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MEANING-LIFE ORIENTATIONS AMONG PEOPLE WITH PARENTAL DEPRIVATION IN CHILDHOOD

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The article discusses the results of our research on meaning-life orientations among people with parental deprivation. It is supposed that people who have had parental deprivation in childhood on the way to realizing the meaning of life have a number of problems with the existence of life goals, choices and evaluations of meanings. To illuminate this uncharted area, we have conducted a research. The purpose of the research was to find out the connection of the meaning of life with self-actualization among the people with childhood parental deprivation. In this article we will concentrate on the analysis of some experimental results, which will describe the peculiarities in the meaning-life orientations among deprived people.

The article summarizes the findings and contributions made in our research. The main conclusion that can be drawn is that, though a lot of sources in literature show that people with parental deprivation have more difficulties in the process of realizing and forming meaning in their life, our study provides evidence that there are no differences in the orientations of meaning-life between deprived and non-deprived subjects. Broadly translated our findings indicate that parental deprivation does not have unaltered impact on the meaning of life of a deprived person.

Keywords: *parental deprivation, meaning-life orientations, meaning in life, purpose in life, locus control.*

Oftentimes, healthy mental development in adulthood depends on such a phenomenon as childhood deprivation. That is why psychological deprivation occupies a large place in childhood psychopathology and schooling. Deprivation is a mental condition that occurs when a person has not been able to satisfy some of his or her



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basic mental needs adequately for some period of time. The effect of deprivation can be manifested by small oddities that do not go beyond the normal emotional image, to the detriment of very deep thinking and character development [3, p. 67-78]. The most important are the consequences, that the deprivation can cause on a person's psychological development. The mother (or permanent mother-substitute) should have a warm, close-knit relationship with the infant and young child that is ongoing and enjoyable for both parties. "Maternal deprivation" refers to a situation when the child lacks this relationship. This is a generic phrase that refers to several circumstances. If a mother is unable to provide her child with the loving care that young children require, the child will suffer even though they are living together. The negative impacts of deprivation can range in severity. Acute anxiety, an excessive craving for love, intense sentiments of vengeance, and guilt and depression that result from these last three are all things it carries with it. Additionally, it may completely cripple the character development process and have far more significant impacts. [1, p. 12-16].

We were interested to find out whether parental deprivation in childhood has an impact on meaning in life of a person in adulthood.

In literature we can find various and sometimes contradictory opinions on the topic of meaning of life among deprived people. Maslow was convinced that without satisfying the lower needs, it was impossible to achieve the highest needs, among which he attributed the pursuit of meaning, calling it the "primary human impulse" and also that parent's love and acceptance (which our subject are deprived from) lays the groundwork for a child's success in reaching the highest levels of needs [2, p. 46]. So in other words, based on Maslow's theory, we can assume that people who are deprived from parents' love and acceptance will fail discovering meaning in their love. Simultaneously V. Frankl contradicts this opinion, substantiating it with the fact that psychologists and psychiatrists, have the opportunity to constantly witness the phenomenon when the question of the meaning of life arises, especially when a person is in an extremely bad condition without fulfilling any of his/her needs [6, p. 29]. Moreover, he mentions that an individual who has never loved or been loved can still live his life in a very meaningful way [6, p. 253].

So there can be an assumption that people who have had parental deprivation in childhood on the way to realizing the meaning of life have a number of problems with the existence of life goals, choices and evaluations of meanings. To find out whether this assumption is true or not, we have conducted a research, that was carried out during 2016-2020, in which 120 young people in the age range of 21-35 participated. The group of subjects was divided into 2 equal parts: research and control. During the individual consultation, the group of clients with self-actualization problems was targeted, and the research was conducted with them. The research group included people who experienced parental deprivation in

childhood (up to 10 years of age). By parental deprivation, we mean the deprivation caused by either the absence of a parent or the lack of a parent's role. The control group included people who grew up in full families, with involved parents. The research was conducted in laboratory conditions in parallel with the process of psychological counseling.

One of the parametric methods of mathematical statistics, the Independent Samples T-Test was used for the scientific validation of comparative analysis of research and control groups.

The calculations were performed with SPSS-23 statistical software package.

