

PECULIARITIES OF PSYCHOLOGICAL READINESS OF ADOLESCENT GIRLS FOR MARITAL RELATIONSHIP

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Abstract. *The article is devoted to the study of peculiarities of manifestation of adolescent girls' psychological readiness for marital relationships. The problem of psychological readiness for marital relations continues to be quite acute nowadays. As current experience confirms, the institution of the family has lost its importance, in particular, family and cultural values have been depreciated, family functions and role behaviour of spouses have been changed, which negatively affects the life of the family. The alternative forms of marriage have emerged, which cannot be a solid support for a strong and happy family. With due regard for the urgency of the problem, we set ourselves the goal of studying the level of psychological readiness of adolescent girls for marital relationships. The purpose of the study is to analyze the essence of psychological readiness for marital relations, to systemize its main types and factors, as well as to investigate the features of its manifestation among adolescent girls. According to scientific literature, the study of psychological readiness for marital relations is carried out mainly fragmentarily. Under this concept, we mean a relatively steady state of personality, which characterizes a certain system of social attitudes, family values, oriented towards a positive interaction between spouses. Its leading types include communicative, emotional-intimate, moral-ethical and other types of readiness. The basic factors that determine the psychological readiness for marital relationships are being described: motives for marriage, love, family values, interaction, adaptive capability, emotional maturity, psychological compatibility, age of marriage, etc. The study found that most girls had a low level of psychological readiness for marital relationships, especially at the age of 20. Indicators that affect its non-formation are revealed, specifically, negative attitudes to marriage, family stereotypes, authoritarianism, sexual love, lack of mutual understanding and trust. The performed research allowed us to present urgent questions for further study of the problem, for example, to study the significant influence of ethnic traditions on psychological readiness for marital relationships; to develop a comprehensive social-psychological program focused on the systematic formation of psychological readiness for marital relationships at all ages.*

Keywords: *premarital period; motives for marriage; interpersonal communication in the family; family spheres.*

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ОСОБЛИВОСТІ ПСИХОЛОГІЧНОЇ ГОТОВНОСТІ ДО ПОДРУЖНІХ ВЗАЄМИН У ДІВЧАТ ЮНАЦЬКОГО ВІКУ

Анотація. *Стаття присвячена дослідженню особливостей прояву психологічної готовності до подружніх взаємин у дівчат юнацького віку. Проблема психологічної готовності до подружніх взаємин продовжує залишатися досить гострою на сучасному етапі. Як показує сучасний досвід, інститут сім'ї втратив своє значення, зокрема, знецінилися сімейні та культурні цінності, змінилися сімейні функції і рольова поведінка подружжя, що негативно відбивається на життєдіяльності сім'ї; з'явилися альтернативні форми шлюбу (гомосексуальний, пробний, груповий, відкритий, свідомо бездітний, цивільний), які не можуть стати твердою опорою для створення міцної та щасливої сім'ї. З огляду на актуальність проблеми, ми поставили перед собою мету - вивчити рівень психологічної готовності до подружніх взаємин у дівчат юнацького віку. Як показує аналіз наукової літератури, вивчення психологічної готовності до подружніх взаємин здійснюється переважно фрагментарно. Під даним поняттям ми розглядаємо відносно стійкий стан особистості, що характеризує певну систему соціальних установок, сімейних цінностей, орієнтованих на позитивну взаємодію між подружжям. До її провідних видів можна віднести комунікативну, емоційно-інтимну, морально-етичну та інші види готовності. В процесі дослідження встановлено, що більшість дівчат мають низький рівень психологічної готовності до подружніх взаємин, особливо яскраво це простежується у віці 20 років. Розкрито показники, які впливають на її не сформованість, зокрема, негативна установка на шлюб, сімейні стереотипи, авторитарність, сексуальне кохання, відсутність взаєморозуміння та довіри. Виконане дослідження дозволило висунути актуальні питання для подальшого вивчення поставленої проблеми. Наприклад, вивчити істотний вплив етнічних традицій на психологічну готовність до подружніх взаємин; розробити комплексну соціально-психологічну програму, орієнтовану на системне формування психологічної готовності до подружніх взаємин на всіх вікових етапах.*

Ключові слова: дошлюбний період; мотиви вступу до шлюбу; міжособистісне спілкування в сім'ї; сімейні сфери.

