

Psychology closer to life

Summary

The following volume of “Chowanna”, titled just like the previous one *Psychology closer to life* is to show the painful sphere of suffering, autodestruction and violence that we unfortunately experience every day more and more often. The first part of the volume approaches this matter. The articles present the pain that people experience in close relationships, which should be the source of strength and support for a human as well as should create the climate of mutual love and respect, but which become a family hell that is hard to get out of. The first article describes psychological mechanisms of violence from the perspective of the offender, especially the violence which occurs in partner relationships. This type of violence is described as a pathologic behaviour which develops in close relations as an effect of traumatic childhood experiences. Its main cause is the desire of power and control, which is a compensation for a lower self-esteem. The next article shows the problem of rape in marriages. Based on the analysis of documents included in records of criminal and divorce cases, a characteristic of sexual violence has been made which indicates the duration and frequency of violence, demographic data of the victim and the offender, the motives of rapes.

Another article also discusses the problem of women experiencing violence. The research results presented in this article show how personal resources, personality characteristics and social abilities of the abused women influence the help they receive and the way social support functions. The next article raises the issue of the way certain personality characteristics of abused women are connected with specific strategies of coping with violence experienced from a partner. The last two articles concern issues wider than disfunctionality and pathology of partner relationships. The first one explains the results of research conducted on the range of intensity level and the character of autodestructive behaviours among people with anxiety and depressive disorders, made in comparison with healthy people. These results show the general tendency to take too risky actions in modern society. *Violence and suffering*, which is the final article of this volume, analyses the possibilities to regulate intentionally the emotional life in stressful situations and emphasizes the need to undertake actions developing the abilities in this range, because people adopt few strategies when dealing with negative emotions.

The second, a bit slimmer part of the volume of “Chowanna” is titled *Human environment as a source of multidimensional stimulation*. It encourages reflections on how to perceive ecology problems, the ways to experience time and the function of the tendency to risk. The first of three articles in this volume is an appeal to practice psychology in a new paradigm – ecological, environmental and systematic, because psychology is focused too much on an individual and the human world “maintaining the illusion of separation which is so characteristic for contemporary culture”. The text is ended with a series of questions to which we should seek answers, so that psychology could really be the psychology closer to our life. The second article presents the ways to try to use regularities noticed during theoretical and empirical studies on temporal psychology, in order to optimise the individual’s life. The third article in this volume discusses the tendency to risk treated as a way of communicating of one’s own biological quality. On the grounds of the research presented in it, we find out that women prefer men with a higher tendency to risk and that men are aware of this fact. The last position of the volume is a review of *Postmodernism and the ends of century* – a book by Bogdan Baran.