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Identifying young couple issues of families with a parent working abroad vs. traditional families

Călin Mariana Floricia¹, Sandu Mihaela Luminita², Onea Alexandra³

^{1,2}Ovidius University of Constanta, Faculty of Psychology and Educational Sciences,

³Independent researcher

mariana.calin@365.univ-ovidius.ro¹, mihaela_naidin@yahoo.com²

Abstract. The starting point in the scientific approach of this paper was in the previous research, entitled "Difficulties in the cognitive-emotional development of teenagers with one of the parents who work abroad vs. teenagers with both parents at home". The subject of children left at home, whose parents went to work abroad is a topic of great interest, which has grown in recent years. Thus, lately, in Romania, more and more children are left "alone" at home because their parents are looking for jobs abroad to ensure an acceptable standard of life for their families. There are many experts who claim that this phenomenon of migration, generates a series of unwanted effects that strongly affects the emotional life of a child. Researchers also say that the most common effects include depression (which can lead to suicide), poor school performance or dropping out of school. Also, it should be noted that the parental departure to work abroad leaves a gap in the child's life, regardless of his age, whether he is in young age or a teenager. Also, most research on the subject of children with one or both parents working abroad claims that they can develop a wide range of psycho-behavioral manifestations, including: feeling abandoned sadness, anxiety, insecurity, depression, aggressive behavior or indifference, poor school behavior, poor concentration, over / underestimation, self-isolation, apathy, lack of motivation, delinquent behaviors. The research was successful in the sense that all the hypotheses were confirmed, which obviously aroused our curiosity to investigate further and find out what imprint is missing from one of the parents in the life of the child, who became an adult and more, on the verge of starting his own family. Thus, this paper aims to identify the difficulties encountered by those who come from families with a departed parent, in the life of the couple.

Keywords. problems, couple, teenager, parents, abroad

1. Family

1.1. Conceptual delimitations

Etymologically, the word "family" highlights the historical variable of the institution it represents. The word first appeared in Rome, having a different meaning than what the term means today. The origin of the word has its roots in Latin, "family, -ae" and translates as "servant", designating "the set of slaves and the group of free people who lived under the same roof under the power of "pater families "(husband, master of the house), the house entirely represented by the master and his wife on one hand, children and servants on the other.

The family is one of the most common types of social groups. If we try to define this concept, we must consider two perspectives: one social and the other legal. From a sociological point of view, the family can be defined as “a social group built on marriage, blood or kinship, the members of the group sharing common feelings, aspirations and values” (Mihăilescu, 2006, page 77, course support). The family has proven to be one of the oldest and most stable forms of human community, ensuring the perpetuation of the species, the evolution and continuity of social life.

From a legal point of view, "the family is a group of persons between whom a set of rights and obligations have been established, regulated by legal norms". (Family Code, art. 97). These norms establish the way of concluding the marriage, the establishment of paternity, the rights and obligations of the spouses, the relations between parents and children, the way of transmitting the inheritance, etc. From this perspective, the family is a formal group, controlled by laws and regulations. The family is always characterized by a strong internal connection, maintained by internal forces and external pressures.

These internal forces that unite the family are driven by spouse`s strong feelings and emotional attachments as well as the parents-children relationship, mutual respect, solidarity, longing for intimacy and other attitudes that result from the mutual satisfaction of personal emotional needs. The family is a set of social relations regulated by legal or social regulations. Family relationships can be of several main categories:

- Relationships between spouses; (regulated by marriage or by approval)
- Relationships between parents and children;
- Relationships between successors;
- Relationships between members of the couple and others;

Commonly speaking, the term family is used indiscriminately both for the family from which an individual is and for their own family formed by marriage. Sociological analysis distinguishes between the family of origin and their own family, conjugal or of procreation.

1.2. Family history

In the families we begin to understand who we are and how the world works. Parents give us, in addition to a simple family name, the first ideas about life, about how we should think and what should be the laws to abide by. There are rules that vary from one society to another, but all the societies that humanity has gone through so far have had their family at their center. Today, things seem to be changing. The traditional models of families are disintegrating, the future of the family institution seems uncertain. However, there are many voices that say that family and marriage are essential in securing the future of children and society. The family is indeed changing with the times, but it still remains a fundamental landmark in society.

