



DEFORMATIONS OF FAMILY RELATIONSHIPS AS A FACTOR OF “UNHEALTHY BEHAVIOR” IN CHILDREN

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Introduction

Parents have a significant impact on the formation of their children's health-saving behavior. A detailed study of this effect allows us to determine strategies of interaction and directions of psych correction of maladaptive behaviors in health issues. Deformation of family relationships can lead to violations of adaptation and dependent behavior in children.

Research Objectives

To access the parental influence on the formation of health-saving behavior in primary school age children.

Methods

The study has involved 69 people (33 frequently and rarely ill children (mean age – 9 ± 1.8) and 36 parents (mean age – 43 ± 11).

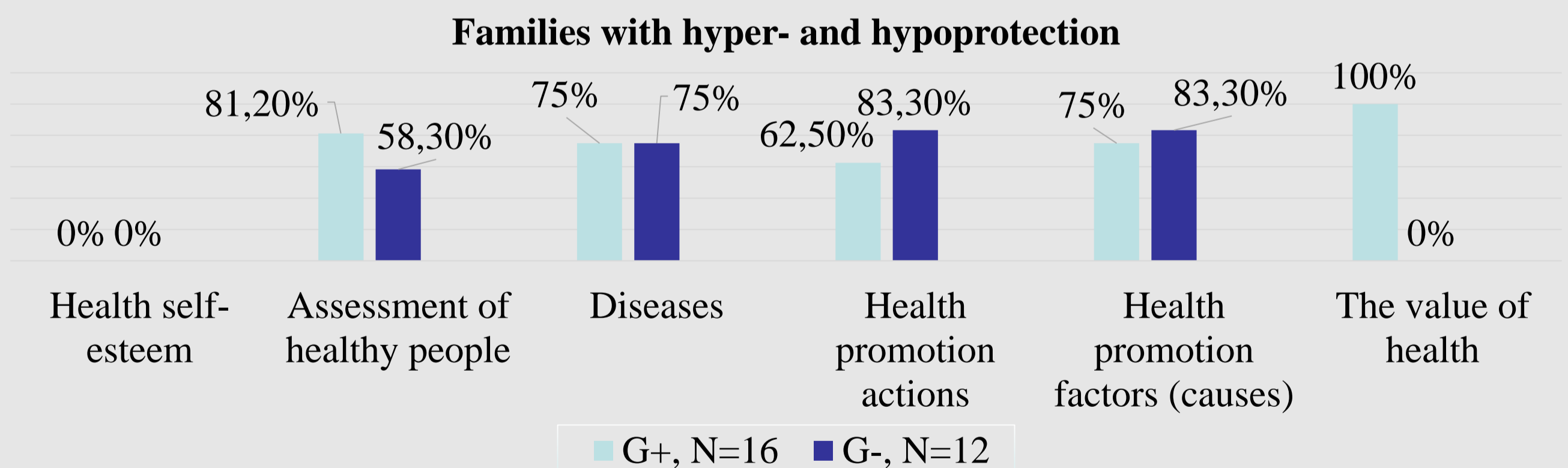
We used “Unfinished sentences about health” (Yakovleva, 2014) for both children and parents and questionnaire “The Analysis of family relationships” (Eidemiller, Justickis, 1990).

Results

Parents of frequently and rarely ill children in families with hyper- and hypoprotection transmitted their health attitudes to primary school age children in such components as: Diseases (75% vs 75%, $p > 0.05$), Health promotion factors (causes) (75% vs 83.3%, $p > 0.05$).

Families with hyperprotection significantly differ from hypoprotection families by the following components: Assessment of healthy people (81.2% vs 58.3%, $p \leq 0.01$), Health promotion actions (62.5% vs 83.3%, $p \leq 0.01$).

Awareness of the value of health is transmitted in families with hyperprotection in 100% of cases and is not transmitted in families with hypoprotection at all.



Conclusion

The obtained results prove the importance of family education style and parents health attitudes to the process of the health-saving behavior formation in children. We have identified health attitude components that are the most significant for children at this age.