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PERSONALITY TRAITS IN "VICTIM'S" SCRIPT BEHAVIOR

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CONCEPTUAL FOUNDATIONS OF THE STUDY

Relevance and Importance of the Research Topic. The relevance of this study stems from several factors. First, it is linked to the sociocultural context of our country, where unwritten social and cultural norms may encourage sacrificial behavior, suppress open requests for help, hinder self-care, and limit the expression of psychological needs or emotions. Second, the persistently high levels of interpersonal violence—experienced in childhood, during development, and throughout life—both globally [29] and in our country [25, 30] contribute to the issue. Third, experiences of interpersonal violence during development significantly harm psychological and physical health and well-being [25].

Framing the topic in the international, national, and local preoccupations of the research team and an inter- and transdisciplinary context, presentation of previous research results related to the research topic. The phenomenon of the "victim" is complex, encompassing various meanings and interpretations. Psychological studies on victim-related personality traits typically focus on two groups: individuals who have experienced interpersonal violence and those who adopt "victim" behavior as a strategy for social interaction. Research on victims of violence highlights characteristics resulting from such experiences and occasionally identifies vulnerability factors. This group of studies includes works by Moldovan authors R. Cerlat and O. Eremciuc [1], A. Crâșmaru [2], and N. Rotaru-Sîrbu [4, 5], as well as foreign researchers E. Abdibegovic et al. [7], V. Blazhevska, and K.Stoimenovska [8], and others. These works focus on various aspects of domestic and intimate partner violence. There are also works by Moldovan authors Ig. Racu [3] and T. Turchină [6], as well as foreign authors E. M. Brank et al. [9], S. M. Swearer, and D. L. Espelage [17] and others, which address violence in educational institutions. The use of "victim" behavior as a social strategy is often tied to adverse developmental experiences. A key framework is O.O. Andronnikova's ontogenetic concept of victimhood [18]. The phenomenon and its mechanisms are also explored in transactional analysis (TA), where early adverse experiences shape a dysfunctional life script, with "victim" behavior becoming integral to it (researches by E.Berne, C.Steiner, S.Karpman, M.Goulding, R.Goulding, and others). The impact of adverse interpersonal experiences on the formation of early maladaptive schemas in adulthood is studied within schema therapy (researches by D.Young, J.Klosko, M.Weishaar, J.M. Farrell, N.Reiss, A.A. Shaw, and others). Transactional analysis and schema therapy share similarities in how they describe the influence of early experiences on adults, the reasons for this influence, and the goals of psychotherapeutic interventions to address its negative effects.

Research Problem. Similarities between transactional analysis and schema therapy regarding early experience organization, along with C.Steiner's observation about the conceptual overlap between life scripts and early maladaptive schemas, raise important questions: Is it possible to integrate these approaches at the theoretical level to understand the phenomenon of "victim" as a strategy of interpersonal interaction? Can these approaches be integrated in psychological interventions to reduce script behavior of "victim"? How to take in consideration other personality traits of people using script behavior of "victim", and whether this behavior is actually correlated with the impaired sense of safety due to psychological trauma, interpersonal intolerance of uncertainty, and rigidity? Contradictory

research findings also leave open the question: are there age and gender specifics in script behavior of "victim"? Thus, the study addresses the ***problem of exploring*** personality features associated with this behavior and the potential integration of transactional analysis and schema therapy to understand and address the "victim" phenomenon as a strategy of interpersonal interaction.

Purpose of Research. The study aims to investigate the personality traits associated with script behavior of "victim". ***Research Objectives***: (1) to conduct a theoretical analysis of concepts related to the phenomenon of "victim" and the "victim's" script behavior, to study and to summarize data in the specified area; to study age and gender characteristics and the personality traits of "victim's" script behavior in adults: the correlations with early maladaptive schemas, beliefs making up the sense of safety, interpersonal intolerance of uncertainty and actual rigidity; to reveal personal features characteristic of different types of "victim's" realization and different degrees of the expression of the script behavior of the "victim"; to develop on the basis of the obtained results and to test the program of psychological interventions which includes the methods of schema therapy and transactional analysis and is aimed at reducing the expression of the manifested script behavior of the "victim".

The following **hypotheses** were tested: (1) Script behavior of "victim" exhibits age and gender differences; (2) There is a relationship between script behavior of "victim" and early maladaptive schemas, basic beliefs related to safety, interpersonal intolerance of uncertainty, and rigidity; (3) Different types and degrees of sacrificial behavior are characterized by distinct personality trait patterns; (4) A comprehensive psychological intervention program integrating schema therapy and transactional analysis reduces the expression of script behavior of "victim".

Summary of research methodology and justification of research methods selected. Theoretical and methodological basis of the study was formed by: life script theories (E.Berne, C.Steiner, M.Goulding, R.Goulding, R.G. Erskine, and others), O.O. Andronnikova's ontogenetic concept of victimhood, and schema therapy concepts of basic emotional needs, early maladaptive schemas, and schema modes (J.Young, J.Klosko, M.Weishaar, J.M. Farrell, N.Reiss, A.A. Shaw, G.Jacob, H. van Genderen, L.Seebauer, A.Arntz, and others). The following ***research methods*** were used: *Theoretical Methods*: Analysis of scientific literature, descriptive and comparative methods, hypothetical-deductive method, and interpretation of applied results; *Empirical Methods*: Test of Victim Position of Personality (O.O. Andronnikova) [18], Early Maladaptive Schema Questionnaire YSQ-S3R (J.Young, adapted by P.M. Kasyanik and E.V. Romanova) [23], Basic Beliefs Scale (R.Janoff-Bulman, modified by M.A. Padun and A.V. Kotelnikova) [26], Interpersonal Intolerance of Uncertainty Scale (from the New Tolerance of Uncertainty Questionnaire, modified by T.V. Kornilova) [24], Current Rigidity Subscale (from the Tomsk Rigidity Questionnaire, G.V. Zalevsky) [22]; *Statistical Analysis Methods*: Student's t-test, Mann-Whitney U test, Kruskal-Wallis H test, Pearson and Spearman correlation coefficients, Wilcoxon T-test, chi-square test, linear regression, and cluster analysis. Reliability and validity were ensured through well-founded hypotheses, method selection aligned with the research objective, a representative sample, and rigorous statistical analysis.

Scientific Novelty and Originality of Thesis consists in the approach to the study of behavior of the "victim" as a manifestation of the life script, as well as the study of personal characteristics in persons with behavior of the "victim" and identification of strategies of psychological assistance and psychological interventions for reduction of the expression of the script behavior of the "victim" in the context and integration of two psychological approaches - transactional analysis and schema therapy.

Significant Scientific Problem Solved consists in determination of a number of personality traits in "victim's" script behavior, identification of the possibilities to integrate the approaches of transactional analysis and schema therapy to understand phenomenon of "victim" as a consequence of adverse developmental experience, with substantiation of principles of psychological assistance to people with manifested script behavior of "victim".

Theoretical Significance consists in analysis and complementing existing knowledge about the phenomenon of "victim", definition of the term "script behavior of "victim", identification of opportunities for integration of transactional analysis and schema therapy for understanding and describing the phenomenon of "victim", substantiation of principles of psychological assistance to people with manifested script behavior of "victim".

Practical significance consists in determining a number of personality features of the script behavior of "victim". It establishes relationships between this behavior and early maladaptive schemas, basic beliefs underpinning a sense of safety, interpersonal intolerance of uncertainty, and rigidity in adults. It also identifies distinct trait patterns for different types and degrees of sacrificial behavior. For the first time, the study examines script behavior of "victim" in a specific sample of men in a penitentiary institution undergoing rehabilitation for psychoactive substance dependency. The proposed principles and integrative intervention program can be applied in group and individual psychological counseling. The findings can inform university courses in general and social psychology and support programs for psychological education across age groups.

Approbation and Implementation of Research Results. Theoretical and experimental results of the research were discussed at national and international scientific conferences. The data obtained were also used in the practice of training, psychological counseling and psychosocial support for adult persons, including employees of HIV service organizations, counseling psychologists, survivors of domestic violence and refugees.

DISSERTATION STRUCTURE

The ***Introduction*** justifies the research topic's relevance, describes the state of the field, defines the objective, tasks, and hypotheses, outlines the methodology, and highlights the study's novelty, theoretical and practical significance, and implementation of scientific results.

