

THE INTERRELATIONSHIP OF MEANING-LIFE ORIENTATIONS AND SELF-ESTEEM AMONG PEOPLE WITH PARENTAL DEPRIVATION*

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The article discusses the results of our research on correlations between meaning-life orientations and the level of self-esteem among people with parental deprivation. People who experienced parental deprivation as children are thought to have low self-esteem and a variety of issues with the existence of life objectives and judgments of meanings. We undertook studies to shed light on this problem. The goal of the study was to determine the connection between meaning of life and self-esteem among those who experienced parental deprivation. The problems of the study were to find out the expressiveness of meaning-life orientations and the level of self-esteem among research groups. The methodologies used in the study were D. Leontiev's "Meaning-life orientations" test and T. Dembo, S. Rubinstein "Self-esteem" test.

The primary conclusion from this study is that, despite that parental deprivation has been a source of difficulties, privation, dissatisfaction in the lives of people, who experienced it in childhood, in terms of the formation of the meaning of life and adequate self-esteem, the picture is almost the same in comparison with those without deprivation.

Keywords: parental deprivation, meaning-life orientations, self-esteem, meaning in life, purpose in life, life-course, life-results, locus control.

Introduction

There are times when a phenomenon like childhood deprivation affects how healthy mental development occurs in adults. Because of this, psychological deprivation plays a significant role in both childhood psychopathology and academics. A person experiences deprivation when they are unable to appropriately meet some of their fundamental mental needs for a prolonged period of time. Small abnormalities that do not go beyond the typical emotional image can be the result of deprivation, which is detrimental to very deep thinking and character development (Лангмейер и Матейчек 67-78). Surely, the most important is the consequences that this deprivation can have on a child.

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 phrase that refers to several circumstances. If a mother is unable to provide her child

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with the loving care that young children require, the child will suffer even though they are living at home. 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 (Bowlby 12-16).

The Study on Meaning-life Orientations and Self-Esteem

So as the literature mentions, parental deprivation can have various impact on a child development, starting from mild odds to severe disorders. We wanted to find out whether adult people who had parental deprivation in their childhood, have low self-esteem and a number of problems with the existence of life goals, choices and just simply meaning of life or it is a just wrong assumption. For that reason, we have conducted a research and examined 140 people 21-35 years old, of which 70 (research group) had parental deprivation before the age of 10, and the other 70 (control group) did not have such an issue.

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 (Смысло-жизненные 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 (Лотова 10-13).

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) (Леонтьев).

This method allows the researcher to identify the presence or absence of the above-mentioned problems, 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.

As a result of the research we got the following image. (See table 1)

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

Groups	Parti- pants	Statistical parameters	Life purpose	Life course	Life results	Locus of control- Self	Locus of Control- Life
Control	60	average value	30,3	26,7	24,6	18,6	28,2
		statistical deviation	5,02	5,20	4,48	3,65	5,41
Research	60	average value	30,4	26,7	24,7	18,5	28,3
		statistical deviation	5,72	4,70	4,40	4,35	5,53

As we can see in the table, 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 correlations between research group's results of the scales.

By analyzing the results, we can tell that the respondents have clearly defined goals and make concrete plans to achieve them. They make decisions freely, know what they want, what they strive for, which in turn allows them to avoid internal conflicts. Individuals with parental deprivation tend to overcome many obstacles to the implementation of their plans, and, according to their claim, are well aware of the additional obstacles that are predicted on the way to their goal. For some, it may be a lack of parental support, for another, a lack of life lessons, knowledge or instruction from a parent or the missing role of the parent itself. Comparing themselves to people who are not deprived, they find that they did not start their life on the same equal ground, but this is an additional incentive for them to work hard on the way to achieving their goals.

People with high expression of life goals are more likely to exercise self-control in making important decisions and on their behavior, work hard to achieve their goals, and are guaranteed to have better results. The results of the research show that there is a positive correlation between indicators on the "Purpose in Life" and "Life Outcome" scales. It means that the more the subject's goals are expressed, the stronger the attitude about the results obtained in life, and conversely, the higher the result indicator, the more he is inclined to set goals.

There is also a positive correlation between the indicators on the "Purpose in Life" and "Life Course" scales. We consider it fair to suggest that the presence of goals can bring interest into life, and their pursuit can make all spheres of life emotionally saturated. As well as the opposite, an interesting life course can be a reason to have even more goals and achieve them.

Having goals and working towards them enables people with parental deprivation to feel in control of their lives, thus providing clarity and stability. There is a positive correlation between the "Purpose in Life" and the "Locus Control-Life" scales. 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.

