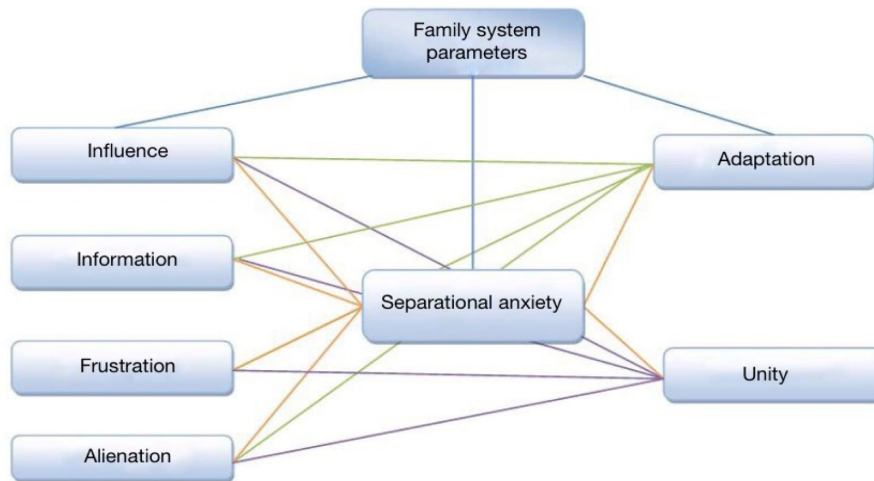


Figure 7 – The interconnection of the family system parameters

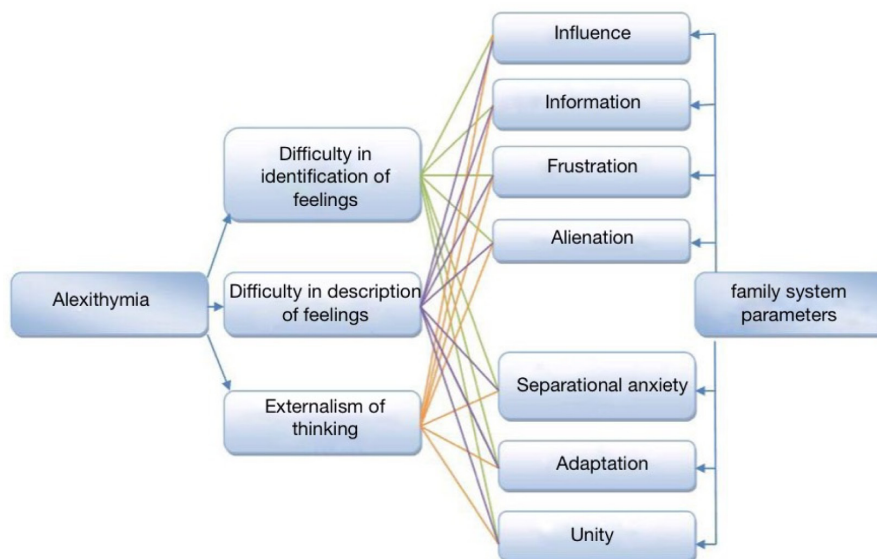
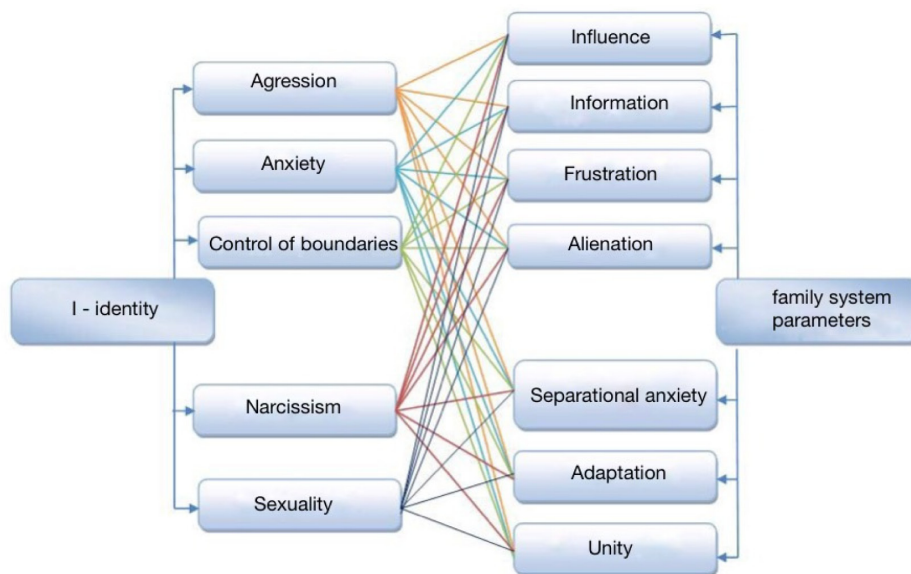
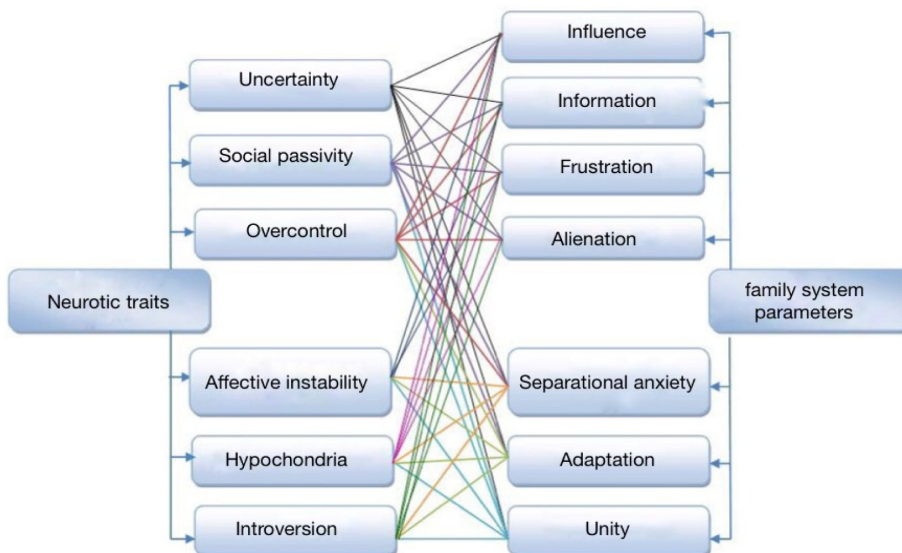


