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State Institution of Higher Education "University of Educational Management"***ATTACHMENT TO PARENTS AS A DRIVER OF ADOLESCENT RESILIENCE****ПРИВ'ЯЗАНІСТЬ ДО БАТЬКІВ ЯК ЧИННИК ФОРМУВАННЯ
РЕЗИЛЬЄНТНОСТІ ПІДЛІТКІВ**

The paper analyses the results of studies on attachment to parents as a driver of adolescent resilience. It has been proven that in the conditions of a full-scale, long-lasting war in Ukraine, adolescents are a vulnerable age group, with the traditional contradictory features of personality formation being compounded by the difficult conditions of social existence. Similarly, studies have confirmed the significance of studying the content and nature of parent-child relationships on the development of adolescent resilience as a leading feature of their successful adaptation to difficult national realities and total uncertainty of social existence.

The fact-finding study revealed that adolescents have the highest average values of attachment to their peers, slightly lower values to their mothers, and the lowest values to their fathers. The dominance of attachment to peers can be explained by the leading activity of adolescents, i.e., trustful communication. This also confirms the prevalence of trust in peers as a partial manifestation of adolescent attachment. However, the largest number of adolescents with a high level of attachment is to their mothers, not to their peers. In addition, the indicators of activity of communication with mothers are dominant among the surveyed adolescents compared to interactions with peers. The highest rates of adolescent alienation were recorded in relation to fathers, and the lowest ones in relation to mothers.

It has been established that an influential driver of adolescent resilience is their attachment to both parents. The respondents' attachment to their mothers directly is correlated with their attachment to their fathers, which indicates the importance of favourable interaction with both parents, if any. Thus, it is proved that adolescent attachment to parents and positive parent-child relationships in the family are influential factors in the resilience development as a leading personal trait of Ukrainian adolescents.

Key words: adolescents, adolescence, parent-child relationships, resilience, attachment.

У роботі викладено аналіз результатів дослідження прив'язаності до батьків як чинника формування резильєнтності підлітків. Доведено, що у умовах повномасштабної тривалої війни в Україні підлітки постають вразливою віковою групою, до традиційних суперечливих особливостей формування особистості якої додаються складні умови соціального буття. Підтверджено прикладне значення вивчення змісту та характеру дії батьківсько-дитячих взаємовідносин на формування резильєнтності підлітків як провідної риси їхньої успішної адаптації в умовах складних вітчизняних реалій і тотальної невизначеності соціального буття.

Проведене констатувальне дослідження виявило, що найбільші середньостатистичні показники підлітки мають до ровесників, дещо менші – до матерів і найменші – до татів. Домінування прив'язаності до однолітків можна пояснити провідною діяльністю підлітків – довірливим спілкуванням з ровесниками. Цим підтверджується і переважання показників довіри до однолітків як парціального прояву прив'язаності підлітків. Проте найбільша кількість носіїв високого рівня прив'язаності підлітків розповсюджується на матерів, а не на однолітків. Також показники активності спілкування з матір'ю у опитаних підлітків є домінуючими, порівняно з взаємодією з ровесниками. Зафіксовано найвищі показники відчуження підлітків щодо татів, а найнижчі – щодо матерів.

Встановлено, що впливовим чинником формування резильєнтності підлітків є їх прив'язаність до обох батьків, причому прив'язаність до матері у опитаних прямо корелює з прив'язаністю до тата, що вказує на важливість сприятливої взаємодії з обома батьками у разі їх наявності. Таким чином доведено, що прив'язаність підлітків до батьків і позитивні батьківсько-дитячі стосунки у родині є впливовим чинником формування резильєнтності як провідної особистісної риси вітчизняних підлітків.

Ключові слова: підлітки, підлітковий вік, батьківсько-дитячі взаємини, резильєнтність, прив'язаність.

Introduction. In the conditions of a full-scale, long-lasting war in Ukraine, adolescents are a vulnerable age group, with the traditional contradictory features of personality formation being compounded by the difficult conditions of social existence. It is a well-established scientific opinion that parent-child relationships have a significant impact on the development of adolescent personality. At the same time, the study of the content and nature of parent-child relationships for the development of adolescent resilience as a leading feature of their successful adaptation to difficult realities and total uncertainty of social existence is of great applied significance.

