

ASPEKTY V PRÁCI PSYCHOLÓGA PRI PREKONÁVANÍ KRÍZOVÝCH STAVOV JEDNOTLIVCA

ASPECTS OF PSYCHOLOGICAL CORRECTION WORK ON OVERCOMING CRISIS STATES OF THE INDIVIDUAL

Svitlana Maksymets

Abstrakt

V príspevku autorka analyzuje konkrétne aspekty psychologickej podpory jednotlivca v krízových podmienkach. Zdôrazňuje sa dosahovanie rastu sebaúcty u jednotlivca ako aktuálnej úlohy v psychologickej praxi. Využíva sa psychodiagnostika osobnostných vlastností a terapeutických prístupov, a to konkrétne arteterapie a psychodrámy.

Kľúčové slová

Krízový stav. Podpora zo strany psychológa. Arteterapia. Psychodráma.

Abstract

Aspects of psychological support of the individual in crisis conditions, achieving the growth of self-worth of the individual as an actual task of psychological correction work of a practical psychologist through psychodiagnostic of personality traits and using the possibilities of art therapy and psychodrama are considered.

Keywords

crisis state, psychological correction work, art therapy, psychodrama

Personality development is accompanied by the emergence of various crisis situations that can provoke the emergence of crisis states of the individual. In addition, it is impossible to ignore the impact of the environment, the impact of military operations, man-made and natural disasters, political and economic instability, which leads to the emergence of groups of people in crisis in modern society (unemployed, combatants, victims of wars and terrorist acts, etc.). When we add the normative life crises of adult life to these, we see an increasing need to provide qualified assistance to people in a crisis period for a constructive experience of crisis states and their effective social adaptation.

Since the crisis implies a moment of choice among some possible alternatives, depending on the choice, the crisis determines the further development of the individual. Objective properties of a crisis situation affect the psychological mechanisms that underlie behavioral strategies aimed at adaptation, which determines the relevance of the study of the role and significance of psychological support for the individual in order to create conditions for purposeful influence on the development of constructive adaptation mechanisms and reduce the destructive factors of the crisis state.

Scientific works on psychology have accumulated a significant amount of information on the problems of psychological support of the individual in crisis states. At the same time, the issue of using such therapeutic directions in working with crisis states as art therapy and psychodrama is still insufficiently theoretically developed, although a number of scientists (G. Gandzilevskaya, M. Levandovskaya, P. Gornostay, R. Kalshed, T. MacCormack) have studied the provision of assistance by both art-therapeutic and psychodramatic methods and in practice they are used quite successfully. [1; 2; 3; 4; 5]

Methodological foundations of the study of psychological characteristics of the individual in crisis states cover the structure of socio-psychological adaptation, as well as contain its connection with personal traits, self-efficacy and self-esteem. The research methodology should confirm the presence of a crisis state or refute it according to the appropriate criteria.

The following set of methods is effective for the study of psychological characteristics of the individual in crisis states: the test of differential self – assessment of the functional state (FS), a scale for determining the level of feeling of general self-effectiveness (SE) by R. Schwarzer (adaptation-I. Galetskaya), the Spielberg personal and reactive Anxiety Scale, The Rosenberg self-assessment scale.

The use of a set of methods for studying the psychological characteristics of the individual in crisis States allowed us to identify the presence of positive connections of constructive strategies for overcoming crisis states with the criteria of psychological health, and at the same time – the diversity of the importance of individual psychological properties for getting out of the crisis. The leading factors of a person's choice of constructive ways to overcome a crisis state are self – acceptance and internality, the consequence and criterion of exit is emotional comfort. A negative impact on overcoming the crisis state is caused by high levels of neuroticism and repression of the individual, a positive impact is a high manifestation of extraversion, openness to experience, and a tendency to consent.

The most important thing for getting out of a crisis state is self-defense (self-charging), which is expressed in the belief in the availability of the necessary resources and your own ability to use them successfully. Self-sufficiency is not related to the desire to dominate, and this is the main difference between this concept and self-efficacy.