Chapter 1: Theoretical Analysis of the "Victim" Phenomenon in Psychology

This chapter reviews scientific literature and applied research on the "victim" phenomenon, defines "script behavior of "victim" and identifies personality traits requiring empirical study. The "victim" phenomenon encompasses various meanings, including values and terms for their designation, as well as a number of associated characteristics, among which we can note patterns of demonstration of sacrificial behavior to express feelings and/or satisfy

needs (when subjective inaccessibility of other ways) and accompanying these patterns of negative beliefs and experiences of negative emotions and feelings [41]. Formation, consolidation and manifestation of sacrifice as a way of behavior occurs in the context of social interactions. Analysis of the scientific literature has shown that studies of personal characteristics related to the phenomenon of "victim" in psychology can most often be divided into two conventional groups [42]: studies of victims of interpersonal violence and studies of people for whom victimhood is a personal characteristic/characteristic of behavior and beliefs. Presumably, psychological help in these two cases should be different, and ethical dilemmas may arise due to this separation [38, 33]. The peculiarities of the phenomenon are also important in the context of professional activities of helping practitioners [40]. In the context of studying sacrifice as a characteristic of behavior and beliefs, the concept of a victim position of personality, proposed by O.O. Andronnikova, is important as a complex of cognitive, emotional, and behavioral components that are formed in the course of growing up and are associated with the orientation to the satisfaction of basic needs [18]. Speaking about the victim position of personality, O.O. Andronnikova distinguishes types of victim manifestation: sacrifice as a manifestation of love (this includes both demonstration of sacrifice as a sign of love and expectation of sacrifice as a manifestation of love); sacrifice as a manifestation of aggression (the main pattern here is punishment of others by their suffering, in a sense an indirect way of manifestation of aggression); mixed type of sacrifice (when the basic instincts of love and aggression are expressed through sacrifice); self-harming type of sacrifice (based on aggression directed at oneself and arising as a consequence of guilt. Guilt can arise for various reasons, objective/real or subjective/imaginary); the type of role victim (this includes structural formations of self-identity of the personality, corresponding to the role sacrificial position) [18].

The concept of "victim" in the context of a script or chosen life strategy/position is based on the ideas of A. Adler and is deeply developed by representatives of transactional analysis - E.Berne, C.Steiner, S.Karpman, M.Goulding and R.Goulding, T.A. Harris, R.G. Erskine and others [39].The influence of the features of childhood experience is recognized and emphasized by most psychological concepts. At the same time, most representatives of transactional analysis believe that in the course of growing up a certain life plan is created, which, depending on the experience, can be favorable or rather unfavorable. According to E.Berne, the life script is based on the decision made by a person in childhood and supported by the peculiarities of his/her relationship with parents [20]. C.Steiner notes that a script arises when unfavorable external circumstances force a child to make a decision about the direction of his/her life path before he/she is really ready for it (i.e., before adolescence, provided that the adult personality has enough information and autonomy, as well as there is no external pressure) [27]. E.Berne emphasizes the presence of positive and psychologically favorable scripts, while C.Steiner emphasizes only negative scripts. The latter makes a distinction between a script (which carries negative aspects) and a conscious and autonomous decision of an individual regarding his/her life. At the same time, E.Berne also notes rare cases when the personality is autonomous, i.e., instead of scripts and games, it has the ability to realize the present, spontaneity, and to achieve true intimacy in relationships with other people [20, 27]. However, F.English emphasizes that creating a life script is not a pathological process, it is

part of everyone's individual development process [11]. Cultural and subcultural life scripts created under the influence of the culture in which a person lives are also described by M.James and D.Jongward [21, 19].

According to E.Berne, scripted behavior is a behavior that is implemented under the influence of a valid script, rather than based on an autonomous conscious decision of an adult [20]. An important sign of the presence of a script is the use of games (manipulative patterns of interaction that give the player a gain, allowing him to get out of the state of disadvantage for a short period of time). S.Karpman says that the main roles in any game are victim, rescuer and persecutor [12]. A.Choy notes that a person in the role of a victim in the dramatic triangle theory really feels that he or she is suffering and acts as if he or she has no resources to solve problems, and these resources or someone else's intervention in the situation should come from outside. Unlike victims of real disasters, however, in a game situation there is no reason to believe that these resources are not actually available to the individual [10]. Continuing the research of the life script, S.Karpman points out that the script can also be analyzed in terms of these three roles, but unlike a game, it is more complex, it contains a greater number of events and switches between roles [12]. Developing S.Karpman's theory, C.Steiner supports the idea that the roles of victim, rescuer, and persecutor are characteristic of a person following a script [27]. In integrative transactional analysis, the script is considered as a system striving for homeostasis, self-regulating and self-sustaining through the interaction of related subsystems: script beliefs, behavioral, fantasy and physiological (internally noted somatic symptoms) manifestations, reinforcing experiences, and the intrapsychic process of suppressing feelings and needs. An individual's script beliefs are about him or herself, others, and quality of life and are not pathological in themselves, reflecting the result of individualized and creative processing of early experiences. Script beliefs are largely coping and protective reactions, unconscious explanations, and decisions that form a single meaningful narrative that serves as self-regulation, orientation, compensation, protection, and a reliable basis for predicting the nature and outcome of future interactions [13, 14]. Script beliefs contain underlying repressed strong negative feelings experienced by the child and important relational needs that were not being met at the time of scripting. Script beliefs manifest themselves through repetitive stylized behavior, somatic manifestations, and are reflected in the content of the personality's fantasies about self, others, or events. The personality seeks to confirm script beliefs, especially in situations of stress or repeated unmet needs in ongoing relationships. This is accomplished through reinforcing experiences: current events, emotionally significant memories, including memories of past fantasies as reality. At the same time, the personality selects and retains only those memories that support and prove the truth of script beliefs, while other experiences are discarded. This is explained by the homeostatic self-regulation of the script system and the desire of the personality to avoid cognitive dissonance [13, 14].

Based on the ideas of E.Berne, S.Karpman, and C.Steiner, we define the *script behavior of the "victim* " as a person's stable use of playful patterns of sacrificial behavior and response, i.e., aimed at achieving a hidden psychological goal or at indirect, hidden expression of the existing feeling/experience. Script behavior of “victim” can be part of various types of negative life scripts, including cultural, subcultural, and family scripts.

The analysis of the schema therapy approach to the study of sustainable and long-term influence on the personality of the consequences of adverse developmental experiences and their connection with the emotional needs of the personality has shown that the life script system and the characteristics of early maladaptive schemas [28] are similar with regard to the sensory age of their formation (childhood and adolescence), their content (beliefs about oneself and others, memories, emotions and experiences, bodily sensations), the experience of violation of emotional needs as their main source, and their characteristics of the averageness of the person. The distinction is the inclusion of a person's life script of behaviors that are not part of early maladaptive patterns. Based on a number of identified similarities between the approaches of transactional analysis and schema therapy in terms of the organization of early experience, and on the opinion of Claude Steiner about the similarity of the concepts of life script and early maladaptive schemas [11, p. 213], it was suggested that the script behavior of the “victim” can be studied and conceptualized through its relationship with early maladaptive schemas.

The analysis of scientific literature has shown that some researchers indicated age as one of the studied factors in the context of “victim” behavior [32]. Also, based on the conducted theoretical analysis, we can assume that the script behavior of the "victim" can be interrelated with the violation of a healthy sense of safety as a sign of possible psychological traumatization, with actual rigidity and interpersonal intolerance of uncertainty - features that are important in the context of planning, organizing and conducting interventions aimed at changing the script behavior of the "victim".

Chapter 2: Empirical Study of Personality Traits in Script Behavior of “Victim”

This chapter contains a description of the methodology of the applied research, the results of identification of age and gender features of script behavior of “victim”, the results of the analysis of interrelationships of script behavior of “victim” and early maladaptive schemas, basic beliefs of personality, which constitute the sense of safety, as well as interpersonal intolerance of uncertainty and actual rigidity in adults. Personality features associated with different types of victim realization and different degrees of sacrifice are also described. The results of the study of script behavior of “victim” in respondents who were in a penitentiary institution at the time of the study and undergoing rehabilitation from psychoactive substance dependence are described and analyzed.

The purpose of the experimental research was to study gender, age and personal characteristics of the script behavior of “victim”. The planning and the organization of the experiment were based on the following research hypotheses: (1) the script behavior of “victim” has age and gender peculiarities; (2) there is a correlation between the script behavior of “victim” and early maladaptive schemas, basic personal beliefs that constitute the sense of safety, interpersonal intolerance of uncertainty and actual rigidity; (3) different types of victim realization and different degrees of sacrifice are characterized by a different picture of personal characteristics. The experimental sample included 268 adults (163 women, 105 men, aged 18–57, M=27.98, SD=8.825), including 15 men in a penitentiary undergoing rehabilitation from psychoactive substance dependence.

