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Olesia Prokofieva,*PhD (Candidate of Psychological Sciences), associate professor, Department of Practical Psychology, Melitopol State Pedagogical University named after Bohdan Khmelnytskyi, 20, Lenina Str., Melitopol, Ukraine***PSYCHOLOGICAL CONDITIONS OF PREVENTING
MANIPULATIVE INTERPERSONAL RELATIONS IN ADOLESCENCE**

The article is concerned with the peculiarities of manipulative interpersonal relations, definition of psychological conditions of their formation and development of training program for the prevention of manipulative interpersonal relations in adolescence. The content of the notion of “manipulative interpersonal relations” is specified. The author’s classification of manipulative relations participants in adolescence is developed, psychological participation peculiarities of different types of subjects and objects of manipulation and general level of participation in manipulative interpersonal relations and its components are under study. Objective and psychological conditions of preventing manipulative interpersonal relations in adolescence are defined. The author has justified, developed, tested and proven efficiency of the training program for building effective interpersonal relations.

Keywords: *manipulative interpersonal relations, adolescence, manipulator, object of manipulation, risk group, classification of manipulative relations participants, level of participation in manipulative relations, psychological conditions of manipulative interpersonal relations prevention.*

Problem statement. At the modern period of Ukrainian development reorientation and recomprehension of values and the formation of new outlook take place in social consciousness. Although modern market relations are characterized by instability, human existence in society becomes possible under conditions of high competitiveness, which often leads to manipulating social and individual conscience. The important reason for neglecting humanistic values, alienation between people is their lifestyle and peculiarities of forming interpersonal relations, including the formation of manipulative relations. Such contradiction increases psychologists’ interest in the issues of preventing manipulative interpersonal relations.

The problem of manipulative relations becomes more urgent in adolescence, when person’s social self-determination takes place, one’s consciousness is being rapidly developed, moral virtues and socially meaningful behaviour is being formed. Self-esteem, propensity to sudden mood changes, trustfulness to others and also incompleteness of a system of value orientations make boys and girls vulnerable objects in manipulative interpersonal relations. However, mastering the majority of manipulative techniques through the internalization of social forms of behavior, combined with a lack of knowledge about alternative types of effective interpersonal relationships leads adolescents to becoming the subjects of manipulative relations.

Manipulative relations are dangerous for development of both boys and girls’ personality in general, because they limit their self-actualization, personal growth; as a result it causes psychological and pedagogical problems. In particular, the negative results of such relationships for a manipulator involve the development of egocentrism, misunderstanding, aggravation of alienation in society, formation of the attitude to an individual as to a stepping-stone. The object of manipulation acquires stereotyped forms of behaviour; conformism is being developed, feeling of guilt for his/her own actions is deepening. Such modifications cause diffidence in

one’s own fortitude. Modern person-oriented approach to personality development shows preference to subject-subject interpersonal relationships. It implies the need to prevent subject-object relationships, as long as manipulative relations are a kind of them.

Review of recent researches and publications. Manipulative interpersonal relations as a kind of psychological effect are considered in works by Ukrainian (O. Baklyukov, G. Ball, M. Burhyn, V. Vasyutinskii, N. Volynets, O. Humeniuk, O. Merzliakova, O. Mysnychenko, V. Petukhov, A. Pelehatyi, N. Prorok, O. Starovojtenko, V. Taranenko, P. Taranov, V. Tatenko, A. Harash) and foreign scientists (A. Bednenko, E. Byrne, R. Harifullin, E. Dotsenko, V. Yenhalychev, V. Znakov, T. Kabachenko, D. Katunin, G. Kovalev, O. Kozachek, I. Kokuryna, E. Mikhailyuk, J. Ryzhkin, L. Ryumshyna, O. Sidorenko, R. Chaldini, V. Sheinov, E. Shostrom).