In 1949, G. Murdock defined the family as a social group characterized by common residence, economic cooperation and reproduction. "This includes adults of both sexes, at least two of whom have social recognized sexually relationship and one or more children, their own or adopted, whom they raise and care for." C. Levis-Strauss (apud. Damian, 1972) defines the family as a social group that originates in marriage, consisting of husband, wife and children or relatives, a group united by rights and obligations, moral, legal, economic, religious and social. N. Damian (1972, p.58) refers to the family as a “group of relatives through marriage, blood or adoption who live together, carry out a common economic-household activity, are linked by certain spiritual relationships, and in the conditions of existence state and law, and certain legal relations. " In 1983, V. Stănoiu and M. Voinea offer their own definition of the family as “a social group created by marriage, made of people who live together, have a common household

and linked by certain natural-biological, psychological, moral and legal relationship and are accountable to each other in front of society. " The family is represented in society by a community made up of several individuals whom can be united by marriage or paternal ties, being able to combine into biological and social side symbiosis. From this fact, we appreciate the indisputable biological background of the family, which results in the phenomenon of reproduction, thus ensuring sexual relations between partners and the birth of a new generation.

The forms of organizing the relations between the partners determine the functions and the evolution of the family, they transmit the biological and cultural genes; the family being the only reproductive group that unites the spouses of their descendants through bonds of love and kinship. Also, the emotional frame occupies a main place in the nucleus of the family, having the role of ensuring each member to satisfy the need for affection, the revelation of successes, but also failures on various levels and providing a sense of security for them. Specialists and researchers have studied the evolution of the family, its structure and the causes that have emerged over time, concluding that the family is strictly dependent on the society in which it lives, that its functions and that its structure change from one stage of development to another or even from one social class to another, undergoing profound transformations. History shows that there are many forms and types of the family, and show how their functions and habits influenced by society, economy and culture have evolved. Monogamous families have had the greatest importance over time, representing the most well-known forms of families, the traditional (extended) and the monogamous (nuclear). The extended family is based on relative and non-relative relationships between members who live in the same household and represents two or three generations of kinship and sometimes their friends. This type of family (traditional) is characterized by conservatism, keeping of traditions, customs and dominant family style. The extended family emphasizes the system of ethical-religious and even cultural values, having a higher degree of inertia and transmissibility. Hence, the educational patterns are more inflexible, and the "expectations" of each member are more constant and more predictable. This form of family aims to maintain ties and stability throughout the family system, limiting the evolution and quality of intimate relationships, preserving the tradition through descendants, and less from the perspective of the biased practice of evolving the personality of partners both male and female shown in the masterpiece "The Prince". In Romania, like other European societies, the family sought to get rid of the "glory" of conservatism, the "merit" of being the keeper of traditional values. There has been a visible process of emancipation, democratization, secularization of family life.

3. The trans-generational approach to the family

In the context of the trans-generational approach of the family, it is absolutely necessary to mention Murray Bowen's theory, which occupies the most important place. Bowen talks about eight fundamental concepts that are interrelated and is the "founding stone" of the theory, namely the emotional system.

The emotional system includes "the force that biology defines as instinct, reproduction, autonomous activity controlled by the nervous system, subjective emotional states, and the feelings and forces that govern relationship systems. Broadly speaking, the emotional system governs the "dance of life" in all living things "(Bowen, 1975, p. 380).

Another term introduced by Bowen is "undifferentiated family ego mass," which refers to "intense emotional unity in a family that produces emotionality which interferes with thinking and prevents the individual to differentiate from family" (Bowen, 1978).

1. Self-differentiation - in the context of an emotional system self-differentiation is the relative degree of autonomy that an individual retains, while remaining in a meaningful relationship with others. Those individuals can transcend not only their own emotions, but also those of the family system.