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Introduction

The problem of psychological readiness for marital relations continues to be quite acute nowadays. In connection with the arrival of the sexual revolution in our country, the institution of the family has lost its importance, in particular, family and cultural values have been depreciated, family functions and role behaviour of spouses have been changed, which negatively affects the life of the family. The alternative forms of marriage (homosexual, trial, group, open, intentionally childless, civil) have emerged, which is not solid support for a reliable and happy family (Skorinina-Pogrebna, 2016; Radchyk, 2016; Semenova-Polyakh, 2017).

Among the many aspects of the problem of forming the psychological readiness for marital relations among the younger generation, the main factor is singled out – a correct understanding of the social role of the family and marriage in modern society. Many modern young men and women are characterized by increased cognitive activity and a desire for self-determination in all spheres of life, which provides a favorable platform for their correct orientation in marital relations. Therefore, the foundations for this type of readiness should be clearly laid at this age (Andreyeva, 2014; Dubrovina, 2015; Aygumova, 2016).

With due regard for the urgency of the problem, we set ourselves the goal of studying the level of psychological readiness of adolescent girls for marital relationships. The purpose of the study is to analyze the details of psychological readiness for marital relations, systemize its main types and factors, and investigate the features of its manifestation among adolescent girls (Druzhinin, 2008; Batsylyeva, Astakhov and Puz, 2019; Domina, 2019).

Methods and Materials

A sophisticated approach was used to solve these tasks. It involved theoretical analysis of scientific sources with the use of empirical research, as well as the following methods: observation, standardized questionnaires and interviews.

Considering the array of publications on the problem of psychological readiness in the scientific literature, we can say that researchers from different branches of psychology were mainly engaged in its development. Thus, it can represent a complex formation (Rudik and Puni, 1965); psychological state; active-forceful state and personality's attitudes to a certain behaviour (Dyachenko and

Kandyibovich, 1976); a psychological process that reveals a real-life relationship within the framework of the «subject-object» and «subject-subject» against the background of the individual, selective and conscious needs of the individual (Kunitsyna, Kazarinova and Pogolsha, 2001).

Complementing the research data, Ganyushkin A. says that psychological readiness can consist of four levels: 1) a state of full readiness (high confidence, noise immunity); 2) readiness, approaching full readiness (underestimation of forces, excessive self-confidence, lack of noise immunity); 3) a state of incomplete readiness (persistent psychological barriers); 4) a state of unpreparedness (Ganyushkin, 1980).

In this regard, psychological readiness can be considered as a state of personality, which is characterized by selective activity based on recognized needs and motives for performing specific actions associated with high self-regulation and volitional stability.

Regarding psychological readiness for marriage and family, we can say that it is formed based on each person's understanding of the social significance of their actions, responsibility for them and certain obligations towards their partner and children (Korostyleva, 2002; Sizanov, 2010; Kashirskaya, Zholudeva and Skrynnik, 2015). At the same time, Erikson E. described it as a complex socio-psychological process, which is based on a sufficiently formed spiritual maturity, prompting a person to search for intimate psychological closeness and unity against isolation and loneliness (Erikson, 1968). This is a willingness to interact and have intimate relationships with a partner, accepting role behavior, responsibility for the family and childcare (Meizara Puspita Dewi, Widyastuti, & Maulidya Jalal, 2020). Willingness to marriage can also be considered as the person's assessment of one's abilities and resources to cope with the responsibilities and problems of family life (Shemila and Manikandan, 2018). Readiness for marriage is regarded as a subjective evaluation of one's readiness to take on the responsibilities and challenges of marriage and a predictor of marital satisfaction (Khojasteh Mehr, Daniali and Shirali Nia, 2015). Dubrovina I. suggests that psychological readiness for marriage and family includes an understanding and awareness of role behaviour (Dubrovina, 2015). At another point, Shneider L. considers it a miscellaneous category consisting of communication skills development,

the preservation of family and moral values, and the ability to find compromise solutions (Shneider, 2006).

