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**THE IMPACT OF COPING MECHANISMS ON THE PERSONALITY
PROFILE IN ADULTS**

Specialisation: 511.02 Developmental Psychology and Educational Psychology

Summary of the doctoral thesis in Psychology

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THE CONCEPTUAL FRAMEWORK OF RESEARCH

Relevance and importance of the theme. This paper aims to highlight the importance of approaching coping mechanisms in relation to adult personality traits, both from a clinical perspective (by considering the role of group intervention in restructuring coping mechanisms and personality traits), but also from an organizational perspective (the bond between the adult's personality profile and coping becomes particularly relevant in the context of personnel selection decisions, as well as in the case of psychological assistance throughout the career in the organizational environment). Stress is a reality of the everyday world and is treated in the specialized literature as a reaction of the body's adaptation to the environment. It presents itself in different forms, threatening not only mental health, but also physical health through behavioral or physical symptoms. When there is a lack of balance between the pressure of external factors and the individual's ability to cope with reality, symptoms appear on several levels, such as behavioral but also physical symptoms. The persistence of stress triggers in counterbalance to adaptation (coping) strategies can become risk indicators for emotional or physiological somatizations in the medium and long term.

The topic of the doctoral thesis is particularly important in the context of current social reality, in which there are more external demands and tasks for which the internal resources of the adult personality are not always sufficient to manage. This imbalance between internal possibilities and external demands can lead in the long term to the disruption of the cognitive – affective – conative side of the individual. Thus, the research acquires a practical and theoretical relevance determined by the insufficient investigation of coping mechanisms in relation to the complexity of the personality profile in adulthood. At the time of writing this thesis, the connection of coping mechanisms with the Big Five personality factors from the alternative model has not been sufficiently studied, a factor analysis in this regard has not been carried out for the non-clinical adult population in Romania, at the same time, at the level of specialized literature in the field of organizational psychology, there are no studies conducted in the context of personnel selection that predict the desirability of answers in the psychological examination based on coping mechanisms. Also, the differential aspects between men and women regarding coping, the evolution of coping mechanisms in adulthood, but also the connection of coping with emotional self-control in adulthood complement current research in the field, bringing a note of understanding of them in this context. The lack of a specific program of intervention and group psychological assistance, led me to choose this topic in the hope of a contribution to the current level of research and intervention.

Description of the research field and identification of the research problem.

The way in which coping has been approached and conceptualized is very diverse, but the starting point in its study is a mixture of thoughts and behaviors, as S. Folkman & R.S. Lazarus found [8].

Several authors have studied coping mechanisms from a theoretical and practical point of view, resulting in a series of research in the field of psychology on this subject: the relationship of coping - adult defense mechanisms - D.I. Craşovan & L.P. Maricuţoiu [4]; the relationship of coping - adult health: HIV - M. Acree, C. Bussolari [1], diabetes - K.M. Duangdao [5], or with the health status of the general adult population - J.A. Penley [17]; the relationship of coping - cognitive / emotional factors of adolescent aggression - W. Ayers; C.A. Rose; S.D. Lane; F.C. Lunenburg [2;7;14;15]; the relationship of stress, coping and performance at work - D.I. Craşovan & L.P. Maricuţoiu; M. Jamal; C. Jones; D. Eden [4;11;12;6]; gender differences and coping - D.I. Craşovan; I. Gianakos; K. S. Latha; MP Mathud; A.J. roses; V.S. Helgeson [3;9;14;16;18;10].

Although there are currently studies for adulthood that track the relationship between coping and various aspects of adult life (health, professional activity, cognitive factors, gender), none of them capture in depth the relational dynamics between coping and personality for this age period when personality traits are already formed and stable. Thus, this doctoral research aims to complete the current level of knowledge in the field by focusing on some less elucidated aspects: identifying the coping mechanisms that adults use for adaptive, functional purposes to stressful reality; identifying the personality traits of adults that allow them to adapt to everyday reality; the way in which adults' personality can be influenced by their coping mechanisms.

Starting from the analysis of the specialized literature and taking into account current practice in the field of adult psychology, we formulated the following **research question**: How can we optimize coping mechanisms correlative to personality traits in adulthood?

The directions for solving the research problem can be individualized through the answers to a series of derived problems: What are the common factors behind the coping mechanism variables and personality factors in the alternative five-factor model? What are the coping mechanisms that predict favorable impression, as a personality trait in the adult's psychological profile? What is the connection between coping mechanisms and the adult's emotional self-control, as well as gender differences? What is the difference between the cognitive-emotional and behavioral coping mechanisms of young adults (22-29 years old) and middle-aged adults (30-50 years old)? How can we develop and implement an integrative psychological intervention program aimed at improving/changing coping strategies and personality traits? These directions for solving the problem are reflected in the hypothesis, purpose and objectives of the research undertaken.

The purpose of the research was to investigate and understand the impact of coping mechanisms on the personality profile in adulthood and implement a group intervention program to improve/change them.

The objectives of the ascertaining research are the following:

The objectives that were established to achieve the above-stated purpose of the research are: 1) identifying the common factors behind the coping mechanism variables and personality factors in the alternative five-factor model (sociability, impulsive sensation seeking, activity, neuroticism – anxiety, aggression); 2) identifying coping mechanisms that predict favorable impression, as a personality trait in the psychological profile of the adult; 3) investigating the link between coping mechanisms and emotional self-control of the adult, as well as gender differences; 4) studying the difference between the cognitive-emotional and behavioral coping mechanisms of the young adult (22 – 29 years old) and the middle-aged adult (30 – 50 years old); 5) developing the psychological profile of the adult; 6) developing and implementing an integrative psychological intervention program aimed at improving/changing coping strategies and personality traits; 7) determining the effectiveness of the applied integrative psychological intervention program; 8) formulating practical psychological recommendations for behavioral, attitudinal and emotional optimization.

The achievement of these objectives involved several **stages**:

1. *the analytical stage*, during which the scientific literature on the problem addressed in the research was analyzed and generalized, the methods and techniques of research and psychological intervention were selected;
2. *the observation stage*, during which the observation experiment was carried out by administering different methods and techniques;
3. *the group psychological intervention stage*, in which a program was developed and implemented with the objective of changing dysfunctional coping mechanisms and the studied personality traits;
4. *the retest stage* - the control experiment to determine the efficiency of the psychological intervention program applied, subsequently the results obtained were generalized and described.

The general hypothesis of the research states that coping mechanisms have an impact on the adult's personality profile and by an integrative psychological intervention program we can modify the adult's coping mechanisms and personality traits.

The theoretical support of the research included the following: Various authors have developed a series of theoretical and practical studies on stress and coping theories such as S. Folkman & R.S. Lazarus [8], D.I. Crașovan & L.P. Maricuțoiu [4], M. Acree, C. Bussolari [1], Duangdao [5], J.A. Penley [17], W. Ayers; C.A. Rose; S.D. Lane; F.C. Lunenburg [2;7;14;15], D.I.

Craşovan & L.P. Maricuţoiu; M. Jamal; C. Jones; D. Eden [4;11;12;6], D.I. Craşovan; I. Gianakos; K.S. Latha; M.P. Matud; A.J. Rose; V.S. Helgeson [3;9;14;16;18;10].

The methodology of the scientific research consists of theoretical methods - analysis of the specialized literature; empirical methods - personality tests - ZKPQ, cognitive-emotional coping questionnaire (CERQ), strategic cognitive coping scale (SACS); personality inventory CPI (California Personality Inventory); statistical methods - calculation of frequencies (distribution of results), mean (central tendency of results), t-test for independent samples (significance of the difference between the means of two distinct samples), factor analysis, Levene's F test (to assess the homogeneity of samples), Pearson correlation test (strength and meaning of the correlations established between the research variables), Mann–Whitney U test, Wilcoxon test, ANOVA.

The scientific novelty and originality of the research findings. For the first time at a national level:

- the experimental study of the adult personality profile correlated with coping mechanisms is carried out,
- the research results have an impact in two different psychological specializations: organizational psychology through the study of the impact of coping mechanisms on the personality profile in different organizational contexts (personnel assessment and selection, psychological assistance to employees), but also in the clinical field through the integrative intervention program in order to change maladaptive coping strategies and learn adaptive strategies, but also by significantly modifying the studied personality traits.
- recommendations are developed for specialists in the field of psychology.

The obtained results that contribute to addressing the important scientific problem:

- establish the theoretical and applied foundations that underlie the assessment of the adult's personality profile in relation to coping mechanisms;
- psychodiagnostics of personality and coping in adulthood in the development of an intervention model on coping strategies and personality traits in adults;
- develop, implement and approve an integrative psychological intervention program in order to improve / change maladaptive coping strategies and develop adaptive strategies, correlative to the adult's personality traits.

