

ÇOCUKLARDA BABA İMAJINA İLİŐKİN HAYALLERİN PSİKOLOJİK ANALİZİ

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ÖZET

Bu makale bir çocuğun hayalindeki babadan bahsediyor. Babaya karşı nefret, ebeveyn ilişkisinin dışında yaşadığı travmatik deneyimlerin bir yansıması olarak ortaya çıkar. İşlevsiz ailelerin yalnızca bir babanın yokluğu sorunuyla değil, aynı zamanda maddi zorluklar, aile içinde sınırlı iletişim ve çocuk yetiřtiren bekar annelerin kişisel sorunlarıyla da karşı karşıya olduđu unutulmamalıdır.

Çocuğun kişiliğinin gelişiminde babanın kişiliğinin önemi, kültürel ve tarihsel bağlamla yakından ilişkilidir. Günümüz toplumunda, hepimiz ataerkil bir kültürde yaşıyor olsak da, babanın aile sistemine 20. yüzyıldan daha fazla dahil olması bekleniyor ve ayrıca çocuklara sevgi ve ilgi göstermesi gerekiyor.

Babanın imajı çocukta erken çocukluktan itibaren gelişmeye başlar ve onun ruhsal gelişiminin gelişiminde önemli bir rol oynar. Ergenlik döneminde çocukta bir dizi değışiklik meydana gelir ve ergenliğin başarılı bir şekilde gelişmesiyle nesnel gerçekliğe yaklaşır. Anne tarafından yetiřtirilen bir çocuk için babayı tanımak, travmatik deneyimi öğrenmek ve çevredeki figürleri değıřtirmek önemlidir.

Toplumda ideal bir baba imajı vardır: başarılı, katı, bağımsız, ailenin maddi refahını sağlayan daha az duygusal bir baba; çocuk ona saygı duyar ve otoritesini tanır. Ayrıca, modern babalar idealden uzak kabul edilir. R.V. Ovcharova, ebeveynlerin benzer idealler bulma eğilimini teşvik eder. Bir kişinin eğitim seviyesi ne kadar yüksekse, toplumun stereotiplerinden o kadar uzaktır, ebeveynlerinin ideali, geleneksel fikirleri tercih eden orta eğitilmiş insanlardan daha androjen ve farklıdır.

Anahtar Kelimeler: Aile, Yetiřtirme, Çocuk İlişkileri, İşlevsiz Aileler, İradeli.

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PSYCHOLOGICAL ANALYSIS OF CHILDREN'S REPRESENTATIONS ABOUT THE FATHER FIGURE

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ABSTRACT

This article talks about a father in a child's imagination. Hatred towards the father arises as a reflection of his own traumatic experiences outside the parental relationship. It should be noted that dysfunctional families face not only the problem of the absence of a father, but also financial difficulties, limited communication within the family, as well as personal problems of single mothers raising children.

The importance of the father's personality in the development of the child's personality is closely related to the cultural and historical context. In today's society, even though we all live in a patriarchal culture, the father is expected to be more involved in the family system than in the 20th century, and he is also required to show love and care for the children.

The image of the father begins to develop in the child from early childhood and plays an important role in the development of his psyche. During adolescence, a number of changes occur in the child, and with the successful development of adolescence, it approaches objective reality.

For a child raised by a mother, it is important to know the father, to learn about the traumatic experience, as well as to replace the surrounding figures.

In society, there is an image of an ideal father: a successful, strict, strict, independent, less emotional father who provides the material well-being of the family; the child respects him and recognizes his authority. In addition, modern fathers are considered far from ideal. R.V. Ovcharova promotes the tendency of parents to find similar ideals. The higher the level of education of a person, the further he is from the stereotypes of society, the ideal of his parents is more androgynous and different than that of middle-educated people who prefer traditional ideas.

Keywords: Family, Upbringing, Children's Relationships, Dysfunctional Families, Volitional.