Analysis of recent researches and publications. In psychology, the concept of resilience is usually defined as the potential or already manifested ability of a person to successfully adapt to adverse factors that threaten its functioning, viability or development, and as a result, successful adaptation or growth under conditions of significant negative impact [4, p. 308]. Researcher M. Rutter interprets resilience as a dynamic structure that results from the interaction between risk and protective factors, and claims that this dynamic structure facilitates or even eliminates the impact of negative events on life, developing healthy adaptation and competence of the personality [5]. We completely agree with

G. Lazos's conclusions that resilience is a biopsychosocial phenomenon that covers personal, interpersonal, and social experiences and is a natural result of various developmental processes over time; resilience is generally related to the ability of the psyche to recover from adverse conditions. Resilience can be considered both as a certain personal trait inherent in a particular person and as a dynamic process, depending on the focus and subject of the study. Resilience plays an important role in the ability and formation of post-traumatic personality growth [1, p. 34].

Thinking of resilience as a systemic personal trait of adolescents, which is formed as a result of the integrated action of internal (individual psychological) and external (social) factors, implies that it is appropriate to focus scientific attention on family interaction as a predictor of adolescent resilience. Parental support is particularly important for adolescents, as it has a positive impact on the development of their internal resources and is a good foundation for developing resilience. Based on interactions with, and support from, parents, adolescent attachment to them is transformed. Attachment as a commitment to emotional closeness with another person in adolescence [2, p. 214] takes on the features of competition with alternative subjects, namely parents and peers. However, the difficult life trials in which Ukrainian adolescents grow up bring back the importance of attachment to parents for successful overcoming of serious challenges.

The purpose of the article is to analyse the results of studies on attachment to parents as a driver of adolescent resilience.

Results. This study examines the levels of adolescent attachment to parents and peers as possible drivers of adolescent resilience. The diagnostic tool used for this purpose was the English Armsden-Greenberg Inventory of Parent and Peer Attachment (IPPA) [3], adapted by us. The study involved 302 adolescents, of whom 54% (163 people) were female and 46% (139 people) were male, aged 12 to 16, with an average age of 14 years.

It was determined that the generalised statistical indicators of adolescent attachment to father, mother and peers are at an average level, are similar in value for mother and peers, but still differ (Fig. 1).

It was found that the highest rates of adolescent attachment are to peers, which reflects the specifics of their age, i.e., trustful communication with peers as a leading activity. However, attachment to mothers is also quite significant and only slightly (by 1.77 points) inferior to attachment to peers. The average indicators of adolescent attachment to their fathers are somewhat lower, with the effect of "taking down from the pedestal" being more pronounced if the father used to have significant authority. It is also likely that a child has always been more attached to their mother, and this has not changed in adolescence.

The analysis of the gender distribution of adolescent attachment indicators revealed that boys have higher average values for attachment to their mothers and fathers, while girls have a higher average value for attachment to their peers (Table 1). It can be assumed that these indicators are influenced by the faster physical and mental development of girls compared to boys in adolescence, which is widely accepted in the scientific

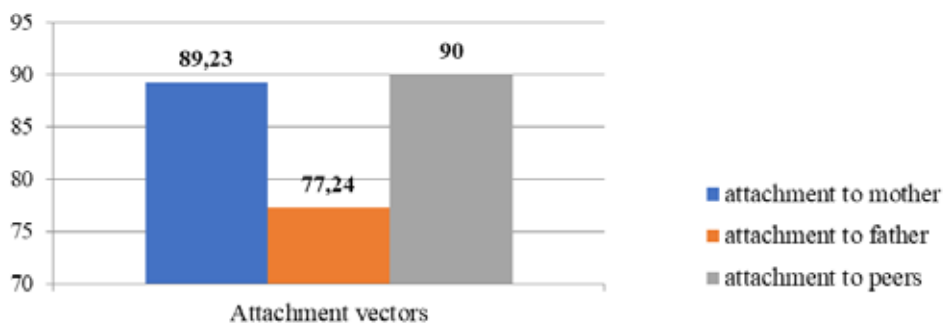


Fig. 1. Average indicators of adolescent attachment (in points)

Table 1

Gender distribution of adolescent attachment indicators

		Descriptive statistics (SPSS-29)				
Gender		N	Minimum	Maximum	Average	Standard deviation
Son	Attachment to mother	139	,00	123,00	92,2464	19,49689
	Attachment to father	139	,00	125,00	83,6159	29,38700
	Attachment to peers	139	,00	121,00	87,4348	24,75868
	N of valid ones (by list)	139				
Daughter	Attachment to mother	163	35,00	125,00	86,6626	20,28051
	Attachment to father	163	,00	124,00	71,9387	29,16337
	Attachment to peers	163	,00	123,00	92,2147	24,32236
	N of valid ones (by list)	163				

community, and this leads to accelerated rate of personal emancipation of girls from their parents.

