

Woman's self-realization in the system and structure of family relations

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ABSTRACT

Aim: To study the peculiarities of self-realization of women with different states of family interaction, to build a mathematical model that allows to identify the probability of self-realization of women, depending on their psycho-emotional, individual-psychological, behavioral and partnership patterns, to consider the family as a whole system, to define the phenomenon of family interaction as a leading the construct of the process of family functioning, to distinguish levels of family crisis and states of family interaction.

Materials and Methods: Women of different social status and level of self-realization participated in this study.

Results: In the given sample, it was displayed what percentages of divorced women compared to those living in families are self-actualized in their lives.

Conclusions: A mathematical model was developed to explore the probability/lack of self-realization in women, which allowed the studying of the main indicators that affect the determination of the probability of self-realization in women depending on their psycho-emotional state and individual psychological or behavioral patterns.

KEY WORDS: social stress, self-realization of woman, psychological equilibrium, woman's self-realization in the context of marriage

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INTRODUCTION

In modern society, the role of women has changed significantly. She actively participates in various spheres of life, holds managerial positions, and engages in scientific and creative activities. At the same time, a woman remains the center of family life, performing the roles of mother, wife and daughter. Self-realization of women is a key factor in their psychological well-being and affects the quality of life of both the woman herself and her family members [1].

The relevance of this study is due to the fact that in today's world, where divorce, conflicts and instability have become more frequent, it is important to understand how psycho-emotional, individual-psychological, behavioral and partnership patterns can affect women's self-realization [2].

Psycho-emotional, individual-psychological, behavioral and partner patterns are important factors that significantly affect the process of self-realization of women. Psycho-emotional patterns include emotional stability, stress resistance, ability to self-regulate and

manage emotions. Women who have high emotional stability more easily overcome life's difficulties and better adapt to new challenges, which contributes to their successful self-realization. On the other hand, high emotional lability or a tendency to depression and anxiety can create barriers to self-realization, reducing the level of motivation and self-confidence [3].

Individual psychological patterns include personal characteristics such as self-esteem, level of self-esteem, achievement motivation, value orientations, and personal attitudes. Women with high self-esteem and motivation to achieve usually show greater persistence and purposefulness in the process of self-realization [3,4]. Qualities such as self-confidence, autonomy and a focus on personal development can contribute to success in various areas of life, including professional and personal.

Associated with specific models of behavior that a woman uses to achieve her aims [1,5]. For example, the ability to self-control, effective time management and communication skills can contribute to successful self-actualization. Behavioral patterns that include

traits of passivity, dependence or avoidance of difficult situations, on the contrary, can hold back the process of self-realization, since such behavioral strategies often lead to the postponement of important decisions and actions [4].

Partnership patterns include the quality of relationships with partners, the level of support and mutual understanding in these relationships. Lack of support from a partner or conflictual relationships can negatively affect a woman's self-realization, causing emotional stress and limiting her opportunities for development. On the other hand, partner support, shared values and willingness to cooperate can create a favorable environment for self-realization, increasing a woman's self-confidence and her ability to achieve her goals [3,4]. Women who have support from their partners and families can more successfully realize themselves in the professional sphere, personal growth and creativity.

The combination of these patterns plays a key role in determining how successful a woman's self-realization will be in various areas of life. Taking into account these aspects in the study of self-realization of women will help to develop effective strategies of psychological support and interventions aimed at improving their psycho-emotional state and achieving success in life. On the other hand, women facing conflicts and lack of support may have difficulties in self-actualization, which may lead to a decrease in their psychological well-being [1].

The research is also relevant in the context of modern socio-cultural changes. It becomes important to understand how these changes affect a woman's self-realization. Gender roles and expectations are changing, and women are facing new challenges and opportunities. Social networks and mass culture create new standards of success and self-realization [6,7], and most research focuses on individual aspects, such as professional self-realization, psychological well-being, sexual problems, and the distribution of roles in the family [8].

