

PSYCHOLOGICAL CAUSES OF DIVORCE, PSYCHOLOGICAL COUNSELING FOR DIVORCING COUPLES

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Abstract: and so, questions of rendering of the psychological help to family has old history. The stability of the family and the happiness of marriage first of all are due to the social maturity of the spouses, their socio-psychological education and how much they understand each other and possess the knowledge of the patterns of human relationships, and so on. Now increase of interest to the problems connected with family is marked. For the decision of this problem we offer the help in strengthening family and overcoming of crises of development of family with helping constructions of consultation for clashing and getting divorced spouses.

Keywords: divorce, psychological counseling, children, aggression.

ПРИЧИНЫ РАЗВОДОВ И ПСИХОЛОГИЧЕСКАЯ КОНСУЛЬТАЦИЯ ДЛЯ РАЗВОДЯЩИХСЯ СУПРУГОВ

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Аннотация: итак, вопросы оказания психологической помощи семье имеют давнюю историю. Стабильность семьи и счастье брака, в первую очередь, обусловлены социальной зрелостью супругов, их социально-психологическим мировоззрением и насколько они понимают друг друга и обладают знанием моделей человеческих отношений и так далее. В настоящее время отмечается повышение интереса к проблемам, связанным с семьей. Для решения этой проблемы мы предлагаем помощь в укреплении семьи и преодолении кризисов развития семьи с помощью построения консультации для конфликтующих и разводящихся супругов.

Ключевые слова: развод, психологическое консультирование, дети, агрессия.

Today, the family has a number of obvious difficulties in the society which research is concerned with many scholars. One of these difficulties is the high level of divorce rate. Along with these problems, the number of families with only one parent is increasing.

At the present stage, it is important to "hinder" the destruction of internal relationships within couples, helping them overcome the difficulties of interpersonal interaction in the family, which should be directed to the professional systematic approaches of psychologists.

The system is a stable connection between the elements which are interconnected. The theory of systems holds that the problems facing one or another family member reflect the inauspiciousness of the family system [2, p. 440]. If there is a threat of an established balance, the system is automatically reconstructed to be able to maintain the balance. Therefore, some psychologists believe that the family needs problems. However, working only with the person with serious difficulties, psychologist can not achieve significant results. Therefore, the purpose of family psychological counseling is such a reconstruction of family relationships, as a result of which there will be no need for new problems. The private methods used in that process can be very different. In modern society the increase of divorce rates is a negative fact.

In some works, the divorce negative consequences are highlighted in terms of deterioration of children's upbringing, gaps, the growth of their mental illness, parental alcoholism, breakdowns of blood relationships, and material worsening. One of the symptoms of today's Armenian family "illness" is the neuroticity of the child, loneliness, inferiority complex, inability to communicate, absent-mindedness [3, p. 56].

Divorce leads a child to the problems which are not related to his age: orienting himself to the new situation, setting relationships with divorced parents. Children between the ages of 2,3 and 5 respond to parental divorce by crying, aggression, loss of memory, attention and sleep disorders. This is also confirmed by foreign scholars: children's emotional health is closely connected to the parents' immediate presence and influence. Divorce also causes a child's loneliness, and a sense of personal inferiority. The "drama of life" of incomplete families is similar to each other. The problem of divorced families is not only social, but also spiritual. In such families, love, solidarity, mutual understanding, patience do not dominate, so they can not survive longer. The family should be a friendly environment, unanimous, cooperative.

Why do marriages break up? Why do people divorce? Undoubtedly, the reason for each divorce and divorce-as a social phenomenon can not be the same. Family tragedies are due to both social and microsocial conditions in which the family lives, and the spouses' personal, age, psychological peculiarities. The number of divorces is not yet a full understanding of the situation of family life and it can not be insisted that in families which still survive, everything is quite successful. This can be confirmed by the fact that more than half of families have only one or two children, and this is not just because families are young [4, p. 89].

These phenomena, in some ways, are born in the conditions of our achievements and social accomplishments, being the so-called outcome of the past. The growth of the woman's economic independence from her husband is enormous; the majority of women have the opportunity to provide themselves materially. The economic independence of the couple undoubtedly has a beneficial effect, but at the same time the weakening of the woman's dependence on a man can sometimes mean the weakening of the bonds between them.

