



Psychological Features of the Formation of Corporeality in Young Women

ARTICLE INFO

Article Type

Descriptive study

Authors

Kaliuzhna Y.^{*1} PhD,
Savchenko N.¹ PhD,
Zinchenko I.¹ PhD,
Kaizerova A.¹ PhD,
Martyniuk I.¹ PhD

How to cite this article

Kaliuzhna Y, Savchenko N, Zinchenko I, Kaizerova A, Martyniuk I. Psychological Features of the Formation of Corporeality in Young Women. Iranian Journal of War & Public Health. 2022;14(1):9-17.

ABSTRACT

Aims The aim of the study was to reveal the essence and structure of the program for the development of female corporeality, identify psychological features of work in the context of individual consultations, describe the content of group classes, and analyze empirical data obtained as a result of the program implementation.

Instrument & Methods This descriptive study was conducted in 2020-2021 in Kyiv, Ukraine on 151 women who agreed to pass the survey and the author's program. The study took place in Institute of Personnel Training of the State Employment Service of Ukraine. They were selected by convenience sampling method. Young women under the age of 40, without clinical psychiatric disorders, were selected for the study. The program "Psychological features of the development of female corporeality" consists of individual consultations and group classes. The results of the tests were calculated as mean±SD. The threshold of reliability of the obtained data was designated as $p < 0.05$.

Findings Such psychological features of corporeality in young women in the context of phenomenology are determined: indicators of psychosomatic potential, the competence of verbalization of bodily self and locus of body control, types of self-awareness, and self-reflection of bodily potential. The results of the study showed that the conformist type of self-reflection of bodily potential prevails among women and it can be affirmed that women aged 20 to 35 years are characterized by an insufficient level of self-reflection of bodily potential.

Conclusion The content of the program on body development in young women is revealed.

Keywords Psychological Phenomenon; Child-Parent Relations; Self-Concept; Behavioral Disorders

¹Department of Psychology, Institute of Personnel Training of the State Employment Service of Ukraine, Kyiv, Ukraine

*Correspondence

Address: Department of Psychology, Institute of Personnel Training of the State Employment Service of Ukraine, 03038, Kyiv, Ukraine
Phone: +38 (044) 239-07-97
Fax: -
kaliuzhna8125@nuos.pro

Article History

Received: January 2, 2022
Accepted: February 23, 2022
ePublished: April 24, 2022

CITATION LINKS

[1] Psychoanalysis of the sexual functions of ... [2] A research of psychological peculiarities of the corporeality ... [3] Influence of emotions on the effectiveness of the creative ... [4] Modern approaches to the prevention of deviant behavior ... [5] Psychological features of the types of female ... [6] Small children and their ... [7] Women's ... [8] Three essays on the theory of ... [9] The Ego in Freud's theory and in the technique of ... [10] Unconscious body ... [11] Workshop on group ... [12] This is self-presentation as a determinant of becoming a coping-strategy ... [13] Introduction to Lacan. Moscow: Foundation for Scientific Research Pragmatics ... [14] Psychology of family ... [15] The formation of corporality in young women in the process of developing the ... [16] Social factors in the formation of a negative body ... [17] Male infertility: Pathogenetic significance of oxidative ... [18] Psychoanalytic works: development of one ... [19] Sex selection using assisted reproductive technology: An Islamic ... [20] Inadequate diagnosis processes in cases of suspicion of sexual abuse and abuse in children: Ethical aspects in ... [21] Legal principles to combat gender-based ... [22] Does gender equality sound like a ... [23] Sex-related violence and the protection of women's health ... [24] Sexual ... [25] Grooming as a modern form of sexual ...

Introduction

In the modern world, the development of advertising technologies that use more and more aggressive methods of influencing a person leads to the fact that the person falls into various "market standards" that distract their attention from themselves and direct it to search for the "ideal image" that promises to solve a lot of problems and desires. Women are particularly sensitive to this trend. Thus, disguised as sexuality and femininity, a woman's desire to be in a relationship is exploited, thus linking these phenomena to the external image – "to be like", and not "to feel" [1]. Focusing only on external factors in decision-making always entails a trail of anxiety, because it is quite difficult to influence external guidelines, and this is always a changing trend. Another thing is when existence is built considering bodily states, capabilities, and internal sensations. It is the balance of external and internal that guarantees mental stability, especially for a woman, because it is due to the biological clock and the ability to give birth, where self-awareness of their mental state is the key to her adaptation in society and personal relationships[2]. Modern trends of an active woman, whose image is imposed by both the trends of feminism and modern trends of a Western European nature, force a woman to actively turn her attention away from internal states to achieve goals to meet social standards of recognition.

