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INFLUENCE OF MOTHER-SON'S STYLES OF RELATIONSHIPS ON THE FORMATION OF SOCIAL ANXIETY IN ADOLESCENT BOYS

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The purpose of our work: to reveal features of mother-sons relationships contributing to the formation of social anxiety in adolescent boys. Study sample comprised 104 mothers of boys 15-16 years, students grades 9-10, as well as the boys themselves. Boys with high level of social anxiety characterized by such styles mother-sons relationships as "emotional distance from her son", associated with the lack of involvement in the upgrowing process and emotional contact with her son and "interpersonal relationship of dependency", characterized by overprotection and limiting nonfamily contacts, preventing separation of a teenager.

Key words: adolescent boys, social anxiety, mother, mother-sons relationships

Для того, чтобы выявить особенности материнско-сыновних отношений, способствующих формированию социальной тревожности у мальчиков подросткового возраста было исследовано выборку, которую составили 104 матери мальчиков 15-16 лет, учащихся 9-10 классов, а также сами мальчики. Оказалось, что для высокотривожных мальчиков характерны такие стили материнско-сыновних отношений как «Эмоциональная дистанцированность от сына», связанная с отсутствием включенности в воспитательный процесс, эмоционального контакта с сыном; и «Отношения межличностной зависимости», характеризующийся сверхзаботой о ребенке, ограничивающий его и материнские внесемейные контакты, препятствующий сепарации подростка.

Ключевые слова: социальная тревожность, мальчики подросткового возраста, матери, межличностные отношения.

Для того, щоб виявити особливості материнської-синових відносин, що сприяють формуванню соціальної тривожності у хлопчиків підліткового віку було досліджено вибірку, яку склали 104 матері хлопчиків 15-16 років, учнів 9-10 класів, а також самі хлопчики. Виявилося, що для високотривожних хлопчиків характерні такі стилі материнської-синових відносин як «Емоційна дистанційованість від сина», пов'язана з відсутністю залученості в виховний процес, емоційного контакту з сином; і «Відносини міжособистісної залежності», які характеризуються надтурботою про дитину, яка обмежує його і материнські позасімейних контакти та перешкоджає сепарації підлітка.

Ключові слова: соціальна тривожність, хлопчики підліткового віку, матері, міжособистісні відносини.

Adolescence is sensitive to the formation of social anxiety, which has a negative impact on the socio-psychological adaptation, psychological well-being of the individual [1, 2]. Actualization (formation) of social anxiety reflects the adolescent socialization and patterns of psychosexual development associated with the active development of sex-role and self-concept. It should be noted that social anxiety is extremely common preclinical disorder, according to various estimates from 25% to 50% of today's teenagers and young adults suffer from high levels of social anxiety [1, 2].

One of the most important tasks of adolescence is the restructuring of parent-child relationships, promoting adolescent separation from parent control and authority and building effective relationships in a group of peers [3]. However, these processes can be disrupted or blocked due to the presence of the special structure of the parent family. Currently, in the context of systemic family psychology and psychotherapy any teenager's symptom can be considered as part of the broken family system [4-6]. V. Satir [6] said that the child in the family was often the "identified patient", that was the only family member whose conduct is the visible evidence of the violation in the family interaction. Thus, in the family, which is characterized as outwardly prosperous, which cannot be attributed to extreme forms of violations can be configured one or another symptom of violations of interaction with the outside world, in particular social anxiety in adolescents.

One of the signs of violation of the family system is to change the hierarchical and communicative structure of the family. So, Zakharov A. I. [4] identified three types of families with children who have observed neurotic manifestations. In two of them the mother is in dominant position in the upbringing of the child and the father or entirely eliminate the interaction with the child, or all of its impact refracted through mother's decision. The third variant of the family was a struggle for a child between mother and father. Thus, maternal position is an important characteristic of family education and has considerable influence in shaping the personality of the child.

Based on empirical observations in advisory practice we distinguished types of mothers, contributing to the formation of social anxiety in children, such as "dominant mother", "authoritative mother", "custodial mother", "anxious mother" [7]. Their particular characteristics relationship with the child, affecting the formation of children's social anxiety was described. However, these data need to be validated, which can be achieved by using psychodiagnostic methods and methods of mathematical statistics.

The purpose of our work: to reveal features of mother-sons relationships contributing to the formation of social anxiety in adolescent boys.

Study sample comprised 104 mothers of boys 15-16 years, students grades 9-10, as well as the boys themselves.

Methods: PARI (parental attitude research instrument) (authors – H. H. Schaefer and R. C. Bell, adaptation -T.V. Neshcheret) is designed to explore the relationship between parents (especially mothers) to the opposite sides of family life (family roles), social phobia Questionnaire (Sagalakova O. A., Truevtsev D. V).

The feature's space which included performance by the method of PARI was factored. The result was a factor matrix presented in Table 1. The table includes variables significant bearing on the load factors.

Table 1.

