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## INTERCONNECTION OF COPING STRATEGIES AND THE TYPE OF ATTACHMENT IN PEOPLE IN MARRIAGE

*The article reveals the relationship between coping strategies and the type of attachment among people in marriage. The presented study allows determining the relationship of certain coping strategies with different types of attachment in married people. The article updates the essential importance of the experience of attachment to the specifics of a person's coping behavior.*

**Key words:** resources, coping strategies, people in marriage, attachment, stress resistance, psychological defense mechanisms.

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## ВЗАЄМОЗВ'ЯЗОК КОПІНГ-СТРАТЕГІЙ І ТИПУ ПРИВ'ЯЗАНОСТІ У ЧОЛОВІКА ТА ДРУЖИНИ

*У статті виявлено взаємозв'язок копінг-стратегій і типу прив'язаності в людей, які перебувають в офіційному шлюбі. Дослідження дає змогу визначити взаємозв'язок тих чи тих копінг-стратегій з різною типологією прив'язаності у шлюбних партнерів. Актуалізовано істотне значення досвіду прив'язаності на специфіку копінг-поведінки особистості.*

**Ключові слова:** ресурси, копінг-стратегії, чоловік і дружина, прив'язаність, опірність стресу, адаптація.

**Formulation of the problem.** Modern society has significant problems in traditional forms of family organization. These aspects are the causes of various problems in different family systems: child-parent, spouses, etc. On this basis, the significant factors appear the formation of various aspects of stress tolerance in spouses. This paper focuses on identifying relationships and binding strategies for spouses. The research will help to determine which typology of attachment actualizes certain ways of coping with stress. The research will identify key factors in the development of coping behavior, which will be a definite contribution to the understanding of personal development and its interruption in further.

**An analysis of recent researches and publications.** The term «affection» was proposed by J. Bowlby to explain the emotional and behavioral patterns of behavior of infants and young children, who are being in around the clock preschool and with a history of early and long enough separation from loved ones great especially with the mother. J. Bowlby identified three distinct patterns of alternating behavior: protest, despair, rejection [1]. Initially, «a child enters this world and perceives it literally through the prism of attachment to the mother [2].

In J. Bowlby's research the emphasis is that attachment is a difficult systematic process, which include a lot of quantity of emotional and behavioral aspects: crying, smiling, a wide range of mimic reactions, clinging, behavioral patterns of behavior, etc.

Coping strategies are actual emotional, cognitive, behavioral, situationally determined by environmental and biological factors, responses of a person answers to the perceived threat, as a method of controlling stress.

M. Mayne supposes that under stressful conditions the situation requires a special strategy for processing stressful information [5]. The key function of this strategy is the individuals psychological defense within the framework of the working model of attachment. As true, it includes various behavioral and emotional responses. Defensive processes play a leading role in building working model of attachment, while it helping an individual to adapt to various changes, but also prevent an adequate in the working model of attachment [1].

The attachment appears as one of the key factors in the formation of various personal qualities and structures. These conclusions were conceptualized by M. Mikulincer, who in his research emphasized the importance of attachment in the formation of psychological constructs that are responsible for psychological well-being and the image of the self [3]. However, the fundamental results were filled with research, in the structure of which is found, the reaction to stressful aspects in people with different types of attachment. Mikulincer, M. with colleagues came to the conclusion that in situations of stress in a person, trends in their symbolic essence are

multiples of the emotional-affective aspects of attitudes towards people to whom he is attached and which allow him to feel safe, by and large, attachment acts in the role of the fundamental resource of personality. People with unreliable type of attachment clearly have a deficiency in the adaptation system, namely in the specificity of coping behavior, since a significant coping potential is aimed at overcoming the basic feeling of insecurity, insecurity. In people with a reliable type of attachment, the adaptation system works clearly so that, in order to achieve emotional stability as a result of stressful situations, it turns to internal reliable representations restoring emotional stability and overcoming stress [4].

It can be said that attachment acts as a predictor of the formation of a person's adaptation system, but the mechanism of formation remains rather unexplored.

**Organization of the research.** The research was held on the basis of the Gomel city center for families and children. Contingent of research: a people in official registered relationship between two to eight years. A total of 200 people took part in the study (female – 100, male – 100). The age of the subjects: 22 – 30 years.

