

SECTION 2

THE CONNECTION OF INDIVIDUAL AND SOCIETAL CHANGES IN THE CONTEXT OF SOCIAL TRANSFORMATION

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PSYCHOLOGICAL INTERVENTIONS IN CASE OF RELATIONSHIP DIFFICULTIES IN THE MOTHER AND PREADOLESCENT COUPLE

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The contemporary family is characterized by an increasing diversity of structures and configurations, including major changes in the relationships and dynamics among family members. The family is always subjected to external pressures, being forced to always adapt and face challenges and in these conditions, mutual support and trust are the essential elements that ensure balance.

The role of the mother in the child's life cannot be underestimated. The mother has a major impact on the emotional, social and cognitive development of her child, but from the first day of life. Here are some of the most important roles a mother plays in a child's life: the main source of comfort and security. In the first years of life, the child depends completely on its mother to satisfy its basic needs, including feeding, care and protection. The mother is often the first person the child associates with comfort and safety, and this relationship can influence the development of a secure attachment between mother and child. Babies learn many things from their mothers, such as how to interact with other people, manage emotions and deal with difficult situations. Therefore, it is important for the mother to be a good example for her child and to behave in a way that encourages the virtues and behaviors; source of addiction. The relationship between mother and child is one of the most important and strongest human bonds. A positive and healthy maternal relationship can have a positive influence on the preadolescent(s), while a negative or negative relationship can be a negative impasse. Therefore, it is important for mothers to focus on building a positive relationship with their preadolescents, one that is based on love, respect and mutual understanding.

Cognitive-behavioral therapy, as a method of psychological intervention, is intended to determine a series of behavioral changes, namely extinguishing unwanted behaviors and amplifying, encouraging expected ones. This should be done through a reinforcement method, including the application of a reward system. The observable behavior is an indicator of the child's progress, the monitoring of the behaviors, the notation of the presence of the assistants, and the environmental conditions are emphasized, being extremely important. In cognitive-behavioral therapy, an essential aspect is the identification of the factors that maintain the problem and their modification. This is why, sometimes the parents are asked to make some changes (for example, changes in the educational strategies used, the abstinence program, etc.). In the case of children, downward therapy gives a much better result, facilitating communication and sometimes offering solutions to solve their problems. Therapeutic messages, carefully selected by the therapist, produce cognitive and behavioral changes. The free drawing or theme represents a method of evaluating the child's personality, the relationship between him and his significant person, his resources and his difficulties. Cognitive behavioral therapy (CBT) is a form of psychological therapy effective in treating preadolescent emotional and behavioral problems. During therapy, tweens are taught to identify their negative thoughts and replace them with positive thoughts.

In this scientific research, the aim was to demonstrate that the relationship difficulties between the mother and preadolescent can negatively influence their emotional and social development. Along with this, we present practical solutions to improve the difficulties of relating in the mother-child couple.

Key words: difficulties, psychological intervention, family, mother, preadolescent, relationship.