The phenomenon of family interaction is becoming more and more significant in the context of modern social and cultural changes, since the family is the key environment where the formation and development of the individual takes place. Understanding family interaction as a leading construct of family functioning, which affects personal changes of family members, is important for identifying factors that contribute to or hinder the self-actualization of an individual. Highlighting the levels of family crisis and states of family interaction allows for a more in-depth assessment of the impact of family dynamics on personal development and relationships in the family [7,9].

The study of a woman's self-realization in the context of marriage and divorce is important for understanding

her psychological state, social needs and development in modern society [10, 11]. That is, without a doubt, there is an urgent need to clarify the concept of self-realization of a woman, to introduce it into scientific circulation in a correct form, but there are not enough empirical studies devoted to the peculiarities of women's self-realization in the system and structure of family relations. This study is relevant for the development of family support strategies, especially in crisis situations, which ultimately can contribute to increasing the level of self-actualization and general well-being of family members.

One of the most acute problems faced by modern psychology is insufficient attention to the complex approach to the study of families and the problem of self-realization of women, therefore we consider it timely and appropriate to consider the family as a system that has a certain structure and takes into account the influence of family functioning, family interactions and family crises on a woman's self-realization. Studying these aspects in a complex will allow getting a more complete picture and developing effective support strategies that will help women improve their health and achieve success in life.

AIM

To study the peculiarities of self-realization of women with different states of family interaction, to build a mathematical model that allows to identify the probability of self-realization of women, depending on their psycho-emotional, individual-psychological, behavioral and partnership patterns, to consider the family as a whole system, to define the phenomenon of family interaction as a leading the construct of the process of family functioning, to distinguish levels of family crisis and states of family interaction.

MATERIALS AND METHODS

To study the peculiarities of self-realization of women with different states of family interaction, a sample was formed, which included 86 divorced and 144 married women, of whom 73 live in crisis families, 71 in normative ones. The total number of subjects was 230 people. At the time of the anamnesis collection, the age of the subjects was in the range from 29 to 56 years. All women had children. Women who had been married for less than 7 years did not participate in the study.

An initial interview and anamnesis collection were conducted beforehand, which consisted of four sections: the main part (age, marital status, number of children, place and position of work); complaints

(psychological, somatic); anamnesis of the problem; life history

To conduct the experimental part of the research, a set of methods adequate to the purpose of the work was compiled. The inclusion of specific tests in the methodological apparatus of research was carried out on the basis of the following criteria: conceptual validity of the method, high validity, compliance with the set goal.

A socio-psychological examination was conducted with women from three conditionally selected blocks: current psycho-emotional state, family crisis and personal block.

The current psycho-emotional state was assessed using the Derogatis Psychopathological Symptom Severity Questionnaire (SCL-90), L. Reeder's psychosocial stress scale, and the Hospital Anxiety and Depression Scale (HADS).

The personality of women was studied using a 16-factor questionnaire by R.B. Cattell (form C), self-actualization test (SAT); test of the level of subjective control (SC); the test of getting out of difficult life situations (R.S. Nemov), the "Index of Life Style" questionnaire (diagnosis of the frequency of use and severity of psychological protection mechanisms).

The presence and level of family crisis was assessed by the marriage satisfaction test (V.V. Stolin), questionnaires: – possible styles of personality behavior in conflict situations (K. Thomas), – attitudes towards sex (H. Eysenck), – "Love and sympathy scale"; – REA (understanding, emotional attraction, authority).

With the help of correlation factor analysis, 4 components of family interaction were identified: psycho-emotional, individual-psychological, behavioral and partnership. The analysis of the research results made it possible to identify diagnostic markers that allow us to identify the etiology of family, personal, emotional disorders and disorders of self-realization, to predict further destruction or positive development [2].

To study the specifics of the psychology of self-realization, scientists often use such methods of mathematical data processing as correlation analysis (using the Pearson or Spearman correlation coefficient), comparative analysis (Student's test, Wilcoxon's signed test, rank test, Mann-Whitney U-test criteria) [12 -14].

The method of binary logistic regression is actively used in various fields of medicine and psychology, but the application of this method to determine the probability of self-realization of women has not been found. The reason for this can obviously be considered to be the presence of real problems related to the construction of a mathematical model for determining the self-realization of women with different states of family interaction. First of all, we are talking about the problem

of multidimensionality of signs and the need to select from it the most significant indicators from the point of view of correction [15,16].