2. The monogamous family emotional process - this concept describes the range of emotional relational patterns between parents and children. There are four mechanisms used by the family to deal with anxiety when it becomes too intense in the core family. All four mechanisms can be used, but usually a united family predominantly uses one or more:

➤ *Emotional distance* - in a united family system with high levels of anxiety, a family member may increase the interpersonal distance when he or she can no longer cope with emotional feelings.

➤ *Marital conflict* - the amount of conflict in a marriage is a function of the degree of unity in the relationship and the intensity of the corresponding anxiety (Papero, 1991)

➤ *Transmitting or projecting the problem towards child;*

➤ *Dysfunction in a parent;*

3. Triangles or triangulation - this concept is largely related to the projection of a problem on one or more children. Thus a triangle is the basic unit of interdependence in the family emotional system.

4. The projective process of the family - refers to the fact that the level of differentiation of the parties passes on to one or more of their children. Usually, a child will have a greater emotional involvement with one of the parents, so that the degree of differentiation of the parents and the level of stress in the family determines the intensity of the projective process of the family.

5. Emotional disruption (distancing) - in an attempt to cope with the unity and lack of differentiation, family members or segments of their extended family may distance themselves from each other and become emotionally separated. As a result of emotional separation, the individual remains trapped in the family's emotional system and may be less able to respond effectively to problem-solving situations.

6. The process of multigenerational transmission - the strong tendency to repeat dysfunctional patterns of emotional behavior in successive generations culminates in low levels of self-differentiation for certain members of younger generations.

7. The position of brother or sister - older age or gender distribution between siblings in the same generations have a strong influence on behavior.

8. The emotional process of society (social regression) - the characteristic of families are observed in social interactions. Bowen observes that our society reflects this type of regression, namely society successfully copes with acute situational factors, but fails when stress factors become chronic. So, because of chronic stressors, both society and the family lose contact with the principles of their intellect and they will act by emotion, losing their objectivity.

4. Stress and family traumas

4.1. Stressful events vs. traumatic events

The family wants to be one of the stabilizing factors of an individual, perhaps even the only and most important. Unfortunately, over time it has been proven that in many cases in a family there is suffering and isolation, but there are also many cases in which the family as a stabilizing point, becomes a reality.

In every family there are difficult times that require reorganization, giving up certain habits and developing other ones. These moments are sources of stress for the family, and S. Minuchin opinion (1974) is that there are 4 such sources as follows:

1. *Stressful contact of a family member with extramarital affairs* - for example, if one of the spouses is stressed due to problems at work, he may start criticizing his partner or even diverting the conflict towards children by attacking them, with or without reason.

2. *Stressful contact of the whole family with extra-family forces* - a family system can be severely affected by the effects of an economic recession, by moving to another city or country, the family's resistance mechanisms are significantly threatened by poverty or discrimination.

3. *Stress during a transitional period in the family* - there are many phases in the natural evolution of a family, which requires the negotiation of new rules, which leads to conflicts. Those rules offer family members and also to the family as a whole, opportunities for new growth.

4. *Stress caused by an idiosyncratic problem* - an example of such a situation is the presence of a chronically ill or intellectually disabled member.

Diana Lucia Vasile, calls "traumatic events" those situations in which most families suffer heavy losses or go through events that act in a negative way on the main structure of the family, impeding its normal functionality. These traumatic events cause trauma not only to the individuals who are going through the event, but also to the family system as a whole, affecting all its components, such as: members, boundaries, functions, relationships, etc.

In this context, we found that is absolutely necessary to differentiate between stressful and traumatic events. Thus, in terms of intensity, traumatic events are much more intensely felt by the person, but also by the family. Also, if we talk about the effects of these events on the person or family, on the one hand, stressful events cause destabilization of the family for a certain period and then a return to the initial state, while on the other hand, traumatic events persist longer, sometimes forever and produce irreversible changes in family structure.

In other words, the line between stress and trauma is very thin, given that what is stressful for one family for another can be traumatic and vice versa.

Traumatic family events:

- Physical, emotional and sexual abuse;
- Members delinquency;
- Members separation by abandonment or divorce;
- Poverty, unemployment;
- Death;
- Serious illness;

The abandonment of a parent as a traumatic event

A major global phenomenon, emigration, is constantly increasing from one year to the next, in the sense that more and more Romanians go to work abroad.

