

FAMILY CRISES AND COPING MECHANISMS

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OBJECTIVES

To assess the use and knowledge of coping strategies in Hungarian society. To assess coping mechanisms by gender, the most common reasons for relationship breakdown and relationship satisfaction.

METHODS

Descriptive, cross-sectional, and quantitative type of online questionnaire survey. After data recording and cleaning, 191 questionnaires were evaluated. Descriptive statistical tests were used to characterise the sample, and mathematical statistical methods (calculation of means, analysis of confidence intervals, chi-square test, T-test) were used to examine the relationships between variables.

RESULTS

The most common reasons for relationship breakdown are infidelity, emotional and sexual neglect. (Table 1) The majority of respondents prefer problem-analysis coping to passive coping when resolving a conflict ($p < 0.001$) (Table 2). The problem-analytical coping mode is more common among both women and men than the emotion-focused one. The idea of divorce is significantly more frequent in trusting relationships ($p < 0.001$).

CONCLUSIONS

Knowledge of coping is independent of educational level. The majority of people choose the problem-analysing coping method most often (Figure 1). Passive coping was the coping used by few people and rarely. In terms of gender, the coping styles used are converging, but still more women use emotion-focused coping than men (Figure 2). No significant difference is confirmed, but married people feel happier in their relationship, but the presence of mistrust often raises the idea of divorce.

Ranking	Statement	Frequency
1.	Infidelity	142
2.	Emotional neglect and alienation	140
3.	Sexual life problems	120
4.	Addictions	104
5.	Little time for each other	101
6.	Abuse, aggression	97
7.	Financial situation	77
8.	Childbearing issues	38
9.	Inappropriate mating habits	32
10.	Different thinking about child rearing	29
11.	Other	11
12.	Difference in education levels	8

Table 1.
Frequency of factors leading to the end of a relationship in the sample (n=191)

Ranking	Statement (rated on a scale of 0 to 5)	Average
1.	I try to analyse the problem to understand it better. (problem analysis)	3,60
2.	I try to find several different solutions to the problem. (cognitive restructuring)	3,27
3.	I try to look at it from another person's point of view. (cognitive restructuring)	3,04
4.	I seek advice from a friend or relative I hold in high regard. (problem analysis)	2,32
5.	I take the stress out on others. (stress reduction)	1,37
6.	I relieve tension by eating, drinking, smoking. (tension reduction)	1,27
7.	I try using tranquilizers or medication. (passive coping)	0,21

Table 2.
Ranking of coping methods chosen in the sample, rated on a scale of 0 to 5 (n=191)