Script behavior of the “victim” was investigated through the use of the tool “Test of Victim Position of Personality” (O.O. Andronnikova), and we consider the manifested script

behavior of the "victim" to be: the medium degree of expression of victim position of personality, indicating the periodic, but at the same time regular and fairly stable use of sacrificial patterns; high degree of expression of victim position of personality, indicating the frequent and stable use of sacrificial patterns. To investigate the personal characteristics of script behavior of “victim” were used Early Maladaptive Schema Questionnaire YSQ-S3R (J.Young, adapted by P.M. Kasyanik and E.V. Romanova) [23], Basic Beliefs Scale (R.Janoff-Bulman, modified by M.A. Padun and A.V. Kotelnikova) [26], Interpersonal Intolerance of Uncertainty Scale (from the New Tolerance of Uncertainty Questionnaire, modified by T.V. Kornilova) [24], Current Rigidity Subscale (from the Tomsk Rigidity Questionnaire, G.V. Zalevsky) [22]. The following statistical analysis methods were used to analyze the obtained data: Student’s t-test, Mann-Whitney U test, Kruskal-Wallis H test, Pearson and Spearman correlation coefficients, Wilcoxon T-test, chi-square test, linear regression, and cluster analysis.

The victim position of personality has moderate positive correlations with all 18 early maladaptive schemas (EMS), which may indicate experience of some degree of unmet all basic emotional needs highlighted in schema therapy. The highest correlations were noted with the following schemas: “Mistrust/Abuse” (EMS MA) ($r=0.549$, $p\leq0.000$), “Abandonment/Instability” (EMS AB) ($r=0.547$, $p\leq0.000$), “Negativity/Pessimism” (EMS NP) ($r=0.542$, $p\leq0.000$), “Approval-Seeking/Recognition-Seeking” (EMS AS) ($r=0.496$, $p\leq0.000$), “Subjugation” (EMS SB) ($r=0.490$, $p\leq0.000$), “Self-Sacrifice” (EMS SS) ($r=0.478$, $p\leq0.000$), “Vulnerability to Harm or Illness” (EMS VH) ($r=0.440$, $p\leq0.000$), “Insufficient Self-Control/Self-Discipline” (EMS IS) ($r=0.439$, $p\leq0.000$), “Unrelenting Standards/Hypocriticalness” (EMS US) ($r=0.431$, $p\leq0.000$). All revealed correlations of the general indicator of the expression of the victim position of personality with the domains of early maladaptive schemas are of moderate strength that can also additionally testify to the experience of some degree of violation of satisfaction of all basic emotional needs in the situation of the expressed indicator of the victim position of personality. At the same time, the greatest strength of correlation is observed with the parameter of domain IV “Other-Directedness” ($r=0.644$, $p\leq0.000$), which may indicate, among other things, the similarity of the described phenomena, as well as the significance of frustration of basic emotional needs in the free expression of their own real needs and emotions. The victim position of the personality has negative correlations with all the basic beliefs of the personality that constitute a healthy sense of safety (BB): moderate negative correlations with the “basic belief about luck” (BB L) ($r=-0.398$, $p\leq0.000$), “basic belief about the value and significance of my own self” (BB S) ($r=-0.379$, $p\leq0.000$), “basic belief about the benevolence of the surrounding world” (BB B) ($r=-0.328$, $p\leq0.000$), and weak negative correlations with “basic belief about control” (BB C) ($r=-0.200$, $p\leq0.000$) and “basic belief about the fairness of the surrounding world” (BB F) ($r=-0.136$, $p\leq0.027$). The results of the study also showed that the victim position of personality has moderate positive correlations with the variable “interpersonal intolerance of uncertainty” (IIU) ($r=0.439$, $p\leq0.000$) and the variable “actual rigidity” (AR) ($r=0.335$, $p\leq0.000$). The conducted data analysis allows us to conclude that the manifested script behavior of the “victim” is characterized by various personality features, in particular, there is a higher level of expression of early maladaptive schemas, higher degrees of

expression of interpersonal intolerance of uncertainty and actual rigidity and lower indicators of basic beliefs that constitute a healthy sense of safety, compared to people without manifested script behavior of the "victim".

The high degree of sacrifice (HDS) is moderately positively correlated with the early maladaptive schema "Entitlement/Grandiosity" (EMS ET) (r=0.582, p≤0.003), domain I "Disconnection and Rejection" (r=0.507, p≤0. 011), early maladaptive schema "Defectiveness/Shame" (EMS DS) (r=0.445, p≤0.029), domain III "Impaired Limits" (r=0.416, p≤0.043) and moderately negatively correlated with the basic belief about the fairness of the surrounding world (r=-0.475, p≤0.019) (see Figure 1). Thus, a high degree of sacrifice is characterized by ambivalence of self-perceptions (from the feeling of their exclusive rights and superiority to the feeling of their badness and inferiority), relations with other people are perceived as unreliable and insecure, and the surrounding world is perceived as unjust.

The medium degree of sacrifice (MDS), which we attributed to the manifested script behavior of "victim", revealed significant correlations of varying strength with all personality features except for the basic belief about the fairness of the surrounding world, the basic belief about control, and actual rigidity (see Figure 2). People with an medium degree of sacrifice may have a number of manifested early maladaptive schemas (especially from the domains associated with the desire to give up one's authenticity in favor of others and the experience of insecurity, unreliability, and instability of close relationships with others), exhibit interpersonal intolerance of uncertainty, and have a disturbed sense of safety.

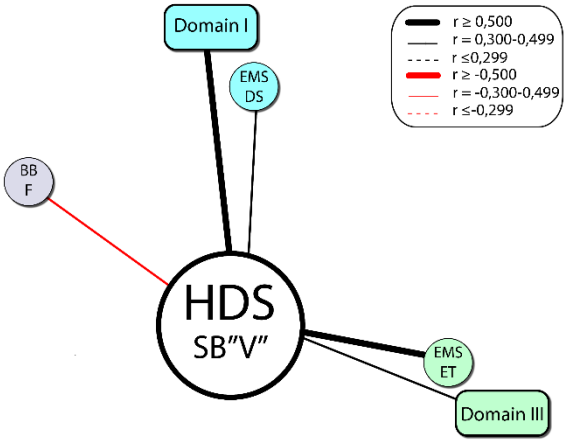


Figure 1. Personality features associated with a high degree of sacrifice

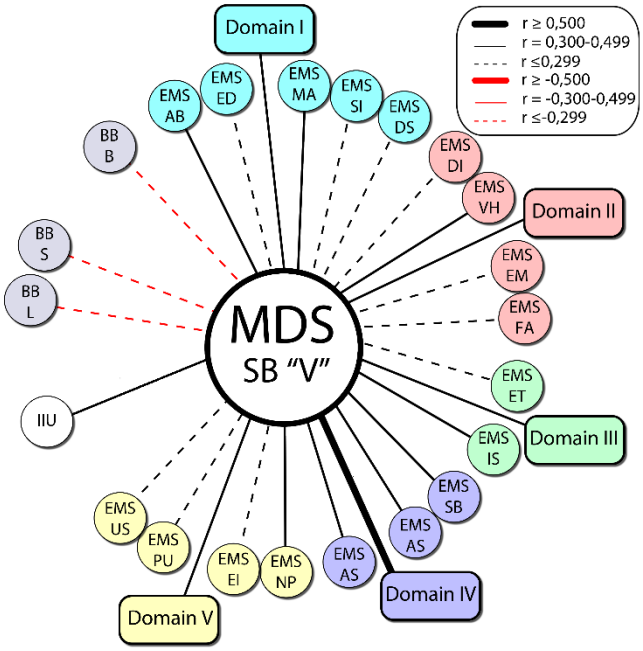


Figure 2. Personality features associated with a medium degree of sacrifice

Different types of victim realization are characterized by a different picture of personal features. At the same time, all types of victim realization have a set of common characteristics.

The "*sacrificial love*" type (SL) (see Figure 3) involves sacrificial patterns of response and behavior as a way of expressing and receiving love. This type is positively correlated with 17 of the 18 early maladaptive schemas. The most significant correlations were found with the schemas "Mistrust/Abuse" (r=0.333, p≤0.000), "Self-Sacrifice" (r=0.329, p≤0.000), "Subjugation" (r=0.325, p≤0.000), "Negativity/Pessimism" (r=0.319, p≤0.000), and "Emotional Inhibition" (EMS EI) (r=0.310, p≤0.000). This type of victim realization is moderately correlated with domain I "Disconnection and Rejection" (r=0.329, p≤0.000), domain IV "Other-Directedness" (r=0.336, p≤0.000) and domain V "Overvigilance and Inhibition" (r=0.401, p≤0.000), it has a weak correlation with domain II "Impaired Autonomy and Performance" (r=0.269, p≤0.000). Four of the five baseline beliefs constituting the sense of safety have negative correlations with the type of victim realization "sacrificial love", with the most pronounced violation of the "basice belief about luck" (r=-0.346, p≤0.000). This type of victim realization has weak positive correlations with the variable "interpersonal intolerance of uncertainty" (r=0.189, p≤0.002) and the variable "actual rigidity" (r=0.263, p≤0.000). Thus, when the "sacrificial love" type is expressed, people are more likely to be pessimistic and inclined to suppress spontaneous impulses, reactions and emotions, set on satisfying other people's needs and subordinating other people, and more likely to consider themselves unsuccessful.