For conducting a research, we have used D. A. Leontiev's "Meaning-life orientations" test (Смыслжизненные ориентации, СЖО). This test allows to assess the "source" of the meaning of life. It can be either in the future (goal), or in the present (process) or in the past (outcome), or in all three components of life at the same time. It's a adopted version of James Crambo and Leonard Maholic's Purpose-in-Life Test (PIL). The methodology was developed on the basis of striving for meaning and Victor Frankl's logotherapy theories, with the aim of empirically validating a number of ideas presented in these theories.

The test includes 5 scales: 1. Purpose in life, 2. Life course, 3. Life results, 4. Locus of control- Self (I am the master of my life), 5. Locus of control- Life (Life controls me) [4].

This method allows the researcher to identify the presence or absence of the meaning-life orientations, as well as to address the issue of both the past and present life satisfaction, the existence of goals for the future, and perceptions of control over life.

The methodology was translated into Armenian language (in which the research was carried out) from the Russian version of the test. In our study, we used a derivation technique of translating from Russian to Armenian, which implies that there is no need to make changes, and an almost literal translation of the test is performed, preserving the main meaning, everydayness and colloquialism of the reasoning [5, p. 158-159].

As a result of the research we got the following data (see table 1).

Table 1. The results of "Meaning-life orientations" test.

Groups	Utatistical parameters	Purpose in life	Life course	Life results	Locus of control- Self	Locus of control- Life
Control	average value	30,3	26,7	24,6	18,6	28,2
	standard deviation	5,02	5,2	4,48	3,65	5,41
Research	average value	30,4	26,7	24,7	18,5	28,3
	standard deviation	5,72	4,7	4,4	4,35	5,53

As we can see in the results of the research group are almost the same as the results of the control group in every of each 5 components. The results of both groups correspond to the criteria that are considered the norm. In this article we will discuss the research group's results of the scales separately, will analyze and try to give possible explanations of them.

The analysis of the obtained data (see table 2) suggests that the subjects have the highest indicators from the "Purpose in Life" scale. The results of this scale describe the presence or absence of future goals that give life a meaning, direction, and time perspective. Low scores are normal for someone living today or yesterday, even when there is an overall high level of meaning in life. High scores on this scale, however, can also describe a con artist whose schemes are not now supported by any actual resources and who is not given any personal accountability for their execution. Taking into account the indicators of other scales, these two scenarios are simple to separate from one another. [4].

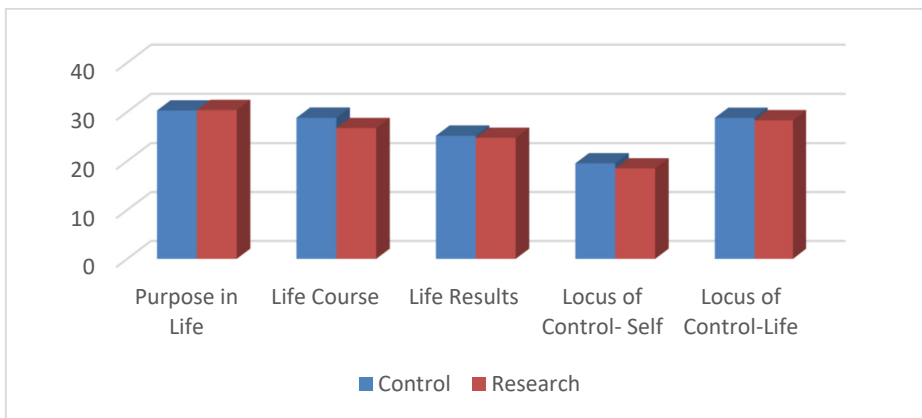


Figure 1. The results of research on control groups on “Meaning-life orientations” test.

Respondents have clearly defined goals and make specific plans to achieve them. They make decisions freely, they know what they want, what they strive for, which in turn allows them to avoid internal conflicts.

People with parental deprivation go through a lot of obstacles in implementing their plans, and they claim to be well aware of the additional obstacles that await them on their way to achieving their goal. For some it may be a lack of parental support, for others it may be a lack of life lessons, knowledge, advice or a parent's role by itself in overcoming problems. They compare themselves to people who do not have deprivation and think that they have not started their way of life on the same equal basis as they have, but this is an additional incentive for them to work harder to achieve their goals.