Emigration involves leaving the country of birth in exchange for temporary or permanent settlement in another country, a phenomenon that is becoming increasingly difficult to control. Given the magnitude of this phenomenon in recent years, we believe that it is necessary to be aware of the strong effects it produces, both political, physically and emotionally dividing the family members. It is already well known that emigration brings to the family both benefits and negative effects, with the problem of children being left at home -

temporarily abandoned. Leaving aside a better financial aspect, emigration comes with many negative consequences such are:

- Tensions, intra-family misunderstandings;
- Sub-control of children;
- Increasing tendency towards divorce;
- Deprivation of parental affection;
- Psychological effects related to the identification of the role of mother or father and the shaping of attitudes towards family and work;
- Decreased concern for school and lack of extracurricular activities;
- The absence of a parental model to guide the child on the values and conceptions about life;
- Difficulties in raising children;
- The appearance of deviant behaviors;

Most of the time, emigration leads to the family dissolution. The absence of one of the parents, especially the mother, leads to an estranged relationship between the two partners. In most cases, a divorce is granted, the child being entrusted to one of the parents.

In other words, the decrease in the child's ability to control and supervise is another negative effect caused by the absence of parental models. In this sense, the lack of control depends on the person who is responsible for the child and their involvement, given that there are many cases of school dropout (especially when children are in the care of grandparents) and poor school performances, when the single parent caring for the child doesn't have enough time for supervision at home or when grandparents offer "too much love" and the child gets out of control.

Emigration also has a strong impact on parents, with an increasing tendency towards divorce. Thus, although concluded for life, the marriage is strongly destabilized in the situation when one of the participants is forced to go to work abroad, in many cases the outcome being an unfavorable one, the divorce.

The specialists of the Social Alternative Association undertook a series of researches in which they identified a series of psycho-behavioral manifestations among children with one or both parents who went to work abroad, namely:

- *Poor school conduct* - involves decreased school performance, absenteeism, risk of dropping out of school, conflicts with teachers and colleagues;
- *Feelings of abandonment, insecurity, sadness, anxiety, depression* - these occur as a result of longing for parents, the need for parental affection, but also the need of their appreciation;
- *Attitude of indifference, stubbornness that can sometimes lead to aggressive behavior* - being the result of accumulated frustrations, but also of a strong need for attention;
- *Attention disorders* - involves a decrease in the ability to concentrate to perform various tasks, the principal problem being that the main thought of children is the absence of parents, but also the lack of communication with them;
- *Absence of long-term aspirations* - caused by the undesirable model of parents, who are often graduates of higher education who perform unskilled work abroad;
- *Disorders of self-esteem* - in this context we can talk about two categories, namely: children who overestimate themselves in relation to others because they have money, clothes and goods that they receive from abroad, but on the other hand we can also spoke of an underestimation, in the sense that the parents of their friends are present at important events in their life, while theirs could not be present.

- *Frustration tolerance*;
- *Lack of motivation* - the child has a permanent indifference to all the events that take place around him;
- *Difficulties in adapting* - these occur due to inadequate or non-existent preparation of children by parents and thus there is a difficult period for the child adapting to the changes in his life;
- *Pre / delinquent behavior* - in this context we are talking about joining criminal groups, aggressive behavior, substance abuse, going out often, etc. In this way, they consider that they will attract the attention of adults, but at the same time they will replace the need for affection and appreciation;
- *Suicidal conduct* - Unfortunately, research in recent years in this area has shown an increase in suicide cases among children with parents who have left. This type of suicide falls into the typology of exogenous reactive suicide from a psychopathological perspective, and is caused by psycho-traumatic events for the individual. An important fact in the case of suicides among children and teenagers is the fragility of motivation, thanatophobia at young age and lack of awareness of the irreversibility of suicide. The most common factors that urge teenagers to such a gesture are: fear or feeling abandoned, fear of punishment, fear of school failure, inability to adapt to a new and difficult pace of life, attachment disorders due to separation from the mother, by creating a sense of insecurity and anxiety.

