

**PARTNERS RELATIONS, PERSONAL TYPOLOGY AND EFFICIENCY OF THE
POSITIVE PSYCHOTHERAPY**

Dissertation of Oksana Horvat-Stancheva

SUMMARY

A research on the partners or intimate relations, on the reasons, leading to successful or unsuccessful partnership, as well as to the influence, which the experience in the field of personal interrelations have on other areas of human life, is of great interest for the social psychology because of a marriage and partnership crisis, witnessed by the statistical data from the last decades.

In the dissertation answers have been sought to questions such as: whether the specifics of the personality, described by means of the K. G. Jung's typology, provide information over the fact, whether a person has greater or smaller aptitude towards problems in the field of partners relations; whether the typical for a particular psychological type problems could be described along with some strategies for coping with them; whether the predisposition to particular type of personality is a predictor for success of the therapy and its efficiency; whether the positive psychotherapy is an efficient approach towards coping with problems in the partnership relations.

Our thesis is that the personal features of the individual predefine the problems in the partnership relations and respectively the choice of strategies for their overcoming. We assume, that the typology of K. G. Jung and the methodic of positive psychotherapy of N. Peseschkian allow studying the interconnections between specific personal features and specific resources and strategies for coping with the problems in the intimate partnerships.

It is established, that particular types of personality are more prone to forming problems in the partnerships. The personality types with leading functions Intuition and Thinking have more often than the others problems in their intimate partnerships. The Thinking types are more prone to seeking solution of their partnership problems through psychotherapy, and the Intuitive and Feeling types are disposed to other ways for overcoming the problems and are less willing to use the psychotherapy.

Specific links have been established between the main functions in the typology of Jung and the areas for reprocessing of conflicts according to Peseschkian, which reflects the specific strategies for overcoming problems with the various types of personalities. The established links allow to make recommendations for working with representatives of specific types of personalities. As indicators for common efficiency of the psychotherapy held with the examined persons from the experimental group there have been registered significant increases of the levels of optimism, mental comfort, energeticity, activity and feeling of coherency, as well as significant decrease of pessimism, mental stress, disturbances, depressiveness, anxiousness and impulsive reactivity. With the control group there are more seldom and more insignificant changes observed, even more often in the negative trend. The belonging to a particular type of personality has no connection with the common efficiency of the psychotherapy, but it influences the preferred mechanisms and strategies for overcoming the actual everyday problems. The subjective self-assessment over the changes occurred in the psychological functioning of the persons subjected to therapy witnesses for the high degree of satisfaction and efficiency of the therapy held. The obtained results allow to draw a conclusion, that the positive psychotherapy supports the creation and maintenance of more satisfactory intimate partnerships and the more creative overcoming of partnerships' problems.

The obtained result show the existence of interrelation between the type of personality and specific strategies for overcoming problems in partnerships and prove the efficiency of the positive psychotherapy when supporting the overcoming of problems in the personal relations regardless of the type of personality, which proves the supported by us thesis. The obtained results allow preparing the most suitable strategies for coping with the problems in the partnerships, taking into account the belonging of the human to a particular type of personality and the available resources for overcoming conflicts.

The results obtained from the present study could find implementation in the psychotherapeutic practice and in the wider context of the psychological consulting, in the new scientific researches, when supporting the understanding and solving of various interpersonal and socially important problems.