In psychological investigations it is mentioned that the essential feature of manipulation is hidden nature of manipulator’s influence upon the object of manipulation. Investigation of the problem of defense against psychological manipulation are represented in works by I. Bekh, N. Volynets, E. Dotsenko, V. Kulikov, R. Levin, E. Marynushkina, V. Marchenko, A. Merzliakova, V. Pankratova, T. Pashukova, V. Petukhov, V. Petrenko, E. Pomytkin, N. Prorok, I. Sarzhenko, O. Sidorenko, V. Sheinov, E. Shostrom, K. Steiner. In particular, in Ukrainian psychology the problem of inner development of young people under modern social and cultural conditions (E. Pomytkin), the mechanisms of counteraction to students’ manipulative intentions (N. Volynets), the social and psychological peculiarities of manipulative interaction of educational process subjects at higher educational institutions (O. Pelehatyy) are investigated. However, psychological conditions of manipulative interaction prevention in adolescence are still unexplored, the classification of participants of such relations has not been worked out, there is no inte-

grated programme of manipulative interpersonal relations prevention for people belonging to the risk groups “manipulators” and “objects of manipulation”.

The aim of the article is theoretical reasoning, empirical discovering of the peculiarities of manipulative interpersonal relations in adolescence and creation of psychological conditions for preventing such kind of relations.

The review of academic literature concerning the problem of forming manipulative relations makes it possible to ascertain the fact that concept of manipulation is regarded in the context of psychological influence. The problem of psychological manipulation definition, discovering its connection with other psychological phenomena is still topical. There is no universal approach to the ethical application of manipulation. At the beginning of the 21st century the problem of defense against psychological manipulation becomes significant.

In our research manipulative interpersonal relations were singled out into an independent kind and are considered as subject-object relationships implemented through the hidden psychological influence in order to activate object's intentions which do not correspond to his/her actual desires, but are necessary for the manipulator to achieve his/her own purposes.

The success of manipulative relations depends on psychological peculiarities of its subject and object. In order to ascertain the characteristics of the personality of manipulative interpersonal relations participants, the model of personalities of a manipulator and an object of manipulation is created.

The topical character of studying manipulative relations in adolescence is determined by active formation of young people's worldview, moral value system, by the duration of the process of self-determination, active development of communicative skills, relative independence on adults in this period. Adolescents are highly vulnerable to manipulations and at the same time they adopt effective ways of manipulative influence on others.

According to psychological literature review, there are age-related peculiarities of adolescence which are at the same time components of personality structure of interpersonal relations participants. The main reasons for adolescents' participation in manipulative relations as their subject are egoism, social isolation, desire to achieve the goal at whatever cost, the need for self-assertion, feeling loneliness and absence of reconciliation of one's own “self”, the skill to disguise the motives of one's behavior and feelings, tendency to adapt to circumstances. These determinants are formed in childhood and strengthened by social factors. Boys and girls with personal aptitude to manipulative relations were included in the risk group “manipulators”.

The main internal preconditions for adolescents' involvement in manipulative relations as their objects are conformity, emotional instability and increased emotionality, stereotyped thinking, moral infantilism, anxiety, inadequate self-appraisal, immaturity of reflection and moral beliefs, aspirations for laying the blame on others

and for being subordinate, weakness of the will, dependence. External preconditions are vital crisis, the destruction of the established values system in society, psychological ignorance and peculiarities of education.

Adolescents prone to participating in manipulative relations as their objects are involved in the risk group “objects of manipulation”. It is found out that the psychological peculiarities of adolescence, on the one hand, have common features with the typical characteristics of a manipulator, and on the other hand, adolescents are vulnerable to manipulation. Thus, it is natural for participants of manipulative relations to get stuck in adolescence and their psychological growing-up is decelerated.