More and more intellectualization of women brings the inner constructs of the psychic from the sensual and emotional to the intellectual and abstract level, where the very essence of femininity dissipates[3,4]. This process requires giving up all achievements and listening with heart, looking at the feelings of the baby, using own experience of sensuality, so that without words at the level of intuition and sensation to understand what is happening at this moment with the child. To do this, it is extremely necessary to have own self-reflective experience in everyday life, and it is possible to talk about attuning to another only based on such experience[5]. Psychoanalytic intelligence notes that such a phenomenon as autism is often associated with the inability of the mother to adapt to her child on a sensory level, which forces the young subject to make a choice not to enter the human world through refusal to communicate with another, through an internal inability or difficulty to accept the language of the other, the position of the other and their feelings, this hints at the lack of this integrated experience in the psyche from early childhood. This experience can only be transmitted from the primary object, in most cases, it is a woman. A woman who at that time, for various reasons, did not fit into the maternal position. One of the difficulties may be undeveloped or partially developed corporeality[6].

As for the scientific theoretical background on the topic of corporeality, this phenomenon is described in a rather abstract way in the literature and is very often synonymous with the category "body image". The authors of this paper will try to separate these concepts in essence. Because such confusion throws off focus from essence to form. And instead of being given the meaning of being through living in certain mental states, the bet is made on the relationship between the self and the ideal self. Which essentially leaves the subject to be fixated on the self in their imagination. Corporeality is associated with an internal reaction to another, to circumstances, and it is based on it that a person can construct internal choice and position in life, which will deeply satisfy the subject and qualitatively improve life with a sense of fullness. This is especially important for a woman. Therefore, it is very important to create a program for the development of female corporeality[7].

The purpose of the study was to reveal the essence and structure of the program for the development of female corporeality.

Instrument and Methods

This descriptive study was conducted in 2020-2021 in Kyiv, Ukraine on 151 women who agreed to pass the survey and the author's program. The study took place in the Institute of Personnel Training of the State Employment Service of Ukraine. They were selected by the convenience sampling method. Young women under the age of 40, without clinical psychiatric disorders, were selected for the study. The vast majority of the sample consisted of female students who had not yet had children, but soon, there is a high probability of getting pregnant. The data were collected by a questionnaire which consisted of 5 items. The participants were asked the following questions:

1. Your age.
2. Where do you study or work?
3. Do you have children?
4. Do you consider having a child soon?
5. Do you have any mental health problems?

The program "Psychological features of the development of female corporeality" consist of individual consultations and group classes. This separation was conditioned by the fact that the specifics of this topic relate to the issue of sexuality, which requires individual meetings with each woman surveyed (Table 1).

Next, the study considers in more detail the above content blocks of the program.

Information block of the program

Educational and training activities include a system of classes aimed at forming a conscious understanding of corporeality in young women in those qualities that are developing. The information block includes a series of lectures. The purpose of

the information content block of the program: familiarisation with the understanding of corporeality, the development of a system of guidelines in such phenomena as body ego and bodily experience. The creation of a system of guidelines for young women is associated with knowledge about the individual features of the functioning of the body ego. This content block includes two classes of 45 minutes each. The subject and content of classes are as follows:

1. Lesson 1. Topic "Social situation of development and corporeality: philosophical and psychological content". Purpose: to introduce young women to the concept of "corporeality" in psychology. Tasks: to provide information on the definition of the concept of "corporeality" from the standpoint of philosophical and psychological approaches; to form an understanding of corporeality among young women. During the lesson, a mini-lecture was used on the social situation of development and formation of corporeality in young women in the process of establishment of child-parent relations; group work to familiarise women with the psychological content of corporeality (questions, exercises) and group reflection.
2. Lesson 2. Topic: "Female sexuality and the role of corporeality in it". Objective: to understand the peculiarities of the development of female sexuality. Task: development of young women's ideas about the variability of female sexuality. The lesson included a lecture on the psychoanalytic approach to the consideration of the problem of bodily experience as a basic one for the development of sexual characteristics in women based on the basic concepts by Z. Freud^[8], J. Lacan^[9], F. Dolto^[10].

Table 1) Content of the program for the development of corporeality in young women

Content blocks	Characteristic
1. Informational	Familiarisation of young women with the concept of "corporeality"; to form a visual representation of bodily similarity in young women. Use of mini-lectures, psychological exercises, and group reflection.
2. Corrective	Correction of the corporeality formed in young women and its problematic characteristics in the process of establishment of child-parent relations.
3. Forming and developmental	Focus on identifying a woman's system of particularly significant problem situations regarding corporeality, understanding her sexuality, and accepting the features of her way of enjoying and choosing the desired partner.
4. Reflexive	Providing a woman with opportunities to realise and discover the presence of complementary and paradoxical qualities of corporeality; perception and observation of her body, bodily sensations, emotions, and feelings, with the help of which a woman orients herself and her relationships with others and the environment.
Individual consultation weeks for young women	Individual correction of psychological features of the development of corporeality in a young woman in the process of establishment of child-parent relations.