People with a purpose in life are more likely to exercise high self-management when making important decisions, control their behavior, work hard to achieve their goals, and consequently experience better results.

Our research results confirm that idea by showing that there is a positive correlation between the "Purpose in Life" and "Life Results" scales (see table 3). This can be explained in the way that the more goals a subject has, the more results he achieves in life and on the contrary, the more results a person achieves in his lifetime, the more goals he tends to set.

High scores were also obtained from the "Locus control - life or life manageability" scale. High scores in this scale show the belief that a person can have a control over his life, to make decisions freely and to implement them. Low scores mean fatalism, the belief that human life is not a subject to conscious control, that freedom is illusory, that it is pointless to make assumptions about the future [4].

Our subjects tend to think that the results of their actions are the result of their own abilities, skills, qualities and hard work. They are ready to take responsibility for their actions and decisions. They have self-control over their behavior.

Having goals and the hard work done to achieve them allows deprived people to feel that they are in control over their lives, thus ensuring clarity and stability in life. Our research has also shown that there is a positive correlation between the "Purpose in Life" and the "Locus Control-Life" scales (see table 3). This means that the more goals there are in the subjects' lives, the more they control their own lives, and vice versa, the more they feel control over their lives, the more likely for them to set more goals.

Table 2. The correlations between scales of "Meaning-life orientations" test.

	Purpose in life	Life course	Life results	Locus of control- Self	Locus of control- Life
Purpose in life		.531**	.581**	.642**	.410**
Life course			.507**	.656**	.381**
Life results				.566**	.495**
Locus of control- Self					.518**
Locus of control- Life					

"Life course" and "Life results" scales also showed quite high indicators. "Life course or life interest and emotional saturation": This scale's content is consistent with the widely accepted view that life has no other purpose than to be lived. This metric reveals if the individual thinks that his life has been fascinating, emotionally

fulfilling, and important. High scores on this scale and low scores on others will characterize the hedonist, living in the present day. Low scores on this scale indicate dissatisfaction with the present life, but at the same time, the memories of the past or the purpose of the future can give a full meaning to life [4].

"Results/ productivity in life or satisfaction with self-realization": the scores of this scale reflect the assessment of the past part of life, the feeling of how productive and meaningful the lived life was. The high scores of this scale and low scores of the other scales describe a person who simply lives the rest of his life, for whom everything is in the past, but the past can give meaning to the rest of life. Low scores indicate dissatisfaction with the part of life that has already been lived [4]. These results show that our subjects are satisfied with self-realization, they clearly reflect the past life, at the same time, they consider their life course interesting, emotionally saturated and also show emotional involvement and interest in the process of self-realization.

Thus, we have discovered the "realism" of the meaning of life of the people who have parental deprivation, that is to say the correspondence of the meaning of life, on the one hand, to the objective conditions necessary for its realization, on the other hand, to the individual capabilities of the person, as well as the "constructiveness", which is the degree of its positive (or negative) influence on the process of personality formation. We can conclude that people with parental deprivation don't have difficulties in the process of realizing and forming meaning of life, they are strongly confident about their goals and are free to have choices in their life.

In the article we have discussed the results of the research that we have conducted to find out the meaning-life orientations among people with parental deprivation in childhood. We have discussed each of the scales separately and came into the following conclusion: though a lot of sources in literature show that people with parental deprivation have more difficulties in the process of obtaining and achieving goals and less possibilities in becoming a person, who lives meaningful life, our study provides evidence that there is no difference in the meaning-life orientations between deprived and non-deprived subjects. Broadly translated our findings indicate that parental deprivation does not have unaltered impact on the process of having meanings in life.