Andreyeva T., Batsylyeva O. and Domina G. distinguish three aspects of it: ethical and psychological readiness (formed ideal of the family), social readiness (acquisition of a profession, the beginning of independent labour activity) and physical maturity (the ability to conceive and raise a healthy child) (Andreyeva, 2014; Batsylyeva, Astakhov and Puz, 2019; Domina, 2019). In other words, psychological readiness for marital relations is formed from the moment when each person realizes oneself ready for special emotional and intimate feelings without fear of some loss of oneself (Erikson, 1968).

Summarizing the previous, psychological readiness for marital relations is a relatively steady state of personality that characterizes a particular system of social attitudes, life values oriented towards positive relations between spouses (Denysenko, 2006). Among its main types, there is readiness for positive communication, moral-ethical, and emotional-intimate relationships that facilitate the development of sustainable marital relations. Under the latter, we consider personal relationships and relationships between spouses, which are based on certain motives and contain different behaviour of partners, their emotions, feelings, cognition, and volitional stability.

Some authors in their works highlighted the conditions for effective interpersonal communication in the family, including both general principles of successful communication organization and specific norms and rules. They are openness and high activity of communication, self-revelation, solidarity in family values, the accuracy of non-verbal communication, sensitivity to partner's statements, empathetic acceptance of the partner, and the formation of the family language (Kunitsyna, Kazarinova and Pogolsha, 2001; Karabanova, 2005; Andreyeva, 2014; Eydemiller and Yustitskis, 2015).

As the analysis of domestic and foreign scientists shows the whole range of marital relations can be divided into two main periods: before marriage and after marriage. The premarital period, in turn, consists of two stages. On the first stage (before the meeting), general ideas about marriage and the family are being formed, value orientations (life goals and the primary means of achieving them) are being determined, and the attitudes (the personal condition that precedes the activity and determines its implementation). Also, searching and choosing a marriage partner, according to established standards and personal motivation, takes place at this stage. On the second stage (after the meeting) there is a test of the relationship between potential spouses and preparation for marriage, as well as the formation of motives that encourage marriage, namely love, spiritual affinity,

material calculation, psychological compatibility, moral considerations and other factors (Kovalev, 1987). Eydemiller and Yustitskis complement the list above with some more motives: escapement from parents, obligation (marriage from a sense of duty), loneliness, following traditions, prestige, and revenge (Eydemiller and Yustitskis, 2015).

Abalakina M. in her research describes three stages in the development of relationships in a premarital couple. At the first stage, there is a meeting and the formation of first impressions of each other. At the transitive stage, there is a comparison of the motivational-needful, value-based, or role-based spheres of the partner's personality; at the second stage, the relationship goes into a stable phase and is characterized by high emotionality. Moreover, in the third stage, after the partners decide to marry, satisfaction with the relationship increases (Abalakina, 1987). Based on this fact, the specific functions of the premarital period are highlighted (Kovalev, 1987): accumulation of joint impressions and experiences; more profound recognition of each other, clarification and verification of the decision made on the possibility of family life; family life design.

As we can see from the works of Eydemiller, the second period consists of several phases. They are the choice of a partner (a guideline for family well-being), the romanticization of relationship (lack of real perception of oneself and a partner in marriage), individualization (rules formation), stability – alterability (with the inflexible fixing of rules, marriage becomes dysfunctional), existential evaluation phase (finding out the level of satisfaction with marriage).