Correctional block of the program

This content block is primarily aimed at correcting the unconsciousness of own corporeality, the inability to express one's bodily feelings. This is achieved by establishing a bodily dialogue between "who is the body" and "who has the body", that is, this dialogue has its structure: from "I and the body", "corporeality" to "I and my intelligent body". The correctional block includes a series of corrective activities: training, and exercises. The purpose of the correctional content block of the program: to correct the ideas of young women about their corporeality, which they received in the process of developing child-parent relations. Tasks: to determine the subjective features formed in them in the process of establishment of child-parent relations; to correct aspects of socialisation of corporeality in young women formed under the influence of child-parent relations in the family. Another important part of this block is the correction of a woman's attitude to corporeality, that is, the development of a careful attitude. After classes in this block, young women's attitude to corporeality acquires the following parameters: subjective significance (high, their corporeality encourages the professional activity of the individual and directs her personal activity); meaning of the body (understanding the body as a source of pleasure, object of care, resource); emotionality (qualities of intense positive experiences); sensuality (as a developed female quality). This content block includes six classes of 45 minutes each in the form of psychological training.

Classes 3-8 include social and psychological training designed for 3 sessions of 90 minutes each. Purpose: To create a group atmosphere and facilitate group work to correct the child-parent relations formed in young women in the process of development, discuss the topics of sexuality, neuroticism, and socialisation of corporeality. The tasks of group psychocorrective work focused on three components of a young woman's self-awareness^[11]:
 – self-comprehension (cognitive aspect);
 – attitude to self (emotional aspect);
 – self-regulation (behavioral aspect).

The form of organising the training - episodic meetings with young women:

Organising a group in the mode of episodic meetings has a more club-like form, although this does not exclude the possibility of organising it based on training groups. At the same time, the psychologist should strive to ensure that each meeting with participants is an independent and complete event. During the training sessions, the exercises "Additional drawing", "Suitcase of emotions", "Gallery", "Coat of arms of my corporeality", "Relaxation", "Determining the cause of resentment and aggression" were used. For example, the exercise "Suitcase of emotions" is used to establish and correct aspects of neuroticism and socialisation of corporeality in young women who have emerged

in the process of developing child-parent relations. The exercise "Coat of arms of my corporeality" is used to determine a woman's values of corporeality, success, and guidelines in her future professional and personal life. According to I.O. Kornienko^[12], a woman needs to adhere to a positive background about the idea of her corporeality, do not forget that after a strong positive surge, she will certainly fall into depression. Thus, the exercises that participants perform should reduce neuroticism, contribute to the appearance of skills to recognise their emotional state and the state of others, and compare ideas about corporeality now with those that were formed in childhood. In addition, during the lesson, activities were held for group reflection with women to establish a positive perception of their corporeality.

Forming and developmental block of the program

The forming and developmental content block contains four classes that contribute to the development of individual qualities of the body ego and bodily experience in young women and the ability to apply them in various categories of life situations, which was the goal of this block. Classes 9-12 are training exercises designed for 2 sessions of 90 minutes each. Tasks: to analyse problematic situations in a woman's life related to the manifestations of her corporeality; to form and develop the corporeality of a young woman in the context of psychological and socio-cultural views on her nature. The classes included the analysis and discussion of the problem situation, a discussion on the topic "Development of corporeality in the process of establishment of child-parent relations", exercises "Hierarchy of life values" and "Drawing mandalas", a relaxation exercise, and reflection.

One of the most effective means of developing any psychological qualities is playing out problem situations, so this tool has become the main one. Forming and developmental classes are aimed at identifying a system of particularly significant problem situations, at developing individual qualities of the body ego and bodily experience of a young woman, at expanding knowledge, ideas about the body ego, at developing a woman's ability to evaluate and regulate the processes of the bodily sphere. The study notes the importance of using the discussion method with young women. This method during the lesson provided participants with the opportunity to discuss the problem of corporeality formation from different angles, develop a common opinion on the most acute issues of corporeality development in the process of establishment of child-parent relations, and eliminate emotional bias^[13]. Thus, the program includes a number of educational and developmental tools, methods and activities that activate cognitive processes and emotional states in young women, contributing to the development of corporeality and its characteristics, and the ability of emotional attitude

to representatives of the other gender. In addition to corrective, and forming and developmental activities with women, they were invited to take part in watching and discussing the foreign film "A man and a woman".