J. Rotter noted that internal locus of control is associated with higher levels of achievement (Smith 377-400). The results of our research also confirm a positive correlation between the "Life Outcomes" and "Locus of Control-Life" scales. Life course and outcomes are interrelated, as evidenced by the results of our research. A positive correlation was found between indicators on the "Life Course" and "Life Outcome" scales. The more emotionally full and interesting life is for a person, the more satisfied a person is with his life and vice versa.

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 have discussed the correlations between the scales of "Meaning-life orientations" test, but the aim of this article is to show the correlations between the mentioned scales and self-esteem of a person. For discovering the level of self-esteem among the subjects, we used psycho-diagnostic method aimed at studying the subject's self-esteem, which was developed by Tamara Dembo in 1962 and supplemented by Susanna Rubinstein in 1970. This methodology makes it possible to identify the level of ambition and relevance of the subject. It represents degrees that indicate health, mental

development, character and happiness. If we conditionally place people on these steps, the healthiest will be on the top step of the first ladder, and the sickest will be on the bottom. So people will be placed on the remaining steps according to the same principle (Ավանեսյան և ուրիշներ 42).

Table 2: The results of “Self-esteem” test

Groups	Participants	Statistical parameters	Self-esteem
Control	60	average value	3,4
		statistical deviation	0,81
Research	60	average value	3,5
		statistical deviation	0,85

The results showed that there are no differences between the subjects of research and control groups, and that they both have adequate self-esteem (See Table 2). The interesting part is its correlation with other methodologies. Positive correlations were found between self-esteem and all scales of life-meaning orientations among research group, which are: purpose in life, life course, life results, locus of control-self and locus of control-life. In our point of view, it means the more adequate a person's self-esteem is, the more expressed his goals are, the stronger the attitude about the results he gets in life, the higher the interest in life and emotional saturation, efficiency or satisfaction with self-realization, and also the more they control their own lives, freely make decisions and implement them, structure their lives in accordance with goals, tasks and ideas about its meaning. To sum up, we can say that the more adequate the self-esteem of the subjects, the more meaningful life is and vice versa.

Table 3: The results of correlations between components of “Meaning-life orientations” and “Self-esteem” tests.

	Life purpose	Life course	Life results	Locus of control-Self	Locus of control-Life	Self-esteem
<i>Life purpose</i>		.531**	.581**	.642**	.410**	.017
<i>Life course</i>			.507**	.656**	.381**	.411**
<i>Life results</i>				.566**	.495**	.507**
<i>Locus of control-Self</i>					.518**	.470**
<i>Locus of control- Life</i>						.457**

The picture is different for participants in the control group. No correlations were found with self-esteem, which indicates that it is not a significant correlation for individuals without parental deprivation.

The analysis of the obtained data of the research testifies to the expressiveness of the qualities on the desire to discover their lives, to understand the contradictions of their own personality and the phenomena of the reality that surrounds them and to search for the causes and meanings of events. Therefore, young people with parental deprivation have formed a strong system of meanings, by which they are guided in various situations.

It should be noted that the interviewed people, who had a high locus of control in life, aimed at self-knowledge, self-improvement, and their orientation towards the future allowed them to form their goals consistently. The subjects have goals for the future that give life meaning, direction and time perspective. They are mostly satisfied with the life they live and are convinced that they can manage their lives, make independent decisions and realize their plans.

For the deprived people, their life is meaningful, full of goals and coherent. Although parental deprivation has been a source of difficulties, privation, dissatisfaction, but in terms of the formation of the meaning of life and adequate self-esteem, the picture is almost the same in comparison with those without deprivation.

Conclusion

Thus to conclude, the results of the statistical analysis showed that there are no differences between the self-attitudes of the meaning of life and self-esteem of the subjects with and without parental deprivation. The realism of the meaning of life and adequacy of self-esteem of young people, which is the correspondence of the meaning of life to the objective conditions necessary for its realization, on the one hand, and to the individual capabilities of the person, on the other hand, allows determining the degree of positive influence of the meaning of life and self-esteem on the process of personality formation.