The theoretical significance of this work resides in the following aspects: The results of the investigation represent a contribution of information regarding the knowledge of personality characteristics in relation to coping mechanisms in adulthood. The integrative intervention program can constitute a methodological benchmark for clinical psychologists and psychotherapists in carrying out the intervention aimed at improving coping and personality traits, but also for organizational psychologists for providing individual and group psychological

assistance in case of finding dysfunctions through the organizational climate analysis carried out at the level of the institution / work groups.

Applicative value of the thesis lies in:

- the developed, implemented and validated integrative psychological intervention program represents an intervention protocol in order to improve coping strategies;
- the integrative psychological intervention program is also necessary for practitioners working in the specialization of work and organizational psychology, for providing group psychological assistance;
- the selected and proposed methods are useful in identifying coping modes specific to adults, without personality disorders, contributing to methodological and practical clarifications;
- the theoretical and practical results can constitute fundamental benchmarks in methodological works for mental health specialists (psychologists, doctors, social workers, psychopedagogues).

Main scientific results submitted for presentation:

- there are 7 main factors that explain the relationship between cognitive emotional, behavioral coping mechanisms and Big Five personality factors;
- there are cognitive emotional coping mechanisms and behavioral coping mechanisms that are predictors of favorable impression;
- there is a statistically significant difference between men and women in terms of self-control, and the coping mechanisms associated with emotional self-control are different depending on gender;
- some of the coping mechanisms remain constant throughout adulthood (up to 50 years), and some of the coping mechanisms are different depending on the age of the adult;
- by implementing an integrative psychological intervention program, all cognitive emotional and behavioral coping mechanisms, as well as the studied personality traits, were modified.

Implementation of scientific results: The conceptualization of the intervention plan and the resulting materials are used in the process of continuing education of clinical psychologists by disseminating information in conference volumes, continuing professional education workshops, but are also a guide for psychologists who carry out specific personality assessment activities, both at the clinical level and for the selection and recruitment of personnel in organizations. Also, the conceptual and research aspects are capitalized on in the disciplines of Developmental Psychology; Psychodiagnosis and Psychological Statistics within the P.S.U "Ion Creangă".

Approval of research results. The research results were approved during the meetings of the Doctoral School of Psychology, Department of Psychology of the P.S.U. "Ion Creangă" in Chisinau, at scientific conferences organized within the P.S.U "Ion Creangă" and during seminars,

workshops organized in educational institutions, in scientific journals and conferences and Summer Schools in Romania.

Publications on the thesis topic. The research results from this work were published in 15 specialized scientific papers, at conferences and in scientific journals, and 2 articles in book of abstracts.

Volume and structure of the thesis. The thesis consists of annotations in three languages (Romanian, English and Russian), list of abbreviations, list of tables, list of figures, introduction, three chapters, general conclusions and recommendations, bibliography of 248 titles, 5 annexes, 140 pages of basic text, 35 figures and 11 tables.

Keywords: coping mechanisms, personality traits, resilience, attachment, neuroscience, integrative program, adulthood, psychotherapy, organizational psychology.

THESIS CONTENT

The *Introduction* presents the topicality and importance of the research topic, the degree of research of the problem, the purpose and objectives of the research, the important scientific problem solved, the scientific novelty of the recorded results, the theoretical importance and applicative value of the work, the method of implementing the results is presented, along with the method of approving the research results.

In *Chapter I*, entitled *Theoretical-scientific perspectives in the research of coping mechanisms and personality traits in adulthood*, the following are addressed: coping mechanisms in theoretical perspective, the current study of personality theories, the relationship of coping with attachment and resilience, the neuroscience of emotional self-regulation, these subchapters being important for the development of Chapter III of this work, namely the integrative program of psychological intervention. Coping is a concept that translates the psychological reality of the person to oscillate between adversity and adaptation. Coping combines the physiology of stress and basal personality traits, involving the coordination of emotion, behavior, attention, motivation and cognition towards adaptation. The way in which parents respond to the child's primary needs and behaviors associated with attachment encodes the newest and most powerful models of adaptation to rules in the human brain. The earliest coping strategies become encoded and we establish our neural circuitry by the age of 12 to 18. Early attachment plays a significant role in the development of the prefrontal cortex, and thus the brain not only learns resilience and coping strategies from other people, but also develops its own strategies that it will later use in the relationship of the self with others.

In *Chapter II* entitled *Experimental research on coping mechanisms and personality traits in adulthood*, the results of the experimental ascertainment research, the purpose, objectives, hypotheses and methodology of the research are presented. The research instruments used are briefly described, the characteristics of the investigated group (260 adults, 130 men and 130 women, non-clinical population from Romania, aged 22 – 50 years old, the design of the experimental ascertainment research, the results of the experimental research and the conclusions are presented.

The purpose of the experimental ascertainment research focuses on the impact of cognitive, emotional and behavioral coping mechanisms on the personality profile in adulthood.

General objective: Identifying coping mechanisms that have an influence on the personality profile in adulthood.

Specific objectives: 1. Identify the common factors behind the coping mechanism variables and personality factors in the alternative five-factor model (sociability, impulsive sensation seeking, activity, neuroticism – anxiety, aggression), name the common factors, as well as reduce the number of variables in the hypothesis research; 2. Identify coping mechanisms predictors of favorable impression, as a personality trait in the psychological profile of the adult; 3. Investigate the bond between coping mechanisms and emotional self-control of the adult, as well as gender differences; 4. Study the difference between the cognitive-emotional and behavioral coping mechanisms of the young adult (22 – 29 years old) and the middle-aged adult (30 – 50 years old); 5. Elaborate the psychological profile of the adult.

Starting from the purpose and objectives presented, we formulate the following **general hypothesis for the experimental study**: *it is assumed that coping mechanisms have an impact on the adult's personality profile.*

The general hypothesis of the experimental study allowed the advancement of the following **operational hypotheses**:

Hypothesis 1. *We assume that the variables cognitive-emotional coping, behavioral coping and Big Five personality factors in the alternative model have common factors / common latent variables.*

Hypothesis 2. *We assume that there are cognitive-emotional and behavioral coping mechanisms that are predictors of favorable impression in adulthood.*

Hypothesis 3. *We assume that there is a difference between men and women in terms of self-control, and the coping mechanisms that are related to self-control differ by gender.*

Hypothesis 4. *We assume that there is a difference between the cognitive-emotional and behavioral coping mechanisms of young adults (22 – 29 years old) and middle-aged adults (30 – 50 years old).*

Experimental research variables are of two types: independent variables and dependent variables.

Independent variables are: cognitive-emotional coping mechanisms: self-blame, acceptance, rumination, positive refocusing, refocusing on planning, positive reappraisal, putting things into perspective, catastrophizing, blaming others; behavioral coping mechanisms (strategic approach to coping): assertive action, social relating, seeking social support, cautious action, instinctive action, avoidance, indirect action, antisocial action, aggressive action.

Dependent variables are: temperamental characteristics of personality traits: sociability, impulsive sensation seeking, activity, neuroticism – anxiety, aggression – hostility; personality dimensions: emotional self-control and good impression; level of adulthood (young adult and middle-aged adult).

Instruments used: To carry out the experimental research, we used four instruments: three questionnaires, two for coping assessment (CERQ and SACS), one for personality assessment (ZKPQ), as well as a personality inventory (CPI).

Experimental research results:

Hypothesis 1. *We assume that the variables cognitive emotional coping, behavioral coping, and Big Five personality factors in the alternative model have common factors / common latent variables.*

In order to assess the common factors of cognitive emotional coping mechanisms, behavioral coping mechanisms and Big Five personality factors from the alternative model, we applied the CERQ, SACS and ZKPQ personality questionnaires, with the following objectives: reduce the complexity of the data (from the 23 variables, the goal is to reduce them to a number of common factors); determine the common factors behind the variables.

To verify whether there are latent variables between coping mechanisms and personality traits in the alternative Big Five model, we calculated the value of the Bartlett Test of Sphericity (1.356E3, Sig=0.0001). This is small enough to conclude that there is a strong relationship between the data. These values indicate the presence of one or more common factors, which motivates the application of a factor reduction procedure, represented by the principal components analysis method.

Figure 1 shows that for the Eigen value > 1 , 7 components / factors result. The eigenvalues for all principal components, obtained by applying the ACP method, are graphically represented in a sequence of principal factors. The number of factors is chosen where the levels of the graph show a linear decreasing pattern. The figure below suggests the existence of a seven-factor solution, since the eigenvalues show a linear decrease.