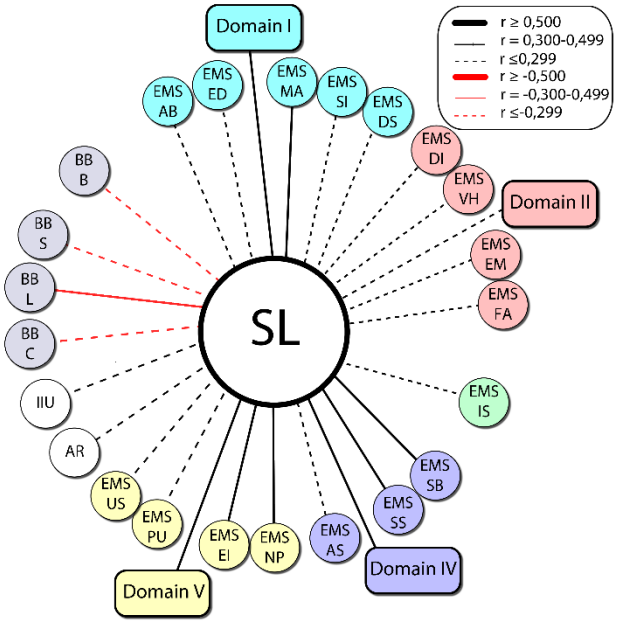


Figure 3. Personality features associated with the type of victim realization "sacrificial love"

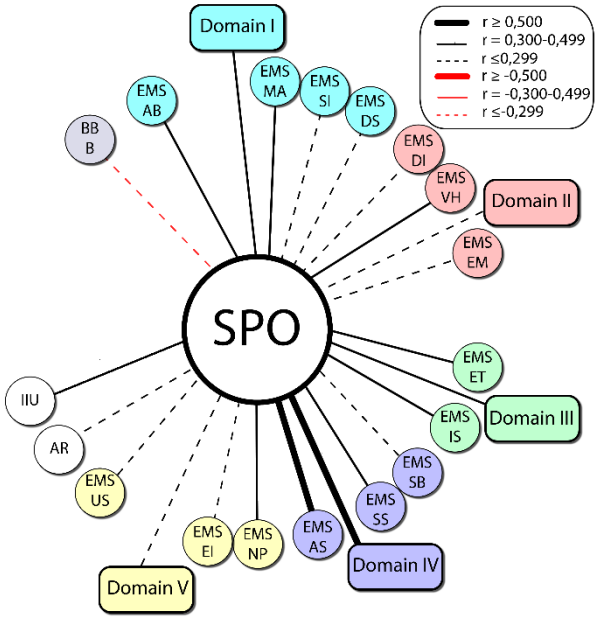


Figure 4. Personality features associated with the type of victim realization "sacrifice as punishment of others"

The type "*sacrifice as punishment of others*" (SPO) (see Figure 4) contains aggression at the core, which is manifested through sacrificial patterns. The above type also has positive

correlations with 15 of the 18 early maladaptive schemas. The most significant correlations are found with the following schemas: “Approval-Seeking/Recognition-Seeking” (r=0.510, p≤0.000), “Abandonment/Instability” (r=0.427, p≤0.000), “Entitlement/Grandiosity” (r=0.359, p≤0.000), “Mistrust/Abuse” (r=0. 356, p≤0.000), “Insufficient Self-Control/Self-Discipline” (r=0.348, p≤0.000), “Self-Sacrifice” (r=0.324, p≤0.000), “Negativity/Pessimism” (r=0.321, p≤0.000), “Vulnerability to Harm or Illness” (r=0.304, p≤0.000). This type of victim realization was moderately correlated with domain I “Disconnection and Rejection” (r=0.336, p≤0.000), domain III “Impaired Limits” (r=0.416, p≤0.000), and domain IV “Other-Directedness” (r=0. 513, p≤0.000), and is also weakly correlated with domain II “Impaired Autonomy and Performance” (r=0.255, p≤0.000) and domain “Overvigilance and Inhibition” (r=0.287, p≤0.000). The sense of safety is less correlated with the type of victim realization “sacrifice as punishment of others”: a weak negative correlation was found only with "basic belief about the benevolence of the surrounding world" (r=-0.263, p≤0.000). This type of victim realization has a moderate positive correlation with the variable “interpersonal intolerance of uncertainty” (r=0.352, p≤0.000) and a weak positive correlation with the variable “actual rigidity” (r=0.234, p≤0.000). Thus, with the expressed type of “sacrifice as punishment of others” people often seek to be approved by others and tend to expect close relationships to be unstable, and have more difficulty experiencing uncertainty in relationships.

The *mixed type of sacrifice* is a combination of high expression of two types – “sacrificial love” and “sacrifice as punishment of others”. Respondents with this type of victim realization have significantly higher scores on 14 out of 18 early maladaptive schemas. In the mixed type of sacrifice, the indicator "basic belief about the benevolence of the surrounding world" is significantly lower than in respondents without this type (t=4.151, p≤0.000), as well as the level of expression of the variable “basic belief about luck” is lower than in respondents without this type (t= 2.046, p≤0.045). Respondents with a positive result on the parameter “mixed type of sacrifice” also show a statistically higher level of expression of the variable “interpersonal intolerance of uncertainty” than respondents without mixed type of sacrifice (t=-4.919 at p≤0.000). When comparing the groups of respondents with a positive result on the parameter “mixed type of sacrifice” and respondents with no “mixed type of sacrifice” identified, no statistically significant differences in the expression of actual rigidity were found.

The type “*sacrifice as self-punishment*” (SSP) (see Figure 5) contains autoaggression and ideas of atonement of guilt at its core. This type has positive correlations of varying strength with all early maladaptive schemas, the most pronounced of which are as follows: “Negativity/Pessimism” (r=0.400, p≤0.000), “Failure” (EMS FA) (r=0.397, p≤0.000), “Punitiveness” (EMS PU) (r=0.389, p≤0.000), “Insufficient Self-Control/Self-Discipline” (r=0. 386, p≤0.000), “Subjugation” (r=0.374, p≤0.000), “Dependence/Incompetence” (EMS DI) (r=0.366, p≤0.000), “Self-Sacrifice” (r=0.361, p≤0.000). The greatest strength of correlation of this type of sacrifice with domain V “Overvigilance and Inhibition” (r=0.443, p≤0.000). Three of the five dimensions of the sense of safety are negatively correlated with the type of “sacrifice as self-punishment”, the most pronounced negative correlation is with the variable “basic belief about the value and significance of my own self” (r=-0.395,

p≤0.000). This type of victim realization has a moderate positive correlation with the variable "interpersonal intolerance of uncertainty" (r=0.320, p≤0.000) and a weak positive correlation with the variable "actual rigidity" (r=0.217, p≤0.000). Thus, individuals with a pronounced type of "sacrifice as self-punishment" may be convinced of their inability to achieve success and focus on the negative aspects of life, seek control and certainty in relationships, and consider themselves insufficiently valuable and significant people.