It is noteworthy that boys are much more attached to their fathers than girls (the difference is almost 12 points). This means that the father has more influence on personal development and is probably a gender role model for boys than for girls.

The data analysis revealed the distribution of adolescents by levels of attachment to their mothers, fathers, and peers (Fig. 2).

The highest number of high-level carriers (24.2%) was found in the vector of attachment to mothers, while this sample is much smaller (by 9.6%) in the vector of attachment to peers. This indicates that despite the tendency of adolescents to communicate with their peers, parents (especially mothers) still play an important role in the formation of their personalities.

The dominant part of the adolescents is at the middle level of all types of attachment, but the number of adolescents with a middle level of attachment to their father is somewhat lower (by 6.3% compared to their mother). Much more than a half (63.9%) of adolescents reported having a middle level of attachment to their peers.

Among the low-level carriers, the smallest number (11.6%) of adolescents are in the mother attachment vector. Thus, this attachment vector is the strongest both in terms of average indicators and distribution by levels. Almost a fifth (18.5%) of adolescents with a low level of attachment do not have a significant attachment to, or frequent communication with, peers. About a quarter (24.2%) of respondents reported a low level of attachment to their fathers, i.e., it is inferior in terms of authority to their mothers and peers for a significant number of adolescents.

The use of the Armsden-Greenberg Inventory also allowed us to examine adolescents' indicators on partial attachment scales (Fig. 3).

As the diagram shows, adolescents have the highest level of trust in their peers (39.2 points), which can be explained by the nature of their main activity, i.e., trustful communication with peers. At the same time, the level of adolescents' trust in their mothers is only slightly lower (36.8 points). Instead, adolescents show less trust in their fathers (33.9%).

The communication scale revealed quite different results: adolescents see their communication with their mothers as the most important (30.5 points),

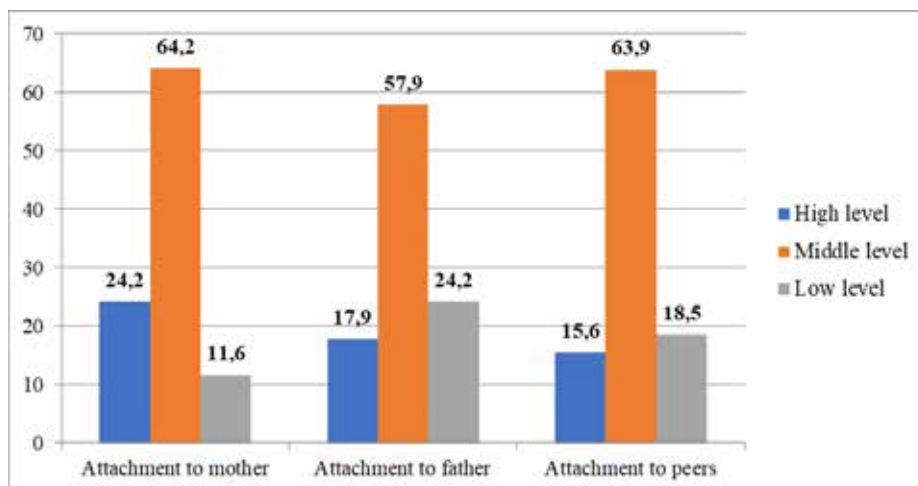


Fig. 2. Distribution of adolescents by levels of attachment (in % of carriers)

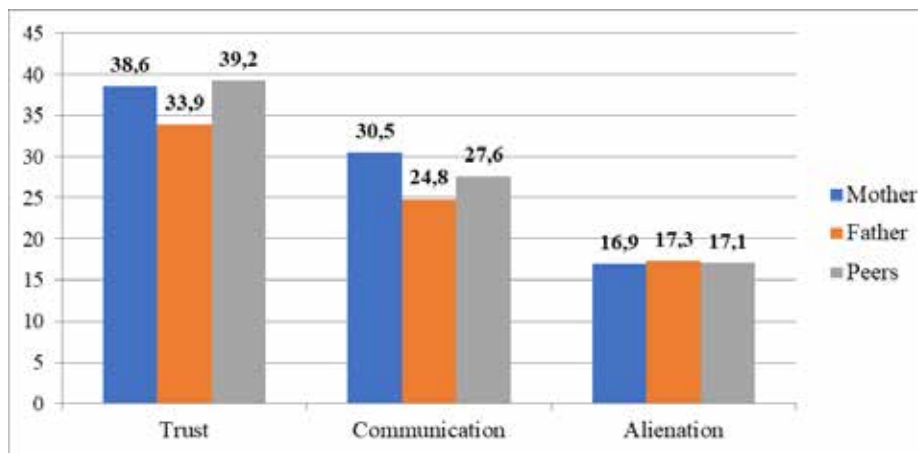


Fig. 3. Distribution of adolescents' indicators on scales of trust, communication and alienation (in points)

while communication with peers takes the second place (27.6 points). It is likely that adolescents communicate with their mothers more often but show less trust in them compared to their peers.