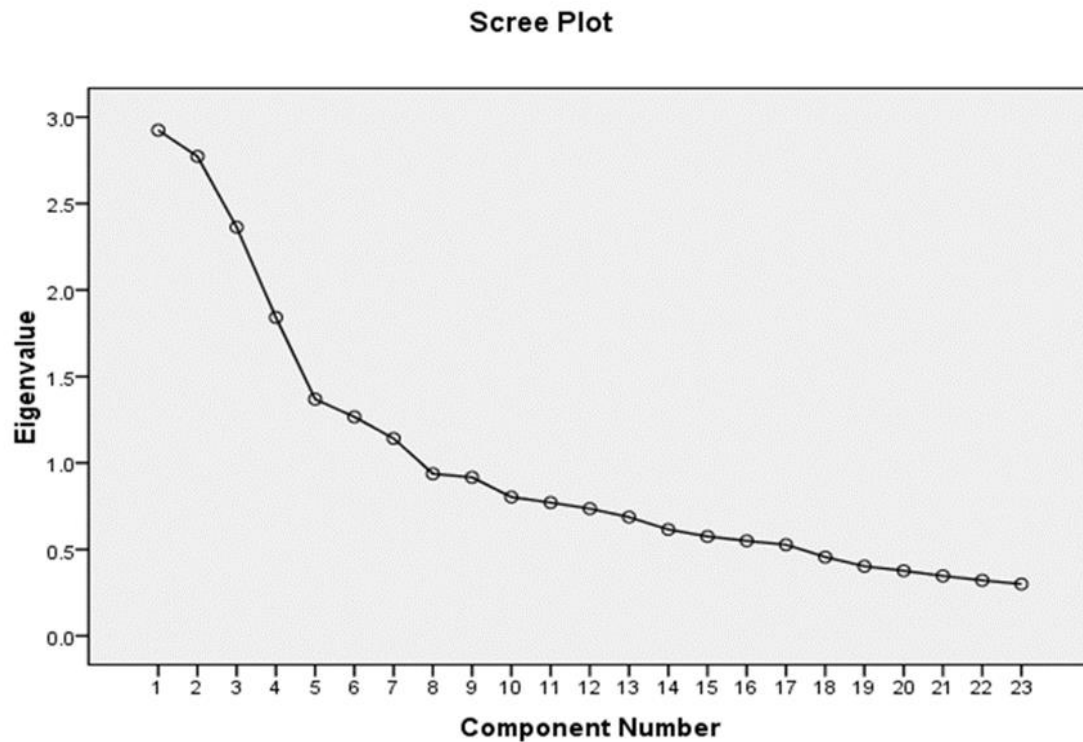


Figure 1. Graphical representation of the number of components/factors exceeding Eigen value 1

The variance explained by each factor is distributed as follows: first factor 12.71%, second factor 12.055%, third factor 10.27%, fourth factor 8.005%, fifth factor 5.95%, sixth factor 5.50%, seventh factor 4.96%. Regarding the rotation of the square sum loading, it presents the values for the seven factors after applying the rotation procedure. Thus, a redistribution of the variance explained by each factor can be observed: first factor 10.997%, second factor 10.033%, third factor 9.432%, fourth factor 7.462%, fifth factor 7.444%, sixth factor 7.406%, seventh factor 6.695%.

According to the rotated factor matrix, a number of 7 main factors were identified, the rotated subfactors being significantly correlated with the main factor (r ranging from 0.313 to 0.811). Regarding communality, i.e. the common character of a variable that is common to the variance of other variables, most of the variables are well represented by the factor model used. The communality is statistically significant, ranging from medium (0.441) to high (0.716).

Following the hypothesis research, the relevance of 7 main factors that explain the relationship between the 23 variables (cognitive emotional, behavioral coping mechanisms and Big Five personality factors) is found: antisocial indicator; prosocial indicator; emotional lability indicator; ambivalent thinking indicator; pessimism indicator; optimism indicator; attachment indicator.

Hypothesis 2: *We assume that there are cognitive emotional and behavioral coping mechanisms that are predictors of favorable impression in adulthood.*

In order to evaluate the predictors of cognitive emotional coping mechanisms, behavioral coping mechanisms and favorable impression, we applied the CERQ, SACS personality questionnaires and the CPI personality inventory, having as objectives: measure the influence that certain independent variables (coping mechanisms) have on the dependent variable (good impression); predict a dependent variable (good impression) through several independent variables (coping mechanisms); formulate the prediction equation.

According to the summary of the model of the 9 independent variables, the adjusted R² is 0.246, which means that 24.6% of the variables covariate: the dependent variable (favorable image) and the independent variables (cognitive emotional coping mechanisms: positive reappraisal, rumination, guilt and behavioral coping mechanisms: instinctual action, relating, aggression, support). The Durbin Watson test, with a value of 1.808 (ranging between 1.5 – 2.5), indicates that the level of serial correlations is medium – low.

The ANOVA test is significant for the significance threshold $p = 0.0002$, $F = 13.089$ and the number of degrees of freedom (df) is 7. Given that the significance threshold $p < 0.001$ means that at least two means differ significantly. In this case, the ANOVA summary table shows that the intergroup mean has 7 df (degrees of freedom). In the F table, the value corresponding to 7 degrees of freedom is between 5.59 and 12.25, the F obtained is higher than the value of the tabulated F, which means that the F ratio obtained is statistically significant, so there are differences between the means.

The Beta coefficients are statistically significant ($p = 0.0001 - 0.04$), and the partial correlation between an independent variable and the dependent variable, by excluding the other independent variables, is between -0.111 and 0.222. Given that we already know the standardized Beta coefficients for the retained independent variables, as well as the constant, we can now perform the multivariate prediction by constructing the multiple linear regression equation:

$$y = 0,240*a - 0,185*b - 0,168*c + 0,249*d - 0,203*e - 0,139*f - 0,116*g + 30,762$$

Where: a, b, c, d, e, f, g are the independent variables (coping mechanisms), and y is the dependent variable.

Figure 2.A shows the normality of the dispersion of the residual values because the points lie along the 45° diagonal (the regression line) and very close to it, with small deviations. Figure 2.B shows that the points in the point cloud in the figure can be considered in a horizontal band-type region, which does not contradict the normality of the errors. The distribution of the points does not show any deviation from normality or any violation of the fact that the errors have the same constant dispersion.

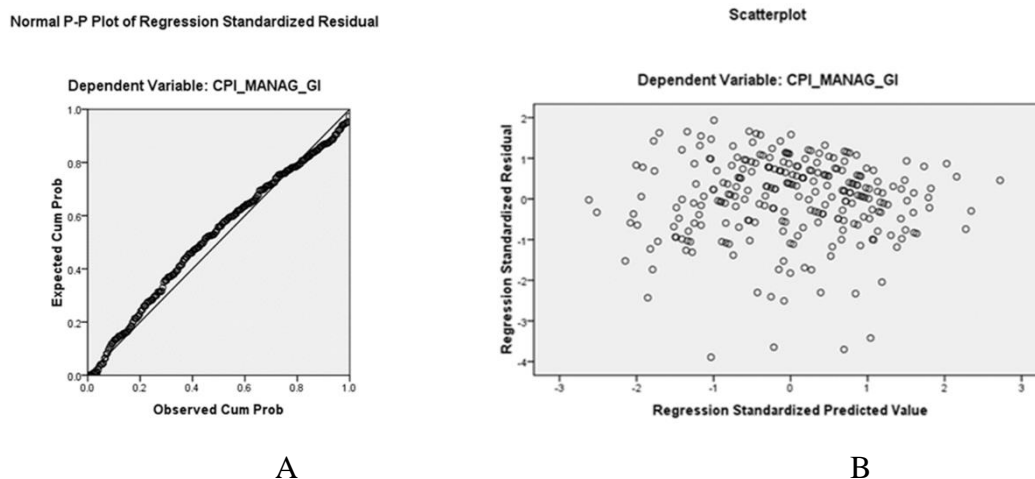


Figure 2. Regression line (left)- A and point cloud (right)-B

Given that the dependent variable (good impression) is predicted by independent variables (coping mechanisms), both cognitive-emotional and behavioral, we can state that the research hypothesis is confirmed, cognitive, emotional and behavioral coping mechanisms are predictors of favorable impression in adulthood.

Hypothesis 3: *We assume that there is a difference between men and women in terms of self-control, and the coping mechanisms that are related to self-control differ by gender.*

In order to evaluate the predictors of cognitive emotional coping mechanisms, behavioral coping mechanisms and emotional self-control, we applied the CERQ, SACS personality questionnaires and the CPI personality inventory, with the following objectives: identify the link between coping and emotional self-control according to gender; study the difference in emotional self-control according to the person's gender.

Considering the first part of the hypothesis, namely the comparison of self-control according to the person's gender, we note that the average for this dependent variable between men and women has close values, but is higher in the case of women ($B = 30.5846$; $F = 31.9846$).

To determine whether the difference between the two means obtained for men and women is statistically significant, we applied the T-test for independent samples (men – women). The results indicate that there is a statistically significant difference between women and men in terms of self-control (t for assumed equality of variance has the value -2.770 , degrees of freedom 258 , and the significance threshold is $p < 0.05$), so the difference is statistically significant between women and men.

Regarding the second part of the hypothesis, the connection between coping mechanisms and self-control, an average connection between coping and self-control is found in both men and women, as shown by the analysis of the Pearson correlation coefficients in Table 1.