Basing on the classification of manipulators by E. Shostrom and on the analyzed determinants of adolescents' involvement in manipulative relations and peculiarities of personalities of a subject and an object of such relations, we have identified the criteria, which are the basis for the author's classification of the manipulative interpersonal relations participants in adolescence. The risk group “manipulators” is divided into four types: “manager”, “controller”, “guardian”, “demure” according to the criteria “manipulative capability-passiveness”, the level of aggressiveness, “isolation-sympathy”, compliance level.

Manipulators, who usually show their power, strength, aggressiveness and malevolence, use orders and threats to control the object, try to increase their influence by authorities, are referred to the type called “manager”. In the process of communication they are satisfied with the fulfillment of orders and demands by others and enhancement of tension. Their psychological benefit is getting respect and observation of the partner's inability to resist the pressure.

Manipulators of the type “controller” tend to expose emphatically critical position and to count up the actions of others and their constant disapproval. Manipulation involves intentional exaggeration of the importance of rules and procedures, and also in categorical statements, assessments of people and events. Social benefit lies in obtaining material goods and favours for their deviation from the rules, and also in recognition of someone's mistakes and guilt. They get psychological benefit from partner's confusion, fear and helplessness, from admiration by their environment.

Manipulators who demonstrate heartiness, care, attention, support, indulgence to the mistakes of others and destroy their independence in such a manner are referred to the type of “guardian”. Manipulator's social benefit involves taking care of him/her by the object of manipulation in return. The psychological benefit is partner's following manipulator's recommendations and advice.

Manipulators who demonstrate their vulnerability, helplessness, want to be dependent are referred to the type of “demure”. Manipulator demonstrates that he/she is a victim of circumstances, he/she is out of luck and needs help. Social benefit lies in obtaining assistance and execution of manipulator's task by others. The psychological benefit involves excusing manipulator's own failures, and

understanding and sympathy of the environment.

The risk groups “objects of manipulation” are divided into three types: “easygoing”, “conservative”, “anxious and impulsive” according to the criteria of “manipulative capability-passiveness”, compliance level, rigidity level, expressiveness of self-accusation.

Objects of manipulation who consider the attitude of others to be more balanced and objective than their own point of view, and whose internal attitudes are more easily transformed under the influence of group’s attitude are referred to the type “easygoing”. They are often on the verge of different social groups and feel the impact of their contradicting norms and values. There are many easy-instilling, emotional boys and girls among them.

The type “conservative” is represented by objects of manipulation with stereotyped thinking. Such adolescents have no desire to waste energy and time on making extraordinary decisions, their thinking is economical, it is difficult for them to change the outlined program of actions, even if conditions require it.

Objects of manipulation with high sensitivity to events happening around them who are vulnerable, inclined to long emotional experience of past or future, have a sense of inferiority, tend to develop overstated moral requirements to themselves and understated level of pretensions are included into the type “anxious and impulsive”.

It is emphasized that the selected types are pure, but boys and girls show signs of different types of manipulative behaviour in different spheres of life, although one of it still dominates. The manipulator who combines the features of several selected types is more dangerous for the object of manipulation due to a large set of manipulative tactics, greater impact on personality; he/she is more self-destructive due to blocking some aspects of personality development compared to the manipulator of a pure type. Boys and girls included into the risk group “objects of manipulation” can also manifest different types of behaviour, but one of it dominates.

Thus, the personal characteristics of adolescents, on the one hand, have common features with the typical characteristics of manipulator’s personality and contribute to initiating manipulative relations; on the other hand, they make them vulnerable objects of manipulation.

313 adolescents who study in Melitopol State Pedagogical University took part in the ascertaining experiment. In the formative experiment 119 adolescents took part. Before the training experimental and control groups were randomly created. Experimental group included 63 members (5 subgroups of 12-13 people), control group had 56 members. The control and experimental groups were formed in such a way that the total number of boys and girls belonging to the different types of manipulative relations participants in these groups were not of great difference.