In addition, it is interesting and important to find a way to predict mental and psychological disorders in women with different states of family interaction who cannot realize themselves in life. The authors used binary logistic regression [15] to determine the probability of self-realization of such women.

In order to develop a mathematical model for assessing the probability of self-realization in women with different states of family interaction, the necessary sample size was determined to obtain the best result during a sample survey, according to the formula:

$$n_{\omega} = \frac{z^2 \cdot \omega \cdot (1 - \omega)}{\Delta_{\omega}^2},$$

where z is a standardized value at a given level of reliability $\gamma = 0.95$; ω – the number of women with the studied signs of family interaction, %; Δ_{ω} – marginal sampling error (5-6)%.

To determine the probability of falling into one of the two groups (high or low level of self-realization), the method of binary logistic regression was used, which allows identifying indicators that affect the lack of self-realization of women.

Processing of the received data was carried out using the SPSS statistical data processing program package, version 23 and Microsoft Office Excel 2016.

RESULTS

Analysis of the results of the study revealed significant differences in the above-mentioned three blocks in divorced, women from crisis and normative families. A quantitative analysis of the total volume of relationships of self-actualization with the components of the current psycho-emotional state, personal (individual-psychological features) and family crisis blocks was carried out. Significant correlations between the investigated indicators were also determined.

Analysis of the results of the study of women from crisis families revealed problems related to interpersonal sensitivity, depression (clinical and subclinical), anxiety, somatization, hostility, paranoid symptoms, psychosocial stress, value orientations, flexibility of behavior, self-esteem, self-acceptance, acceptance of one's own aggression, creativity, ways of getting out of difficult life situations, level of subjective control, level of satisfaction with marriage. The analysis of the results of the study of the attitudes towards sex of women from crisis families showed that a high level prevails only on the scale of sexual satisfaction. Predominantly low levels

Table 1. The value of the Wald criterion

Indicator	Wald criteria	Significance (p)
X ₁	18,558	≤0,001
X ₂	15,580	
X ₃	16,512	
X ₄	16,202	
X ₅	21,823	

Table 2. Characteristics of the mathematical model to determine the probability of lack of self-realization in women with different states of family interaction

Results of the final step of the analysis	-2 Log-likelihood (G)	Cox and Schell's R-squared	Nigelkirk's R-square
	107,013	0,637	0,873

were noted on the scales of sexual shyness, chastity, and aggressive sex. According to all other scales, the highest number of percentages was scored by women with an average level.

Divorced women showed a high level on the following scales: interpersonal sensitivity, depression (clinical and subclinical), anxiety, somatization, psychopathy, flexibility of behavior, acceptance of one's own aggression, creativity, a way out of difficult life situations, and subjective control.

Women from normative families are characterized by a high level of interpersonal sensitivity, psychosocial stress, and a low level of creativity and subjective control. The analysis of the results of the study of attitudes towards sex showed that the high level prevails on the scale of sexual satisfaction, and the low level prevails on the indicators of impersonal sex, sexual shyness, chastity and aggressive sex.

To obtain additional information, we used the method of binary logistic regression to determine the probability of self-realization of the studied women.

According to the results of the research, the women were divided into two groups. The first group included women with a high level of self-realization (104 women), the second – with a low level (126 women).

At each step of the research, it was necessary to choose the optimal option from a given set of options.

In order to select the most informative signs for discrimination, the selection was carried out by the method of stepwise selection. In each version of the equation, the algorithm step by step selected predictors that indicated the percentage of correct predictions – the value and magnitude of the correlation coefficient. At this stage of the research, 5 significant indicators for classification were selected: X1 – self-esteem, X2 – creativity, X3 – physical sexuality, X4 – flexibility of behavior and X5 – depression, which make it possible to determine the probability of lack of self-realization in women with different states of family interaction.

$$P = \frac{\exp(12,371 - 0,790 \cdot X_1 - 0,749 \cdot X_2 - 0,693 \cdot X_3 - 0,486 \cdot X_4 + 0,736 \cdot X_5)}{1 + \exp(12,371 - 0,790 \cdot X_1 - 0,749 \cdot X_2 - 0,693 \cdot X_3 - 0,486 \cdot X_4 + 0,736 \cdot X_5)}$$

where P is the probability of lack of self-realization in women, X is the indicator of the results of psychological assessments; β is the sensitivity coefficient for variables.

