

INPACT 2015

INTERNATIONAL PSYCHOLOGICAL
APPLICATIONS CONFERENCE AND TRENDS

Ljubljana, SLOVENIA

2 to 4 May

Book of Abstracts

Edited by:
Clara Pracana



WIARS
World Institute for
Advanced Research
in Science

Edited by:
Clara Pracana,
Portuguese Association of Psychoanalysis and Psychoanalytic Psychotherapy, Portugal

Published in Lisbon, Portugal, by W.I.A.R.S.
www.wiars.org

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ISBN: 978-989-99389-1-5

SOCIAL PSYCHOLOGY

DO SOVEREIGN PEOPLE COMMUNICATE MORE EFFICIENTLY?

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Abstract

The psychological sovereignty (PS) is a person's ability to keep his/her boundaries, and to control his/her personal space – body, territory, personal belongings, etc. (Nartova-Bochaver, 2005). This trait is responsible for keeping balance between the person's needs and other people's ones. PS is important for preventing transgressions of personal boundaries including unjust treatment, it helps to respect others and protect themselves as well. The opposite pole of this trait is designated deprivedness. In our research, the connection between psychological sovereignty and interpersonal interaction specificity was investigated on a Russian sample. The hypothesis assumed that sovereignty is positively connected with harmonious interpersonal relationships. In total, 399 respondents participated in this survey, 102 males, 297 females, $M_{age}=23$ years. The following tools were used: The Psychological Sovereignty-2010, Attachment - Separateness scale of Five Factor Questionnaire by A. B. Khromov, The experiences in Close Relationship Scale by M. Wei et al. Two empirical studies were conducted. In study 1, it was shown that the sovereignty level is positively connected with some attachment facets (warmth, trustfulness, and respect for others). In study 2, we discovered that the sovereignty level is negatively connected with anxiety and avoidance in close relationships. The discovered connections are more pronounced in females. Outcomes mean that people who feel safer have features helping them to establish more friendly attitudes toward others than people who feel vulnerable. Moreover, they communicate more confidently and authentically. Results are of high importance for applied social psychology.

Keywords: *personal sovereignty, five factor model, communication, anxiety, avoidance.*