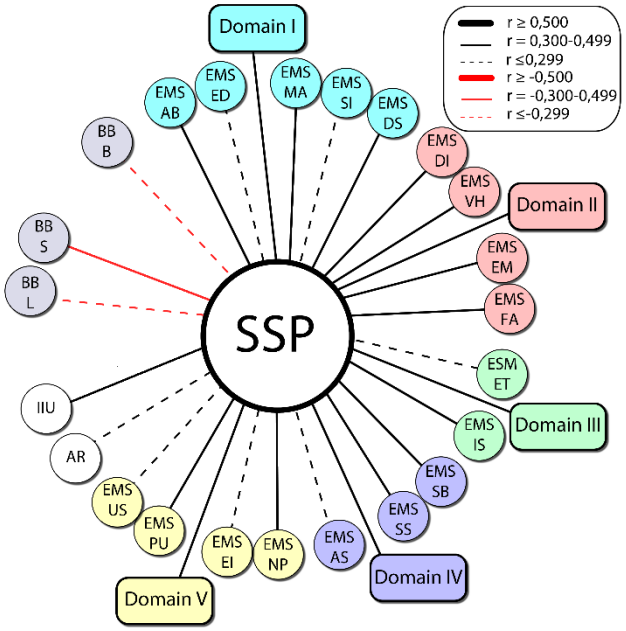


Figure 5. Personality features associated with the type of victim realization "sacrifice as self-punishment"

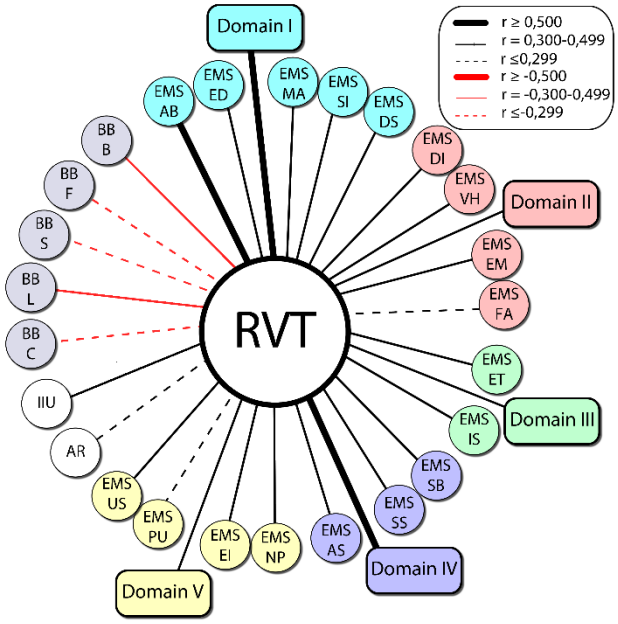


Figure 6. Personal features associated with the type of victim realization "role victim type"

"*Role victim type*" (RVT) (see Figure 6) is associated with adopting a victim role position, which includes a corresponding sense and understanding of the world. This type has positive correlations of varying strength with all early maladaptive schemas. The most pronounced correlations are with the schemas: "Abandonment/Instability" (r=0.512, p≤0.000), "Mistrust/Abuse" (r=0.497, p≤0.000), "Negativity/Pessimism" (r=0. 463, p≤0.000), "Subjugation" (r=0.456, p≤0.000), "Approval-Seeking/Recognition-Seeking" (r=0.452, p≤0.000), "Social Isolation/Alienation" (EMS SI) (r=0.430, p≤0.000). "Role victim type" was moderately correlated with all five domains of early maladaptive schemas: with domain I "Disconnection and Rejection" (r=0.566, p≤0.000), domain II Impaired Autonomy and Performance" (r=0. 421, p≤0.000), domain III "Impaired Limits" (r=0.398, p≤0.000), domain IV "Other-Directedness" (r=0.549, p≤0.000), and domain V "Overvigilance and Inhibition" (r=0.488, p≤0.000). All basic beliefs constituting the sense of safety were negatively correlated with the "role victim type", with the most pronounced negative correlations of moderate strength with the "basic belief about the benevolence of the surrounding world" (r=-0.378, p≤0.000) and the "basic belief about luck" (r=-0.330, p≤0.000). This type of victim realization has a moderate positive correlation with the variable "interpersonal intolerance of

uncertainty" (r=0.367, p≤0.000) and a weak positive correlation with the variable "actual rigidity" (r=0.272, p≤0.000). Thus, with a pronounced "role victim type", people may palpably experience a sense of broken and insecure connection with others, seek to deny their own needs in favor of the needs of others and to seek control and clarity in interpersonal relationships, view the world around them as rather hostile, and perceive themselves more as failures.

Age features of the script behavior of the "victim" (SB "V") are manifested only at the level of the component of the types of victim realization "sacrificial love" and "sacrifice as punishment of others". Respondents in the age period of early adulthood (20-25 years old) have higher rates of expression of the emotional component of the type "sacrificial love" compared to respondents in the period of adulthood (26-57 years old) (Mann-Whitney's U – 5381, p≤0.022). Respondents in the age period of youth (18-19 years old) have higher rates of expression of the cognitive component of the type "sacrifice as punishment of others" compared to respondents in the period of adulthood (26-57 years old) (Mann-Whitney's U - 1794.5, p≤0.003).

Compared to women, men more often exhibit script behavior of "victim" associated with the motives of sacrifice as a manifestation of love (Mann-Whitney's U equals 7284, p≤0.037) and sacrifice as self-punishment (Mann-Whitney's U equals 7251.5, p≤0.033).

Thus, the research hypotheses about the presence of age and gender specifics of the script behavior of "victim" (1), about the existence of a relationship between script behavior of "victim" and early maladaptive schemas, basic beliefs related to safety, interpersonal intolerance of uncertainty and actual rigidity (2); about the assumption that different types and degrees of sacrificial behavior are characterized by distinct personality trait patterns (3) were confirmed. The obtained results have some differences compared to our earlier studies [31, 34, 43] due to the expansion of the total sample of respondents.

From the total number of respondents who participated in the experimental study, we identified a special category: 15 respondents who, at the time of the study, were in a penitentiary institution for committing offenses of various degrees of severity and were undergoing rehabilitation from psychoactive substance dependence there. This subgroup consisted of men 20-43 years old (M=32.53, SD=7.070). Two comparisons were made: between the group of the special category of respondents and the group of all other respondents in the sample (comparison #1); between the group of the special category of respondents and the group of all other men in the general sample of respondents (comparison #2). When comparing the expression of variables in these groups, significant differences were revealed. In the group of special category of respondents in comparison with the group of all other respondents of the sample (comparison #1), higher indicators were revealed for the following parameters of the sacrificial position of personality: "general degree of sacrifice" (p≤0.020), cognitive component of "general degree of sacrifice" (p≤0.001), "sacrificial love" (p≤0.028), cognitive component of "sacrificial love" type (p≤0.036), "sacrifice as punishment of self" (p≤0.021), behavioral component of "sacrifice as punishment of self" type (p≤0.025), "role victim type" (p≤0.036), cognitive component of "role victim type" (p≤0.000). In the group of the special category of respondents compared to the group of all other men from the general sample of respondents (comparison #2), higher scores were found in the following parameters

of the victim position of personality: “general degree of sacrifice” ($p \leq 0.038$), cognitive component of “general degree of sacrifice” ($p \leq 0.012$), “role victim type” ($p \leq 0.050$), cognitive component of “role victim type” ($p \leq 0.024$), emotional component of “role victim type” ($p \leq 0.002$). It should be noted that all respondents had a medium and high degree of sacrifice, which we refer to the manifested script behavior of "victim". The results obtained have some differences compared to our earlier studies [35, 37] due to the expansion of the total sample of respondents.

Chapter 3: Psychological Intervention Program to Reduce Script Behavior of “Victim”

This chapter reviews existing psychocorrection programs for the “victim” phenomenon, presents principles for selecting, organizing, and implementing psychological interventions to reduce script behavior of “victim”, and describes the process and results of a formative experiment.

The analysis of existing recommendations, methods and programs of psychological interventions aimed at changing sacrificial manifestations (attitudes, roles, states) in adults indicate the usefulness of working with knowledge, understanding, awareness and perceptions (about the psychological basis of events, about oneself, etc.) [36]. It is important to work on expanding the possibilities of coping with difficult life situations and developing creative potential in the context of life choices and decision-making, and to support clients in a safe and supportive atmosphere.

On the basis of theoretical analysis and experimental research we have formulated the principles of selection, organization and implementation of psychological interventions aimed at reducing the expression of manifested script behavior of “victim”. The main principles of organization and rendering of psychological aid directed on reduction of the manifested script behavior of “victim” are (1) consideration and formation of client-therapeutic relations, which can act as a background, on the basis of which the work on four main directions is realized: (2) training of adaptive ways of satisfaction of basic emotional needs, (3) restoration/development of the feeling of safety taking into account high probability of experiencing by the person of the consequences of psychotraumatic experience, (4) development of skills of awareness and reflection regarding one's own emotions, states, motives, etc., (5) activation and development of personal resources/supports and development and strengthening of the Adult ego state/Healthy Adult mode and Happy Child mode. In the context of preserving the systemic script perspective of the “victim's” behavior, it is necessary to form complex and diverse interventions aimed at different elements of the script system.

At this stage of the research - the stage of the forming experiment - our task was to develop a group program of psychological interventions aimed at reducing the expression of the script behavior of “victim”, which includes methods of schema therapy and transactional analysis and takes into account the results of the analysis of scientific literature and the results of applied research, implemented in the framework of the stage of the formative experiment. At this stage the hypothesis (4) was tested that the complex program of psychological interventions, including methods of schema therapy and transactional analysis, helps to reduce the expression of the manifested script behavior of “victim”.