The results of the constructed mathematical model for determining the probability of self-realization in women with different states of family interaction shows below (table 1). This result reflects statistically significant variables tested for significance using Wald tests. All variables are significant (p<0.001) and correctly selected.

A set Xi is obtained, where i=1, ..., N (N=5).

The Wald test statistic as a criterion of extreme pessimism refers to the decision-making strategy under conditions of uncertainty. That is, according to this criterion, a strategy is adopted that ensures making the right decision in the worst conditions.

Quality control of the regression model was carried out using the likelihood function (table 2). The measure of plausibility was the negative doubled value of the logarithm of this function. The determination of the part of the explained variance was carried out using the Cox, Schell, and Nigelkirk indices, which are measures of certainty and indicate the part of the variance that is explained by the regression.

As can be seen from the table, the value of G = 107.013 obtained in the study, which means that, in general, the independent variables make a significant contribution to the forecast of the dependent variable. The other two measures are measures of certainty, suggesting that the portion of variance explained by logistic regression is 87.3%.

The obtained results show that the indicators of self-esteem and creativity have the greatest influence on the self-realization of women, regardless of whether they are married or divorced. Physical sexuality and behavioral flexibility also had a significant positive effect, but at about the same level. Depression negatively affects self-realization.

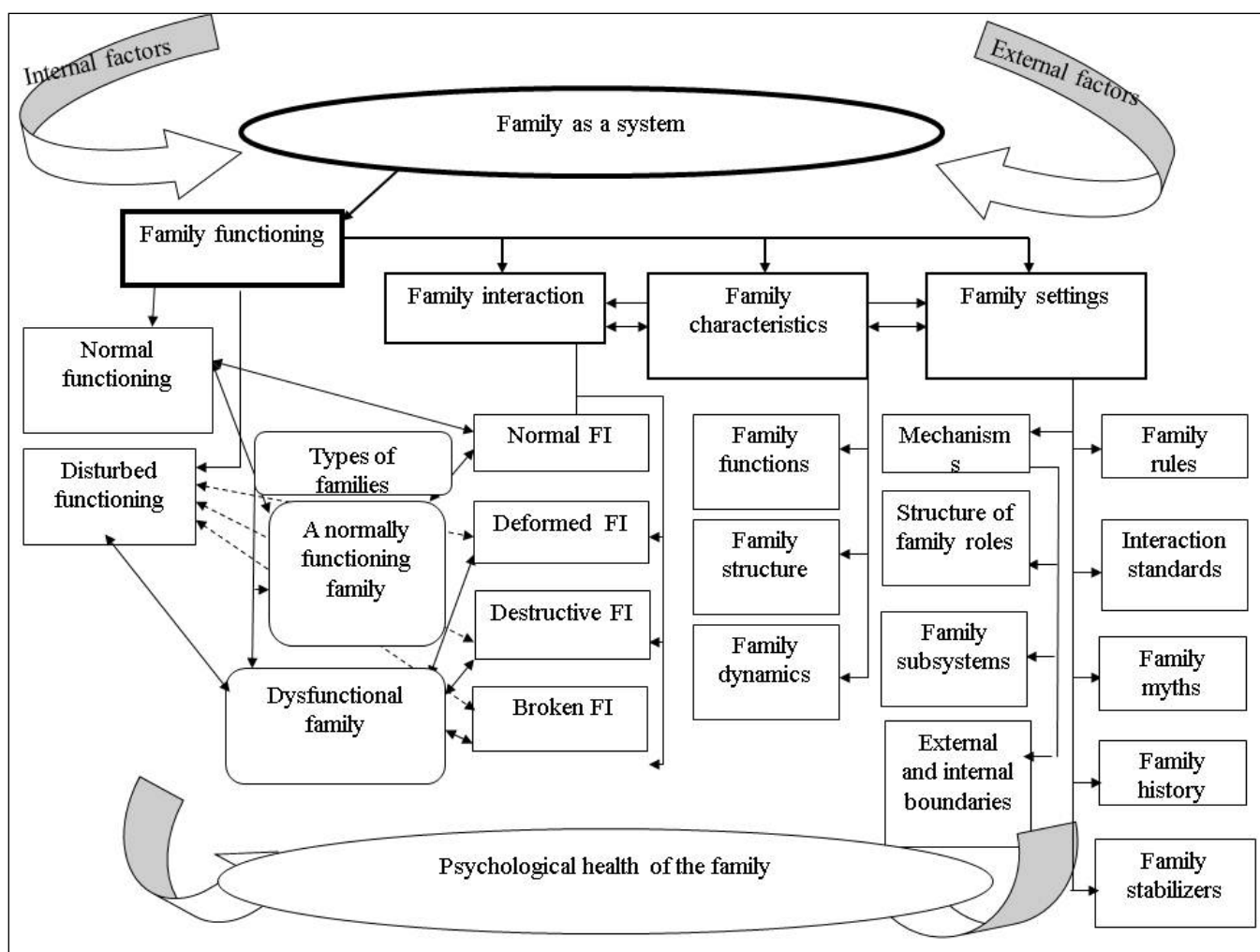


Fig. 1. Scheme of the family as a system.

The decision to assess the probability of self-realization in both married and divorced women depending on their psycho-emotional, individual-psychological, behavioral and partner patterns was made according to the 0.5 criterion. With an interval of 0.5 and more, the probability of self-realization is low, and with an interval of less than 0.5, the probability of self-realization is high. In the studied sample, among divorced women, 78% are satisfied with self-realization, among women from crisis families, only 54% are satisfied with their own self-realization.