Reflexive block of the program

The main purpose of this content block is to provide a woman with opportunities to realise and discover the presence of complementary and paradoxical qualities of corporeality, both positive and negative, perception and observation of own body, bodily sensations, emotions, and feelings, with the help of which a woman orients herself and her relationships with others. Tasks: to develop a young woman's reflection of ideas and perception of her corporeality. The content of the program block contains two classes: classes 13-14 on the topic "I and my corporeality". The content of this block combines two parts of working with women: analytical and generalising. The purpose of the analytical part is to analyse and understand the results of the program participants as their achievements. The implementation of this goal is carried out by performing certain tasks: detailing what the program participants received during each lesson; detailing and awareness of the program participants of the areas of application of acquired knowledge, skills, and abilities (for example, mastering behavior models and ways to implement them, forming ideas about corporeality); consolidating positive group dynamics by discussing the results of each lesson by participants.

The main questions that were offered to the participants of program in the analytical part of the work are: "What did you learn during the classes?", "What new things have you learned for yourself?", "Which of the presented knowledge and skills on the development of corporeality were not new to you, but updated as a result of classes?", "Which of the methods of psychological influence were difficult for you to perceive?". The second part of the work with women is a generalising one, the purpose of which was to ensure the active use of the acquired psychological tools in the process of passing classes. The goal is achieved through the implementation of special tasks by program participants:

1. Systematisation and generalisation of the received educational information by correlating it with the ability to test and realise own corporeality in the future life.
2. Generalisation of the results of participation in formative and developmental activities, summing up the results as resources of success in later life by mastering the skills of reflexive thinking through the involvement in reflexive analysis of their actions, attitudes, views, personal qualities, behaviors, taking into account the formed (or corrected) ideas about their corporeality. The main questions that were applied in this part were: "What of the experience learned in the classroom helped in the

implementation of current life plans?", "What difficulties did you have in forming or developing your ideas about your corporeality?", "How did you cope with these difficulties?", "What will you do if similar difficulties arise in the future?".

The result of this block of the program is a young woman's awareness and understanding of the importance of her corporeality and sexuality. This is a very important stage in the development of corporeality, because the ordering of personality is possible only through self-awareness and self-acceptance in the bodily sense. Testing of the developed program was carried out as follows: the first week – classes 1-2, the second week – classes 3-8, the third week – individual consultations with women, the fourth week – classes 9-12, the fifth week – individual consultations with women, the sixth week – classes 13-14.

A study was approved by the National Ethics Commission of the Ministry of Health of Ukraine.

The results of the tests were calculated as mean±SD. The threshold of reliability of the obtained data was designated as $p < 0.05$.

Findings

The studied women were offered two forms of methodology that eliminate the main trends of interaction with parents in women's own experience: separately with the father, separately with the mother. The study considers the indicators of interaction distribution in the "father-child" system. Thus, the mean±SD of an "undemanding-demanding father" was 15.62 ± 5.27 , which may indicate a certain balance of the specified trend, but with a tendency to the pole "demanding". The mean±SD of "softness-severity" was 12.18 ± 4.00 which indicates a certain balance of this trend, but with a tendency to the pole "softness". The average indicator "autonomy-control" was 18.21 ± 4.54 which can indicate a certain balance of this trend, but with a tendency to the pole "control".

The average indicator "emotional distance-emotional closeness" was 14.07 ± 3.66 , which can indicate a certain balance of this trend, with a tendency to the pole "emotional distance". The average indicator of "rejection-acceptance of the child" was 14.10 ± 4.22 which can indicate a certain balance of this trend, with a tendency to the pole "rejection". The average indicator "lack of cooperation-cooperation" was 17.96 ± 3.56 , which can indicate a certain balance of this trend, with a tendency to the pole "cooperation". The average indicator "disagreement-agreement" was 14.07 ± 5.23 which can indicate a certain balance of this trend, with a tendency to the pole "disagreement". The average indicator "inconsistency-consistency" was 12.90 ± 3.71 which can indicate a certain balance of this trend, with a tendency to the pole "inconsistency". The average indicator of "authority-non-authority" was

14.96 ± 4.98 , which can indicate a certain balance of this trend.

A comparative analysis of the distribution of interaction types in the "father-child" system provides clear indicators (Diagram 1).