According to the results of the ascertaining experiment it is determined that there exist manipulative strategies in adolescents’ interpersonal relations; however, boys and girls often do not pay attention to them. High frequency of participation in manipulative relations is admit-

ted by 18.14% of the surveyed. Typically adolescents get involved in such relations under conditions of time shortage or while discussing insignificant details some unexpected emotions are shown. 30.89% of boys and girls have manipulative relations of high level of importance and strength. They become involved in such kind of relationships while communicating with friends, at the university, at home. Peers, parents and partners often create situations of manipulative relations in adolescence. It is emphasized that the reason for participating in manipulative interpersonal relationships is the low level of psychological preparation of adolescents, which causes the need for creating psychological conditions for understanding and prevention of such relations.

With the help of M. Hartley’s method of recognizing persons’ disposition to participating in manipulative relations and passive behaviour it is pointed out, that the majority of boys and girls (69.33%) belongs to the risk group “objects of manipulation”, 28.12% form the risk group “manipulators”. 21.31% of adolescents show clearly expressed manipulative behaviour. Only 2.56% of the surveyed do not belong to any of the risk groups.

According to the level of manifestation of personal qualities which have an impact on the participation in manipulative interpersonal relations boys and girls of the risk group are classified according to the types. A third of adolescents (34.82%) represent pure types of manipulative relations participants. Most of them belong to the types “demure” and “guardian”, less widespread types are “controllers” and “managers”. Such a correlation is caused by the fact that using manipulative strategies “demure” and “guardian” is the easiest and it does not require special demands to manipulator’s personality. Success of manipulators of the types “manager” and “controller” is possible in case the manipulator is respected in a group and has a certain social status. The most widespread type of the objects of manipulation is “conservative”, less widespread types are “easygoing” and “anxious and impulsive”. The number of adolescents who realize and actively deny manipulations is 7.34%.

Representatives of the risk group “manipulators”, who combine features of different types, make up 21.45% of boys and girls of mixed types. The number of representatives of the risk group “objects of manipulation”, who combine features of different types, amount to 75.49% of adolescents. The most widespread mixed types are “manipulator – guardian, demure”, “object of manipulation – easygoing, conservative”.

The author’s classification of manipulators and objects of manipulation among adolescents was specified with the help of statistic methods, precisely discriminantive analysis. It is determined that 27.79% of boys and girls belong to the risk group “manipulators”, among them 12.14% of the surveyed have dominant type “demure”, 9.90%, are referred to “guardian”, 3.83%, – “controller”, 1.92% – “manager”. 50.48% of adolescents belong to the risk group “objects of manipulation”, among them the dominant type “conservator” is shown by 19.81% of the

surveyed, “easygoing” –19.17%, “anxious and impulsive” – 11,50%. 21.27% of boys and girls have dominant type “individuals who actively deny manipulation”. With the help of comparative analysis it is found out that among the classified dominant types personal qualities differ significantly. Personal qualities peculiar to different types of manipulative relations participants are specified.

The general level of adolescents’ involvement in manipulative relations is determined on the basis of eval-

uations which show the peculiarities of manipulative interpersonal relations in adolescence (frequency of participation in manipulative relations, their manifestation in different spheres of life, representation of boys and girls as subjects of manipulation, belonging to the risk group, type of manipulative relations participant). All the surveyed were referred to the high, middle or low level of general involvement in a manipulation situation (table 1).

Table 1.

Quantity distribution of adolescents according to the levels of general involvement in manipulative interpersonal relations

N=313

Participants of manipulative interpersonal relations	General level of involvement in manipulative interpersonal relations as % (absolute number)		
	High	Average	Low
Risk group “manipulators”	62,50 (55)	37,50 (33)	0,00 (0)
Risk group “objects of manipulation”	72,81 (158)	27,19 (59)	0,00 (0)
Individuals who actively deny manipulation	0,00 (0)	37,50 (3)	62,50 (5)
Total	68,05 (213)	30,35 (95)	1,60 (5)

The majority of adolescents with the high level of involvement in manipulative relations is belong to the risk groups “manipulators” and “objects of manipulation”; the majority of boys and girls with the low level is identified in the group of “individuals who actively deny manipulation”. According to the results of the carried out statistic data processing (dispersive and discriminantive analysis, Fischer’s criterion, Student’s t-test), all the obtained results have sufficient level of statistical significance $p \leq 0,05$.