Along with the promotion of human education, the process of its development, the awareness of individuality, uniqueness, significance and increased self-esteem are also taking place. [5, p. 74] However, this process often develops unilaterally: some people with a high level of education and inadequate upbringing, in a certain period of time are able to appreciate, respect themselves, not allowing to insult their own dignity but at the same time they have not learned yet to control themselves, to be attentive, to take into account and respect others, especially in a highly emotional tensed situation, which often puts the family in strife and confrontation.

Thus, the stability of the family and the happiness of marriage first of all are due to the social maturity of the spouses and their upbringing, how much they understand each other, how successful the couple is selected, their socio-psychological education, how much they possess the knowledge of the patterns of human relationships, how cleverly they use this knowledge during the day-to-day communication, especially during emotional tensed situations and so on.

First of all, divorces occur in the first years of a child's life. This is due to the fact that the father can not bear that the mother unconditionally shifts the main focus to the child. Making an effective, painful, and jealous reaction to this, the father perceives himself as "the third" and leaves (mostly returning to his mother) where he basically refills the lack of attention and love that he needs (in his opinion) [4, p. 59].

Sometimes spouses, projecting the idealized own character on each other without realizing, perceive one another as its "twin", require unilateral compassion, understanding, love, and when those requirements are not consistent with their real character, causing dissatisfaction, a long-term outgrowth of conflict is formed. In this case, the spouses' unfulfilled expectations are transferred to the child and the child is forced to perform contradictory roles and functions that do not fit his adaptive capabilities. By focusing on the emotional tension of the parents, the child simultaneously strengthens their unconscious, Latent conflict, which is expressed in all its strength through the child's upbringing, in the form of parental antithetic tactics. Due to their disagreements and personality traits, parents are often unable to adapt to the child who needs individual, emotional, compassionate, patient, and trustworthy attitudes. As a result, the child is experiencing emotional disturbances that cause certain barriers for further adaptation to relationships with parents. This in turn causes parents to responding affective reaction, and creates a chain of family relationship disorders.

Family issues are resolved much more easily if friendly relationships between parents are determined by their interaction with each other and with the children. In any case, when you notice that a conversation can turn into a dispute, try breaking it off and postponing it at a more convenient moment when children are not present. In that case, both the children will be free from anxiety and you will have the time to think and reconsider your opinions.

Everything that has been said about the family, the impact of the conflict, also relates to the more complex and deeper conflict, divorce, with the difference that in this case parents do not want to give up for the sake of the family. As a result, parents have been arguing more and more violent and irresponsible, to suppress their own feelings of guilt and justify themselves. Such conflicts have more destructive effect on the child [9, p. 45].

For example, it was noted that among children of preschool age there is a tendency to blame themselves for the divorce of their parents. Approximately 10-year-old children are blaming their parents or one of them who is found guilty of not-defending themselves. There are no grave consequences if divorce is perceived by children as a means

of getting out of nightmare and suffering. (4,69) We should think that the spouses who have a child should try to do everything to settle the conflict. However, if it fails to restore peace and a favorable psychological atmosphere in the family, divorce seems to be the best outcome for both children and parents.

Cooperation with pedagogical and other public organizations will also be very effective for overcoming this problem. From this point of view, it is important to set up "advisory centers" to overcome the crises for conflict and problematic families that have reached the divorce threshold. Lawyers, sexologists, psychotherapists, sociologists, educators may be alongside psychologists to assist such families.

Such "advisory centers" suggest to focus on personal issues of individual members of the family and lead psychological correction with the organization of personal growth.

In the scientific literature, where there is a reference to the principles of family counseling, the following scheme of work with a married couple is proposed:

1. Determine the motives of husband and wife to protect their family;
2. Allow each of them to fully express his attitude towards the established family situations;
3. Develop a positive therapeutic attitude of couples to each other;
4. Examine the history of marriage and the characteristics of spouses' relationships;
5. Formulate ideas about the positive and negative qualities of the husband and wife;
6. Determine the empathic ability of the husband and wife;
7. Getting information about factors that are in the disagreements of the couple;
8. Examine the divorcing couple's relationship and interaction models;
9. To make an illusion about sexual life of spouses;
10. Explain to the woman and her husband to focus on the present and the future [1, p. 486].

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