The level of adolescents' communication with their fathers is almost 6 points lower (24.8 points) than with their mothers. This data fully corresponds to the previously found average attachment rates, which are the lowest among adolescents to their fathers. The high rate of adolescent alienation from fathers (17.3 points) appears logical, as this scale is the opposite of the two previously-mentioned scales of trust and communication. The alienation of adolescents from their peers is slightly lower (17.1 points). Against the background of high attachment, the alienation from mothers is the lowest and amounts to 16.9 points.

In terms of gender, it was found that boys have higher average indicators of trust and communication, but also alienation, towards their mothers than girls (Fig. 4).

A similar situation was revealed concerning adolescent attachment to their fathers – its partial indicators are also somewhat higher for boys (Fig. 5).

This may demonstrate the contradictions typical of adolescent mental development – between the desire for emancipation and the preservation of emotional dependence on parents.

In contrast, the middle values on the scales of trust and communication with peers prevail among girls. Boys have slightly higher values for alienation from peers (Fig. 6).

Thus, it has been established that adolescents (especially girls) have the greatest attachment to their peers, somewhat less to their mothers, and the least to their fathers. This data is in line with traditional studies of developmental psychology on the dominance of peer communication for adolescents. However, mothers are leaders on the partial scale of communication, competing with peers, which is especially apparent among boys. It has also been noted that the lowest general indicators of attachment and its partial scales are observed for adolescents of both genders in relation to their fathers. At the same time, it was established that the indicators of adolescent attachment to their mothers directly correlate with the indicators of attachment to their fathers ($r=0.588^{**}$, $p=0.000$, where (r is the value of Pearson's coefficient, statistical significance: “**”) – $\rho \leq 0.01$). A similar fact was revealed for the trust scale ($r=0.440^{**}$, $p=0.000$). This may indicate that favourable ecological family communication of an adolescent mostly applies to both parents. A statistically significant correlation was found between adolescent attachment to mothers and peers ($r=0.235^{**}$, $p=0.001$). Also, a weak direct correlation was detected between adolescent attachment to fathers and peers ($r=0.177^*$, $p=0.018$). These direct correlations are a clear indication of the multi-vector nature of adolescent attachment to significant subjects of their communication. Instead, there are statistically significant inverse correlations between all vectors of attachment and alienation of adolescents, which seems logical.

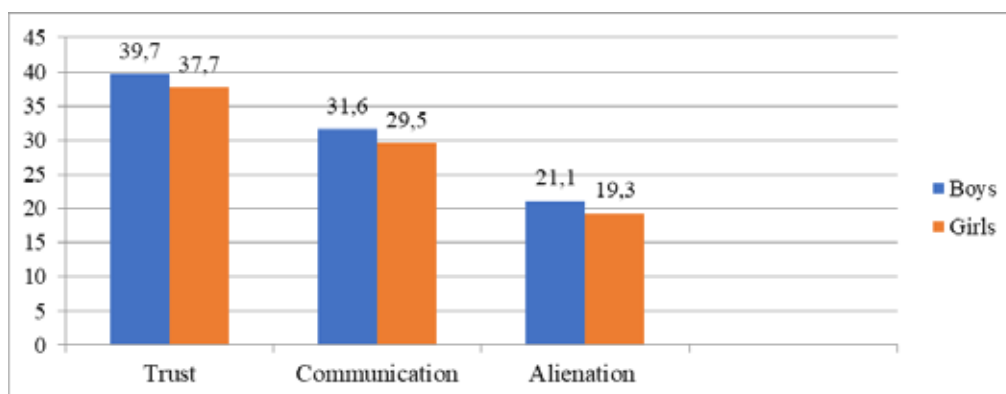


Fig. 4. Adolescents' indicators of mother attachment on partial scales (in points)