The methodical complex includes: 1) Inquirer of affection for close people (M.V. Sabelnikova, D.V. Kashirsky); 2) OSS «A inquirer of coping» (R. Lazarus, S. Folkman, 1988, adapted by TL Kryukova, EV Kuftyak, MS Zamyshlyeva, 2004); 3) Modified questionnaire to determine the type of attachment to the mother (MV Yaremchuk); 4) Berne questionnaire «Ways to overcome critical situations» – E. Heim's method; 5) Methods of mathematical statistical data processing linear criterion rank correlation  $r$ -Spearman.

**Results and their analysis.** For detecting the statistical correlation between coping behavior and the type of attachment among spouses, the linear rank correlation  $r$ -Spearman criterion was used.

Detected correlations due to the following parameters:

- a high positive correlation between the coping strategy of accepting responsibility and a reliable type of attachment to the mother ( $r = 0.72$  with  $p \leq 0.005$ );
- a notable positive correlation between the coping strategy, problem-solving planning and a reliable type of attachment to the mother ( $r = 0.69$  with  $p \leq 0.005$ );
- a high positive correlation between coping strategy, positive revaluation and reliable type of attachment ( $r = 0.65$  with  $p \leq 0.001$ );
- a notable positive connection between the coping strategy of self-control and the ambivalent type of attachment to the mother ( $r = 0.54$  with  $p \leq 0.001$ );
- a notable positive connection between the coping strategy and the search for social support and the ambivalent type of attachment to the mother ( $r = 0.52$  with  $p \leq 0.005$ );
- a notable positive connection between the coping strategy of confrontation and the avoiding type of attachment to the mother ( $r = 0.56$  with  $p \leq 0.005$ );
- a notable positive correlation between the coping strategy of distancing and avoiding the type of attachment to the mother ( $r = 0.52$  with  $p \leq 0.001$ );
- a notable positive connection between the coping escape-avoidance strategy and the avoidant type of attachment to the mother ( $r = 0.57$  with  $p \leq 0.001$ ).

The results of the correlation analysis lead to the following conclusion:

- spouses who use the coping strategy of taking responsibility have a reliable type of attachment to the mother ( $r = 0.72$  with  $p \leq 0.005$ ). Spouses who seek material, physical and emotional contact with her are also sensitive to her safety, in a stressful situation.
- spouses who choose the coping strategy for planning a solution to a problem have a reliable type of attachment to the mother ( $r = 0.69$  with  $p \leq 0.005$ ). Spouses who aspire to the mother, to physical and emotional contact with her, because they feel safe next to her, make attempts to overcome a focused analysis of the situation and possible behaviors, planning their own actions, taking into account objective conditions, past experience and available resources;
- spouses who choose the positive revaluation coping strategy have a reliable type of attachment to the mother ( $r = 0.65$  with  $p \leq 0.005$ ). Spouses who aspire to the mother, to physical and emotional contact with her, because they feel safe near her, make attempts to overcome negative experiences due to her positive rethinking, considering her as an incentive for personal growth;
- spouses choosing the coping strategy of self-control have an ambivalent type of attachment to the mother ( $r = 0.54$  with  $p \leq 0.001$ ). Spouses, who are characterized by ambivalent reactions during separation and reunion with their mother, in a stressful situation, make attempts to overcome negative experiences due to targeted suppression and restraint of emotions, high control of behavior, desire to dominate themselves;
- spouses who choose the coping strategy of search social support have an ambivalent type of attachment to the mother ( $r = 0.52$  with  $p \leq 0.005$ ). Spouses who are characterized by ambivalent reactions during separation and reunification with the mother, in a stressful situation, make attempts to resolve the situation by attracting external (social) resources, seeking support, which is associated with feelings of the absence of the mother;
- spouses choosing the coping-strategy of confrontation have avoided the type of attachment to the mother ( $r = 0.56$  with  $p \leq 0.005$ ). Spouses avoid contact with the mother, or ignore her, in a stressful situation, they make

attempts by implementing specific actions aimed at either changing the situation or responding to negative emotions;

– spouses choosing the coping strategy distancing have avoidant type attachment to the mother ( $r = 0,52$  when  $p \leq 0,001$ ). Spouses avoid contact with the mother, or ignore her; in a stressful situation, attempts are made to subjectively reduce her importance and the degree of emotional involvement in her;

– spouses choosing the escape-avoidance coping strategy have an avoidant type of attachment to the mother ( $r = 0.57$  with  $p \leq 0.001$ ). Spouses avoid contact with the mother, or ignore her, in a stressful situation, they try to overcome negative experiences due to the type of response: they deny the problem, fantasize, have unjustified expectations.