The study was completed later and some more in-depth studies reveal that there are other psycho-behavioral manifestations caused by the departure of parents. Among them we mention: memory and language disorders, personal and social identity formation disorders, self-blame, minor self-destructive manifestations, aggression and violence, crime.

In other words, there are certain risks to which children left at home are exposed. These include:

- Vulnerability to abuse of various kinds (physical, mental, sexual, labor exploitation, child trafficking or prostitution);
- Insufficient development of self living skills, such as: independent decision taking, self-confidence, control and expression of emotions;
- Poor ethical and moral norms: they can extend the dysfunctional model of neglect within the family;
- Early onset of sexual life: teenagers, in particular, will seek the affection and appreciation they lack, in a group of friends, but also in intimate relationships. Lack of communication with parents, but also of adequate sex education can lead to early intimate relationships, running away from home, cohabitation, high-risk behaviors for contacting sexually transmitted diseases or even the occurrence of unwanted pregnancies at an early age.

Beyond material well-being, children whose parents are away benefit from the experience of traveling abroad. Most of the time, those who have both parents gone enjoy these experiences. For example, a 2006 study found that 34% of children with both parents working abroad spent that summer vacation with their parents, while only 14% of children with both non-emigrants parents had the same opportunities.

It is interesting to note that among the negative effects of emigration of one of the parents is that in many cases there was a deterioration of the relationship between the child and the parent left at home. Thus, when the departed is the father, the share of children who have a bad relationship with the mother is higher than in other cases, this being observed in the case of the child-father relationship, when the mother is out of the country.

"The family is the main source of support for children when they face a problem, especially if the problem is related to school, in the case of children with emigrant parents the share of those who say they do not turn to anyone to help them with school problems being significantly higher than in the case of children without emigrant parents. ., (Bentu, 2012)

There are a number of child clinical symptoms, "frightened that he is left alone - abandoned by the mother", among which we mention (Bentu, 2012):

→ Worrying and anxiety when anticipating parting, followed by crying, screaming, apathy;

→ Restless sleep with terrifying dreams and nightmares;

→ Various somatic feelings, sometimes very important: from headaches, stomach aches, fever, vomiting and diarrhea;

→ Neurovegetative symptoms such as: sweating, facial erythema, pallor or fear;

→ "Bad thoughts" that something bad happened to the parents, school rejection because of the fear that something bad will happen to the loved ones, the non-desired to leave home, even accompanied, occur to older children who already experienced the first separation;

Because all those facts above, we can say with certainty that the departure of one of the parents is a powerful traumatic event for the child left at home, the severe effects of this event is following him throughout his growth.

5. Research methodology

5.1. Objectives

O1. Identify significant differences between dyadic adaptation and extraversion in people who come from families with one of the parents who went abroad and those who come from traditional families.

O2. Identify significant differences between dyadic adjustment and emotional stability in people who come from families with one of the parents who went abroad and those who come from traditional families.

O3. Identify significant differences between dyadic adjustment and self-acceptance in people who come from families with one of the parents who went abroad and those who come from traditional families.

O4. Identify significant differences between dyadic adaptation and the type of family provenance.

5.2. Hypothesis

Hp.1. It is assumed that there is a positive correlation between dyadic adaptation and extraversion.

Hp.2. It is assumed that there is a positive correlation between dyadic adaptation and emotional stability.

Hp.3. It is assumed that there is a positive correlation between dyadic adaptation and self-acceptance.

Hp.4. It is assumed that there is a positive correlation between dyadic adaptation and the type of family provenance.

5.3. Participants

The research involved 141 subjects, 95 women and 46 men, aged between 18 and 57 years. Of these, 78 come from families with a working parent abroad, while 63 come from traditional families.

5.4. Research tools

In the research we used 3 questionnaires:

1. Dyadic Adjustment Scale (DAS) is a 32-item assessment tool that can be completed by either one or both partners in a relationship. Each DAS item is evaluated by a single answer, which is chosen from a list.