Table 1 Pearson correlation coefficients for coping – self-control

Gender	Coping	Self-control correlation
Feminine	CERQ catastrophizing	-0,340**
	SACS instinctive action	-0,307**
	SACS indirect action	-0,345**
	SACS aggressiveness	-0,353**
Masculine	SACS antisocial action	-0,380**
	SACS aggressiveness	-0,303**

** p = 0,0001

From table 1, we can see a medium and negative correlation between coping and self-control, so the stronger the person manifests the coping mechanism, the lower the self-control. For women, there are both emotional coping mechanisms (catastrophizing $r=-0.340$) and behavioral coping mechanisms (instinctive action $r=-0.307$, indirect action $r=-0.345$, aggression $r=-0.353$) that are related to self-control, and for men there are only behavioral coping mechanisms that are inversely related to emotional self-control (actisocial action $r=-0.380$, aggression $r=-0.303$). From the correlation table, we can see that there are different coping mechanisms for men and women that are associated with fragile self-control, only one coping mechanism is common to both categories: aggressive behavior as a behavioral coping mechanism. Verifying whether there is a difference in the manifestation of this common coping behavior between men and women, it results that there are no statistical differences between men and women regarding the behavioral coping mechanism of aggression, t value = 1.022, degrees of freedom $df = 258$, and the significance threshold $p>0.05$.

Given that there is a statistically significant difference between men and women in terms of self-control, and the coping mechanisms associated with emotional self-control are different depending on gender, we believe that the research hypothesis is confirmed.

Hypothesis 4: *We assume that there is a difference between the cognitive-emotional and behavioral coping mechanisms of young adults (22 – 29 years old) and middle-aged adults (30 – 50 years old).*

The objectives of the hypothesis are: study the differences between cognitive, emotional and behavioral coping between adult age categories; identify the manifest coping for each adult age category (young and middle-aged adults).

To test this hypothesis, we applied the cognitive emotional coping questionnaires CERQ and the behavioral coping questionnaire SACS, and the group was subdivided into two categories (young adults $N=152$ and middle aged adults $N=108$). The means between the two groups are different, and to determine whether the differences between the means obtained for young adults (22 – 29 years) and middle aged adults (30 – 50 years) are statistically significant, we applied the

T-test for independent samples. The results indicate that there are statistically significant differences in coping mechanisms depending on the level of adult age, with certain coping mechanisms that assume variability throughout the adult period.

As can be seen from Table 2 (the averages of the two groups), we can see that for the four cognitive emotional coping mechanisms and the four behavioral coping mechanisms for which statistically significant differences between means were recorded, the averages are higher for a certain group (young adult or middle aged adult), centralized in the following table:

Table 2. Manifestation of coping mechanisms according to age level

CERQ	Higher group mean	SACS	Higher group mean
<i>Acceptance</i>	1	<i>Assertive action</i>	1
<i>Rumination</i>	1	<i>Instinctive action</i>	2
<i>Positive refocussing</i>	2	<i>Indirect action</i>	2
<i>Categorization</i>	2	<i>Aggressiveness</i>	2

1 = young adult (22 – 29 years)

2 = middle aged adult (30 – 50 years)

It can be observed that for the assumed equal variances the significance threshold is $p = 0.01 - 0.05$, its value between $t = 1.91 - 3.07$, which leads to the finding that there are both cognitive emotional and behavioral coping mechanisms that differ significantly between the two compared groups: cognitive emotional coping mechanisms (acceptance, rumination, positive refocusing, catastrophizing) and behavioral coping mechanisms (assertive action, instrumental action, independent action, aggression). Thus, for the young adults (22 – 29 years) the coping mechanisms that are more developed compared to the middle-aged adults are acceptance, rumination, assertiveness, and for the middle-aged adult (30 – 50 years) positive refocusing, categorization, aggression, instinctive action and indirect action. Given that there are coping mechanisms for which significant differences were recorded between the means of the two independent samples (young adult and middle-aged adult), we conclude that the hypothesis is confirmed.

Taking into account the average responses of the participants in the experimental research, we can outline a psychological profile of the adult in the analyzed age range (22-50 years), with regard to the coping mechanisms and personality traits analyzed, it results that adults generally manifest at an average level most of the cognitive emotional coping mechanisms (self-blame, acceptance, rumination, positive refocusing, putting into perspective, blaming others), at a high level: refocusing on planning, positive reevaluation and at a low level: catastrophizing. For behavioral coping mechanisms, all of these are at an average level. Regarding personality traits: at a low level we encounter the following personality traits: impulsivity, neuroticism, aggression; at an average level: sociability, favorable impression; at a high level activity and self-control.

Based on this adult personality profile, as well as the results of the experimental research, we can continue with the development of the formative experiment in order to change/improve these tendencies in chapter 3.

In Chapter III, entitled Development and valorization of the integrative psychological intervention program, strategies and principles underlying the development of the psychological intervention program are presented. The main landmarks of the formative experiment are delimited: the objectives, hypothesis and methodology of the scientific approach, the structure of the intervention program, the specific psychological methods and techniques used are presented. The effects of the developed and implemented integrative psychological program are evaluated, the efficiency of the formative intervention regarding the improvement/change of coping mechanisms in adulthood is established.

The aim of the formative experiment was to change/improve the adult's coping mechanisms and personality traits through an integrative psychological intervention program, as a result of participation in this program. It takes into account the following aspects: improve the adult's dysfunctional coping mechanisms: cognitive emotional coping - self-blame, rumination, catastrophizing, blaming others; behavioral coping: instinctive action, avoidance, indirect action, antisocial action, aggressive action; develop cognitive emotional coping mechanisms (acceptance, positive refocusing, refocusing on planning, positive reappraisal, putting into perspective); behavioral coping (assertive action, social relating, seeking social support, prudent action); significant change in personality traits in the psychological profile from adulthood: sociability, impulsive sensation seeking, activity, neuroticism – anxiety, aggression – hostility, social desirability, emotional self-control, good impression.

The general objectives of the formative experiment were:

1. Develop an integrative psychological intervention program with the aim of positively influencing the development of adaptive coping mechanisms and significantly decreasing maladaptive coping mechanisms, as well as personality traits;
2. Implement the program with subjects in the experimental group;
3. Verify the effectiveness of the program within the control experiment;
4. Delineate general conclusions and developing recommendations for specialists in the field.

Specific objectives of the formative research considered: personal development through self-knowledge; overcome relationship resistance and develop emotional co-regulation; explore the adult's attachment style; customized work for each coping category: cognitive, emotional and behavioral coping; create a new functional pattern: thought - emotion - behavior - coping; reduce dysfunctional coping and develop functional coping; learning ways of emotional self-regulation and reducing stress levels.

The independent variable was the integrative group psychological intervention program itself in which the adults participated with the aim of reducing dysfunctional coping and developing functional coping and personality traits.

The dependent variables within the group formative intervention program were: cognitive emotional coping; behavioral coping; personality traits.

The hypothesis of the formative experiment states that through specially organized psychological interventions (group intervention plan) it is possible to reduce maladaptive coping mechanisms and develop adaptive coping mechanisms, as well as significantly modify personality traits.

The formative research was conducted with the participation of 24 adults: 12 males and 12 females. The average age of the subjects for both groups is 29 years, with the minimum age being 22 years and the maximum being 44 years. The experimental group (EG) consisted of 12 adults (6 B and 6 F). Members of this group participated in the group psychological intervention program for a period of 10 months (May 2023 – February 2024). The control group (CG) – is statistically comparable (age, gender) with the experimental group and was also composed of 12 adults (6 B and 6 F), who, however, did not participate in the group psychological intervention program.

In Figure 3 we can observe the design of the formative experiment comprising the two groups, experimental and control, as well as the finality of the integrative psychological intervention program, i.e. the changes recorded for the experimental group regarding coping mechanisms and personality traits, but also the lack of changes for the control group that did not participate in the integrative psychological intervention program.

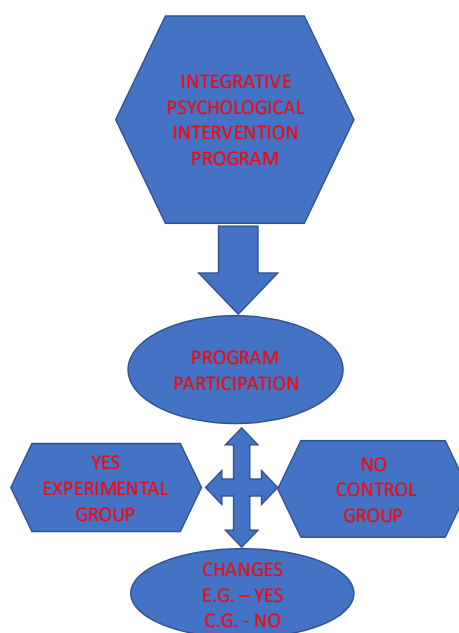


Figure 3. Design of the formative experiment

The groups were formed respecting the homogeneity criterion: the results obtained on the coping and personality questionnaires from the ascertainment experiment, respectively high scores for dysfunctional coping mechanisms and low scores for functional, adaptive ones, as well as for the personality traits from the Big Five model and those from the CPI studied in the ascertainment experiment. To verify homogeneity, we compared the results obtained by the adults in the experimental group with those obtained by those in the control group on the coping and personality tests by means of the non-parametric Mann – Whitney U test. When comparing the results on all the administered tests and for all their scales, no statistically significant differences were obtained at the significance threshold $p < 0.05$.