The analysis of the works of Andreyeva T., Druzhinin V., Shneider L. and other authors shows that the relationship of spouses is determined by the most important functions that facilitate the development of specific areas of family life. Let us consider only a few of them since they determine the being and existence of the law of circular causality of marital relations in the family most of all. Therefore, the moral – emotional sphere is formed on the established system of values and ensures the emotional stability of marital relations, as well as the spiritual development of spouses. The intimate sphere characterizes the satisfaction of the partners' sexual and erotic needs and the biological reproduction of society. Regarding the household sphere, we can say that it includes the availability of material resources, consistency in the distribution of roles and responsibilities, raising children, and determining the motivational and volitional components necessary for the unity of the spouses.

The research of Dubrovina I., Karabanova O. and other scientists show that household, economic, sexual-erotic, and reproductive functions are not essential. The psychological and educational functions of the family come to the fore.

The search for factors that determine matrimony's psychological readiness includes variables of personality traits, processes, qualities, and conditions. It has been established that the leading role in the development of marital relations belongs to the sexual differentiation of spouses, which represents one of the urgent problems in the study of socio-psychological processes. Differences between men and women are not yet sufficiently represented in domestic studies of family and marriage, and the lack of knowledge among marriage partners about the socio-psychological characteristics of sexes is one of the reasons for negative marital relations and the breakdown of families (Radchuk, 2016; Semenova-Polyakh and Vanyukhina, 2017). Thus, the subjectivity of judgments and socially prestigious orientation are stereotypically attributed to women and objectivity and pragmatism to men (Aygumova, 2016).

Also, these factors may include love (accepting a partner as a real person), choosing a partner (can be dictated by attraction to the parent of the opposite sex), an idea of your future family (the internal picture plays a crucial role in family life), satisfaction with marriage (satisfaction of personal needs in all spheres of family life), psychological compatibility (contributes to the development of understanding, approval and acceptance of a partner), interaction (mutual influence and mutual understanding between spouses), family values (the unity of views, attitudes of spouses toward social norms, rules and principles), psychological and emotional maturity (the ability to admit one's own mistakes, aiming for continuous self-improvement), readiness for adaptation (an adaptation of spouses to the socio-psychological atmosphere in family life).

Results of mentioned publications point at risk factors that complicate the development of marital relationships. These are early or late marriage, age difference; premarital pregnancy or childlessness; alienation; conflict based on dissatisfaction with needs, betrayals, alcoholism, professional employment, inconsistency in actions; overwork; family myths; increased dependence on parents; maintaining high autonomy of needs, interests and desires; accumulation of negative feelings and emotions; social environment; media and other factors that often lead to marital collapse.

Based on the purpose of our work, we organized and conducted an empirical study, where 160 girls aged 18 - 20 years took part. Particularly in this age period, the person's maturation is almost completed, and life values and self-determination are formed. Young age is a favourable basis for young people's orientation to love, close relationships, and a happy family life, which is directly connected with the emergence of a complex of individual motives and attitudes to marriage.

To study the psychological readiness for marital relationships among our respondents, we selected

methods that would allow us to assess its level to the fullest extent. We relied on the methods, which are valid and, secondly, to assess the diagnosed features of psychological readiness in terms of qualitative and quantitative indicators.

1. «Interpersonal perceptions in a premarital couple» (Andreeva and Ageeva 1984; Abalakina, 1987). The methodology allows studying the following indicators: «proximity of a couple to marriage» (probability of marriage), «satisfaction with a relationship» (not always associated with the desire to marry a partner), «an indirect indicator of satisfaction with and with relations» and «positiveness of relations» (lack of quarrels between partners).

2. The authorial methodology, «Psychological readiness for marital relations» (Denysenko, 2006), was developed in Russian and Ukrainian versions. It has the form of a questionnaire, consisting of 60 statements, grouped into eight scales: «emotional relations» (the ability to love and be loved), «mutual understanding» (common interests and views), «trustful communication» (psychological rapprochement with a partner), «conflict» (inadequate self-esteem of one's capabilities and abilities), «intimate relations» (satisfaction of important human needs), «attitudes toward marriage» (understanding family problems and solutions to them), «authoritarianism» (the desire to subjugate a partner), «family stereotypes» (false ideas about family life). All indicators allow diagnosing their manifestation at five levels. Acquired results are calculated on all scales forming a general indicator of psychological readiness for marital relations.