2. The FFPI - Five-Factor-Personality Inventory personality questionnaire evaluates the 5 super factors from the Big Five model: Extraversion, Kindness, Conscientiousness, Emotional Stability and Autonomy. It was designed to be used both for self-assessment and for evaluating the subject by people who know it well. The questionnaire consists of 100 items and is given individually or collectively, without time limits.

3. Unconditional acceptance of one's own person - the questionnaire contains 20 items that measure the unconditional acceptance of one's own person. It was designed in 2001 and is based on the theory of Albert Ellis, the items reflecting various aspects of this multifaceted concept, central to rational-emotional and behavioral theory.

6. Analysis and result interpretation

Hypothesis 1: It is assumed that there is a positive correlation between dyadic adaptation and extraversion.

Table1. Correlations between dyadic adaptation and extraversion

		D.A	Emotional stability	
Spearman's rho	Dyadic adaptation	Correlation Coefficient	1.000	
		Sig. (2-tailed)	.731**	
		N	.000	
	extraversion	Correlation Coefficient	141	141
		Sig. (2-tailed)	.731**	1.000
		N	.000	.
		141	141	

** . Correlation is significant at the 0.01 level (2-tailed).

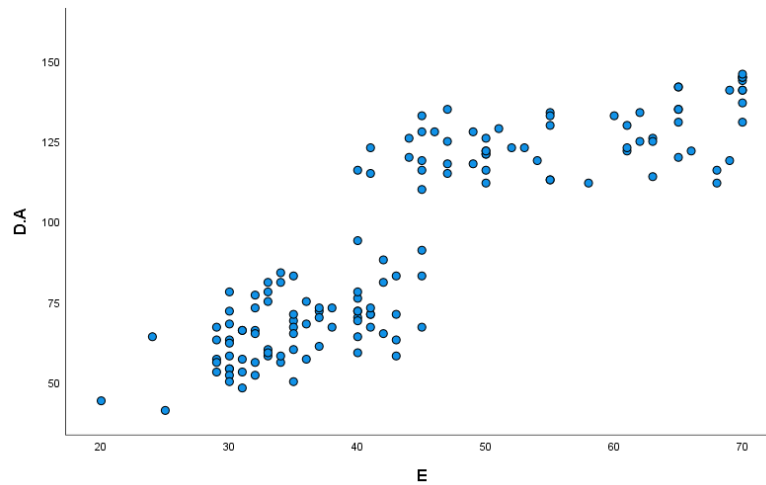


Fig 1. The point cloud for dyadic adaptation and extraversion

We can observe, following the statistical analysis, that there is a strong positive correlation between dyadic adaptation and extraversion. This can be explained by the fact that this dimension of personality, extraversion, serves to determine the extent to which people tend to be assertive, or seek social interaction. Specifically, extraversion highlights the extent to which the individual is more or less socially active or, conversely, introverted and difficult to access.

Extroverted people are more exposed to interaction and dialogue with other people because they encounter these types of situations. Most of the time, extroverts can easily hone their social skills and become charismatic, which contributes in a positive way to finding a partner and managing the relationship with the person with whom they share a romantic interest. In other words, it is more difficult for introverts to find a partner, which supports the hypothesis that dyadic adaptation, a process of transformation (movement) along a continuum, which can be assessed in terms of proximity to the pole of good adaptation or that of poor adaptation largely correlates with extraversion.

Hypothesis 2: It is assumed that there is a positive correlation between dyadic adaptation and emotional stability.

Table 2. Correlations between dyadic adaptation and emotional stability

			D.A	Emotional Stability
Spearman's rho	D.A	Correlation Coefficient	1.000	.831**
		Sig. (2-tailed)	.	.000
		N	141	141
	Emotional stability	Correlation Coefficient	.831**	1.000
		Sig. (2-tailed)	.000	.
		N	141	141

