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**A. N. Krutolevich, A. N. Redyuk**

### **DOMESTIC VIOLENCE: CHARACTERISTICS AND TYPES**

*The article reveals the concept of domestic violence and the mechanism of its action through the theory of attachment. The main features of domestic violence are considered: inequality, consistency, latency and escalation. The main forms of manifestation of domestic violence are given: physical, sexual, psychological and economic. The importance of prevention of domestic violence is argued as a way of interaction between family members, which has a deep psycho-traumatic effect both on the direct objects of influence – the victims of violence, and on the entire family system, including witnesses and the aggressors themselves.*

«Domestic violence is an involuntary mechanism for the redistribution of resources within a family (or other system). The individual gives up his needs and desires and acts in the interests of the aggressor or the system as a whole in order to maintain belonging to the system and attachment relations» [1, p. 62].

The younger the child, the more his life and well-being depends on an adult. Attachment is the oldest biologically built-in mechanism for caring for offspring. The main task of such a mechanism is by any means to maintain attachment with a strong figure, in whose hands the necessary resources for survival and development are concentrated. Rejection (or, in other words, loss of attachment) is perceived by the child as the strongest threat to his existence. Therefore, the child is ready to endure anything, just to maintain this connection [2].

Man is a social being, and he can fulfill his needs only in interaction with other people. The child grows up, and the attachment mechanism retains its function and manifestation. An adult also strives to be accepted by important people on whom we are emotionally, physically, sexually or economically dependent.

The main features of domestic violence are: inequality, consistency, latency and escalation.

All violence is based on inequality. The basis for inequality arises where one person is really stronger than another, or has a belief about his superiority and about the normality of the use of violence.

The aggressor restructures the intra-family system of resource distribution in such a way that most of them are under his subordination. This is achieved by gradually changing the system of needs of the victim, where the needs of the aggressor are built into her needs. This whole system is reminiscent of parasitism that exists in living nature – a type of long-term relationship where one organism lives at the expense of another, gradually oppressing it, which often leads subsequently to

the death of the suppressed organism. Violence is an unequal and one-way process, where the needs of one member of the system are met while another is chronically ignored.

Violence is the systematic use of power and control to control the thoughts, feelings, sensations, and actions of others against their will. If physical violence is obvious, then psychological violence is not immediately recognized, it is often confused with conflict. O. L. Danilova defines this discrepancy in terms as follows: «It is important to note the difference between a family conflict and a case of violence: if the conflict has a local isolated character, then violence has a systemic basis and consists of incidents following one after another» [3, p. 185]. The conflict is based on a specific and resolvable problem, while violence is based on the desire to gain complete power and control over the feelings and behavior of the injured party, in order to appropriate its resources to satisfy its own needs to the detriment of its interests. Thus, a fixed pattern of behavior is an indicator that distinguishes a domestic conflict from a violent act. The prevalence of violence is associated both with the inability of victims to sufficiently differentiate open manifestations of violence from family conflict, and with their position dependent on the perpetrator.

Thus, domestic violence is not an accident, like, for example, a street attack by a bully with whom the victim does not have a personal attachment relationship, but a pattern of behavior where a loved one systematically violates the boundaries of a weaker and more dependent family member.

The systemic nature of domestic violence is also manifested in its cyclicity, and in the gradual increase in its intensity (escalation of violence). The cycle of violence can be divided into the following key phases.

1. «Honeymoon» is the beginning of a relationship characterized by trust, interest, and enjoyment of the relationship. Partners see in each other exactly who they need. They do not check whether the partner is really suitable for them, but attribute to him all the necessary qualities.

2. Voltage rise. Over time, partners become convinced that the ideal image of a loved one does not coincide with reality. The aggressor, based on past experience of vulnerability, reacting to a certain trigger, suspects the other partner of wanting to reject or hurt him. Individual bouts of irritability and verbal aggression are observed. The aggressor accuses the victim of provocations. The victim seeks excuses for the aggressor and tries to appease him.

3. Act of violence. The aggressor, experiencing anger, loneliness and pain, regresses into his traumatic experiences, and defending himself, turns the accumulated heat onto the victim. Aggression takes on more intense and open forms, in the form of severe psychological and physical violence. Reacting to aggression, the victim plunges into fear, pain, loneliness and helplessness. She does not defend herself and freezes because her anger is blocked by fear. When the violent act exhausts itself, the partners disperse for a while.

4. Reconciliation and the beginning of a new cycle. Through the dissociative process, the pain of the violence is blunted, the incident is forgotten. The aggressor either explains the reason for the cruelty, apologizes, promises never to repeat this again, or denies his guilt, blames the victim for what happened, convinces her of exaggerating events. Partners are afraid of losing affection, go to reconciliation, and violence comes to the second round. The relationship between the rapist and the victim returns to the original. The behavior of the aggressor becomes caring and gentle, the victim, in turn, forgets about the violence and hopes that the cycle will not repeat itself.

The repetition of all four stages becomes a pattern in the relationship between the victim and the rapist. Over time, the applied aggressive actions become more intense and repeated at ever shorter intervals. The honeymoon period is gradually disappearing from the cycle [1].