Individual typological properties influence strategies for getting out of crisis situations, but in adulthood this influence is not direct, but depends on the belief system. Beliefs about one's own self-efficacy and self-harm, as well as understanding and meaningfulness of the world, are a manifestation of a psychological resource that helps to overcome crisis situations effectively.

Overcoming a crisis state is an active process of adapting to traumatic or unexpected changes in the social environment. This process is aimed at preserving and establishing a balance between the internal state of the individual and his environment.

A state of crisis, on the one hand, can serve as an incentive for the development and enrichment of personal resources, and on the other hand - the consequences of a crisis can be negative, it can lead to problems that require psychotherapy, which leads to deep positive changes.

To get the individual out of the crisis state, the tasks of psychotherapeutic support of the individual are revealed – to achieve an increase in the self-value of the individual, and ideas about their real and ideal "self-concept". Some of the most favorable methods for correcting the state of personality are art therapy and psychodrama. The search for optimization of ways out of the crisis, the use of the possibilities of art therapy

and psychodrama, and the study of personal traits that contribute to the constructive overcoming of crisis states are the actual tasks of psychological correction work of a practical psychologist.

Art therapy methods are based on a complex of theories, concepts, and methods that include both psychological and artistic approaches to understanding a person. Psychodrama differentiates and corrects destructive behavior and integrates constructive behavior. The result of such work is an increase in the self-worth of the individual.

The therapeutic possibilities of **psychodrama** allow you to use past experience to transfer it to the current crisis state and increase the likelihood of constructive strategies for overcoming the crisis state. When working with crisis states using art therapy methods, it is important to use the metaphorical and resource-based nature of this approach. This is what allows you to move in the direction of personal development quickly and with the least personal losses.

The development of methods for correcting destructive ways of overcoming crisis phenomena in individual and group work allowed us to draw the following conclusions:

1. Crisis states are characterized by a number of features that are caused by both the influence of the social factor and psychological characteristics of the individual and can lead to deep psychological disintegration.
2. The course of a crisis state without providing psychological assistance can lead to severe socio-psychological maladjustment of the individual.
3. The crisis penetrates into the deep sphere of the psyche, causing a decrease in the adaptability of behavior, a drop in the level of self-perception, primitivization of self-regulation.
4. Art Therapy Methods of influencing the individual in connection with their specific features make it possible to maximize the degree of influence and minimize the depth of intervention of assistance to a person in a state of crisis.
5. Psychodramatic techniques allow you to explore the personal and social roles of the client, reevaluate your own guidelines, understand your place and way of functioning in the world, and quickly adapt to changes, which reduces the duration and strength of disintegration processes in the psyche when experiencing a crisis state.

Bibliography

- BRUNNER M. 2011. Criticizing Collective Trauma: A Plea for a Fundamental Social Psychological Reflection of Traumatization Processes. In Barrette, C., Haylock, B. & Mortimer, D. (Eds.), *Traumatic Imprints. Performance, Art, Literature and Theoretical Practice*, 2011. pp.199-207. Oxford: Inter-Disciplinary Press.
- HANDZILEVSKA H. 2013. Development of self-esteem of a person experiencing a midlife crisis by means of psychodrama. H. Handzilevska, M. Levandovska. *Scientific notes. National University "Ostroh Academy". Series "psychology and pedagogy" Issue 22, 2013. pp. 20-23.*
- KALSHED R. 2010. Working with Trauma in Analysis” in *Jungian Psychoanalysis*, M. Stein ed., Routledge, 2010
- MACCORMACK T. 1997. Believing in make-believe: Looking at theater as a metaphor for psychotherapy. *Family Process*.1997, V. 36, No 2. pp. 151-169
- PSYCHOLOGY OF GROUP IDENTITY: REGULARITIES OF FORMATION. 2014. P. P. Hornostai O. A. Lishchinska, L. G. Cherna et al for scientific Ed. P. P. Hornostai. Kyiv: Millennium publ., 2014, 252 p.

Contact details

Svitlana Maksymets, Associate Professor (PhD Psychology)
Department of Psychology, Speech Therapy and Inclusive Education,
Zhytomyr Ivan Franko State University, 40 Velyka Berdychivska Street,
Zhytomyr, Ukraine
e-mail: smmaksimets@gmail.com