Organizational aspects. The participants were selected respondents with a medium and/or high level of expression of the victim position of personality, who currently have the motivation and resources to participate in psychological group work, have no established psychiatric diagnoses and do not demonstrate suicidal and self-harming behavior. The duration of the group meeting is 1.5 astronomical hours, the frequency of group meetings is 1-2 times a week (psychoeducational sessions can be held with a frequency of twice a week), the total number of group meetings is 10. There is also one mandatory individual meeting prior to group meetings and two optional individual meetings at the request of participants. Participants are encouraged to attend a minimum of 8 group sessions, i.e., missing no more than two group sessions. Total program duration: 12 weeks (including initial individual meetings and final psychological diagnosis).

Two groups were formed from the respondents: experimental group and control group. Both groups were heterogeneous: the participants and female participants included in them were of different genders and ages. Participation in the intervention program was offered to the experimental group, whereas the control group participated only in completing the psychodiagnostic questionnaires. In order to *test the hypothesis*, a ***comparative analysis*** was conducted using statistical methods of analysis. The following comparisons of the variables studied in the control and experimental groups were conducted: (1) comparative analysis of the variables studied in the control and experimental groups before the implementation of the group psychological intervention program (Comparison I); (2) comparative analysis of the variables studied in the control group of respondents for the period that began before and ended after the group psychological intervention program in the experimental group of respondents (Comparison II); (3) comparative analysis of the variables studied before and after the group psychological intervention program in the experimental group of respondents (Comparison III); (3) comparative analysis of the variables studied before and after the group psychological intervention program in the experimental group of respondents (Comparison IV).

As a result of comparison of the studied variables in the control and experimental groups before the implementation of the group program of psychological interventions (**comparison I**), statistically significant differences in the expression of five variables were revealed. The control and experimental groups before the implementation of the program of psychological interventions differed from each other in some parameters of the script behavior of "victim" and early maladaptive schemas: indicators of the expression of the "general degree of sacrifice" (generalized indicator of the level of expression of the victim position of personality) (at $p \leq 0.05$), types of victim realization "sacrifice as self-punishment" (at $p \leq 0.01$) and "role victim type" (at $p \leq 0.05$), early maladaptive schema "Vulnerability to Harm or Illness" (at $p \leq 0.05$) and "Negativity/Pessimism" (at $p \leq 0.01$) were significantly more pronounced in the experimental group compared to the control group.

The comparison of the studied variables in the control group of respondents before and after the implementation of the group program of psychological interventions in the experimental group (**comparison II**) revealed a statistically significant difference in the expression of one variable: the second measurement of the expression of the studied variables in the control group showed a significant decrease in the early maladaptive schema

“Abandonment/Instability” (at $p \leq 0.01$). In order to test the possible causes/factors potentially related to changes in the indicators of the variables in this group, the first hypothesis that changes may have occurred in the control group of respondents and the second hypothesis that changes may be related to respondents' receipt of psychological help, use of self-help techniques, and life changes were hypothesized. In Comparison II (in addition to the psychodiagnostic questionnaires), an additional three questions were added to examine factors that could potentially influence the outcome: receipt of psychological help, use of self-help tools, and life changes. The first assumption was confirmed with regard to the early maladaptive schema “Abandonment/Instability”, the expression of which significantly decreased in the control group according to the results of repeated measurements. At the same time, the absence of statistically significant changes in the remaining 17 out of 18 early maladaptive schemas is consistent with other studies showing sufficient resistance of early maladaptive schemas to change in the absence of effort and psychotherapy [16, 15]. The second assumption related to causes/factors of change was not confirmed. Statistical analysis showed that there were no differences in the expression of the early maladaptive schema “Abandonment/Instability" within the control group after the interventions among those who received and those who did not receive psychological help in the specified amount, between those who used self-help methods and those who did not use them, as well as between those who noted that they had experienced major life changes/shocks and those who answered that they did not have such experiences in the period between completing the psychodiagnostic questionnaires. Thus, we can assume that changes in the expression of this early maladaptive pattern in the control group could be caused both by natural constructive factors (e.g., increased feelings of safety and stability in close interpersonal relationships) and by dysfunctional coping modes (avoidance or hypercompensation).

As a result of comparison of the studied variables before and after implementation of the group program of psychological interventions in the experimental group of respondents (**Comparison III**), statistically significant differences in the expression of five variables were revealed (see Figure 7).

In the psychodiagnostic measurement conducted after the implementation of the group program of psychological interventions, in the experimental group the expression of a number of parameters of the script behavior of “victim” (“general degree of sacrifice”) decreased (at $p \leq 0.05$), types of victim realization “sacrificial love” ($p \leq 0.05$) and “sacrifice as self-punishment” (at $p \leq 0.05$)), the parameter of interpersonal intolerance of uncertainty ($p \leq 0.05$) and early maladaptive schema “Negativity/Pessimism” ($p \leq 0.05$).

As a result of comparison of the studied variables in the control and experimental groups after the implementation of the group program of psychological interventions (**comparison IV**), statistically significant differences in the expression of the two variables were revealed: in the experimental group there was revealed a significantly lower compared to the control group indicator of the expression of interpersonal intolerance of uncertainty (at $p \leq 0.05$), as well as a higher compared to the control group indicator of the expression of early maladaptive schema “Vulnerability to Harm or Illness” (at $p \leq 0.05$). Comparison IV showed that after the implementation of the group program of psychological interventions in the experimental group the picture of differences between the control group and the experimental

group changed: the differences in the expression of the parameters of the victim position of personality ("general degree of sacrifice", "sacrifice as self-punishment", "role victim type" - before the implementation of psychological interventions the indicators of these variables were higher in the experimental group) were leveled; the difference in the expression of early maladaptive schema "Negativity/Pessimism" was leveled. Let's note, that according to the results of the establishing experiment this schema was one of the features, moderately interconnected with the generalized indicator of expression of the victim position of personality and all main types of victim realization, and also with the medium degree of sacrifice (referred by us to the manifested script behavior of "victim"); there was a difference in expression on the parameter of interpersonal intolerance of uncertainty (after interventions it became lower in the experimental group in comparison with the control group). The expression index of early maladaptive schema "Vulnerability to Harm or Illness" remained significantly higher in the experimental group compared to the control group, as it was before the implementation of the group program of psychological interventions.

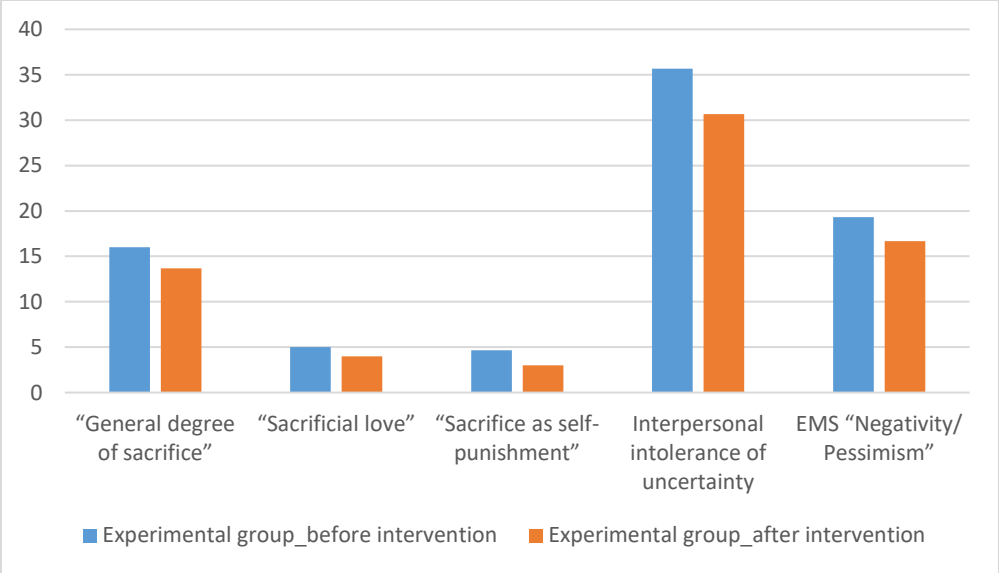


Figure 7. Results of comparison III (Experimental group before and after interventions)

Thus, the approaches of schema therapy and transactional analysis can be integrated at the level of psychological interventions aimed at reducing the manifested script behavior of "victim", research hypothesis (4) was confirmed. The group program of psychological interventions aimed at reducing the expression of the manifested script behavior of "victim", taking into account the formulated principles and including the methods of schema therapy and transactional analysis, contributes to reducing the expression of the script behavior of "victim", reducing the level of expression of the indicators "general degree of sacrifice", "sacrificial love" and "sacrifice as punishment of self", as well as reducing the expression of the early maladaptive schema "Negativity/Pessimism" and interpersonal intolerance of uncertainty.