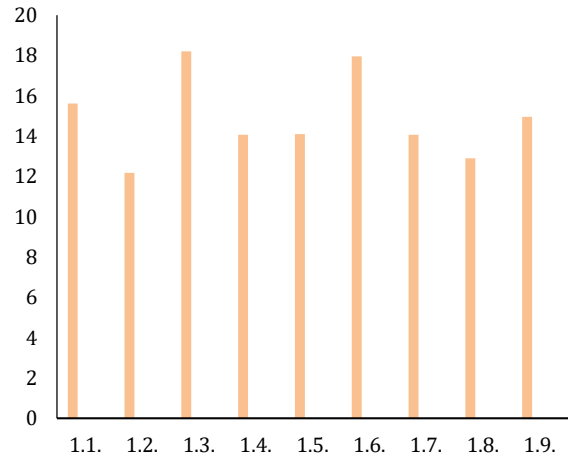


Diagram 1) Comparative analysis of the distribution of interaction types in the "father-child" system (Note: 1.1. – "undemanding-demanding"; 1.2. – "softness-severity"; 1.3. – "autonomy-control"; 1.4. – "emotional distance-emotional closeness"; 1.5. – "rejection-acceptance of the child"; 1.6 – "lack of cooperation-cooperation"; 1.7. – "disagreement-agreement"; 1.8. – "inconsistency-consistency"; 1.9. – "authority-non-authority")

Values that are higher than the average include indicators of the scales "autonomy-control" (18.21) and "lack of cooperation-cooperation" (17.96). The indicators of the "undemanding – demanding father" and "authoritative father" scales almost correspond to the average values. The remaining indicators of the scales are below a certain line of average indicators. Next, the study considers the indicators of interaction distribution in the "mother-child" system (Table 2).

Table 2) Generalised indicators of interaction distribution in the "mother-child" system

Variables	Mean±SD
Undemanding-demanding	18.15±3.84
Softness-severity	14.56±3.06
Autonomy-control	15.67±4.40
Emotional distance- emotional closeness	12.60±2.85
Rejection-acceptance of the child	13.74±4.09
Lack of cooperation-cooperation	14.67±3.671
Disagreement- agreement	17.84±3.606
Inconsistency-consistency	11.11±3.197
Authority-non authority	19.68±2.758

Tabular data indicate that there was a certain balance of these trends in the indicators of all scales. At the same time, according to the indicator of the scale "authority of the mother", an attraction towards the pole "non-authority" is observed. According to the indicator "undemanding-demanding", an increase towards the pole "demanding" is observed; according to the indicator "disagreement-agreement", an increase towards the pole "consent" is observed. However, according to

the indicator of the scale "inconsistency-consistency", an increase towards the pole "inconsistency" is observed. According to the indicator "emotional distance-emotional closeness", the attraction to the pole "emotional distance" is determined; according to the indicator "rejection-acceptance of the child", the attraction to the pole "rejection" is observed. According to the indicators of the scales "softness-severity", "autonomy-control" and "lack of cooperation-cooperation", a certain balance of these trends was determined, with a slight attraction to the poles "softness", "autonomy" and "lack of cooperation", respectively. A comparative analysis of the distribution of interaction types in the "mother-child" system provides clear indicators (Diagram 2).

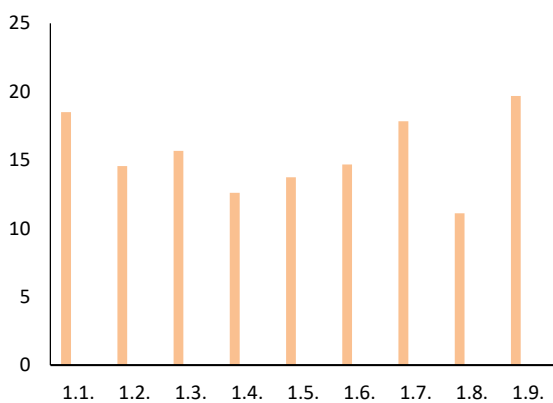


Diagram 2) Comparative analysis of the distribution of interaction types in the "mother-child" system (Note: 1.1. - "undemanding-demanding"; 1.2. - "softness-severity"; 1.3. - "autonomy-control"; 1.4. - "emotional distance-emotional closeness"; 1.5. - "rejection-acceptance of the child"; 1.6 - "lack of cooperation-cooperation"; 1.7. - "disagreement-agreement"; 1.8. - "inconsistency-consistency"; 1.9. - "authority-non-authority")

Values that exceed the average include scale indicators "authority", "undemanding-demanding" and "disagreement-agreement". The indicators of the scales "softness-severity", "autonomy-control" and "lack of cooperation-cooperation" almost correspond to the average values. Other indicators on the scales are below average. Thus, after the formation measures, an increase is observed in such average indicators among young women as "authority", "autonomy-control", "lack of cooperation-cooperation", "undemanding-demanding". Generalised indicators of psychosomatic potential, competence verbalisation of the bodily self and locus of bodily control of young women can be described as follows: the average value in the category "awareness", "acceptance", "intraceptivity", "metaphoricity", "causality", "dialogic", "subjectivity", "integrality", "valence attitude", "internal body locus control". According to the results of the study, such indicators as "internal body locus control" and "integrality" have a significant impact on the development of

corporeality in young women. At the same time, such indicators as "dialogicity", "awareness", "integrality", "acceptance", "metaphoricity" have little influence on the development of corporeality of young women in the process of forming child-parent relations.