3. The authorial methodology, «Self-evaluation of love relationships» (Denysenko, 2010), consists of 50 questions and four answer options that allow identifying types of love and their levels. It diagnoses such indicators as «true love» (spiritual affinity and desire for unity), «love» (a slight feeling that creates the illusion of growth), «sexual love» (a feeling based on sexual satisfaction) and «neurotic love» (obsessive need in safety and constant emotional support).

Results

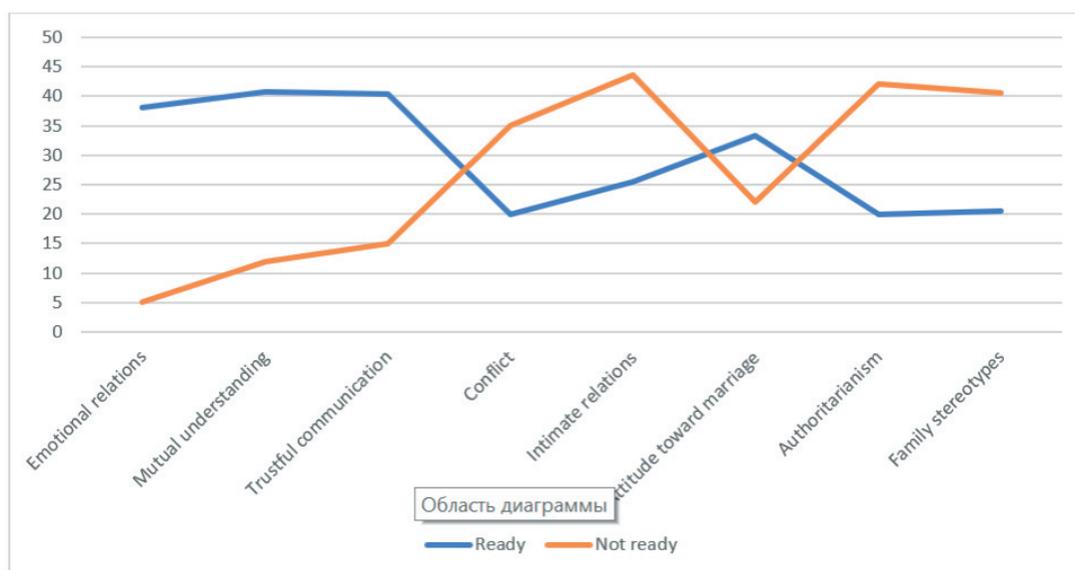
The analysis of the results showed (see Table 1) that the nature of psychological readiness for marital relationships among girls is presented ambiguously, that is, the number of tested ones can be divided into psychologically ready for this type of relationship (32.0%) and not ready (68.0 %). Based on the data presented, it was found that the highest percentage of lack of readiness is observed among girls aged 20 years.

Predominance of the indicators listed above was confirmed by the results of the correlation analysis (Pearson Correlation: r – correlation coefficient, p – level, correlation is significant at the 0,01 level (2 – tailed)). Therefore, the first constellation of