Styles of mother-sons relationships

Emotional intimacy with her son	Emotional distance from her son	Self-sacrifice for the sake of her son	Interpersonal relationship of dependency
Verbalization (0,702)	Suppression of the will (-0,603)	Feelings of self-sacrifice (0,416)	Extreme concern (0,606)
Fear of offending (0,793)	Family conflicts (0,467)	Family conflicts (-0,673)	Dependence on the family (0,590)
Excessive rigor (-0,429)	Irritability (0,522)	Irritability (-0,497)	Exception of outfamily influences (0,454)
Dissatisfaction with the role of mistress (-0,453)	Super-authority of parents (-0,468)	Excessive rigor (0,479)	Super-authority of parents (0,413)
The development of the child's activity (0,460)	Development of the activity of the child (-,400)	Exception of outfamily influences (0,422)	Dissatisfaction with the role of mistress (-0,556)
Indifference of her husband (0,532)	Failure to contact (0,472)	Development of the activity of the child (0,448)	Indifference of her husband (0,415)
The suppression of sexuality (0,637)	The desire to accelerate the development of the child (-0,816)	The suppression of sexuality (0,525)	Extrem intervention in the world of a child (-0,485)
Domination mother (-0,648)		Extrem intervention in the world of a child (-0,546)	
Relational equations (0,569)			
16%	13%	11%	11%

As can be seen from the table, was allocated 4 factors that have been identified by us as styles of mother-sons relationships:

1 factor that we called «Emotional intimacy with his son», amounted such indicators as verbalization, fear of offending, the development of the child's activity, indifference of her husband, the suppression of sexuality, relational equations with positive sign and excessive rigor, dissatisfaction with the role of mistress, domination mother - with a negative sign. This style is characterized by emotional closeness with her son, building a friendship with him, partnerships. At the same time, we can assume the presence of voltage (hidden or explicit) in the marital relationship, which is associated with the exception of the father of the upbringing and the suppression of sexuality.

The 2nd factor "emotional distance from her son" is also bipolar. At one extreme, the factor with a positive sign includes indicators such as "family conflicts", "irritability," "failure to contact", and at the other end of the negative - "suppression of the will", "super-authority of parents", "development of the activity of the child", "the desire to accelerate the development of the child". Thus, this parenting style combines conflict, family atmosphere, maintaining emotional distance from her son, and the lack of involvement in his life and the process of growing up.

The 3^d factor, designated as the "Self-sacrifice for the sake of her son", includes indicators of self-sacrifice, excessive rigor, exception of outfamily influences the development of the child's activity, the suppression of sexuality with a positive sign, as well as - family conflict, irritability, emergency intervention in the world of a child with a negative sign. It can be assumed that the mother is aware of its contribution to the growing up of the child, which is related to the fact that relations are friendly, positive, allowing the child to develop. However, the condition and/or requirement in such a relationship is to comply with certain rules, as well as attachment to the parent home.

The 4th factor - "interpersonal relationship of dependency" amounted indicators "extreme concern", "dependence on the family," "exception-family influences", "super-authority of parents", "indifference of husband" - a positive sign, and "dissatisfaction with the role of hostess" and "extrem intervention in the child's world" - with a negative sign. This style reflects building relationships of interpersonal addiction. It is characterized by overprotective and isolation in the family, and the exclusion of husband meant locking according to the dyad "mother - son". Note that we are talking about mothers sons - teenagers who are at the normative psychological development should be separate from the parent family. It is clear that with this style of relations, this process will be extremely difficult.

Each subject was assigned a value of each coefficient obtained from the factors. Then, based on the use of t-test revealed differences between subgroups of boys with high and low level of social anxiety, based on the results of the questionnaire of social phobia. The results are shown in Table 2.

Table 2.

Differences styles of mother-sons relationships in subgroups of boys (t-Student test)

	Emotional intimacy with his son	emotional distance from her son	Self-sacrifice for the sake of her son	Interpersonal relationship of dependency
Subgroup 1-subgroup 2	0,75	2,42**	1,03	2,55*

As can be seen from Table. 2, significant differences are observed in style of mother-son's relationship "emotional distance from her son", which can be considered as a variant of permissive parenting style, because combines indifference, lack of control and emotional contact. Apparently, these relationships may prevent the formation of social competence of the child who does not get the experience of close emotional relationships. Inability to establish satisfactory social contacts probably leads to the emergence of social anxiety that is associated with a sense of his own lack of success. Described earlier type of "anxious mother" can be attributed to this type of relationship.

Also, significant differences are observed in style "interpersonal relationship of dependency". Apparently, the impossibility of separation from the mother's fixation on the dyad "mother-son", leads to the perception of the world as a hostile, dangerous, in contrast to the clear, although limiting family relations. In addition, it should be noted that the exclusion of the father of the family upbringing is not conducive to the formation of an adequate sex-role behavior, which may also serve as an obstacle to overcome social fears and adaptive social behavior. We have described "dominant mother", "authoritative mother" and "custodial mother" which can be seen as embodiments of this style of relationships. Interestingly, the style of relations "Emotional intimacy with her son," which in its content is most similar to the style of "interpersonal relationship of dependency", was not related to the formation of social anxiety in adolescent boys. It can be assumed that the presence of indicators relevant of adolescent freedom and respect for his sense in style of relationship "emotional intimacy with her son", missing in the style of "interpersonal relationship of dependency" are retardant factors for the formation of social anxiety.

Conclusions:

1. The main styles of mother-son's relationships are:
 - «Emotional intimacy with her son», which is characterized by the construction of a mother friendship, partnership with his son, and given him opportunities for the development and maturation;
 - "Emotional distance from her son", associated with the lack of involvement in the upgrowing process and emotional contact with her son;
 - "Self-sacrifice for the sake of her son," which can be understood as the active involvement of mothers in the educational process, creating favorable conditions for the development of family child, limiting himself for the sake of it, but quite demanding in relation to it;
 - "Interpersonal relationship of dependency", characterized by overprotection and limiting nonfamily contacts, preventing separation of a teenager.
2. Boys with high level of social anxiety characterized by such styles mother-son's relationships as "emotional distance from her son" and "interpersonal relationship of dependency".

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