The average indicator of the conformal type of body potential, the vital type of body potential, the personal type of body potential of young women indicated a certain balance of this trend. Notably, in the study of young women, the highest average indicator was found for the conformal type. No changes were found at the beginning and end of the study regarding indicators of body potential types in young women ($p > 0.05$). Next, the study considers the distribution of mechanisms of psychological protection of young women. Based on the results of diagnostics using the method of measuring psychological protection, it was found that the average indicators of sublimation, prediction, compensation, denial, reaction formation, compulsive behavior, suppression, passive aggression, rationality, regression, substitution exceed the line of average values. Their influence is essential for the development of corporeality in young women in the process of establishing child-parent relations (Table 3).

Table 3) Indicators for different types of body potential

Variable	Mean±SD	Median	Min	Max
Conformal type of body potential	21.93±13.54	15.00	6.00	48.00
Vital type of body potential	13.50±5.63	12.00	5.00	27.00
The personal type of body potential	17.39±5.35	18.00	5.00	25.00

The influence of indicators of altruism (the average value is 15 points) and dissociation (the average value is 19 points) was determined to be insignificant. The average score of the psychotic type of psychological defense was 22 points, adaptive=40 points, neurotic=36 points, infallible=32 points. Thus, on average, young women have an adaptive type of psychological protection. For effective individual work of a psychologist with the development of female corporeality, it is necessary to take into account the following nuances: it is desirable that the specialist has a developed subjective bodily experience and a mature neurotic structure, namely, rooted in their biological gender, the issue of choosing the gender of a sexual partner, the presence of paternity experience. This is primarily conditioned by the fact that the female position is mediated by a man, who can open up the dimension of the female in the psyche of a biological woman, it will be advisable to understand variations in orgasmic sensations, the experience of pregnancy, childbirth, breast-feeding, and maternal states. It is worth paying attention to the theoretical training of a psychologist. The psyche is connected to the body in different ways, and this study has empirically

deduced four types of corporeality: detached, partially developed, confused, and developed. Corporeality is a phenomenon that is represented in the psyche through mental representations of internal bodily responses that arise through the words of another, forming a system of ideas about own bodily existence, it can be conscious or unconscious. The body ego is an instance in consciousness that is self-aware of this phenomenon. Self-reflection is the mechanism by which the cognition of bodily experience is carried out.

Discussion

Any development of a person begins with the environment in which they are born, it is a certain culture, family history, personal fantasies of mother, father, and person's own subjective response to this entire spectrum. Corporeality is the result of the subject fitting their body into the mental space with the help of the words of another^[16]. Through words, the body seems to be individually stitched with separate phonemes for each person^[17]. An important step in individual consultation is to identify the subjects with whom it is not necessary to work on the development of corporeality. In this empirical study, this group is called "Separate corporeality". In this case, the work can lead to an increase in anxiety states, because all mental supports are built on external guidelines and the subject is not able to differentiate internal responses. It can be quite difficult and lengthy to work on the development of corporeality with subjects belonging to the group "partially developed corporeality". Here, a specialist is required to have a high ability to contain aggression, empathy, and differentiate their bodily states. The main field of work will be represented by verbalization and acceptance of subjective experiences of the subject. Subjects who fall into the group "confused corporeality" belong to the category in which corporeality is sufficiently developed, they are perfectly oriented in their bodily states, can verbalize them, but have difficulties in love scenarios, issues of sexualization. J. Lacan mentioned "the neurotic family scenario", where the main mechanism of psychological defense is repression^[9]. It is these subjects who often seek individual advice.

One of the most important moments in the development of female corporeality is the moment of the sexualization of a girl in the process of child-parent relations. There are many nuances here from the position of different authors. The problems of female establishment in the process of psychosexual development were dealt with by such researchers as Z. Freud^[6], M. Klein^[18], J. Lacan^[7], F. Dolto *et al*^[8]. A woman's psychosexuality involves connecting with a partner based on her drives, the source of which is the body, and realization is mental representations that have already taken place in her history of

development in the process of child-parent relations. It is through associative series that the memory of personal pleasure in relationships is activated, which was replaced in childhood, but again deactivated at a young age. Deactivated mental representations are the trigger mechanism that awakens corporeality in the form of various states^[19,20]. It can be assumed that the phenomenon of corporeality itself is possible in the presence of activation of mental representations in certain situations in an associative way, and corporeality is all the more developed the more attentive primary objects in the subject's history that permeated their existence with appropriate libidinal words.