Thus, experimental research of peculiarities of manipulative interpersonal relations in adolescence has proven the high level of adolescents’ involvement in such relations; that means that there is a need for searching conditions for preventing them (this idea was originally the basis of the formative experiment).

Among the psychological conditions for preventing manipulative relations in adolescence we singled out objective and subjective ones. The change of objective conditions is connected with the peculiarities of interaction and the change of subjective conditions is related to boys and girls’ inner self-improvement. Objective psychological conditions determine decrease in the frequency of involvement in manipulative relations by means of understanding and active denying of manipulation, transition from manipulative relationships with high level of importance and strength to the low one, change from manipulative relations with individuals having high level of sociability to the low one. Subjective psychological conditions determined the decrease in the level of manifestation of personal qualities which facilitate adolescents’ involvement in manipulative interpersonal relations as their subject (manipulative capability, aggressiveness, isolation, excessive sympathy, compliance) and object (passiveness, compliance, rigidity, self-blame).

The training programme aimed at creating the above mentioned psychological conditions for preventing mani-

pulative interpersonal relations in adolescence was developed and applied.

The review of the results of testing the author’s training programme shows that there are significant differences between the control and experimental groups. The effectiveness of creating psychological conditions for manipulative relations prevention by means of the training has certain tendencies.

In the risk group “objects of manipulation” the formation of the skills of well-timed detection and resistance to manipulative interpersonal relations is achieved; boys and girls participate significantly more rarely in such kind of relations (high level of participation frequency was reduced by 8.39%). Decrease in the frequency of participation in manipulative relations is also observed among the adolescents belonging to the risk group “manipulators” (the high level is decreased by 8.77%). The reason for this is that the skills of empathy, reflection were formed; the skills of self-examination and acceptance of oneself and others were improved.

The author’s training contributed to the effective formation of psychological mechanisms for preventing adolescents’ manipulation in various areas of interpersonal relations. It has led to manipulative relations transition from the high and medium level of participation to the low one (the number of participations on the high level is decreased by 5.52%, on the average level – by 6.20%). The training is mostly effective in the sphere of close and personal communication (with partners and friends), as well as in terms of adolescents’ understanding of their manipulations in the areas that previously seemed to be devoid of manipulative relations (communication with friends). It promotes the development of inner motivation to studying the peculiarities of such relations and creation of one’s own strategies for their prevention.

The training results showed that the formation of the

ability of well-timed detection and resistance to manipulative interpersonal relations contributes to reducing the number of boys and girls involved in manipulative relations with individuals of high (reduced by 10.15%) and average (reduced by 8.45%) levels of sociability after the training. Most effectively adolescents started to prevent manipulative encroachment of their peers and relatives.

The absence of purposeful work on the creation of psychological conditions for manipulative interpersonal relations prevention contributes to the fact that the number of boys and girls belonging to the risk group “manipulators” is increasing in due course (by 12.50%), which has negative impact on their personal growth. The reason for that may be rising selfishness, manipulability, aggressiveness and isolation. After the training the amount of adolescents belonging to the risk group “manipulators” decreased by 12.70%; to the risk group “objects of manipulation” – by 15.87%. The amount of “individuals who actively deny manipulation” increases for the account of boys and girls mainly belonging to the risk groups “manipulator – demure” and “object of manipulation – easygoing.” Thus, these types of individuals learn quicker how to avoid manipulative interpersonal relations.