The topic of domestic violence is taboo in society. The family, being a closed system, has been preserving the traditions and accumulated experience of interaction between family members for centuries. And even if there are significant changes in society, it remains resistant to the adoption of the new. Violent patterns of behavior, perceived within a closed family system as a norm and a necessity, are passed down from generation to generation and are carefully hidden from exposure to public space. All this leads to the fact that the boundaries of the norm in society are shifting very gradually and unevenly. In parallel, at the same time in the same geographical location, there may be

different ways of «normal» intra-family communication. In some families, they negotiate by discussing and accepting alternatives, in others, pressure and control are applied over weaker and more vulnerable family members. Next to someone who has power and sets the norm through violence, bringing information outside and, therefore, an alternative view becomes impossible. Dependent family members have a sense of shame for their inferiority, a sense of guilt for what is happening, as well as feelings of helplessness, hopelessness and the attitude that «violence is normal», and that «everyone lives like that».

Although early family experiences become habitual patterns of behavior, family boundaries are not completely hermetic. New information constantly comes in from the outside through the media and direct communication at school and at work. More economically independent, informationally advanced and having access to psychotherapeutic and legal assistance, sections of the population more accurately recognize violence in their own and other people's behavior. They more easily renounce violence and contribute to a more complete satisfaction of the interests of all participants in social interaction [1].

Researchers studying the problem of violence distinguish four types of violence, which can also occur in various combinations, move from one type to another and alternate in time [4].

Physical violence is the most obvious form of violence, which is expressed in the form of direct and indirect physical impact on the victim in the form of screams, arm waving, pushes, kicks, slaps, beatings, holding by force, coercion to certain actions. This can also include damage, hiding and theft of property.

Women who become victims of this type of violence have excessive patience and the ability to repeatedly forgive the offender, which is usually associated with the fear of losing respect in society, leaving children without a father, pity for a spouse, economic complications. The first call to the police for the aggressor, as a rule, goes unpunished due to the indifference of law enforcement agencies and pressure from relatives with advice and demands to withdraw the application. Substance dependence of a spouse is a frequent companion of the existence of physical violence in the family.

Sexual violence is a type of harassment, in the form of sexual humiliation and insults, obsessive touches, coercion to sex, threats, intimidation, sexual intercourse after beating. This also includes ignoring the woman's right to sexual pleasure.

Many authors see the reason for the existence of sexual violence against women in gender stereotypes, manifested in giving men an unconditional right to possess a woman's body, and the use of force if she does not want to have an intimate relationship [5].

Sexual violence is less common in families where there is equality between spouses. Most often, sexual assaults are reported by women who have been married for a short time and are relatively economically independent, recognize their right to their own body, and have one or two children [6].

Economic violence is the deliberate deprivation of a person of housing, property, food, clothing, the opportunity to earn money independently, to dispose of the funds received at his own discretion. This may also include refusing to purchase necessary things or medicines for the dependent party, refusing to financially participate in raising children, hiding and spending family money.

At the initial stages, it manifests itself in the form of care. Subsequently, it ends with accusations of the insolvency and weakness of the victim, and her complete financial dependence. All this creates an increased likelihood for the manifestation of other types of violence.

Psychological violence is the most complex type of violence that harms the mental health of a person, which manifests itself in control, insults, intimidation, blackmail, rejection, isolation, exploitation, ignoring and devaluing the important needs and interests of a person (emotional and physical intimacy, in preventing the development of abilities, etc.). All these actions lead to a decrease in self-esteem, loss of self-confidence, inappropriate behavior, the formation of pathological character traits in the victim, which prevents the establishment of normal social relationships.

The consequences of psychological abuse are extremely destructive, remote and longer lasting compared to physical, sexual and economic abuse [7].

Violent acts directed against a specific family member cannot be isolated, they have a detrimental effect on all family members who, being direct witnesses of what is happening,

experience helplessness and anger, and experience the same psychological and mental consequences as the victim. Children who have witnessed domestic violence almost inevitably fall into the exclusion zone in society. They develop memory problems, aggravate reactions to aggression, anxiety, fears, somatic diseases and eating disorders.

Violence and its consequences pose a serious threat to human health and safety and impede the normal development of the individual and society as a whole. Work on the prevention and elimination of the consequences of violence should include work in three areas (levels):

- legislative (state) – improvement of the legal framework in the field of victim protection and taking responsibility for the authorship of violence by aggressors;
- educational (society) – education and dialogue aimed at changing public perceptions of violence. Work with stereotypes, prejudices and discrimination.
- psychotherapeutic (family) – work with victims of domestic violence.

The importance of prevention of violence within and outside the family is an important direction in the development of psychological theory and practice. Violence prevention work must necessarily include administrative and social rehabilitation programs for the aggressors, which will contribute to the prevention of stereotypes of behavior associated with the use of violence and demonstrate that power does not lie in the suppression and infringement of the weak, and that the punishment for unworthy and dangerous behavior will be.

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**A. N. Krutolevich, E. V. Zhakun**

#### **STUDY OF THE RELATIONSHIP OF PARAMETERS EMERGENCY MEDICAL WORKERS**

*The article presents data on the study of the psychological components of health, namely: vitality and role functioning, due to the emotional state of medical workers of the ambulance station in the city of Gomel. The obtained data are compared with the data of Russian population control and other Russian studies on this issue. The relationship of the above components of psychological health with the components of job satisfaction was studied.*