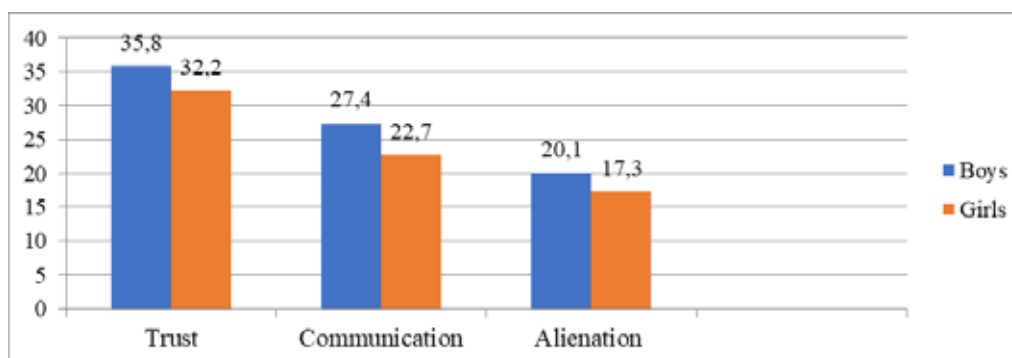


Fig. 5. Adolescents' indicators of father attachment on partial scales (in points)

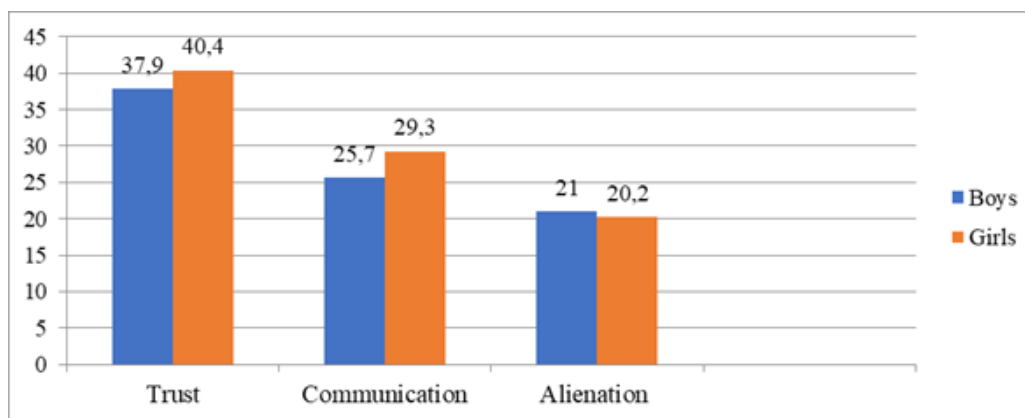


Fig. 6. Adolescents' indicators of peer attachment on partial scales (in points)

The analysis of variance revealed that an influential factor in the development of adolescent resilience is their attachment to their parents. This influence is obviously of high statistical significance regarding both attachment to mother ($F=1.801^{**}$, $p=0.001$, where F is Fisher's coefficient, statistical significance: $*** - \rho \leq 0.01$; $** - \rho \leq 0.05$), and attachment to father ($F=1.603^{**}$, $p=0.006$). The correlation analysis shows a direct statistically significant connection between adolescent attachment to their mothers and their resilience ($r=0.435^{**}$, $p=0.000$). A similar situation was observed regarding adolescent resilience and their attachment to their fathers ($r=0.273^{**}$, $p=0.000$). This indicates that an increase in attachment to parents leads to an increase in adolescent resilience, and vice versa. Given the age-related tendency for adolescents to weaken their attachment to parents, the issue of compensating for this factor in the development of their resilience emerges. At the same time, it was established that adolescent attachment to peers does not have a statistically significant impact on their resilience ($F=1,030$, $p=0,427$), therefore it cannot be an alternative factor in the development of this trait in adolescents.

Conclusions. This fact-finding study revealed that adolescents have the highest average values of attachment to their peers, slightly lower values to their moth-

ers, and the lowest values to their fathers. The dominance of attachment to peers can be explained by the leading activity of adolescents, i.e., trustful communication with peers. This also confirms the prevalence of trust in peers as a partial manifestation of adolescent attachment. However, the largest number of adolescents with a high level of attachment is related to their mothers, not to their peers. In addition, the indicators of active communication with mothers are dominant among the surveyed adolescents compared to interaction with peers. The highest rates of adolescent alienation were recorded in relation to fathers, and the lowest in relation to mothers.

It was established that an influential driver of adolescent resilience is their attachment to both parents, with the respondents' attachment to their mothers directly correlating with their attachment to their fathers, which indicates the importance of favourable interaction with both parents, if any. Thus, it is proven that adolescent attachment to parents and positive parent-child relationships in the family are influential factors in the resilience development as a leading personal trait of Ukrainian adolescents.

Future scientific research can be focused on studying the influence of parental resilience on the resilience of adolescents.

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