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ԿԵՆՍԱԽԻՄԱՍՏԱՅԻՆ ԿՈՂՄՆՈՐՈՇՈՒՄՆԵՐԸ ՄԱՆԿԱԿԱՆ ՏԱՐԻՔՈՒՄ ԾՆՈՂԱԿԱՆ ԴԵՊՐԻՎԱՑԻԱ ՈՒՆԵՑՈՂ ԱՆՁԱՆՑ ՄՈՏ

Թարջումանյան Ս. Վ. (Երևանի պետական համալսարան, Երևան, Հայաստան)

Հոդվածում ներկայացված են ծնողական դեպրիվացիա ունեցող անձանց կենսախիմաստային կողմնորոշումները բացահայտելու համար իրականացված հետազոտության արդյունքները: Ենթադրվում է, որ անձինք, ովքեր մանկական տարիքում ունեցել են ծնողական դեպրիվացիա, կյանքի իմաստի գիտակցման ճանապարհին ունենում են կյանքի նպատակների առկայության, ընտրությունների, իմաստի գնահատումների հետ մի շարք խնդիրներ: Այս ենթադրությունը ստուգելու համար իրականացվել է հետազոտություն, որին մասնակցել են 21-35 տարիքային միջակայքում գտնվող երիտասարդներ: Հետազոտության նպատակն էր պարզել ծնողական դեպրիվացիա ունեցող անձանց կյանքի իմաստավորման կապը ինքնիրացման հետ: Այս հոդվածում ներկայացվեն են հետազոտվողների կենսախիմաստային կողմնորոշումների առանձնահատկությունների որոշ փորձարարական արդյունքների վերլուծությունը, ինչպես նաև քննարկվում է ստացած տվյալների հնարավոր բացատրությունները:

Հոդվածում ամփոփված են հետազոտության արդյունքներն ու հետևությունները: Հիմնական եզրակացությունը, որը կարելի է անել, այն է, որ թեև մեթոդաբանորեն ընդունված կոնցեպցիաները ցույց են տալիս, որ ծնողական դեպրիվացիա ունեցող անձինք դեպրիվացիա չունեցողների համեմատ ավելի շատ դժվարություններ ունեն կյանքի իմաստի գիտակցման և ձևավորման հարցում, սույն ուսումնասիրությունը ցույց է տալիս, որ տարբերություններ չեն գտնվել դեպրիվացված և դեպրիվացիա չունեցող սուբյեկտների կյանքախիմաստային կողմնորոշումների միջև: Ընդհանրացնելով՝ հետազոտության արդյունքները ցույց են տալիս, որ ծնողական դեպրիվացիան անփոփոխ և անշրջելի ազդեցություն չի թողնում անձի կյանքի իմաստի ձևավորման վրա:

Հանգուցային բաներ՝ ծնողական դեպրիվացիա, կյանքահիմաստային կողմնորոշումներ, կյանքի հիմաստ, կյանքի նպատակներ, վերահսկողություն լրկուս:

СМЫСЛО-ЖИЗНЕННЫЕ ОРИЕНТАЦИИ У ЛЮДЕЙ С РОДИТЕЛЬСКОЙ ДЕПРИВАЦИЕЙ В ДЕТСКОМ ВОЗРАСТЕ

Тарджуманян С. В. (Ереванский государственный университет, Ереван, Армения)

В данной статье представлены результаты исследования, проведенного с целью выявления смысло-жизненных ориентаций у людей с родительской депривацией. Предполагается, что у людей, переживших в детстве родительскую депривацию, на пути к осознанию смысла жизни возникает ряд проблем с сформированием жизненных целей, выбором и оценкой смыслов. Чтобы проверить это предположение, было проведено исследование с 120 респондентами в возрасте от 21 до 35 лет. Целью исследования предполагала выяснить связь смысла жизни с самоактуализацией у лиц с родительской депривацией. В данной статье проведен анализ предусмотренных экспериментальных результатов, в котором показаны особенности смысло-жизненных ориентаций у депривированных людей.

В статье подведены итоги и выводы исследования. Главный вывод, который можно сделать, заключается в том, что, хотя теоретические источники в литературе показывают, что у людей с родительской депривацией больше трудностей в осознании и формировании смыслов жизни, наше исследование показывает, что разница не выявлена между смысло-жизненных ориентаций у депривированных и не депривированных людей. В целом наши данные показывают, что родительская депривация не оказывает необратимого и бесповоротного влияния на формирование смысла жизни человека.

Ключевые слова: *родительская депривация, смысло-жизненные ориентации, смысл жизни, цели жизни, локус контроля.*

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