The research carried out, the construction of a mathematical model for determining the probability of self-realization of women depending on their psycho-emotional, individual-psychological, behavioral and partnership patterns and the results obtained with its help made it possible to clarify the content of the blocks of research that we have conditionally selected and to start compiling and substantiating the structure of family interaction, because precisely the normal or destructive functioning of the family in general and its members, determining the levels of family crises and

prognostic factors (predictors and preventers) of women's self-realization depends on her condition.

A system is a set of elements with one common connection, and a structure is the same set of elements, but with the addition of private relations between them, not only connections, but also other relations. The family itself is a complex and systemic object, a special structural aspect of which is family functioning (FF) – a universal way of family existence and life, a way of life that affects all aspects of its manifestation. Subsystems of the FF system are family interaction (FI), family characteristics and parameters, which, in turn, have their own substructures.

The central element of the majority of family crises, conflict situations, and destructive reactions of family members are problems related to the violation of family interaction, that is, deformed and destructive social interaction congruent with the concept of "family crisis" (FC).

Its manifestations occupy their niche in a number of socio-psychological and mental phenomena. They exist alongside such phenomena as mental illnesses,

pathological conditions, neuroses, psychosomatic disorders, deviant behavior, and sometimes lead to them. However, medical phenomena are considered from the point of view of the medical norm on the axis "health – pre-disease – disease", deviant behavior expresses the socio-psychological status of the individual on the axis "socialization – maladaptation – isolation".

The state of family interaction reflects the personal contacts of family members, as a result of which there is a mutual change in their personality, behavior, activities, and relationships, so we consider it on the axis "norm – deformation – destruction – destruction" (Fig. 1) and distinguish 4 states FI and 4 levels of family crisis: – normal FI (level 1 of FC), – deformed FI (level 2 of FC), – destructive FI (level 3 of FC), – destroyed FI (level 4 of FC).

In the context of our study of a woman's self-realization and her psychological health, it looks as follows: – women from normative families – normal FI, – women from crisis families (whose husbands recognize the presence of problems and are ready to cooperate) – deformed FI, – women with crisis families (whose husbands do not recognize the existence of problems and refused to cooperate) – destructive FI, divorced women – destroyed FI.