GENERAL CONCLUSIONS AND RECOMMENDATIONS

Based on theoretical analysis, as well as the results of the establishing and forming experiments, the following conclusions are formulated:

1) Script behavior of “victim” is defined by us as a stable use by a person of game patterns of sacrificial behavior and response, i.e. aimed at achieving a hidden psychological goal or at indirect, hidden expression of the existing feeling/experience. The script behavior of “victim” can be part of various types of negative life scripts, including family, subcultural, and cultural life scripts.

2) The victim position of the personality as a generalized indicator of the expression of the level of peculiarity of the script behavior of “victim” is interrelated with all early maladaptive schemas, which indicates the experience of violation of all basic emotional needs. The victim position of the personality is characterized by violation of the sense of safety, negatively correlating with the basic beliefs of personality, constituting a healthy sense of safety, as well as being interrelated with interpersonal intolerance of uncertainty and actual rigidity.

3) Different types of victim realization are characterized by a different picture of personality features, and also people with different degrees of sacrifice reliably differ from each other in the level of expression of early maladaptive schemas, domains of early maladaptive schemas, basic beliefs of personality, constituting a healthy sense of safety, interpersonal intolerance of uncertainty and actual rigidity.

4) The script behavior of “victim” has practically no age peculiarities: such peculiarities are found only at the level of analysis of the component of the types of victim realization “sacrificial love” and “sacrifice as punishment of others”. Gender differences are revealed in the types of victim realization “sacrificial love” and “sacrifice as self-punishment” and in the level of expression of the cognitive component of the "general indicator of sacrifice": these indicators are more pronounced in men compared to women.

5) The principles of psychological assistance to people with manifested script behavior of “victim” include: the expediency of teaching adaptive ways to meet basic emotional needs, the importance of restoration and development of a sense of safety, the need to develop the skills of personal awareness and reflection in relation to their own emotions, states, motives, etc., the importance of taking into account the peculiarities of client-therapeutic relations, the expediency of activation and development of personal resources and supports through strengthening the ego-state of the Adult.

6) The group program of psychological interventions aimed at reducing the expression of the manifested script behavior of “victim”, including methods of schema therapy and transactional analysis, contributes to the reduction of the expression of the script behavior of “victim”, reducing the level of expression of the indicator "general degree of sacrifice" and types of victim realization “sacrificial love” and “sacrifice as self-punishment”, as well as reducing the expression of the early maladaptive schema “Negativity/Pessimism” and interpersonal intolerance of uncertainty.

The results obtained, which contribute to the solution of an important scientific problem.

This study *identified the possibility of integration the approaches* of transactional analysis and schema therapy to understand the phenomenon of "victim" as an interpersonal interaction strategy, both at the theoretical and applied level, which *makes a significant contribution to the theory and practice of both approaches and can serve as a support for further research on both approaches and a broader and deeper integration* of them to better utilize their advantages.

The study also *formulated and justified the principles of psychological care* for people with manifested script behavior of "victim", which may enable counseling psychologists *to reasonably choose strategies and tailor psychological interventions and increase the effectiveness of psychological care* in such client cases.

In addition, within the framework of this study, a number of *personal characteristics of script behavior of "victim" were determined*, which *complements and expands the existing understanding of the phenomenon of the 'victim'* in psychological science and *can serve as a basis both for further research of the phenomenon itself and for building a conceptualization of the case of a client who uses the behavior of the "victim"*.

The obtained results can serve as a basis for formulating ***recommendations*** for counseling psychologists on individual and group psychological counseling with clients with manifested script behavior of "victim":

(1) *Compliance with the conditions of psychological counseling*: pay attention to the creation of a safe atmosphere of work, apply a contractual method of work and interventions that take into account the high probability of the experience of psychological traumatization;

(2) *Attention to the therapeutic position of the professional*: it seems useful to form the client-therapeutic relationship based on the elements of such a relationship that have demonstrated and are likely to demonstrate their effectiveness;

(3) *Focus of psychological counseling:* it seems expedient to train clients in adaptive ways of satisfying their own emotional needs, as well as to apply psychological interventions aimed at restoring and developing a sense of safety, developing a person's awareness of his/her own emotions and behavior, activating and developing personal resources.

Let us highlight some additional ***recommendations for the prevention and overcoming of script behavior of "victim"***, which can be taken into account by the Ministry of Education and Research, psychological assistance services, as well as by non-governmental and international organizations working in the field of formal and non-formal education, protection of human rights and support for vulnerable groups:

(a) Take actions aimed at overcoming stereotypes and stigmatization that accompany seeking psychological help;

(b) To inform and sensitize the population on the inadmissibility of any form of violence, thus contributing to changing stereotypes and social norms in this area;

(c) Provide psychological education to people of all ages on the importance of meeting basic emotional needs in constructive ways, including by helping to change cultural and social norms that prevent adaptive emotional needs from being met; use strategies for teaching

adaptive emotional needs as part of a package of psychological care for people from socially vulnerable categories;

(d) Incorporate information on constructive ways of coping with emotional needs into general school, vocational, technical and extracurricular health and life skills education;

(e) Make parent/guardian education programmes on non-violent parenting and the importance of meeting basic emotional needs widely available.

We will also outline possible directions for further research:

- translation into Romanian language and adaptation of the Test of Victim Position of Personality by O.O. Andronnikova;
- research of the script behavior of "victim" with a combination of quantitative and qualitative research methods to identify the peculiarities of formation and construction of personal narratives related to the phenomenon of the "victim". Qualitative methods in such research can be in-depth interviews, as well as a series of individual psychodiagnostic sessions with people with manifested script behavior of "victim" with the subsequent description of one or more variants of individual conceptualization of script behavior of "victim", i.e. a scheme showing how different variables function and interact in individual cases;
- research on script behavior of "victim" in different categories of respondents, in different clinical and non-clinical samples to extend and complement our findings, including the investigation and differentiation of high degree of sacrifice and symptoms of narcissistic personality disorder.

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43. **КОВРОВА, А.**, АНЦИБОР, Л. Ранние дезадаптивные схемы и чувство безопасности у взрослых. In: Proceedings of the 2nd International Conference of Applied Psychology "Current Affairs and Perspectives in Psychological Research", Chisinau, 29-30 November, 2022. Ch.: CEP USM, 2022. pp. 181-186. ISBN 978-9975-159-99-9.

ADNOTARE

Covrova Anastasia. Caracteristici ale persoanei cu comportament de „victimă”. Teză de doctor în psihologie, Chișinău, 2025

Structura lucrării: Lucrarea constă din adnotări (în limbile română, engleză și rusă), introducere, trei capitole, concluzii și recomandări, bibliografie (214 surse), 13 anexe, 7 tabele și 24 figuri. Volumul lucrării constituie 148 pagini de text de bază. Rezultatele studiului au fost publicate în 13 lucrări științifice.

Cuvinte cheie: victimă, comportament de scenariu al „victimei”, scenariu de viață, scheme dezadaptative timpurii, sentiment de securitate, intoleranță interpersonală la incertitudine, rigiditate.

Scopul studiului: studierea caracteristicilor persoanelor cu comportamentului de scenariu al „victimei”.

Obiectivele cercetării: a realiza o analiză teoretică a conceptelor legate de fenomenul „victimă” și comportamentul de scenariu al „victimei”, a studia și a rezumă datele din domeniu specificat; a studia caracteristicile de vârstă și de gen și caracteristicile personale ale comportamentului de scenariu al „victimei” la adulți: corelații cu schemele dezadaptative timpurii, convingerile care formează sentiment de securitate, intoleranța interpersonală la incertitudine și rigiditatea actuală; a identifica caracteristicile personale caracteristice diferitelor tipuri de realizare a „victimei” și diferitelor grade de expresie a comportamentului de scenariu al „victimei”; a elabora pe baza rezultatelor obținute și a testa programul de intervenții psihologice care include metodele de terapia schemelor și analiza transacțională și menită să reducă nivelul de expunere a comportamentul de scenariu al „victimei” manifestat.

Noutatea și originalitatea științifică a lucrării: abordarea studiului comportamentului de „victimă” ca manifestare a unui scenariu de viață, precum și studierea caracteristicilor persoanei cu comportament de „victimă” și identificarea strategiilor de asistență psihologică și intervențiilor psihologice pentru reducerea expresiei comportamentului de „victimă” manifestat în contextul și integrare a două abordări psihologice - analiza tranzacțională și terapia schemelor.