The selection criteria for participation in the group were those of belonging to the adult age category (22 - 50 years old); availability to participate in the training program for 20 sessions; motivation to change the way of thinking, behaving and feeling.

In order to achieve the general and specific objectives of the formative experiment, we resorted to 20 sessions of integrative group psychological intervention, held for approximately 2 hours every two weeks, through which emotional, behavioral and cognitive self-regulation mechanisms were trained, the interventional approach being of an integrative, eclectic type, as can be observed in Table 3.

Table 3. Integrative intervention approach in working with adult coping mechanisms

<i>MODALITIES</i>	<i>CHANGE MECHANISMS</i>	<i>METHODS AND TECHNIQUES OF INTERVENTION</i>
COGNITIVE	Mindfulness Changing perspective Increasing responsibility in decision-making Awareness of the consequences of coping styles	Cognitive Restructuring Working with the Parts of Personality Mind Movie – Decision Effects
BEHAVIORAL	Awareness of the impact of coping styles Mirroring the behavior of the other	Modeling Role Playing Movement Working with the Body Mind Movie – Behavioral Effects
EMOTIONAL	Connecting with body sensations	Breathing Techniques Guided Imagery Heart-Brain Coherence Training

To evaluate the efficiency and usefulness of the psychological intervention program, we administered the same psychological tests initially applied at the end of the training program: for coping SACS and CERQ, and for personality ZKPQ and CPI.

To evaluate the effectiveness of our intervention program, we conducted a comparative analysis of the results obtained by adults in the experimental group (EG) at the initial test and

retest, the results of adults in the control group (CG) at the initial test and retest, as well as the results of adults in the experimental group at the retest compared to the results of adults in the control group at the retest. This analysis will allow us to evaluate the impact of our program and determine whether there are significant differences between the intervention and control groups in terms of the evolution of results over time.

The first step we carried out was to compare the results of the subjects in the experimental group with those of the control group after the formative experiment. For this purpose, we administered the non-parametric statistical test U Mann – Whitney. The data presented reflect the impact of the psychological intervention on the experimental group (EG) and the control group (CG). The analysis was carried out by comparing the scores obtained when retesting the different dimensions of coping and personality traits.

On some of the scales of the CERQ questionnaire we find a decrease in the quantitative results for the subjects in the experimental group, and on others an increase in the scores, which allows us to talk about the positive impact of the training program that we developed and implemented. We managed to significantly reduce ($p= 0.0001$): self-blame (GE =8,88; GC =16,12), rumination (GE = 7,33; GC =17,67), catastrophizing (GE = 7,67; GC =17,33), blaming others (GE =9,21; GC =15,79) and to significantly increase in the experimental group compared to the control group the following coping mechanisms ($p=0.0001$): acceptance (GE =16,62; GC =8,38), positive refocusing (GE = 17,29; GC = 7,71), refocusing on planning (GE =16,38; GC =8,62), positive reevaluation (GE = 16,75; GC = 8,25), putting into perspective (GE =17,67; GC = 7,33), as shown in Figure 4.

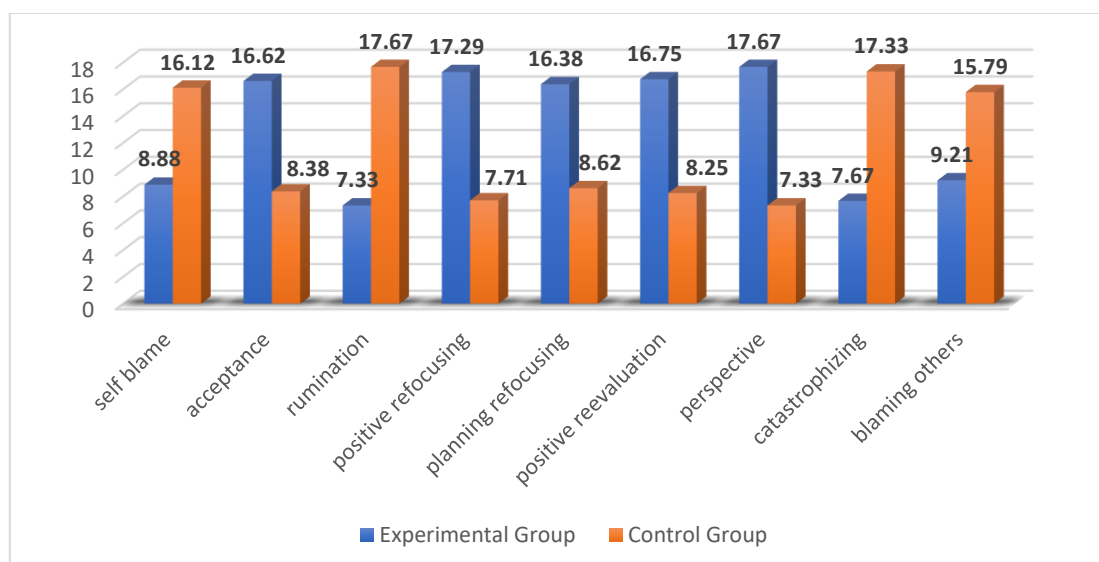


Figure 4. CERQ EG CG Retest Questionnaire

For all scales of the SACS questionnaire, we obtained significant differences for the subjects in the experimental group compared to the adults in the control group using the Mann Whitney U test ($p=0.0001$). We can say that we managed, through the training program, to modify

the quantitative values of the subjects in the experimental group compared to the control group, thus to decrease the dysfunctional behavioral coping mechanisms (support seeking GE =8,75; GC = 16,25, instinctive action GE = 6,50, GC = 18,50, avoidance GE =6,62; GC = 18,38, antisocial action GE =6,58, GC =18,42, indirect action GE = 6,79, GC =18,21, aggressive action GE =6,50, GC = 18,50) and to increase the functional behavioral coping mechanisms (assertiveness GE = 18,08; GC =6,92, social relating GE = 16,75; GC =8,25, prudent action GE =16,92; GC =8,08) studied through the SACS questionnaire, as shown in Figure 5.

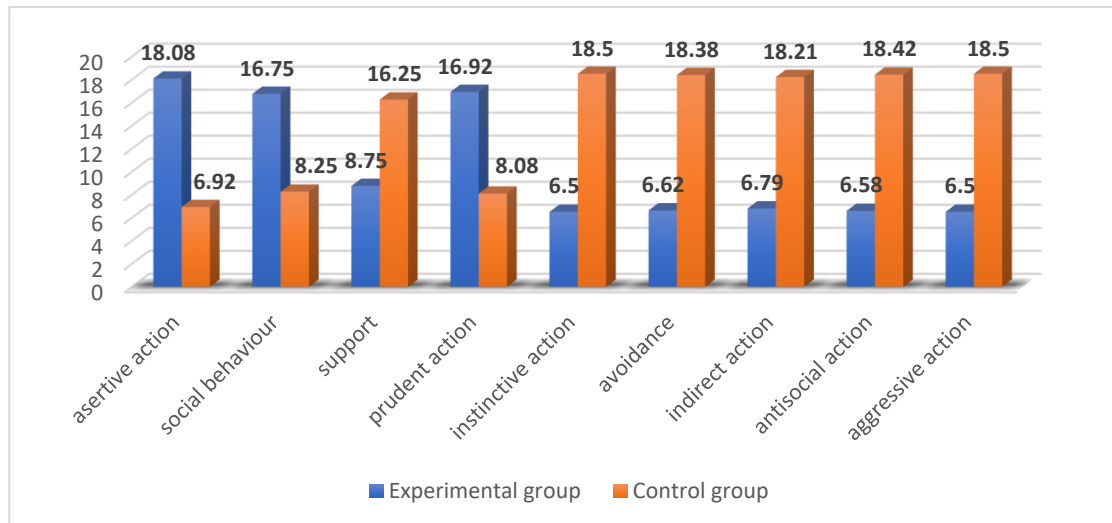


Figure 5. SACS EG CG Retest Questionnaire

On the scales of the ZKPQ questionnaire, we find a significant difference in scores through the Mann Whitney U test ($p=0.0001$), which allows us to speak about a positive impact of the program we have implemented, for the impulsivity (GE =7,33; GC =17,67), aggression (7,67; GC =17,33), neuroticism anxiety (GE =6,67; GC =18,33) and desirability (GE = 7,75; GC =17,25) scales the scores are significantly lower in the experimental group than in the control group. At the same time, we managed to increase the scores on sociability (GE = 17,83; GC =7,17) and activity (GE =16,17; GC =8,83) in the experimental group, as shown in figure 6.