Fig. 1. shows our proposed scheme of the family as a system, on which the following are highlighted: external and internal factors affecting the functioning of the family, components of the functioning of the family, levels of family interaction, characteristics and parameters of the family.

All these components that make up the family as a system affect the psychological health of the family and the self-realization of its members.

Normal family interaction implies the absence of a clearly identified family crisis (level 1). In the event of family difficulties, disagreements, internal mobilization occurs in families, they find adequate methods of solving problems, increase their cohesion, efforts to overcome internal and external problems, take responsibility for what happens to them, are ready to develop, show flexibility in behavior, choose adequate styles of behavior in conflict situations, try to understand each other and thus preserve the family and move to a new level of development and personal self-realization.

The second level of family crisis indicates a deformed family interaction. There is a concept of latent family disorder [8]. That is, it is such a violation that does not have a significant negative impact on family life under normal conditions; however, it can play a significant role in difficult life situations, determining the family's inability to resist them. During a crisis of this level, a married couple communicates, feels certain feelings for each other, distributes rights and responsibilities, performs various family functions. Under normal con-

ditions, certain violations are acceptable (not significant complications of mutual understanding, communication, responsibility, violations of sexual disharmony of spouses, moderate conflict, hostility, anxiety, interpersonal sensitivity, tension, etc.).

However, in difficult situations, the degree of mutual understanding, affection, sympathy, love and resistance to stress and other feelings, personal qualities, which are characteristic of this family, are not enough. This is how the prerequisites for the occurrence of family-induced psycho-traumatic conditions are formed: family and personal dissatisfaction, states of anxiety, depression, and feelings of guilt, hostility, conflict, mental and somatic disorders. At the same time, we can talk about two forces that cause such violations: peculiarities of intra-family relations (violation of ideas about the family and each other's personality, communications, integration mechanisms, structural and role aspects of life) and individual and psychological characteristics of family members (psychological, spiritual, cultural, sexual incompatibility). Psychological correction and support can contribute to internal mobilization, getting out of the situation of deformed self-esteem and reaching the level of development and personal self-realization.

Negative dynamics can lead to the third-level FC – destructive FI and the strengthening of psycho-traumatic states: the emergence of psycho-emotional disorders, an increase in the level of psychosocial stress, worsening of family and personal dissatisfaction, states of anxiety, depression, self-esteem, self-perception, hostility, conflict, the level of responsibility, conflict, somatic disorders.

Further deterioration of the situation, the destruction of family interaction leads to the 4th level of FC, completely destroyed FI and divorce.

DISCUSSION

The family is the basic social unit that forms a person's personality from childhood. Not only a woman's emotional state depends on how family relationships develop, but also her ability to achieve her goals, develop her talents, and realize her potential. Support from the partner, level of trust, emotional closeness and ability to resolve conflicts are important factors that determine the state of family interaction. In turn, these factors can either promote or hinder women's self-realization [2,3].

Foreign concepts of personality (A. Adler, A. Maslow, G. Allport, K. Rogers, Z. Freud, E. Fromm, V. Stern, E. Erikson, K. Jung, etc.) had a certain influence on the study of the female personality, issues and problems of the formation of a woman's personality. Considering the problems of family and marriage, M. James emphasized the inequality in the relationship between a man and a woman through-

out the history of mankind. The same applies to the issue of self-realization.

Modern studies show that women who have high support from their partner and harmonious family relationships are more successful in their self-realization. They more often achieve high results in the professional sphere, engage in self-development and have a high level of psychological well-being [7,8]. On the other hand, women who face family conflicts, lack of support, and emotional distance have a lower level of self-realization and may experience greater stress and dissatisfaction with life [7].

In the context of socio-cultural changes, it is also important to consider how gender roles and expectations for women are changing. Modern women face double pressure: on the one hand, they have to meet traditional expectations regarding the role of mother and wife, and on the other hand, to achieve success in the professional sphere [4]. This can create additional difficulties in self-realization and require women to have greater psychological stability and support from others.

