



INTRODUCTION. The number of studies devoted to the variety of psychological distance between married partners has been dramatically increasing for the last decades, caused by changes in attitudes toward the family in general. The traditional family has been kept as a value, but it is no longer necessary in modern Western society, which is characterized, as a rule, by a relative high income and women's independence. A lot of research focuses both on the creation of a common environment and on the preservation of personal privacy and freedom for each of the married couples. It is natural that many sexual partners can't cope with the challenges of everyday life and prefer a so called "living apart together" spouse form.

Whereas in the Western cultures partnerships become four forms (single, living apart together, cohabiting, married), in Russia dwelling limitations don't always allow the husband and the wife to maintain a desired distance between each other, so spouse partners are forced to accommodate themselves to environmental conditions and to build a common psychological space. In addition, there exists a belief in a very high value of man's presence in the woman's life in Russian mentality. Following this attitude the spouses can not get only but also lose.

OBJECTIVES. To investigate the links between psychological closeness in spouses, marriage satisfaction level, and each spouse's self-actualization level.

HYPOTHESES

1. The higher the level of psychological closeness in spouses, the higher the level of marriage satisfaction.
2. The higher the level of psychological closeness in spouses, the lower the level of self-actualization among each spouse.

DESIGN AND METHODS. Participants were 104 volunteers living in Moscow aged from 18 to 66 (52 couples), having been married from some months to 41 years. The following questionnaires were used: Psychological Closeness in Spouse (PCS) developed by Y.Kurbatkina, Personal Orientation Inventory (POI) by E.Shostrom, and Marriage Satisfaction Scale Y.Alyoshina, L.Gosman. We computed non-parametric criteria by Mann-Whitney and by Spearman.

RESULTS. As expected psychological closeness is positively connected to marriage satisfaction ($p < 0,05$). The second hypothesis is confirmed for the women only: psychological closeness is connected to the low self-actualization level in women and doesn't influence men.

DISCUSSION. So women who are in symbiotic dependence on their husbands don't share the values of a self-actualizing person, are not sensitive enough to themselves, not spontaneous, can't accept themselves, haven't a positive view on human nature, deny the own aggression, and haven't cognitive needs and creativity. Certainly they are not harmonic persons and are not able to make their relatives happy.

In contrast to this data, men don't depend in their self-actualizations on psychological distance from their wives: both the "close" and the "distant" types can realize themselves fruitful.

These results can be considered from an evolutionary point of view and accepting gender stereotypes and roles in Russia.

THEORY OF PERSONAL SOVEREIGNTY. In accordance to our Theory, every person lives in their own environmental "bubble" created by means of personalization and signification mechanisms (Fig. 1).

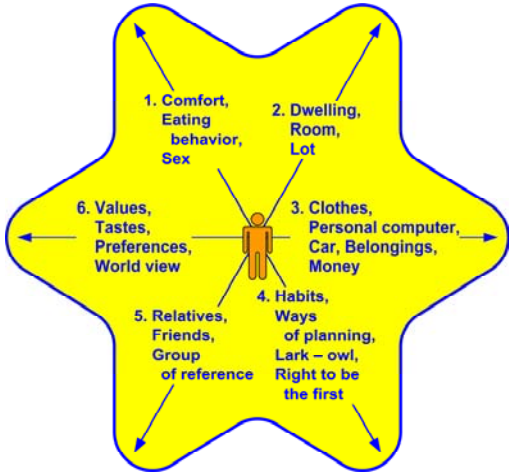


Fig. 1. Structure of the Psychological space

Psychological space can be defined as a fragment of reality that is significant for a person, and includes a complex of physical, social and psychological phenomena that a person identifies him- or herself with. Psychological (personal) sovereignty is considered a person's ability to supervise, protect, and develop, his or her psychological space. All social interactions are determined by necessity to divide or to unite psychological spaces and to specify the personal Ego-borders.

In the married couple, both the husband and the wife strive for maintenance of a desired psychological distance. Psychological distance is considered the degree of partners' free-will approaching each other that determines a readiness to admit one another to their own personal psychological space (Kurbatkina, 2006; Nartova-Bochaver, 2005).

Table 1. Connection (r_s) between scores of the Psychological Closeness (PCS) and scales of Personal Orientation Inventory POI by E.Shostrom in men ($n=52$) and women ($n=52$)

	POI Scale	Tc	I	SAV	Ex	Fr	S	Sr	Sa	Nc	Sy	A	C	Cog	Cr
PCS	M	- 0,02	- 0,02	- 0,1	- 0,02	- 0,28	-0,09	- 0,1	0,11	- 0,24	0,22	0,09	0,02	- 0,12	0,1
	W	- 0,16	- 0,1	- 0,35	- 0,19	- 0,42	- 0,46	- 0,19	- 0,27	- 0,27	- 0,07	- 0,36	- 0,16	- 0,37	- 0,43
	Total	- 0,06	- 0,21	- 0,17	- 0,14	- 0,23	- 0,25	- 0,09	- 0,23	0,09	0,1	-0,16	- 0,07	0,11	- 0,19

Note.
Significant in $p < 0,05$ connections are in bold and green.
Significant in $p < 0,01$ ones are in bold and yellow

SELECTED ITEMS OF THE QUESTIONNAIRE

"PSYCHOLOGICAL CLOSENESS IN SPOUSE"

- 2 A) It's not a necessity to be in the know about all the spouse's medical problems (d).
B) It's natural that spouses know all about the health of each other (c).
- 8 A) It's normal when one spouse in a bad mood can feel sickened with embrace by the other spouse (d).
B) It's nice when the spouses are always ready to receive embraces and tenderness from each other and feel thankful for them (c).
- 16 A) After the wedding, the spouses had to cancel some habits and hobbies if the other spouse didn't agree with them (c).
B) Marriage hasn't disturbed the usual life style of each of the spouses (d).
- 66 A) It goes without saying that spouses behave the same way, independent of whether they are together or not (c).
B) It's natural that spouses behave differently in public whether they are together or not (d).

CONCLUSION.

Psychological closeness is positively connected to marriage satisfaction in spouses, negatively connected to the level of women's self-actualization, and hasn't any connections to the men's self-actulization.

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