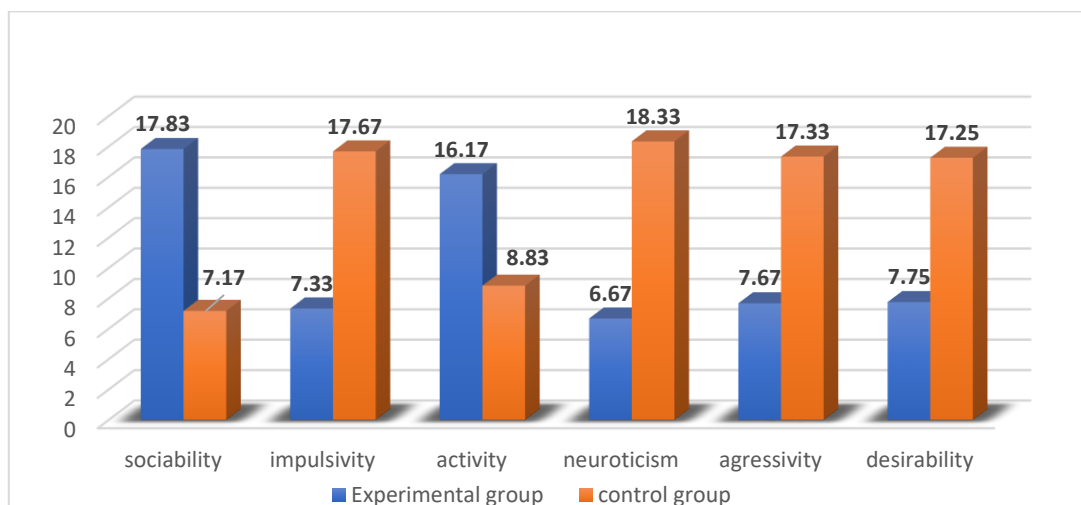


Figure 6. ZKPQ EG CG Retest Questionnaire

For all scales of the self-management dimension of the CPI, higher retest results were obtained for the experimental group compared to the control group, which leads to the conclusion that the experiment had a favorable impact on all these personality traits. On all scales of this dimension, statistically significant differences were obtained in the results of the subjects in the experimental group compared to those in the control group, responsibility scale GE = 16.21; GC = 8.79; social conformity scale GE = 18.08; GC = 6.92; self-control scale GE = 18.46; GC = 6.54; good impression scale GE = 17.83; GC = 7.17; communality scale GE = 18.08; GC = 6.92, health scale GE = 15.67; GC = 9.33, tolerance scale GE = 18.50; GC = 6.50, as can be seen by the Mann Whitney U test ($p=0.0001$), as shown in Figure 7.

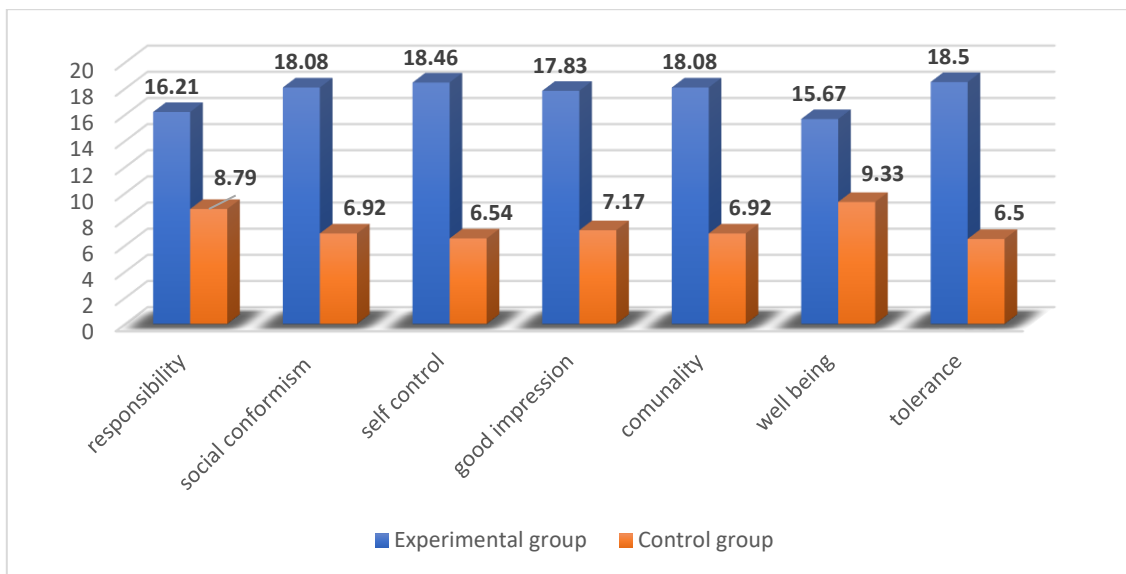


Figure 7. The control experiment. CPI retest GE – GC self-management scale.

Second step in the formative experiment refers to the experimental group, namely the results of the subjects in the experimental group obtained in the ascertainment experiment and in the control experiment. This statistical comparison was performed using the non-parametric Wilcoxon statistical test (for paired samples), obtaining significant differences for all coping mechanisms and personality traits. In some of the scales of the CERQ cognitive emotional coping questionnaire we find a significant decrease in the quantitative results for the subjects in the experimental group in the post-test (scales self-blame $W=-1.746$, $p=0.008$, rumination $W=-3.065$, $p=0.002$, catastrophizing $W=-2.445$, $p=0.01$, blaming others $W=-2.080$, $p=0.03$), and in others a significant increase (acceptance $W=-2.404$, $p=0.01$, positive refocusing $W=-3.069$, $p=0.002$, refocusing on planning $W=-1.280$, $p=0.02$, positive reappraisal $W=-2.111$, $p=0.03$, putting into perspective $W=-2.675$, $p=0.007$), a fact which allows us to talk about the positive impact of the training program we implemented, as shown in Figure 8.

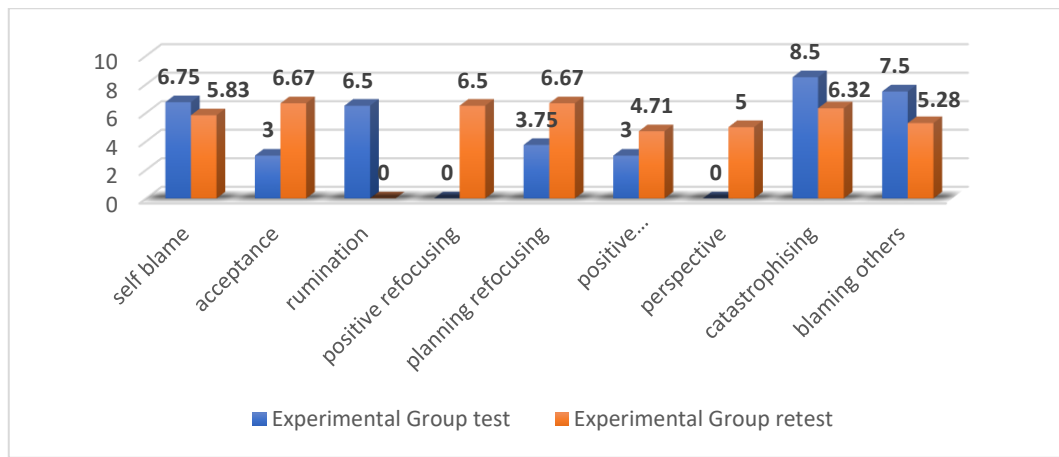


Figure 8. The control experiment. Gr. Experimental test - retest. CERQ questionnaire, mean values

On most scales of the SACS behavioral coping questionnaire, we find a significant decrease in the quantitative results for the subjects in the experimental group in the post-test (support seeking scales $W = -2.320$, $p = 0.02$, impulsive action $W = -3.063$, $p = 0.02$, avoidance $W = -3.063$, $p = 0.002$, indirect action $W = -3.071$, $p = 0.002$, antisocial action $W = -3.062$, $p = 0.002$, aggressive action $W = -3.074$, $p = 0.002$) and a significant increase in other scales (assertiveness $W = -3.068$, $p = 0.002$, social relating $W = -2.482$, $p = 0.01$, cautious action $W = -2.561$, $p = 0.1$), which tells us allows us to talk about the positive impact of the training program we carried out, because all scales were significantly modified, as shown in Figure 9.