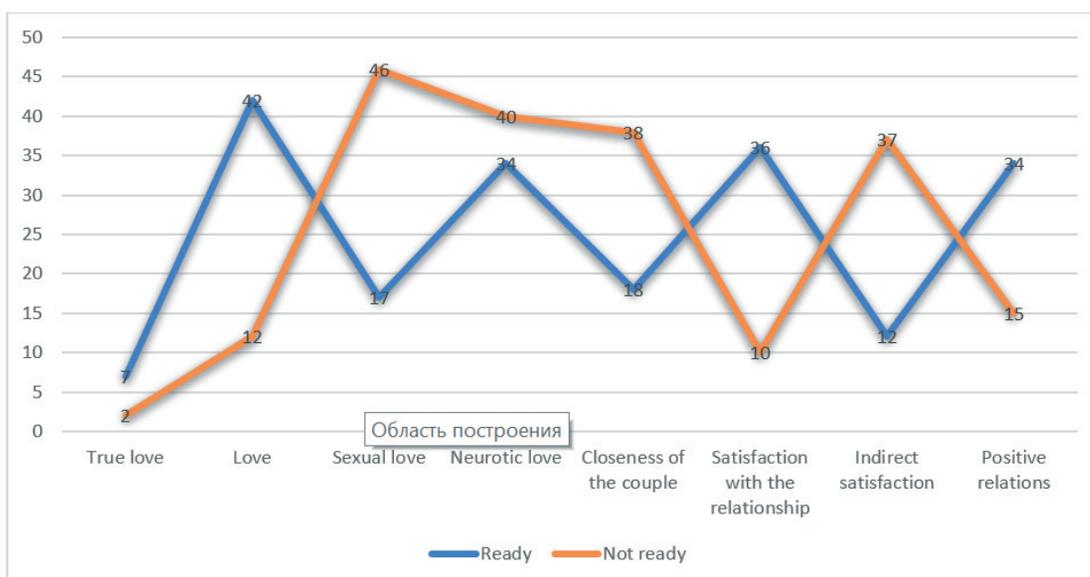
Table 1.

The manifestation of psychological readiness for marital relations (%)

Age of respondents	A 2006 study		A 2020 study	
	ready	not ready	ready	not ready
18	52,9	30,0	46,6	32,0
19	94,0	-	32,0	36,0
20	82,3	7,0	23,4	42,0



Pic. 1. Indicators of psychological readiness



Pic. 2. Indicators of emotional relations and interpersonal perception of the partner

connections around the indicator «psychological readiness» among girls ready for marital relations is: mutual understanding ($r = 0.64$; $p < 0.01$), emotional relations ($r = 0.47$; $p < 0.05$), the closeness of the couple ($r = 0.39$; $p < 0.05$), trustful communication ($r = 0.62$; $p < 0.01$), attitudes toward marriage ($r = 0.55$; $p < 0.01$), positive relationships ($r = 0.41$; $p < 0.05$), love ($r = 0.44$; $p < 0.05$) and family stereotypes ($r = 0.45$; $p < 0.05$).

The indicator «mutual understanding» forms a second constellation based on the connection with love ($r = 0.67$; $p < 0.01$), trustful communication ($r = 0.52$; $p < 0.01$), emotional relationship ($r = 0.43$; $p < 0.05$), conflict ($r = -0.59$; $p < 0.01$), authoritarianism ($r = -0.43$; $p < 0.05$) and sexual love ($r = -0.41$; $p < 0.05$).

The indicator «satisfaction with relationships» correlates with positive relationships ($r = 0.57$; $p < 0.01$), intimate relationships ($r = 0.59$; $p < 0.01$), neurotic love ($r = 0.49$; $p < 0.05$) and family stereotypes ($r = 0.47$; $p < 0.05$). There was a connection of the indicator «love» at the level ($p < 0.05$) with trustful communication ($r = 0.46$), attitude toward marriage ($r = 0.44$) and neurotic love ($r = 0.4$).

Analyzing the structure of correlation relationship among girls that are psychologically not ready for marital relationships, we can distinguish the leading indicator of «intimate relationships». It is associated with sexual love ($r = 0.7$; $p < 0.01$), neurotic love ($r = 0.36$; $p < 0.05$), authoritarianism ($r = 0.45$; $p < 0.01$), an indirect indicator of satisfaction with relationships ($r = 0.37$; $p < 0.05$), family stereotypes ($r = 0.37$; $p < 0.05$), ($r = 0.39$; $p < 0.05$) and trustful communication ($r = -0.58$; $p < 0.01$).