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DREAMS ABOUT THE FATHER'S IMAGE IN CHILDREN

There are assumptions that the father is such a person that the mother can leave the child (go to bed) because of him, and consequently he becomes the object of negative emotions and experiences in the imagination of the child. Hatred of the father emerges as a reflection of his own traumatic experiences outside of the parenting relationship.

A girl child's desire to be the only object of her father's love and thoughts about marriage develop through the idealization of the maternal figure and satisfaction with the emerging sense of femininity. The mother is now perceived as a rival, but not rejected by the daughter. Unconditional love from the mother is also important at this stage, as the girl may feel anxious that her fantasies about the father will destroy her relationship with the mother.

If previous conflicts have invaded the edipal phase, girls have difficulty separating from the mother, and thoughts of the father's love lead to feelings of guilt, which can lead to regression in behavior.

The same goes for boys. If the mother does not value the father, it slows the son down to separate from the mother because he fears that he too will be devalued as a man. If the identification is successful, the child wants to take the place of the father in the relationship with the mother, to show more freedom towards him, as in the development of girls. Instead of competing for attention, there is direct competition with the father. Now the child identifies with the rival to take his place and wants to be even more like him. At the same time, he feels guilty about his romantic relationship with his mother and fears his father's revenge. These negative feelings encourage the child to give up their desires and leave them for a later period where they will change them over time.

M. Bowen was one of the first to pay attention to the importance of the phenomenon of continuity of generations. According to him, the father's departure from the family has negative consequences for the emotional well-being of children. Many authors show that the unconscious connection with one's own father and with his father is observed in several generations.

[Bowen M. *Differentiation of Self*// *Moscow Psychotherapeutic Journal*, 2005. №2. p. 147-164.].

Such transmission of generations is the "year syndrome" described by D. Hillgard and A. Schutzenberger, the "syndrome of ghosts" formulated by N. Abraham and M. Terek, the "syndrome of hidden righteousness in the family" by I. Buzaremi-Nadem, death in the family refers to an unconscious identification with a lost or lost member.

During the Soviet period, many families faced the tragedy of repressed husbands, and in this case, the father was considered dead, and as a result, this event became a family secret for most families.

[Schutzenberger A. *The ancestor syndrome*. M.: Publishing house of the Institute of Psychotherapy, 2001. 240 p.]

It is very important to know one's biological father in order to establish oneself as the heir of the family, to be the bearer of the family name. Even if a child lives with a stepfather, even if the mother hides who the father is, it is important for the child to know his lineage and understand that there is a father.

According to some psychologists, in the case of parental separation, the relationship with the father changes, but does not end, he remains in the child's psyche as a father image and in the form of an internal object.

At the same time, it should be noted that dysfunctional families face not only the problem of the father's absence, but also financial difficulties, limited communication within the family, as well as personal problems of mothers raising children without a spouse. All these negative aspects are reflected in the experiences of the child. Such children are mechanically accustomed to the absence of a father in the family, and in some cases, growing up without a father, it has been observed that they have to work very hard for their successful development.

According to Schutzenberger, successful development requires trust in the universe, which can be provided by a loved one, any other close relative (uncle, friend, or other people) that replaces the father.

In addition, children of single-parent families have the same symptoms as children of single-parent families: high levels of anxiety, social incompetence, confused identity and other problems, according to I.S. Kohn, these are compensatory mechanisms of socialization that are poorly studied and reflect the actions of upbringing.

Thus, it is important for a child raised by a mother to learn about the father, the traumatic experience, as well as the surrogates in the environment.

Summarizing the theoretical information, the "I-image" can be presented in the form of a structure that is responsible for the regulation of behavior and includes the following components:

- life-meaning orientations;
- cognitive;
- affective;
- conative.

There are many complementary and conflicting approaches to self-concept, self-image, and self-concept can be distinguished from different theoretical positions in close contact in psychology.

[Кон. И.С. Зачем нужны отцы // Звезда, 2006. № 12. С. 124 – 145]

[Кон И.С. Ребенок и общество. М.: ИЦ «Академия», 2003]

The importance of the father's personality in the development of the child's personality is closely related to the cultural and historical context. In today's society, even though we all live in a patriarchal culture, the father is expected to be more involved in the family system than in the 20th century, and is also required to show love and care for the children.