The subject's mental maturity is not determined by their age but is associated with the rejection of infantile sexuality and the construction of a connection between biological and mental gender. A woman's position is to be desirable for a man's gaze and become a signifier for his desire. Z. Freud called the woman a mystery and explored how to become one^[8]. A woman needs to complete two more tasks than a man in the process of his psychosexual development: change the leading erogenous zone and change the object. And also the girl needs to go from the parent object to the final choice of the object, make a turn not only to herself but also to her husband. What we find in relation of a woman to a man was already present in the pre-atypical attachment to the mother and then transferred to the father. Libidinal flows pass through all phases of childhood sexuality, obtaining the characteristics of these phases. Discovering own sexuality can lead to suppression of sexuality or neurosis, to a change in character, and normal femininity. F. Dolto characterises female libido based on the difference that exists between active libido for emission (male pole) and libido, still active, but for the attraction (female pole)^[10].

Proponents of depth psychology have different views on details, but they share common ground in the underlying processes. Therefore, it makes sense to briefly review the main positions. Thus, identification with the personal image is certainly the primary basis for all future identifications. An early mother-child relationship will promote or hinder the secondary identification process. With the onset of the Oedipus complex, a woman is faced with the choice of an object and the question of assimilating her gender. When analysing identifications, it is necessary to distinguish between object selection, self-identification and regression of identification before object selection, that is, gender may correspond to biological sex, may be opposite, or not determined at all^[21,22]. The stages of femininity in a woman are located on the condition that the mental gender corresponds to the biological sex, and for this the girl needs to go through some stages of development. And the further sexual orientation and erogenous corporeality will depend

on what choice the subject makes under the influence of parental relations. At a time when the young subject has a question "How was I born?" different fantasies arise in the psyche and the discovery of gender differences. The first object of erotic fantasies in a boy or girl is the mother's object. But how the latter perceives the difference between the sexes, there are different views. Thus, Z. Freud comes to the conclusion that the girl has a castration complex, which is associated not with erotic motives, but with narcissistic reasons^[8].

M. Klein emphasised that early mother-child relationships will promote or hinder the process of secondary identifications^[18]; in the process of early identifications, the predominance of an ideal object over bad objects helps to reduce the splitting of the ego and its integration; the reduced use of projective mechanisms contributes to the growing differentiation between the ego and the object^[23]. D. Sharff noted that an "adequate female model" plays an important role in the Oedipal period^[24]. J. Lacan regarding the onset of the final female identification suggested that when a girl discovers that the law for the father was drawn up by the mother, female identification will occur, and the relationship with the mother will gain a good experience^[9]. Summing up, specific nuances of female sexualization can be distinguished, which it is desirable to keep in mind during individual consultation: when analyzing identifications, it is necessary to distinguish the choice of object, the actual identification and regression of identification to the choice of the object; the decisive role in identification belongs to the imagination of the child, who from her standpoint is the object of the mother's desire; the pre-typical relationship of a girl with her mother has an impact on the Oedipus situation to one degree or another^[25]. Concerning the group of subjects that fall into the category of "developed corporeality", they have a high level of subjectivity and ask questions about meaning, paradoxes, ethics and aesthetics, so a psychologist should have a broad outlook and philosophical thinking.

Special attention is paid to the development of female corporeality by this sexualization of a biological girl. A man makes a woman a woman – it is a matter of relationships. The female position is the nobility to give up their narcissism first in front of a man, and then in front of a child, and it is the inability to give up for the greatest female pleasure and the inability to rely on internal choices that brings a woman deep suffering. It is important to clarify that not every person can deal with their biological sex, so the program for the development of corporeality in young women has certain limitations. Notably, the proposed program for the development of corporeality in young women only opens up opportunities to think about their corporeality, but everyone has their time and their readiness for internal changes. The study proved

that such changes occur, and a certain proportion of women subsequently decided to attend individual consultations after completing the program.

Conclusion

Theoretical substantiation and development of an effective program for the development of corporeality in young women, the development of which was carried out in the process of child-parent relations made the following conclusions possible. Corporeality is a certain phenomenon that is based on mental representations, on how they relate to the body. In turn, this connection arises in childhood in the process of child-parent relations. Sufficient weight for the development of corporeality is the presence of a sensory connection with the primary maternal object. It is the ability to adapt to the child that is the key to the development of corporeality, where each word is stitched with a true response of the bodily feeling. A woman's ability to adapt to a child is based on the ability to self-reflect. The mechanism of self-reflection is related to the ability to sense internal bodily responses and differentiate them.

Acknowledgments: None.

Ethical Permissions: All procedures performed in studies involving human participants were following the ethical standards of the institutional and national research committee and with the 1964 Helsinki declaration and its later amendments or comparable ethical standards. A study was approved by the National Ethics Commission of the Ministry of Health of Ukraine, October 20, 2021, No 1020-5.

