

## Examination of projective contents in COVID 19 period among parents and their children

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### Abstract

We interpret the spring period of COVID 19 pandemic as a stressful living condition in our study. During the stressful period, we have to react to a number of unexpected events, our usual solutions do not work, and new strategies have to be developed instead. In this situation, individual responses to stress, self-effective behavior, and the nature of fears are crucial in finding adaptive solutions. The ability of resilience may be activated by stressful conditions in some individuals. Resilience is a particularly topical issue in terms of survival and recovery during the COVID-19 period. In the first part of the analysis, we examined the relationships between resilience, self-efficacy, and perceived stress, while in the second part; we analyzed the projective contents of subjects based on the coded responses of the metamorphosis test. We asked questions like; in what words would you describe the last month? .... Why? Or what are you afraid of? .... Why do you do everything? .. Etc. Families in Budapest, both in the countryside and their children aged 11-18 completed the test package. Psychometric devices included in the study; CD-RISK, Bandura Self-Efficiency, Perceived Stress Questionnaire, and Metamorphosis Test Selected Questions. Based on our results, it can be said that a group of parents described the spring period of COVID 19 with the words "variable" and "uncertain", while their children typically marked the same period with the words "monotonous" and "satisfied". The phrase "most important in my life ...." was most often supplemented by the words "safety" for parents, while their children added the words "performance" and "friends". The words "family" and "health" were mentioned equally often by parents and children on this issue. Parents added the word "for safety" to the phrase "I will do everything ...." and children added the word "for the purpose". Both groups do their best for "happiness," there is no difference between the groups in this. Both groups are "afraid ....." of "losing health," however, in the group of children, "fear of death" appears twice as often. There is a positive correlation between the fear of death of the parent and the child. The parent is either afraid of losing health or dying, in all cases showing a positive correlation with the child's fear of death.

Overall, based on the results, it can be said that in the spring period of COVID 19, during the restrictions, children would do everything for their goals and friends are the most important. Their parents, on the other hand, do their best for safety. A remarkable result is the high fear of death among children compared to parents - while in the first wave the elderly were in

imminent danger to life - which can be traced back to parents' unconscious and semi-conscious fears, presumably reflected in family space due in part to isolation. However, further studies are needed to confirm this. Outlook: In the second and possible third waves of the COVID 19 pandemic, it is recommended to develop alternatives for.

**Keywords:** COVID 19, projective content, safety, loss of health, fear of death, family, happiness



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Andrea Kovetsdi is a student from Karoli Gaspar Reformed University, Resilient Development Positive Research Group, Hungary. Her recent research is on Examination of projective contents in COVID 19 period among parents and their children

### Recent publications:

1. "Psychological factors in Hungarian families under the coronavirus pandemic. The effects of resilience and stress on the wellbeing of adolescents, their interconnections within the family", July 2020, DOI: 10.31234/osf.io/k8n5m, Project: Covid 19 Pandemic
2. Examining perceptions of stress, wellbeing and fear among Hungarian adolescents and their parents under lockdown during the COVID-19 pandemic, July 2020, DOI: 10.31234/osf.io/feth3, Project: Covid 19 Pandemic
3. Appendix: The relationship between parental involvement and school performance in the light of the data of 2017 and 2018 national assessment of basic competencies the positive effects of parental involvement, June 2020, DOI: 10.12663/PSYHUNG.7.2019.4.2, Project: Országos kompetenciamérés
4. Relationship between leisure & sports activities and school performance in the light of data from the National Assessment of Basic Competencies (NABC) 2017 survey,

August 2019, DOI: 10.12663/PSYHUNG.7.2019.2.10,  
Project: Országos kompetenciamérés

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