Detected correlations due to the following parameters:

– a high positive relationship between the coping strategy, active avoidance, and the type of attachment «avoidance» ( $r = 0.70$  with  $p \leq 0.001$ );

– a notable positive relationship between the coping strategy of suppression of emotions and the type of attachment «anxiety» ( $r = 0.67$  with  $p \leq 0.005$ );

– a notable positive relationship between the coping strategy of preserving self-control and the type of attachment «avoidance» ( $r = 0.61$  with  $p \leq 0.005$ );

– a notable positive relationship between the copying strategy of circulation and the type of attachment «anxiety» ( $r = 0.53$  with  $p \leq 0.005$ );

– a notable positive connection between the coping strategy of humility and the type of attachment «avoidance» ( $r = 0.51$  with  $p \leq 0.005$ ).

**Conclusion and prospects for further research.** The results of the correlation analysis lead to the following conclusion:

– spouses who use the coping strategy of active avoidance avoid close relationships ( $r = 0.70$  with  $p \leq 0.001$ );

– spouses who use the coping strategy suppression of emotions, characterized by anxiety about close relationships ( $r = 0.67$  with  $p \leq 0.001$ );

– spouses who use the coping strategy of maintaining self-control avoid close relationships ( $r = 0.61$  with  $p \leq 0.005$ );

– spouses who use the coping strategy of circulation are characterized by anxiety about close relationships ( $r = 0.53$  with  $p \leq 0.005$ );

– spouses who use the coping strategy of humility, avoid close relationships ( $r = 0.51$  for  $p \leq 0.005$ ).

Generalizing the result of the research of coping behavior of spouses with different types of attachments, you can make the following conclusion:

– spouses who use the coping strategy of taking responsibility have a reliable type of attachment to the mother ( $r = 0.72$  with  $p \leq 0.005$ ); spouses choosing a coping strategy to plan a solution to a problem have a reliable type of attachment to the mother ( $r = 0.69$  with  $p \leq 0.005$ ); spouses choosing the coping strategy of self-control have an ambivalent type of attachment to the mother ( $r = 0.54$  with  $p \leq 0.001$ ); spouses choosing a coping strategy for seeking social support have an ambivalent type of attachment to the mother ( $r = 0.52$  with  $p \leq 0.005$ ); spouses choosing a coping strategy, confrontation, have an avoidable type of attachment to the mother ( $r = 0.56$  with  $p \leq 0.005$ ); spouses choosing a coping-strategy of distancing, avoid the type of attachment to the mother ( $r = 0.52$  with  $p \leq 0.001$ ); spouses choosing the escape-avoidance coping strategy have avoided the type of attachment to the mother ( $r = 0.57$  with  $p \leq 0.001$ );

– spouses who use the coping strategy of active avoidance avoid close relationships ( $r = 0.70$  with  $p \leq 0.001$ ); spouses who use the coping strategy of suppressing emotions are characterized by anxiety about close relationships ( $r = 0.67$  with  $p \leq 0.001$ ); spouses who use the coping strategy of maintaining self-control avoid close relationships ( $r = 0.61$  with  $p \leq 0.005$ ); spouses who use the coping strategy of circulation are characterized by anxiety about close relationships ( $r = 0.53$  with  $p \leq 0.005$ ); spouses who use the coping strategy of humility avoid close relationships ( $r = 0.51$  with  $p \leq 0.005$ ).

So spouses with reliable type of attachment use the coping strategy of taking responsibility and the coping strategy of problem solving planning. Spouses with an ambivalent type of attachment to the mother choose the coping strategy of self-control and the coping strategy of seeking social support. Spouses with avoiding affection for the mother choose the coping strategy of confrontation, distancing, flight-avoidance, active avoidance. Spouses who are concerned about close relationships choose the coping strategy of suppressing emotions and circulation. Spouses avoid close relationships, use the coping strategy of maintaining self-control and humility.

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