Figure 8 – The interconnection of alexithymia and family system parameters

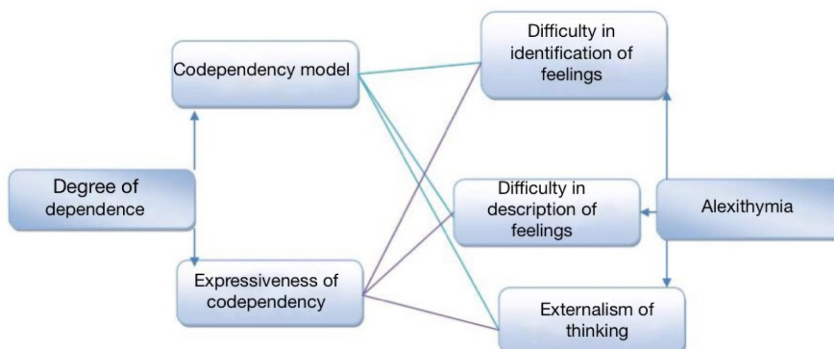




**Figure 9** – The interconnection of self-identity and family system parameters



**Figure 10** – The interconnection of neurotic traits and family system parameters



**Figure 11** – The interconnection of co-dependency and alexithymia

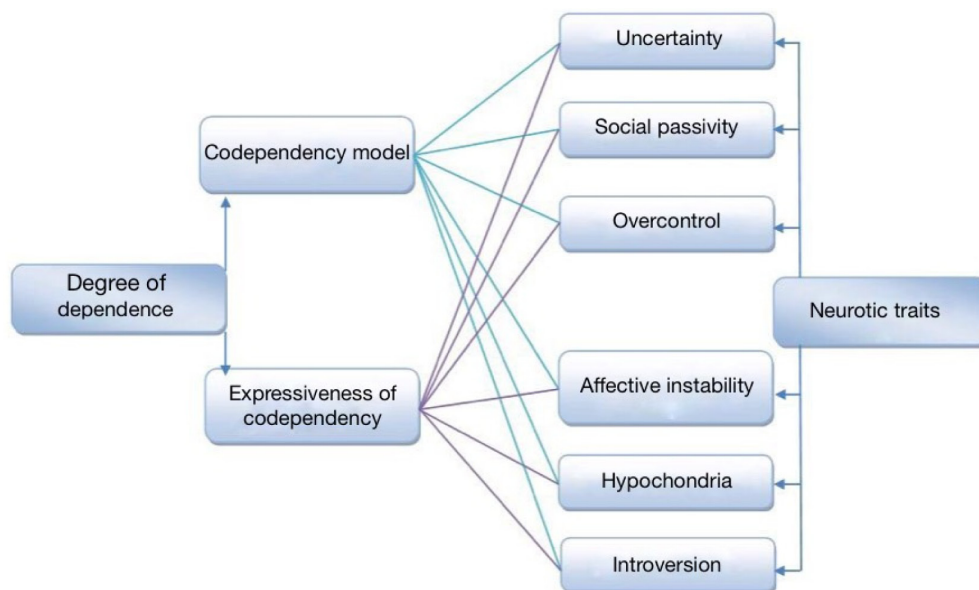


Figure 12 – The interconnection of codependency and neurotic traits

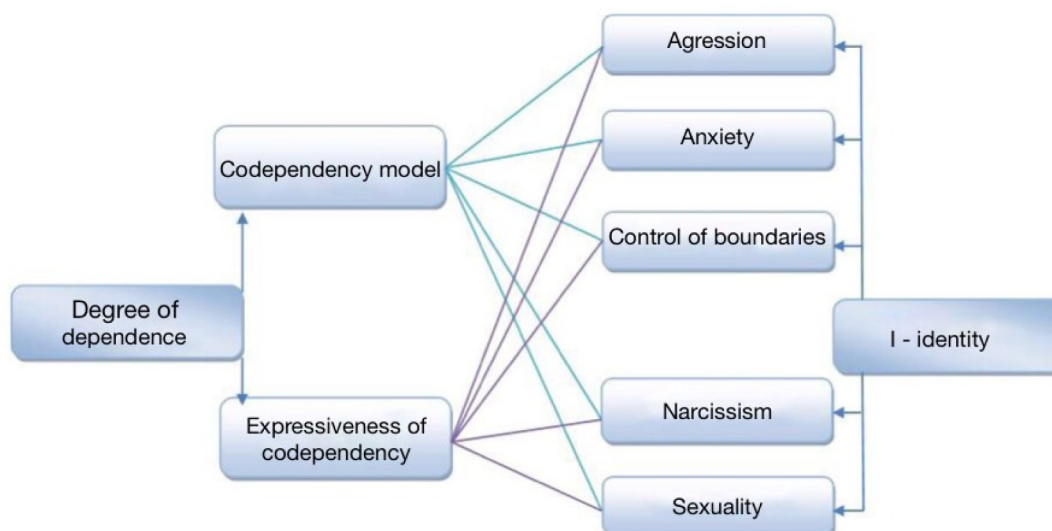


Figure 13 – The interconnection of codependency and I – identity

**The final step** of the study was to analyze and discuss the results. The main results are reflected in the findings.

### Findings

1. The general hypothesis that there is a relationship between codependency and manifestations of mental states (frustration, aggression, anxiety), which determine their influence on family addiction, has been confirmed.

2. The particular hypothesis that codependency is characterized by an increased level of aggressiveness

and influences the occurrence of addictions in the family has been confirmed.

3. The particular hypothesis that codependency is characterized by general destructiveness and has an impact on the occurrence of addictions in the family has been subject to.

4. The particular hypothesis that codependency is characterized by an increased level of anxiety and influences the occurrence of addictions in the family has been confirmed.

5. Constructive, destructive and deficient components of human functions are related to the parameters of the family system, which

is proved by the fact that the features of the I-identity wag on the development of addictions in the family.

6. In the structure of the personality of co-dependent women, destructive-deficient functions predominate, which indicates a “break of contact”, i.e. on breaking relationships with oneself, with other people, with the outside world.

7. For mothers of patients with addictions, the pattern of I-identity is characteristic with significant severity of the indicators “destructive” and “deficient aggression”, “destructive anxiety”, “deficient and destructive I-delimitation”,

“destructive internal I-delimitation” and “destructive narcissism.”

8. The two I-functions are split – the aggression and the outer borders of the Ya. Anxiety, the inner borders and narcissism have a pronounced destructive tint. The overall level of destructiveness prevails.

9. For a family system with an addictive personality, a moderate knowledge of the personality characteristics of the family member – the addict – is characteristic. Inability to find reserves of increasing influence on him, despair and guilt. Type of family – indefinite or destructive.

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