The «conflict» indicator, in turn, interacts with psychological readiness for marital relationships ($r = -0.51$; $p < 0.01$), positive relationships ($r = 0.42$; $p < 0.05$), family stereotypes ($r = 0.5$; $p < 0.01$), neurotic love ($r = 0.41$; $p < 0.05$) and attitudes toward marriage ($r = -0.4$; $p < 0.05$).

The following constellation is highlighted by the indicator «family stereotypes», which correlates at the level ($p < 0.05$) with the closeness of the couple ($r = 0.4$), attitudes toward marriage ($r = 0.37$), love ($r = 0.42$) and authoritarianism ($r = 0.39$). The indicator «authoritarianism» has a negative connection with mutual understanding ($r = -0.47$), true love ($r = -0.39$) and trustful communication ($r = -0.37$) at the level ($p < 0.05$).

It is noted that for girls psychologically prepared for marital relationships, the indicators are «psychological readiness», «mutual understanding», «satisfaction with relationships», «love», and for unprepared leading personality manifestations are «intimate relationships», «conflict», «family stereotypes» and «authoritarianism».

Other indicators of girls psychologically prepared and unprepared for marital relationships also have a certain number of interactions, but it is not significant.

Discussion

In the course of the conversation with the respondents, it was found that girls do not hide their unwillingness to start a family; first of all, they aspire to career growth, believing that marriage would be an obstacle to their professional fulfilment. At the same time, many of them want to cohabit with a wealthy guy. In addition, young girls cannot answer why a person needs a family and what love is, maybe for this reason, contract-based marriages are considered to be stable.

We suppose that the lack of readiness for marriage among girls is not related to the influence of the parental relations model on their desire to create their own family and have children, this most likely depends on the inner attitude of the person itself. As evidenced in practice, there are many dysfunctional families, and children create a happy one because they strive for continuous improvement in marital relations.

According to the results, the lack of psychological readiness for marital relations in girls is associated with disturbances in the emotional and communicative spheres, which, apparently, are acquired in the process of negative interpersonal communication with people around.

We believe that in this age, the word «love» is often taken as a real feeling that becomes a cover for a relationship, and feelings of intimacy with a partner can be affected by satisfaction with intimate relationships or the similarity of a real person to an ideal image.

Thus, we can say that the level of psychological readiness for marital relations is closely linked to each individual's personality structure. Because willingness arises based on a conscious need for psychological closeness with a partner, we assume that this need has not yet arisen. Since psychological closeness promotes the formation of respect for oneself and a partner, the ability to work on oneself, show responsibility in any situation, fulfil family roles, and the desire for self-realization in the family (Erikson, 1968).

As the results of our study show, young people do not want to take responsibility for the family, they are fighting for their rights and freedom, hiding behind the fact that the divorce process brings many problems. That is why they prefer to enter into alternative forms of relations, in particular, into a civil marriage, which, in our opinion, can only serve as a platform for waiting for something better.

Young people should understand that it is necessary to approach marital relations with a specific responsibility. Only under this condition is it possible to achieve a high level of culture in marital relations, which will create a solid foundation for the emergence of spiritual affinity between spouses and the well-being of the family.

Conclusion

The psychological readiness for marital relationships in modern research is analyzed and

studied mainly indirectly and fragmentarily. Its main types have been revealed (communicative, emotionally intimate, moral, and ethical), the manifestation of which can vary with the acquisition of life experience and age. Factors that influence psychological readiness for marital relationships have been identified, in particular, motives for marriage, the severity of adaptive capabilities, emotional and moral maturity, age when getting married, the material status of partners, parental influence, and others. It was found that 68.0% of girls are psychologically unready for marital relationships. This fact is most clearly seen among girls aged 20 years.

The performed study allowed us to put forward several urgent issues for further research on the given problem. For instance, to examine the significant impact of ethnic traditions on the psychological readiness for marital relations; to reveal psychological readiness for marital relationships among individuals with certain deviations in health condition; create a comprehensive socio-psychological program focused on the systemic formation of psychological readiness for marital relations at all age stages.

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