Some positive changes in reducing aggressiveness, compliance, rigidity, self-blame and normalization of isolation-sympathy balance of boys and girls of the experimental group demonstrate the effectiveness of the author’s training for creating subjective psychological conditions for preventing manipulative relations.

The training significantly increased the number of adolescents (by 44.45%) who realize and actively deny manipulation for the account of boys and girls who belonged to the risk groups. However, training effectiveness for different types of manipulators and objects of manipu-

lation is unequal. In the risk group “manipulators” the training was especially effective for the types “controller”, “guardian” and “demure”; in the risk group “objects of manipulation” – for the types “easygoing” and “anxious and impulsive”. Working with the types “manipulator – manager” and “object of manipulation – conservative” was also effective, though it requires more time. The training contributed to the reduction (by 11.12%) of the number of boys and girls of the mixed types of the risk group “manipulators”, which provided new opportunities for their personal development. In the risk group “objects of manipulation” it contributed to the reduction of their vulnerability to manipulative influences. The training produced the most desirable effect for the mixed types “manipulator – guardian – demure”, “object of manipulation – easygoing – conservative”, “object of manipulation – easygoing – conservative – anxious and impulsive”. The determining of the dominant type of manipulative interpersonal relations participant among the mixed types of manipulators and objects of manipulation after the formative experiment stipulated the review of training programme effectiveness among them. The greatest effectiveness of the training was observed when applying it for such dominant types as “manipulator – controller”, “manipulator – demure”, “object of manipulation – easygoing”, “object of manipulation – anxious and impulsive”. The training effectiveness for other types is also observed, but it requires time-consuming work.

The training for preventing manipulative interpersonal relations is determined to subserve the decreasing of the general level of adolescents’ involvement in manipulative relations in the risk groups “manipulators” and “objects of manipulation” (Table 2).

Table 2.

Quantity distribution of adolescents according to the levels of general involvement in manipulative interpersonal relations in the course of the formative experiment

N=119

The stage of investigation	Group	Participants of manipulative interpersonal relations	General participation in manipulative interpersonal relations (absolute quantity), %		
			High	Average	L
Before formative experiment	Control group	Risk group “manipulators”	64,29 (9)	35,71 (5)	0,00 (0)
		Risk group “objects of manipulation”	73,17 (30)	26,83 (11)	0,00 (0)
		Individuals who actively deny manipulation	0,00 (0)	0,00 (0)	100,00 (1)
		Total	69,64 (39)	28,57 (16)	1,79 (1)
	Experimental group	Risk group “manipulators”	62,82 (14)	37,18 (9)	0,00 (0)
		Risk group “objects of manipulation”	73,12 (29)	26,88 (10)	0,00 (0)
		Individuals who actively deny manipulation	0,00 (0)	100,00 (1)	0,00 (0)
		Total	68,20 (43)	31,80 (20)	0,00 (0)
After formative experiment	Control group	Risk group “manipulators”	63,64 (14)	36,36 (8)	0,00 (0)
		Risk group “objects of manipulation”	71,88 (23)	28,13 (9)	0,00 (0)
		Individuals who actively deny manipulation	0,00 (0)	0,00 (0)	100,00 (2)
		Total	66,07 (37)	30,36 (17)	3,57 (2)
	Experimental group	Risk group “manipulators”	28,57 (4)	28,57 (4)	42,86 (6)
		Risk group “objects of manipulation”	44,00 (11)	20,00 (5)	36,00 (9)
		Individuals who actively deny manipulation	0,00 (0)	6,84 (2)	93,16 (22)
		Total	23,81 (15)	16,89 (11)	59,30 (37)

The data presented in the Table 2 clearly demonstrate that in the experimental group the high general level of participation in manipulative interpersonal relations after the formative experiment has been reduced by 44.39% and the average one – by 11.51%, the low level has been increased by 59.30%. No significant differences were revealed between “manipulators” and “objects of manipulation”, which proves equal effectiveness of the training for both risk groups. The decreasing of the general level of involvement have become possible owing to the reduction of the level of its components, as well as the increase of the amount of “individuals who actively deny manipulation”.