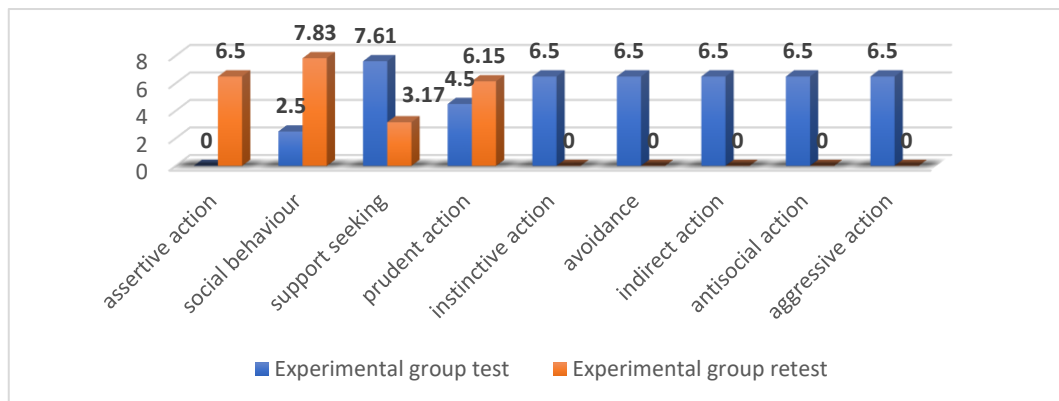


Figure 9. The control experiment. Gr. Experimental test – retest. SACS questionnaire, mean values

For some of the scales of the ZKPQ questionnaire, we find a significant decrease in the scores for the subjects in the experimental group in the post-test (impulsivity scales $W = -3.103$, $p = 0.002$, neuroticism anxiety $W = -2.213$, $p = 0.02$, aggression $W = -2.680$, $p = 0.007$, desirability $W = -2.264$, $p = 0.02$), and for others a significant increase in the results in the post-test (sociability $W = -3.071$, $p = 0.002$, activity $W = -2.655$, $p = 0.008$), as shown in Figure 10.

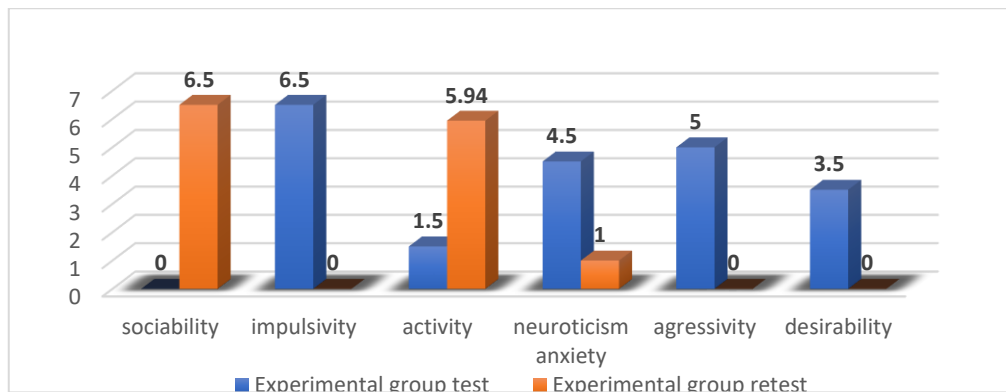


Figure 10. The control experiment. Gr. Experimental test – retest. ZKPQ questionnaire, mean values

On all scales of the CPI self-management dimension, we find a significant increase in quantitative results for subjects in the experimental group in the post-test (responsibility $W=-1.424$, $p=0.015$; social conformity $W=-2.861$, $p=0.004$; self-control $W=-2.937$, $p=0.003$; good impression $W=-2.983$, $p=0.003$; communality $W=-2.923$, $p=0.003$; health $W=-1.459$, $p=0.014$; tolerance $W=-3.074$, $p=0.002$).

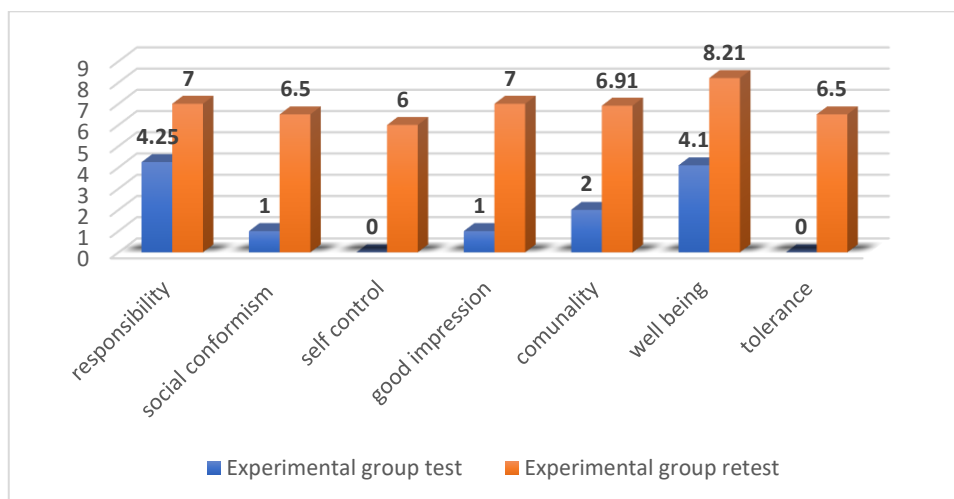


Figure 11. The control experiment. Experimental group test – retest CPI self-management scale

In conclusion for second step, when comparing the results obtained by the experimental group subjects in the observation experiment and the control experiment, we can state that through the training sessions we managed to obtain changes for all cognitive, emotional and behavioral coping mechanisms, as well as for all the personality traits studied.

Third step consists of performing the third comparison in the statistical analysis of the results of the subjects in the control group obtained in the ascertainment experiment and in the control experiment. This statistical comparison was performed using the non-parametric Wilcoxon statistical test, obtaining *statistically insignificant results* for all personality dimensions and for all coping mechanisms. As a conclusion for the third step, *the comparison of the results obtained by*

the subjects in the ascertainment experiment and the control experiment for all administered samples allows us to talk about the fact that no changes occurred in the studied characteristics, the adults in this group keeping their cognitive, emotional and behavioral coping mechanisms constant, as well as the level of development of the personality traits from the initial profile, because they did not participate in the group training program.

The hypothesis of the formative experiment was confirmed in which we assumed that through integrative psychological intervention sessions it is possible to improve/change cognitive, emotional and behavioral coping mechanisms in adulthood and personality traits.

Statistically significant different results were obtained for the first stage (GE – GC retest comparison) and the second stage (GE test - rest) of the formative experiment. We note the positive, favorable impact of the formative sessions, given that a significant modification of all the coping mechanisms and personality traits studied was achieved. Thus, the present integrative psychological intervention program on coping and personality traits in adults contributes to the development of psychological science because ***this type of intervention correlative to the hypothesis, purpose and objectives of this study highlights the fact that by modifying the adult's coping mechanisms, the adult's personality traits are also modified.***

GENERAL CONCLUSIONS AND RECOMMENDATIONS

The results obtained in this research solved the current scientific problem in the field regarding the impact of coping mechanisms on the personality profile in adulthood, as well as the development and implementation of a training program to improve coping mechanisms and some personality traits in adulthood. The analysis of the theoretical and experimental results allows us to formulate the following conclusions:

1. Coping combines the physiology of stress and basic personality traits, involves the coordination of emotion, behavior, attention, motivation, and cognition towards adaptation. Resilience indicates the ability to adapt to stress by capitalizing on personal resources. Given the type of primary attachment in childhood, the adult develops specific coping mechanisms, which are translated into behavioral terms both in relation to self and to others.
2. There are 7 main factors that explain the relationship between cognitive emotional, behavioral coping mechanisms and the Big Five personality factors: antisocial indicator, prosocial indicator, emotional lability indicator, ambivalent thinking indicator, pessimism indicator, optimism indicator, attachment indicator.

3. There are 3 cognitive emotional coping mechanisms (positive reappraisal, rumination, guilt) and 4 behavioral coping mechanisms (instinctive action, relating, aggression, support) that are predictors of favorable impression.
4. There is a statistically significant difference between men and women in terms of self-control, and the coping mechanisms associated with emotional self-control differ by gender.
5. Some of the coping mechanisms remain constant throughout adulthood (up to 50 years), and some of the coping mechanisms are different depending on the age of the adult. We can therefore conclude that with the biological and psychoemotional maturation of the individual, different coping mechanisms are trained and manifested, which belong to the age.
6. The adult's personality profile was developed with regard to cognitive emotional and behavioral coping mechanisms, as well as with regard to the personality traits studied.
7. An integrative psychological intervention program was developed and implemented, as a result of which all cognitive, emotional and behavioral coping mechanisms, as well as the personality traits were modified.
8. Coping mechanisms have an impact on the personality profile in adulthood, changing coping mechanisms also changes the adult's personality profile.

Recommendations for implementation:

1. The psychological intervention procedure through the psychological integrative program developed in the formative experiment for adults can be implemented within personal development groups for adults in the organizational or private practice, for the development of certain specific adaptation and restructuring skills of the adult personality;
2. The prediction equation developed as a result of the observation experiment can be used in professional selection procedures within various institutions that provide for psychological examination for admission to the system, so that now there is the possibility of predicting the distortion of the personality profile as a result of certain coping mechanisms predominantly used by adults;
3. The relationships of coping mechanisms with certain personality traits, as well as the specificity of some coping mechanisms depending on the person's gender and age (young or middle-aged adults) can be exploited in the development of clinical psychological intervention guidelines for adulthood;

4. The materials presented in the paper can be used in teaching university, master's or specialization courses and continuing professional training for psychologists, psychotherapists and can be integrated into organizational or clinical practice;
5. The group intervention protocol can be used in working with stress management or developing emotional self-control, as well as significant personality restructuring in adulthood.