Conflicts of Interests: None.

Authors' Contributions: Kaliuzhna Ye. (First Author), Introduction Writer/ Main Researcher (20%); Savchenko N. (Second Author), Assistant Researcher/Statistical Analyst (20%); Zinchenko I. (Third Author), Assistant Researcher/Statistical Analyst (20%); Kaizerova A. (Fourth Author), Assistant Researcher/ Discussion Writer (20%); Martyniuk I. (Fifth Author), Assistant Researcher/ Discussion Writer (20%).

Funding/Sources: None.

References

- 1- Deutsch H. Psychoanalysis of the sexual functions of women. Moscow: T8 Publishing Technology; 2017. [Russian]
- 2- Kalyuzhna E, Savchenko N. A research of psychological peculiarities of the corporeality of young women in the context of phenomenology. Psychol J. 2021;7(5):75-84.
- 3- Moroz LI, Safin AD, Andrusik OO. Influence of emotions on the effectiveness of the creative process. Sci Bull Mukachevo State Univ Ser Pedag Psychol. 2021;7(3):87-93.
- 4- Mahdysiuk LI, Demchuk VB, Pavlova BV. Modern approaches to the prevention of deviant behavior in the activities of psychological services. Sci Bull Mukachevo State Univ. Ser Pedag Psychol. 2021;7(1):9-17.
- 5- Kocharyan OS, Smakhtina NO. Psychological features of the types of female sexuality. Bull Mykolaiv State Univ V.O.

- Sukhomlinsky. 2010;2(4):120-5. [Ukrainian]
- 6- Winnicott DV. Small children and their mothers. Moscow: Class; 1998. [Russian]
- 7- Bonaparte M. Women's sexuality. St. Petersburg: Cultural Initiative; 2010. [Russian]
- 8- Freud Z. Three essays on the theory of sexuality. Moscow: Kogito-Center; 1905.
- 9- Lacan J. The Ego in Freud's theory and in the technique of psychoanalysis. Moscow: Logos; 1999. [Russian]
- 10- Dolto F. Unconscious body image. Moscow: ERGO; 2006. [Russian]
- 11- Maksimenko SD, Prokofev O, Tsarkova O, Kochkurova O. Workshop on group psycho-correction. Melitopol: Center Lux; 2015. [Ukrainian]
- 12- Kornienko IO. This is self-presentation as a determinant of becoming a coping-strategy specialty. Bull Odessa Nat Univ. 2013;4(30):168-79. [Ukrainian]
- 13- Mazin VA. Introduction to Lacan. Moscow: Foundation for Scientific Research Pragmatics of Culture; 2004. [Russian]
- 14- Olifirovich NI, Zinkevich-Kuzemkina TA, Velenta TF. Psychology of family crises. Saint Petersburg: Rech; 2006. [Russian]
- 15- Savchenko NV. The formation of corporality in young women in the process of developing the relationships with parents. Probl Mod Psychol. 2020;1(17):170-5. [Ukrainian]
- 16- Skugarevsky OA, Frolova YuG. Social factors in the formation of a negative body image. Sociol. 2004;2:61-8. [Russian]
- 17- Koshevoy V, Naumenko S, Skliarov P, Fedorenko S, Kostyshyn L. Male infertility: Pathogenetic significance of oxidative stress and antioxidant defence (review). Sci Horiz. 2021;24(6):107-16.
- 18- Klein M. Psychoanalytic works: development of one child. Izhevsk: Publishing House ERGO; 2007. [Russian]
- 19- Pujiyono, Ahmad SD, Budiyanti RT. Sex selection using assisted reproductive technology: An Islamic law perspective. Med Law 2017;36(4):45-52.
- 20- Manikowski R, García I. Inadequate diagnosis processes in cases of suspicion of sexual abuse and abuse in children: Ethical aspects in health care. Med Law 2020;39(1):63-8.
- 21- Prus I. Legal principles to combat gender-based violence. Law J Nat Acad Intern Aff. 2021;11(1):74-80. [Ukrainian]
- 22- Slovaska I. Does gender equality sound like a Utopia?. Sci J Nat Acad Intern Aff. 2021;119(2):107-12. [Ukrainian]
- 23- Watanabe Y, Miyazaki M. Sex-related violence and the protection of women's health in Japan. Med Law. 2018;37(2):353-62.
- 24- Sharff D. Sexual relations. Moscow: Kogito-Center; 2008. [Russian]
- 25- Pahomov VV, Karikh IV, Bondarenko MO. Grooming as a modern form of sexual violence. Leg Horiz. 2021;14(2):77-82. [Ukrainian]