Problema științifică semnificativă rezolvată: determinarea seriei de caracteristici ale persoanei cu comportament de „victimă”, identificarea posibilităților de integrare la nivel practic și la nivel teoretic a abordărilor analizei tranzacționale și ale terapiei schemelor pentru înțelegerea fenomenului „victimei” ca o consecință a experienței de dezvoltare adversă cu fundamentarea strategiilor și principiilor de asistență psihologică a persoanelor cu comportament de „victimă” manifestat.

Semnificația teoretică: analiza și completarea cunoștințelor existente despre fenomenul de „victimă”, definirea termenului “comportament de scenariu al “victimei”, identificarea oportunităților de integrare a analizei tranzacționale și a terapiei schemelor pentru înțelegerea și descrierea fenomenului de „victimă”, fundamentarea principiilor de asistență psihologică a persoanelor cu comportament de „victimă” manifestat.

Semnificația practică: au fost evidențiate caracteristicile ale persoanei cu comportament de „victimă” și trăsăturile personale caracteristice diferitelor tipuri de realizare a „victimei” și diferitelor grade de expresie a comportamentului de „victimă”. Pentru prima dată, comportamentul de scenariu al „victimei” a fost studiat pe un eșantion de respondenți care se aflau într-o instituție penitenciară și care au urmat un program de reabilitare pentru dependența de substanțe. Principiile de lucru psihologic cu persoane cu comportament de „victimă” manifestat pot fi utilizate de psihologi în proces de asistență psihologică a clienților. Datele obținute pot fi incluse în conținutul disciplinelor universitare de psihologie generală și socială, precum și pot servi drept justificare și conținut parțial pentru programele de educație psihologică pentru persoane de diferite vârste.

Aprobarea și implementarea rezultatelor cercetării: Rezultatele teoretice și experimentale ale cercetării au fost discutate în cadrul unor conferințe științifice naționale și internaționale. Datele obținute au fost utilizate și în practica de formare, consiliere psihologică și sprijin psihosocial pentru persoane adulte, inclusiv angajați ai organizațiilor de servicii HIV, psihologi consilieri, victimele violenței domestice și refugiați.

ANNOTATION

Covrova Anastasia. Personality traits in "victim's" script behavior. Doctoral thesis in Psychology. Chisinau 2025

Structure of Thesis: The thesis consists of annotations (in Romanian, English and Russian), introduction, three chapters, conclusions and recommendations, bibliography (214 sources), 13 appendices, 7 tables and 24 figures. The volume of work is 148 pages of basic text. The results of the research were published in 13 scientific papers.

Key Words: victim, script behavior of "victim", life script, early maladaptive schemas, sense of safety, interpersonal intolerance of uncertainty, rigidity.

Purpose of Research: to study the personality traits of "victim's" script behavior.

Research Objectives: to conduct a theoretical analysis of concepts related to the phenomenon of "victim" and the "victim's" script behavior, to study and to summarize data in the specified area; to study age and gender characteristics and the personality traits of "victim's" script behavior in adults: the correlations with early maladaptive schemas, beliefs making up the sense of safety, interpersonal intolerance of uncertainty and actual rigidity; to reveal personal features characteristic of different types of "victim's" realization and different degrees of the expression of the script behavior of the "victim"; to develop on the basis of the obtained results and to test the program of psychological interventions which includes the methods of schema therapy and transactional analysis and is aimed at reducing the expression of the manifested script behavior of the "victim".

Scientific Novelty and Originality of Thesis: the approach to the study of behavior of the "victim" as a manifestation of the life script, as well as the study of personal characteristics in persons with behavior of the "victim" and identification of strategies of psychological assistance and psychological interventions for reduction of the expression of the script behavior of the "victim" in the context and integration of two psychological approaches - transactional analysis and schema therapy.

Significant Scientific Problem Solved: determination of a number of personality traits in "victim's" script behavior, identification of the possibilities to integrate the approaches of transactional analysis and schema therapy to understand phenomenon of "victim" as a consequence of adverse developmental experience, with substantiation of principles of psychological assistance to people with manifested script behavior of "victim".

Theoretical Significance: analysis and complementing existing knowledge about the phenomenon of "victim", definition of the term "script behavior of "victim", identification of opportunities for integration of transactional analysis and schema therapy for understanding and describing the phenomenon of "victim", substantiation of principles of psychological assistance to people with manifested script behavior of "victim".

Practical Significance: the personal features of the script behavior of "victim" and the personal features characteristic of different types of "victim's" realization and different degrees of the expression of the script behavior of the "victim" were revealed. For the first time the script behavior of the "victim" in a sample of respondents who were in a penitentiary institution and underwent rehabilitation from addiction to psychoactive substances was studied. The principles of psychological counseling for clients with manifested script behavior of "victim" can be used by psychologists in the process of psychological counseling. The obtained data can be included in the content of university disciplines on general and social psychology, as well as serve as a justification and partial content for psychological education programs for people of different ages.

Approbation and Implementation of Research Results: Theoretical and experimental results of the research were discussed at national and international scientific conferences. The data obtained were also used in the practice of training, psychological counseling and psychosocial support for adult persons, including employees of HIV service organizations, counseling psychologists, survivors of domestic violence and refugees.

АННОТАЦИЯ

Коврова Анастасия. Личностные особенности сценарного поведения «жертвы». Диссертация на соискание ученой степени доктора психологии. Кишинев, 2025.

Структура работы: Диссертация состоит из аннотаций (на румынском, английском и русском языках), введения, трех глав, выводов и рекомендаций, библиографии (214 источников), 13 приложений, 7 таблиц и 24 рисунков. Объем работы составляет 148 страниц основного текста. Результаты исследования опубликованы в 13 научных работах.

Ключевые слова: жертва, сценарное поведение «жертвы», сценарий жизни, ранние дезадаптивные схемы, чувство безопасности, межличностная интолерантность к неопределенности, ригидность.

Цель исследования: изучить личностные особенности сценарного поведения «жертвы».

Задачи исследования: провести теоретический анализ концепций, связанных с феноменом «жертва» и сценарным поведением «жертвы», изучить и обобщить данные в указанной области; исследовать возрастные, гендерные и личностные особенности сценарного поведения «жертвы» у взрослых: взаимосвязи с показателями ранних дезадаптивных схем, базисных убеждений личности, составляющих чувство безопасности, межличностной интолерантности к неопределенности и актуальной ригидности; выявить личностные особенности, характерные для разных видов жертвенной реализации и разных степеней жертвенности; разработать с опорой на полученные результаты и апробировать программу психологических интервенций, включающую методы схема-терапии и транзактного анализа и направленную на снижение выраженности проявленного сценарного поведения «жертвы».

Научная новизна и оригинальность работы: подход к исследованию устойчивого поведения «жертвы» как проявления системы сценария жизни, исследование личностных особенностей людей, использующих сценарное поведение «жертвы», идентификация стратегии психологической помощи и психологических интервенций, направленных на снижение выраженности сценарного поведения «жертвы» в контексте и интеграции двух подходов – транзактного анализа и схема-терапии.

Решенная значимая научная проблема: определение ряда личностных особенностей людей со сценарным поведение «жертвы», и одновременном выявлении возможностей интеграции подходов транзактного анализа и схема-терапии для понимания феномена «жертвы» как последствия неблагоприятного опыта развития, как на теоретическом, так и на прикладном уровне, с обоснованием принципов психологической помощи людям с проявленным сценарным поведением «жертвы».

Теоретическая значимость: анализ и дополнение существующих знаний о феномене «жертвы», определение термина «сценарное поведение «жертвы»», идентификация ряда точек пересечения подходов транзактного анализа и схема-терапии, в том числе в контексте сценарного поведения «жертвы», а также обоснование принципов психологической помощи людям с проявленным сценарным поведением «жертвы».

Практическая значимость: определение ряда личностных особенностей сценарного поведения «жертвы», личностных особенностей, характерных для разных типов жертвенной реализации и разных степеней жертвенности. Впервые было проведено исследование личностных особенностей сценарного поведения «жертвы» в выборке респондентов-мужчин, находившихся в пенитенциарном учреждении и проходивших там же реабилитацию от зависимости от психоактивных веществ. Принципы психологической помощи людям с проявленным сценарным поведением «жертвы» могут быть использованы психологами-консультантами в психологической работе с клиентами. Полученные данные могут быть включены в содержание университетских дисциплин по общей и социальной психологии, а также служить обоснованием и частичным содержанием для программ психологического просвещения для людей разных возрастов.

Апробирование и внедрение результатов исследования: результаты исследования обсуждались в рамках национальных и международных научных конференций. Полученные данные были использованы в практике обучения, психологического консультирования и психосоциальной поддержки взрослых, включая сотрудников ВИЧ-сервисных организаций и психологов-консультантов, а также людей, пострадавших от домашнего насилия, и беженцев.

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Rezumatul tezei de doctor în psihologie

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