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The Relation between Anger and Emotional Synchronization in Children from Divorced Families

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Abstract

Affective life is extremely important. Emotions determine well-being, satisfaction and fulfillment. The regulatory process of affectivity reflects the relationships between individuals in subjective experiences.

Family is the first healthy environment where a child must satisfy his need for love, acceptance, emotional synchronization and full emotional tank.

Anger often occurs, altering interpersonal relationships. Poor anger management is closely related with child's current and future problems such as school abandonment, failure, poor human relationships, resulting in a rejection of his family values.

Our survey deals with the child-adult relationships management. A divorced family generates poor attachments and grief in children. Parents should support and help children to satisfy their affective needs and overcome the divorce trauma more easily. A play-centered parental action is proposed.

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Keywords: Anger; divorce; emotional tank; emotional synchronization

1. Introduction

Motto: “*Train a child in the way he should go and when he is old he will not turn from it*”
(Solomon's Advice)

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Affective life plays an extremely important role in everything we do, because emotions determine the human well-being, the long term satisfaction and fulfillment of the individual.

Affectivity is the regulatory process which reflects the relationships between individuals, under the form of subjective experiences resulted from the fact that certain needs are or are not satisfied.

We are social beings and we have feelings, we need to belong to certain groups, to love and to be loved therefore we must be aware that attachment is essential for our development.

There is a determining relationship between the quality of the attachment established in childhood and the adult's life.

2. Theoretical foundation

Psychologists specialized in psychoanalysis believe that attachment styles, generally the affective relationships established between parents and children in their early childhood, have a great impact on the future development of the adult and on the adult configuration of human personality.

To a certain extent, the attachment styles come to light in any close relationships where love relationships can most easily be noticed. Each of these styles ultimately influences the love life of the individual (Hazan, C. and Shaver, P., pp. 511-524).

Family is the first healthy environment of a child, where he makes his first small, timid and clumsy steps toward his development. It is essential that family should satisfy the child's needs – the parental support involving both the material and the cognitive support, but mainly the affective support. The child should feel that he is loved, accepted, valorized and his emotional tank should be maintained full.

All these three types of support are most important and they are both interdependent and interrelated. None of them can miss or be less important. But the lack of the affective support may be considered a form of emotional abuse and has negative consequences upon the child's development.

Children permanently need to integrate into their own minds the ideas and feelings about their parents. In conflicting families, the foundation for the child's feelings and also for his future behaviour is built upon the frequent fights, separations and violent speech between his parents. The child's mental representations of his parents cannot be put together, they cannot function together, they will always contradict each other and so the child will be find it difficult to transpose these representations in everyday life. Some parents avoid tense talks in the presence of their children, but they overlook a very important aspect, namely that the child has an innate tendency to interpret and imagine scenarios.

Therefore, parents should voice their disagreements in an open manner, maintaining a calm tone, instead of simulating a perfect relationship between them. They should deal with anger in a mature way.

3. Anger

Anger is the emotion which most often creates problems in interpersonal relationships, hence within the family. Not necessarily the occurrence of anger itself, but the way it is expressed creates problems. It often leads to verbal or physical ill-treatment within the family and equally often it has an impact upon the child.

Anger is an emotion we, as adults, have so far understood very little, although it is a normal, real and human emotion. Anger is neither positive nor negative, but it can be stimulating for us, it can guide us to adopt an attitude or another.

We can hardly express in words what we feel when we are angry. And we know even less how to deal with it and transform it into something constructive, how to master it. If we, the adults, cannot understand this emotion of ours, we cannot define and maturely manage it, how can we ask a child to master his anger?

Poor anger management is closely associated with all the child's problems, whether current or future, from school abandonment and failure to poor human relationships. Dealing with anger in an immature way becomes the main for the rejection of the family values by the child.

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