The high effectiveness of creating psychological conditions for the formation of the ability of well-timed ascertaining, awareness, and prevention of manipulative interpersonal relations in adolescence by the means of the training is proven.

Conclusions. Having participated in the training aimed at forming the skills of well-timed ascertaining and counteraction to manipulative interpersonal relations, boys and girls from the risk groups “manipulators” and “objects of manipulation” get involved in such relations considerably rarely. Adolescents tend to reduce their participation in manipulative relations from high and average

levels of importance and strength to the low one. The training is the most effective means in solving the problem of manipulation in the sphere of intimate and personal communication (with partner and friends), as well as for boys and girls’ awareness of manipulation in such areas which previously seemed to be devoid of it (communication with friends). The number of adolescents involved in manipulative relations with individuals of high and average levels of sociability has reduced. The number of boys and girls belonging to the risk groups “manipulators” and “objects of manipulation” has decreased significantly, and the number of adolescents not belonging to any risk groups has increased essentially. The general level of adolescents’ involvement in manipulative relations of the risk groups “manipulators” and “objects of manipulation” has decreased.

The conducted investigation does not cover all the aspects of the problem of preventing manipulative interpersonal relations in adolescence. Differentiation of manipulative relations prevention according to the classified types requires precise investigation. The outlined problem demands more detailed and precise studying of the psychological peculiarities of the mentioned types not only in adolescence but also in other age periods.

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ПСИХОЛОГІЧНІ УМОВИ ЗАПОБІГАННЯ МАНІПУЛЯТИВНИМ МІЖОСОБИСТІСНИМ СТОСУНКАМ У ЮНАЦЬКОМУ ВІЦІ

Стаття присвячена виявленню особливостей маніпулятивних взаємин, визначенню психологічних умов їх формування та розробці тренінгової програми запобігання маніпулятивним міжособистісним стосункам у юнацькому віці. У роботі уточнюється зміст поняття «маніпулятивні міжособистісні стосунки». Юнаків і дівчат, які володіють особистісними якостями, які є одночасно компонентами структури особистості маніпулятора, автор об'єднує в групу ризику «маніпулятори». Осіб юнацького віку, які мають особистісну схильність до включення в маніпулятивні стосунки як об'єкт, автор об'єднує в групу ризику «об'єкти маніпуляції». У статті розглядаються уявлення про вікові особливості молоді, які сприяють вступу до маніпулятивних стосунків як у якості об'єкта, так і в якості суб'єкта.

Автор вивчає психологічні умови профілактики, попередження маніпулятивних міжособистісних стосунків. На основі статистичних методів, зокрема дискримінантного аналізу, автор пропонує класифікацію учасників маніпулятивних взаємин в юнацькому віці, вивчає психологічні особливості включення у таку взаємодію різних типів суб'єктів і об'єктів маніпуляції. Психологічні умови для запобігання маніпулятивним взаєминам умовно діляться автором на об'єктивні, зміна яких пов'язана з особливостями взаємодії юнацтва, і суб'єктивні, зміна яких пов'язана з внутрішньою роботою юнаків та дівчат над собою. Об'єктивними психологічними умовами автор називає зниження частоти включеності в маніпулятивні взаємини, зміну маніпулятивних взаємин із високим рівнем важливості на низький, зміну маніпулятивних взаємин із особами високого рівня контактності на низький. Суб'єктивними психологічними умовами автор називає зниження рівня прояву особистісних якостей, які обумовлюють участь юнацтва у маніпулятивних міжособистісних стосунках в якості їх суб'єкта (маніпулятивність, агресивність, відособленість, надмірна прихильність, конформність) й об'єкта (пасивність поведінки, конформність, ригідність, самозвинувачення), зміна змішаного типу учасника маніпулятивних взаємин на чистий, зміна групи ризику на активне усвідомлення та заперечення маніпуляції. Установлено, що спеціально організована тренінгова програма сприяє попередженню маніпулятивних міжособистісних стосунків у юнацькому віці, а саме: знижує рівень загальної включеності юнацтва у маніпулятивні взаємини, знижує кількість юнаків і дівчат у групах ризику «маніпулятори» та «об'єкти маніпуляції», підвищує кількість юнаків і дівчат, які активно заперечують маніпуляцію.