Lack of self-realization in women can have a significant negative impact on their physical and mental health. This influence becomes even more pronounced when women live in crisis families, where there is a high level of stress, conflict and instability. Women who do not have the opportunity to realize their potential often face feelings of helplessness and dissatisfaction with life, this can lead to the development of depressive states, increased anxiety, and the development of psychosomatic disorders. For example, depression can lower immunity and increase the risk of developing chronic diseases. Physical problems, such as chronic pain or sleep disorders, can exacerbate a woman's mental state, creating a vicious circle [11].

In crisis families, these feelings can be exacerbated by constant conflicts and lack of support. Women who do not have the opportunity to realize their interests and talents may feel isolated from society, this feeling may increase in crisis families, where there is emotional distance and insufficient support from family members [8,9,12]. A crisis that occurs at any level of family functioning will inevitably affect all other levels, causing a disruption in their functioning [2,8].

Increased attention to the phenomenon of women's self-realization is explained, in our opinion, by a growing understanding of her defining role in society. The study of self-realization of a woman at the stage of maturity is connected, first of all, with the fact that this age period is a period of higher development of all (intellectual, physical, spiritual) abilities of a person. Knowledge and understanding of laws, mechanisms, conditions, factors that contribute to the formation of a woman's mature personality, her personal and professional achievements, will allow to provide significant assistance to a woman in

reaching her state of acme, peaks in personal, physical, professional, spiritual and moral development [2].

CONCLUSIONS

The theoretical analysis and generalization of scientific sources showed that modern society needs a review of the role of women and a deeper understanding of gender equality, as the current state of the problem limits opportunities for their self-realization. In addition, disruptions in family functioning and interaction, which are accompanied by a family crisis, have a multi-vector effect on a woman's personal development and self-realization.

The most important indicators for determining the probability of self-realization in women with different states of family interaction were found, which allow reducing the time for diagnosing a woman's condition and correcting her attitude towards herself. Using the obtained model, the probability of self-realization of women was determined depending on their psycho-emotional, individual-psychological and behavioral patterns, and these indicators are the same for divorced and married women. The given indicators indicate that a divorced woman and a woman from a normative family can realize themselves more than a married woman who is in a crisis relationship with a partner.

The built mathematical model for determining the probability of self-realization of women with different degrees of family interaction allows for a more accurate assessment of the influence of key psychological and behavioral factors on the process of self-realization. The inclusion of indicators such as self-esteem, creativity, physical sexuality, behavioral flexibility, and depression provides a comprehensive understanding of the conditions that facilitate or hinder women's self-actualization in different family contexts. In general, these indicators together form a coherent picture of factors that determine the success or difficulty of self-realization of women in various spheres of life. Taking them into account in the model makes it possible to more accurately predict the probability of successful self-realization or its lack, which is important for the development of individualized approaches to support women in their personal development.

This model provides an opportunity to predict the probability of lack of self-realization depending on the state of family interaction, which is important for the development of effective psychological support strategies. The use of this model can help increase the level of self-realization of women, which will positively affect their psychological well-being, personality development, and overall quality of life. Knowledge and application of these results is important not only for specialists in the field of psychology and social work, but also for society as

a whole, as it contributes to the formation of conditions that support the harmonious development and self-realization of women in the modern world.

4 levels of family crisis and 4 states of family interaction are distinguished: normal, deformed, destructive and destroyed, which defines the phenomenon of family interaction as a leading construct of the process of family functioning.

The components of family interaction are determined: psycho-emotional, individual-psychological, behavioral and partnership, which are substantiated as targets of psychological correction aimed at the growth of a woman's self-realization.

Psychological correction can contribute to internal mobilization, getting out of the situation of disturbed family functioning, deformed family interaction and reaching the level of positive development of self-realization. Negative dynamics can lead to a family crisis of the third level – destructive family interaction, strengthening of psycho-traumatic conditions and reaching the level of destroyed family interaction.

The results obtained during the research can be used in the work of psychologists-consultants when drawing up an individual plan for the correction of psychological and family problems that arise in women who have not been able to realize themselves in any field.

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CONFLICT OF INTEREST

The Authors declare no conflict of interest

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