The father figure begins to develop in a child from early childhood and plays an important role in the development of psyche. During adolescence, a number of changes occur in a child, and with the successful development of adolescence, it approaches objective reality.

For a child brought up by a mother, it is important to know the father, to learn about the traumatic experience, as well as to replace the surrounding figures.

There is an image of an ideal father in society: a successful, strict, independent, less emotional father who provides the material well-being of the family; the child respects him and recognizes his authority. In addition, modern fathers are considered far from ideal. R.V. Ovcharova promotes the tendency of parents to find similar ideals.

The higher level of education of a person, the further person is from the stereotypes of society, the ideal of parents is more androgynous and different than that of middle-educated people who prefer traditional ideas.

[Россохин А. Всё о моей матери // Психология. 2006. № 8. С. 100–103.]

The psychology of family education put forward the idea of optimizing the position of parents.

The position of parents in education is acceptable if they accept the child as they are, have a warm attitude towards, give an objective assessment and raise based on this assessment, and can change the methods and forms of influence in accordance with the changes in the child's life conditions.

To adopt an acceptable parenting position, a father needs the following psychological qualities: to create a line of interaction with his child, to be understanding, flexible and predictable, otherwise the parent cannot contribute to the successful development of the child. An acceptable parental position should meet three main criteria: adequacy, predictability and flexibility. The adequacy of the adult's position is based on a true and accurate assessment of the child's characteristics, the ability to see, understand and respect their individuality.

Parents should not focus on what they want their child to achieve; knowing and taking into account child's capabilities and inclinations is the most important condition for successful development. The flexibility of the parent's position is related to the readiness to change the style of communication, ways of influencing the child, and various changes in the family's living conditions.

An infantilizing position leads to communication barriers, disobedience to any demands, rebellion, and protests. The forecasting position is expressed in the orientation of the child to the "zone of proximal development" and the tasks of tomorrow. This initiative of adults aims to change the general approach to the child in relation to his development prospects. D.Blenkenhorn Good Family Man formed a role model of fatherhood. His moral values, the goals of his personal "I" determine the masculine norms, that is, the qualities of a "good family man", who provides, protects, educates and supports his offspring.

According to Ian Bruce, to be a good father, you need to have a theoretical knowledge about it and apply this knowledge in everyday relationships with children.

The Author Distinguishes The Main Characteristics of A "Good Father":

- ❖ a good father simply loves: he loves without gratification regardless of their children's behavior, but this father never gets angry, and this does not mean that he is not offended by his children's behavior (emotional change);
- ❖ open in communication with children (asks about their mood, supports their desire to talk about problems and difficulties, successes and achievements, listens carefully, respects their point of view, tells them that they love them, explains their behavior, requests - these are self not to justify, but wishes them well in the future, admits that open communication is a "two-way street");
- ❖ spends time together focusing on developing relationships (good fathers are very busy like other fathers, but they find time to spend with their children, putting them first in their lives);
- ❖ patient (doesn't get angry when children make mistakes, supports them with praise, gives them time to complete tasks without rushing);
- ❖ can be a good example for them to imitate in behavior (responsibility of men for their words and actions, words and deeds do not differ from each other);
- ❖ can be happy, children get along well with such people (not alone, but have fun with their children, bring joy to children, leave wonderful memories in the child);
- ❖ provides for their children (helps to satisfy their needs, to understand the difference between needs and whims);
- ❖ strives for self-improvement (parental obligations avoid pride in relationships, other areas of activity, which has a positive effect on children's success in life).

[Васильева Н.Л. Теория и методология современного детского психоанализа. СПб.: Изд-во С.-Петербург. Ун-та, 2005.160 с.]

The above principles will help protect children without over-caring, help raise children who are confident, caring, perfectionists, who can discuss any topic openly, and as a result, the risk of problems in the child's life will be reduced. As a result, the father automatically becomes a perfect person

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