Suggestions for future research:

This paper aims to open new horizons in coping research, such as:

- (1) Longitudinal studies, starting from childhood (from approximately 5 years of age) by investigating attachment patterns and the development of coping until adulthood;
- (2) In-depth investigation of the adult's coping mechanisms, their assessment and psychotherapy;
- (3) Research on the long-term consequences of adult coping mechanisms in the professional sphere in comparison with old age (geriatric studies);
- (4) Transdisciplinary, medical and psychological research on coping mechanisms through the Brain Map, so that by brain mapping the cortical regions activated by coping can be identified, and through Neurofeedback to proceed to improve / change coping;
- (5) Research through a parallel formative experiment of two homogeneous groups regarding the duration and effectiveness of a classical group psychological intervention program (as developed in this paper) versus a coping intervention program through Neurofeedback.

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Abstract publication in the conference volume and **e-poster**:

MOCANU, M.N. Tratatamentul psihoterapeutic prin compasiune al copingului psihologic și al tipului de atașament. În: *Zilele Psihiatriei Socola, volum rezumate*. Iași: Ed Etna, 2022. pp 63. ISBN 978-973-1985-83-1.

MOCANU, M.N. The relationship of emotional self-control with coping mechanisms (Relația copingului cu autocontrolul emoțional). În: *Volumul de rezumate al Conferinței Internaționale a Doctoranzilor, Post doctoranzilor și tinerilor Cercetători în Științe Socio – Umane*. 2023, pp. 67. ISBN online: 978-606-714-779-7 , ISBN print: 978-606-714-780-3.

ANNOTATION

Mocanu Maria Nicoleta. The impact of coping mechanisms on the adult personality profile.
Doctoral thesis in Psychology. Chisinau, 2025.

Structure of the thesis: The thesis consists of annotations in three languages (Romanian, Russian and English), list of abbreviations, list of tables, list of figures, introduction, three chapters, general conclusions and recommendations, bibliography from 248 titles, 5 appendices, 140 basic text pages, 35 figures and 11 tables. The results obtained are published in 17 scientific publications.

Key words: coping mechanisms, personality, adulthood, resilience, attachment.

Field of study: Developmental psychology - adult psychology.

The purpose of the research consists in studying the coping mechanisms and personality profile in adulthood and in the development and implementation of a group intervention program to modify the coping mechanisms and personality traits in adulthood.

The objectives of the research consisted in: 1) identifying the common factors behind the coping mechanisms variables and the personality factors from the five-factor alternative model (sociability, impulsive sensation seeking, activity, neuroticism – anxiety, aggression); 2) identification of the coping mechanisms predictors of the favorable impression, as a personality trait in the adult's psychological profile; 3) investigating the link between coping mechanisms and the adult's emotional self-control, as well as gender differences; 4) the study of the difference between the cognitive-emotional and behavioral coping mechanisms of young adults (22-29 years) and middle-aged adults (30-50 years); 5) develop the adult's psychological profile; 6) the development and implementation of a integrative psychological intervention program with the objective of improving/changing coping strategies; 7) determining the effectiveness of the applied integrative psychological intervention program; 8) formulation of practical psychological recommendations for behavioral, attitudinal and emotional optimization.

The obtained results that contribute to the solution of the important scientific problem consist in the development of procedures for coping mechanisms and their impact on the personality profile of the adult, a fact that had the effect of implementing a group intervention program in order to significantly change them.

Novelty and scientific originality. For the first time at the national level, an experimental study is carried out that underlines the consequences of coping mechanisms on the personality profile of the adult; at the same time, a group psychological intervention program is developed and applied for the correlative change of coping mechanisms and personality traits of the adult.

The theoretical significance consists in the analysis and integration of research from coping mechanisms with those from adult personality psychology, bringing new perspectives and understanding in this field.

The applied value of the work: it consisted in the development of a psychodiagnostic model of the bond between coping and personality of the adult, as well as the construction, implementation and verification of the effectiveness of a group psychological intervention program with the objective of improving or changing coping mechanisms and personality traits of the adult.

Implementation of scientific results. The conceptualization of the intervention plan and the resulting materials are used in the process of continuous training of psychologists in the clinical field by disseminating information in conference volumes, continuous professional training workshops, but they are also a guide for psychologists who carry out specific personality assessment activities, both at clinical level, as well as for the selection and recruitment of personnel in organizations. Also, the conceptual and research aspects are valued within the disciplines of Developmental Psychology and Psychodiagnosis and Psychological Statistics within the U.P.S.C.

ADNOTARE

Mocanu Maria Nicoleta. Impactul mecanismelor de coping asupra profilului de personalitate la vârsta adultă.

Teză de doctor în Psihologie. Chișinău, 2025.

Structura tezei. Teza este constituită din adnotări în trei limbi (română, engleză și rusă), lista abrevierilor, lista tabelelor, lista figurilor, introducere, trei capitole, concluzii generale și recomandări, bibliografie din 248 titluri, 5 anexe, 140 pagini de text de bază, 35 figuri și 11 tabele. Rezultatele obținute sunt publicate în 17 lucrări științifice.

Cuvinte-cheie: mecanisme de coping, personalitate, vârsta adultă, reziliență, atașament.

Domeniu de studiu: Psihologia dezvoltării personalității adultului.

Scopul cercetării a constat în cercetarea mecanismelor de coping și a profilului de personalitate la vârsta adultă și în elaborarea și implementarea unui program de intervenție de grup pentru modificarea mecanismelor de coping și a trăsăturilor de personalitate de la vârsta adultă.

Obiectivele cercetării au constat în: 1) identificarea factorilor comuni care se află în spatele variabilelor mecanisme de coping și factorii de personalitate din modelul alternativ cu cinci factori (sociabilitate, căutare impulsivă de senzații, activitate, neuroticism – anxietate, agresivitate); 2) identificarea mecanismelor de coping predictor ai impresiei favorabile, ca trăsătură de personalitate în profilul psihologic al adultului; 3) investigarea legăturii dintre mecanismele de coping și autocontrolul emoțional al adultului, precum și diferențele în funcție de gen; 4) studiul diferenței între mecanismele de coping cognitiv - emoționale și comportamentale ale adultului tânăr (22 – 29 ani) și ale adultului de vârstă medie (30 – 50 ani); 5) elaborarea profilului psihologic al adultului; 6) elaborarea și implementarea unui program integrativ de intervenție psihologică având ca obiectiv ameliorarea/schimbarea strategiilor de coping și a trăsăturilor de personalitate; 7) determinarea eficienței programului integrativ de intervenție psihologică aplicat; 8) formularea recomandărilor psihologice cu caracter practic de optimizare comportamentală, atitudinală și emoțională.

Rezultatele obținute care contribuie la soluționarea problemei științifice importante constau în elaborarea procedeelelor pentru studierea mecanismelor de coping și a impactului acestora asupra profilului de personalitate a adultului, fapt ce a avut ca efect implementarea unui program de intervenție de grup pentru modificarea semnificativă a acestora.

Noutatea și originalitatea științifică. Pentru prima dată la nivel național este realizat studiul experimental prin care se constată consecințele mecanismelor de coping asupra profilului de personalitate la vârsta adultă; totodată, este elaborat și aplicat un program de intervenție psihologică de grup pentru schimbarea corelativă a mecanismelor de coping și a trăsăturilor de personalitate ale adultului.

Semnificația teoretică constă în analiza și integrarea cercetărilor din literatura de specialitate a mecanismelor de coping cu cele din psihologia personalității adultului, aducând noi perspective și înțelegere în acest domeniu.

Valoarea aplicativă a lucrării constă în elaborarea unui model de psihodiagnoză a legăturii dintre coping și personalitate la vârsta adultă precum și construirea, implementarea și verificarea eficienței unui program de intervenție psihologică de grup având ca obiectiv ameliorarea sau schimbarea mecanismelor de coping și a trăsăturilor de personalitate la vârsta adultă.

Implementarea rezultatelor științifice. Conceptualizarea planului de intervenție și materialele rezultate sunt utilizate în procesul de formare continuă a psihologilor din domeniul clinic prin diseminarea informațiilor în cadrul volumelor conferințelor, workshopuri de formare profesională continuă, dar sunt și îndrumar pentru psihologii care desfășoară activități specifice de evaluare a personalității, atât la nivel clinic, cât și pentru selecția și recrutarea de personal în organizații. De asemenea, aspectele conceptuale și de cercetare sunt valorificate în cadrul disciplinelor Psihologia dezvoltării; Psihodiagnoza și statistică psihologică din cadrul U.P.S. „Ion Creangă”.

MOCANU MARIA NICOLETA

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