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ԾՆՈՂԱԿԱՆ ԴԵՊՐԻՎԱՑԻԱ ՈՒՆԵՑՈՂ ԱՆՁԱՆՑ ԿԵՆՍԱ-ԽՄԱՍՏԱՅԻՆ ԿՈՂՄՈՐՈՇՈՒՄՆԵՐԻ ԵՎ ԻՆՔՆԱԳՆԱՀԱՏԱԿԱՆԻ ՓՈԽՋԱՐԱԲԵՐԱԿՑՈՒԹՅՈՒՆ

ՍԻԼՎԻ ԹԱՐԶՈՒՄԱՆՅԱՆ

*Երևանի պետական համալսարանի
փիլիսոփայության և հոգեբանության ֆակուլտետի
ընդհանուր հոգեբանության ամբիոնի ասպիրանտ,
ք. Երևան, Հայաստանի Հանրապետություն*

Հոդվածում քննարկվում են հետազոտության արդյունքները ծնողական դեպրիվացիա ունեցող մարդկանց կենսա-իմաստային կողմնորոշումների և ինքնագնահատականի մակարդակի կորելացիոն կապերի վերաբերյալ: Ենթադրվում է, որ մանկական տարիքում ծնողական դեպրիվացիա ապրած մարդիկ ունեն ցածր ինքնագնահատական և կյանքի նպատակների, ընտրությունների առկայության և իմաստների դատողությունների հետ կապված մի շարք խնդիրներ: Մեր կողմից կազմակերպված հետազոտության նպատակն էր պարզել կյանքի իմաստի և ինքնագնահատականի միջև կապը դեպրիվացված անձանց շրջանում:

Այս հոդվածում ներկայացված են մի քանի փորձարարական արդյունքների վերլուծություններ, որոնք կուրվագծեն կենսա-իմաստային կողմնորոշումների և ինքնագնահատականի առանձնահատկությունները: Դրանցից մեկն այն է, որ որքան ադեկվատ է մարդու ինքնագնահատականը, այդքան ավելի արտահայտված են նրա նպատակները, ուժեղ է կյանքում ստացած արդյունքների մասին վերաբերմունքը, բարձր է կյանքում հետաքրքրությունը և հուզական հագեցվածությունը, արդյունավետությունը կամ ինքնիրացումով բավարարվածությունը, ինչպես նաև այդքան շատ են հենց իրենք վերահսկում իրենց կյանքը, ազատորեն որոշումներ կայացնում և իրականացնում դրանք, կառուցում իրենց կյանքը նպատակներին, խնդիրներին և դրանց իմաստների մասին պատկերացումներին համապատասխան: Գլխավորը եզրակացությունն այն է, որ թեև ծնողական դեպրիվացիան դժվարությունների, զրկանքների, դժգոհությունների աղբյուր է եղել, սակայն կյանքի իմաստի ձևավորման առումով պատկերը գրեթե նույնն է դեպրիվացիա չունեցողների հետ համեմատության մեջ:

Հիմնաբառեր՝ *ծնողական դեպրիվացիա, կենսա-իմաստային կողմնորոշումներ, կյանքի իմաստ, կյանքի նպատակներ, կյանքի ընթացք, կյանքի արդյունք, վերահսկման լոկուս:*

ВЗАИМОСВЯЗЬ СМЫСЛОЖИЗНЕННЫХ ОРИЕНТАЦИЙ И САМООЦЕНКИ У ЛЮДЕЙ С РОДИТЕЛЬСКОЙ ДЕПРИВАЦИЕЙ

СИЛЬВИ ТАРДЖУМАНЯН

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В статье рассматриваются результаты исследования явления взаимосвязи смысложизненных ориентаций и уровня самооценки у людей с родительской депривацией. Считается, что люди, пережившие родительскую депривацию в детстве, имеют низкую самооценку и множество проблем с наличием жизненных целей, выбора и суждений о смыслах. Мы предприняли исследование, чтобы изучить эту проблему. Целью исследования было определение связи между смыслом жизни и самооценкой у депривированных людей. В данной статье основное внимание будет уделено анализу нескольких экспериментальных данных, которые позволят выявить особенности смысложизненных ориентаций и самооценки. Одна из них, например, такова: чем адекватнее самооценка человека, тем более выражены его цели, тем сильнее отношение к полученным в жизни результатам, тем выше заинтересованность и эмоциональная удовлетворенность жизнью, эффективность или удовлетворенность самореализацией.

В статье излагаются выводы и итоги исследования. Основной вывод заключается в том, что, несмотря на то, что родительская депривация являлась источником трудностей, лишений, неудовлетворенности жизнью людей, переживших ее в детстве, в плане формирования смысла жизни и адекватной самооценки, картина почти такая же по сравнению с теми, у кого нет таковой депривации.

Ключевые слова: *родительская депривация, смысложизненные ориентации, смысл жизни, цели жизни, процесс жизни, результат жизни, locus контроля.*