** . Correlation is significant at the 0.01 level (2-tailed).

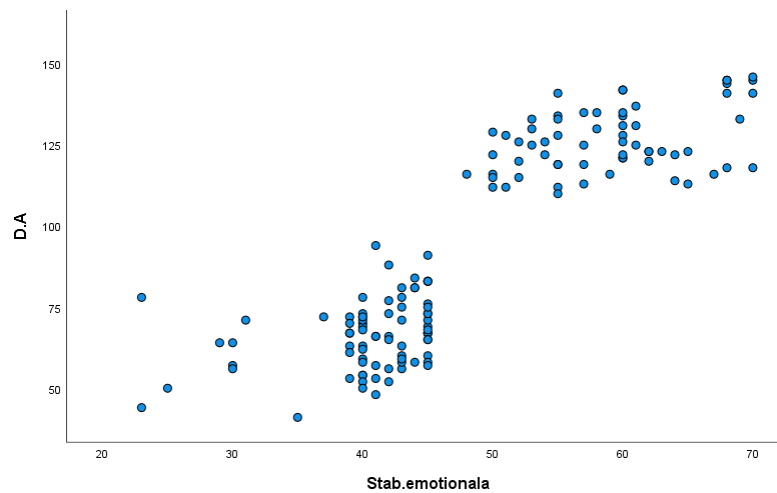


Fig 2. The point cloud for dyadic adaptation and emotional stability

We can observe, following the statistical analysis, that there is a strong positive correlation between dyadic adaptation and emotional stability. In support of our results is the study by the Journal for Ethics in Social Studies - The Relationship between Ideal Couple Standards and Marital Satisfaction (2018) which supports the idea that partners' ideal standards regarding personal boundaries are manifested and respected when there is much dyadic satisfaction and there is a high level of dyadic consensus, supported by a moderate level of emotional expression and increased emotional stability of the partners.

Hypothesis 3: It is assumed that there is a positive correlation between dyadic adaptation and self-acceptance.

Table 3. Correlations dyadic adaptation and unconditional acceptance of one's own person

		D.A	Unc. Acc.
Spearman's rho	D.A	Correlation Coefficient	1.000
		Sig. (2-tailed)	.769**
		N	.000
	Unc. Acc.	Correlation Coefficient	.769**
		Sig. (2-tailed)	1.000
		N	.000

** . Correlation is significant at the 0.01 level (2-tailed).

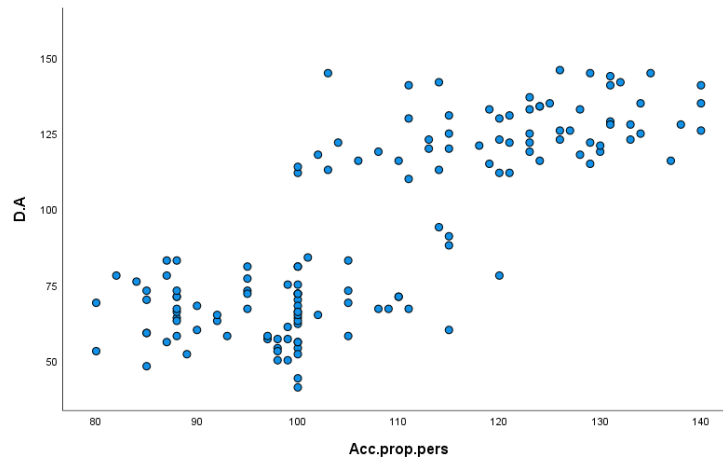


Fig 3. The point cloud for dyadic adaptation and self-acceptance

We can observe, following the statistical analysis, that there is a strong positive correlation between the dyadic adaptation and the acceptance of one's own person. Our hypothesis can be explained by the fact that self-acceptance is a very important thing given that as long as we continue to feed our dysfunctional beliefs about ourselves, behavioral patterns will continue to exist and we will continue to reject ourselves, but we will have the utopian claim to be accepted by our partner. Thus, this explains very simply the directly proportional relationship of one's own acceptance with the dyadic adaptation. Obviously, when you are reconciled with yourself and your partner, you will tend to be more relaxed in your relationship, which will inevitably lead to a higher level of dyadic satisfaction.

Hypothesis 4: It is assumed that there is a positive correlation between dyadic adaptation and the type of family of origin.