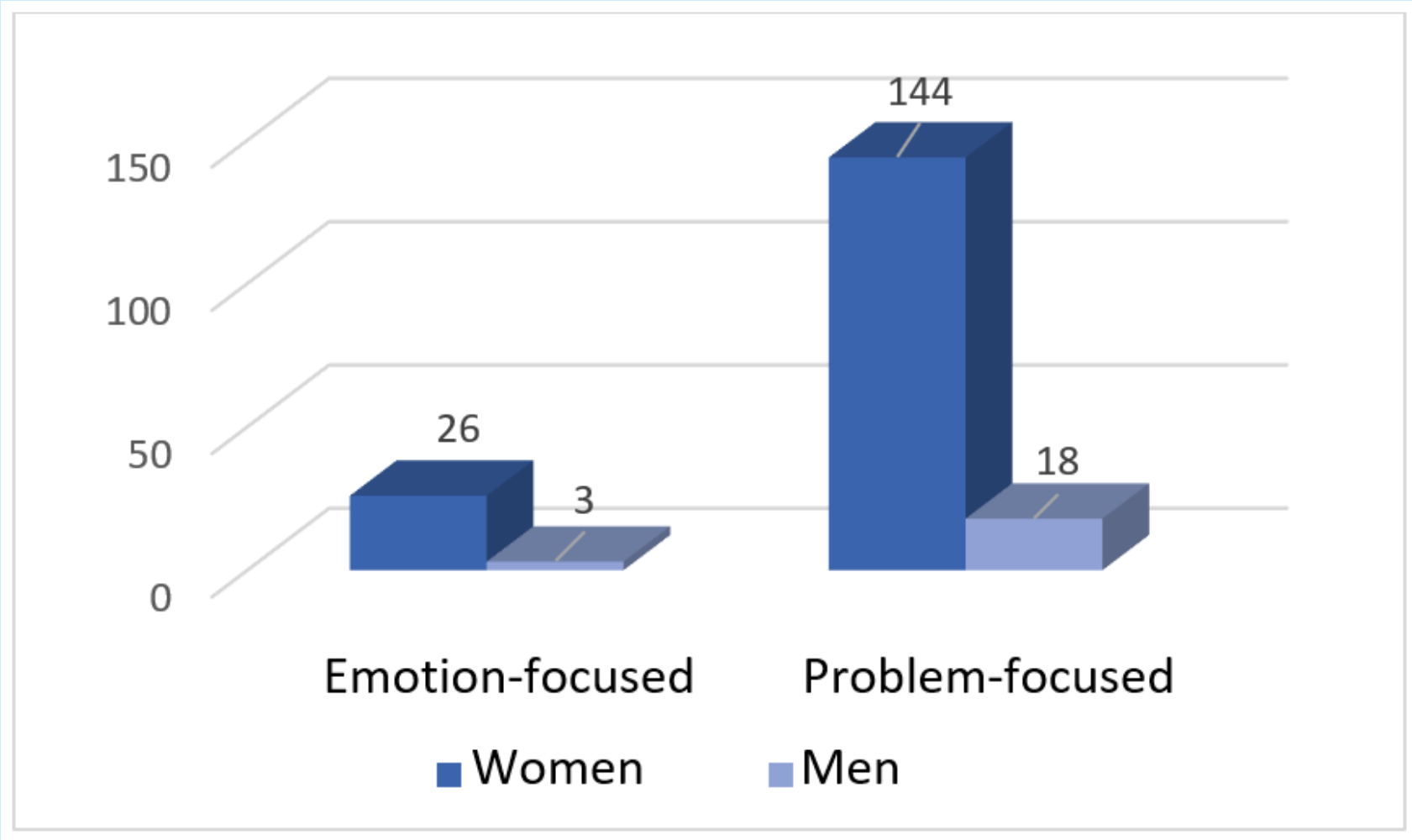


Figure 1.
Use of emotion-focused and problem-focused coping by sex (n=191)

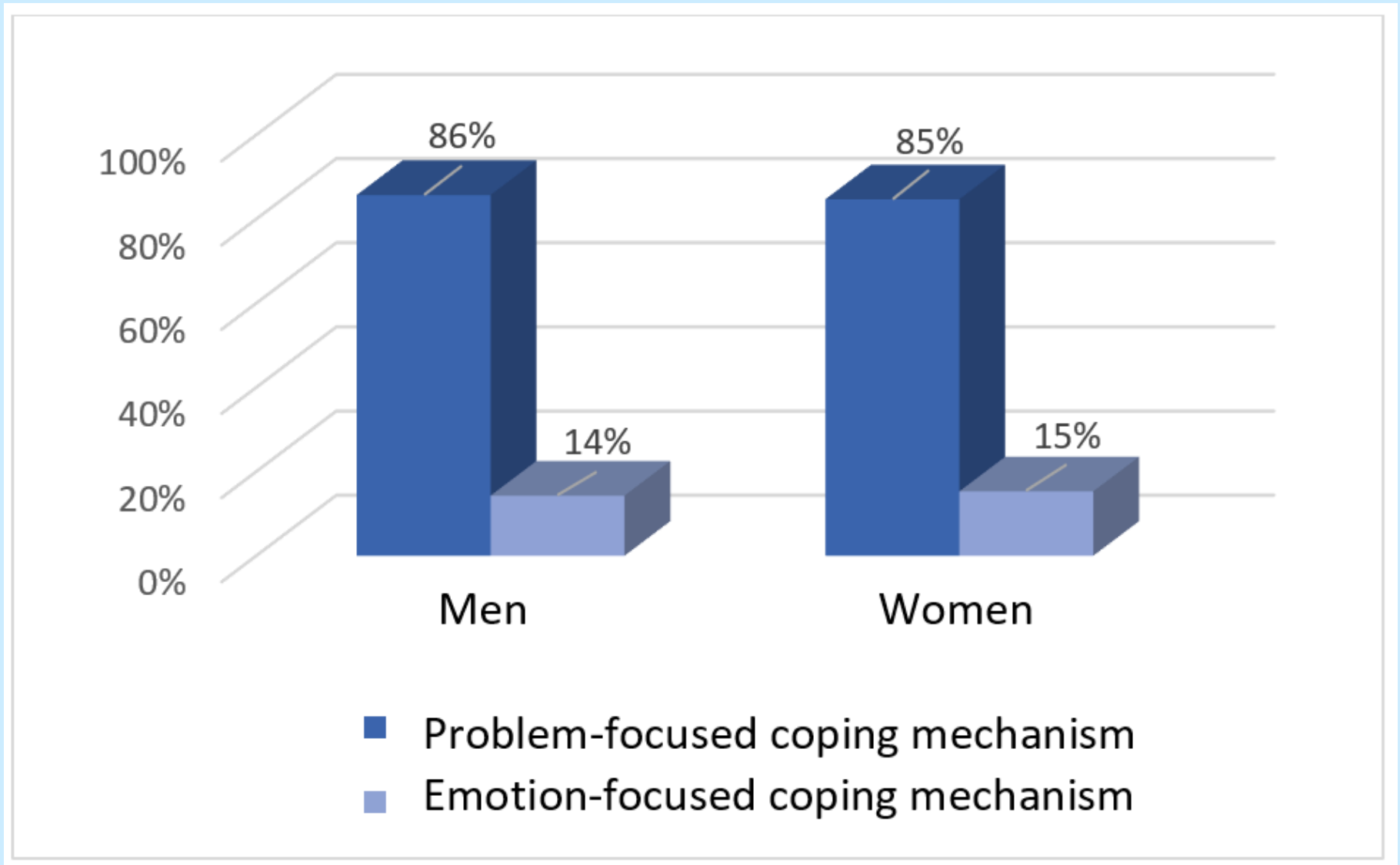


Figure 2.
Use of emotion-focused and problem-focused coping by sex (n=191)

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