Ключові слова: маніпулятивні міжособистісні стосунки, юнацький вік, маніпулятор, об'єкт маніпуляції, група ризику, класифікація учасників маніпулятивних взаємин, рівень включеності у маніпулятивні взаємини, психологічні умови запобігання маніпулятивним міжособистісним стосункам.

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ПСИХОЛОГИЧЕСКИЕ УСЛОВИЯ ПРЕДОТВРАЩЕНИЯ МАНИПУЛЯТИВНЫХ МЕЖЛИЧНОСТНЫХ ОТНОШЕНИЙ В ЮНОШЕСКОМ ВОЗРАСТЕ

Статья посвящена выявлению особенностей манипулятивных межличностных отношений в юношеском возрасте, определению психологических условий их формирования и разработке тренинговой программы предотвращения манипулятивных взаимоотношений. В работе уточняется содержание понятия «манипулятивные межличностные отношения». Юношей и девушек, которые обладают личностными качествами, являющимися также компонентами структуры личности манипулятора, автор объединяет в группу риска «манипуляторы». Лиц юношеского возраста, которые имеют личностную предрасположенность к участию в манипулятивных отношениях в качестве объекта, автор объединяет в группу риска «объекты манипуляции». В статье рассматриваются представления о возрастных особенностях молодежи, которые способствуют вступлению в манипулятивные отношения как в качестве объекта, так и в качестве субъекта. Автор изучает психологические условия профилактики, предупреждения манипулятивных межличностных отношений. На основе статистических методов, в частности дискриминантного анализа, автор предлагает классификацию участников манипулятивных взаимоотношений в юношеском возрасте, а также общего уровня и компонентов их участия в манипулятивных межличностных отношениях. Психологические условия для предотвращения манипулятивных взаимоотношений условно делятся автором на объективные, изменение которых связано с особенностями взаимодействия лиц юношеского возраста, и субъективные, изменение которых связано с внутренней работой юношей и девушек над собой. Объективными психологическими условиями автор называет снижение частоты участия в манипулятивных взаимоотношениях, изменение манипулятивных взаимоотношений с высоким уровнем важности на низкий, изменение манипулятивных взаимоотношений с лицами высокого уровня контактности на низкий. Субъективными психологическими условиями автор называет снижение уровня проявления личностных качеств, которые обуславливают включение лиц юношеского возраста в манипулятивные межличностные отношения в качестве их субъекта (манипулятивность, агрессивность, обособленность, чрезмерная привязанность, конформность) и объекта (пассивность поведения, конформность, ригидность, самообвинение), изменение смешанного типа участника манипулятивных взаимоотношений на чистый, изменение группы риска на активное осознание и отрицание манипуляций. Установлено, что специально организованная тренинговая программа способствует предотвращению манипулятивных межличностных отношений в юношеском возрасте, а именно: снижает уровень общей включенности лиц юношеского возраста в манипулятивные взаимоотношения, снижает количество юношей и девушек в группах риска «манипуляторы» и «объекты манипуляции», повышает количество юношей и девушек, которые активно отрицают манипуляцию.

Ключевые слова: манипулятивные межличностные отношения, юношеский возраст, манипулятор, объект манипуляции, группа риска, классификация участников манипулятивных взаимоотношений, уровень включенности в манипулятивные взаимоотношения, психологические условия предотвращения манипулятивных межличностных отношений.

Reviewer: Doctor of Psychology, professor V. Zarytska

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