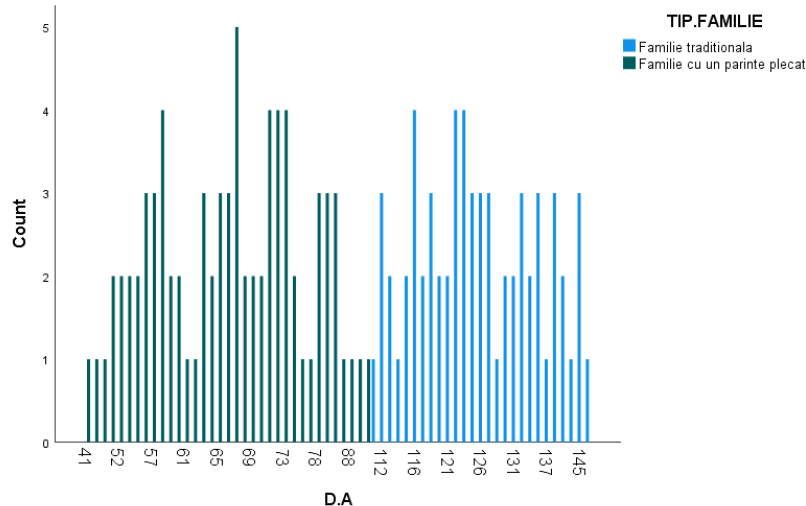


Fig. 4. Traditional family vs. Family with a parent working abroad

Table 4. Statistical significance of the difference between people from traditional families and those from families with a parent who works abroad in connection with the dyadic adjustment.

Tabel 3. Test Statistics^a Segnificant treshold value of Mann-Whitney test

TIP.FAMILIE	N	Mean Rank	Sum of Ranks
D.A	Traditional family	63	110.00
	Family with a parent working abroad	78	39.50
	Total	141	

We can observe, following the statistical analysis, that there is a significant difference between persons who come from traditional families and those who come from families with a parent working abroad in connection with the dyadic adjustment. This can be explained by the fact that those who come from traditional families have a correct model, family worthy, as opposed to those who grew up with only one parent and were not shown properly the roles within the couple.

	D.A
Mann-Whitney U	.000
Wilcoxon W	3081.000
Z	-10.191
Asymp. Sig. (2-tailed)	.000

Conclusions

In the methodological approach we can say that the research objectives have been achieved and that the hypotheses have been confirmed.

After analyzing the data, we demonstrated that the separation of children from one of the parents generates dysfunctions in both behavioral and emotional states, not only in childhood or adolescence, but also in adulthood.

Regardless of the form or cause of the abandonment, the main problem is the fact that the young people left at home will face various and numerous emotional deficiencies. Parent separation, by them going to work abroad, generates the feeling of abandonment, which in turn has important consequences on the development of the personality of the child or future adult.

The departure of the parents produces various unpleasant and difficult emotional states. Among the problems faced by children left at home are: longing, sadness, loneliness, feelings of insecurity, but also the lack of skills to control their emotions in different situations.

Consequence to the statistical analysis, we noticed that there is a strong positive correlation between dyadic adaptation and extraversion.

Extroverted people are more exposed to interaction and dialogue with other people because they encounter these types of situations. Often, extroverts can easily hone their social skills and become charismatic, which contributes in a positive way to finding a partner and managing the relationship with the person with whom they have a romantic interest.

In other words, it is more difficult for introverts to find a partner, which supports the hypothesis that dyadic adaptation, a process of transformation (movement) along a continuum, which can be assessed in terms of proximity of better adaptation or with that of poor adaptation.

It has also been shown in our research that emotional stability plays an important role in dyadic adaptation.

Also within the couple and especially the dyadic adaptation, it is important to accept one's own person, given that as long as we continue to feed our dysfunctional beliefs about ourselves, behavioral patterns will continue to exist and we will continue to reject, but we will

have the utopian claim to be accepted by our partner. Thus, this explains very simply the directly proportional relationship of one's own acceptance with the dyadic adaptation. Obviously, when you are reconciled with yourself and your partner, you will tend to be more relaxed in your relationship, which will inevitably lead to a higher level of dyadic satisfaction.

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