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ЕЖЕМЕСЯЧНЫЙ НАУЧНЫЙ ЖУРНАЛ

Медицинские новости Грузии  
საქართველოს სამედიცინო სიახლენი

## GEORGIAN MEDICAL NEWS

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**GMN: Georgian Medical News** is peer-reviewed, published monthly journal committed to promoting the science and art of medicine and the betterment of public health, published by the GMN Editorial Board since 1994. GMN carries original scientific articles on medicine, biology and pharmacy, which are of experimental, theoretical and practical character; publishes original research, reviews, commentaries, editorials, essays, medical news, and correspondence in English and Russian.

GMN is indexed in MEDLINE, SCOPUS, PubMed and VINITI Russian Academy of Sciences. The full text content is available through EBSCO databases.

**GMN: Медицинские новости Грузии** - ежемесячный рецензируемый научный журнал, издаётся Редакционной коллегией с 1994 года на русском и английском языках в целях поддержки медицинской науки и улучшения здравоохранения. В журнале публикуются оригинальные научные статьи в области медицины, биологии и фармации, статьи обзорного характера, научные сообщения, новости медицины и здравоохранения. Журнал индексируется в MEDLINE, отражён в базе данных SCOPUS, PubMed и ВИНТИ РАН. Полнотекстовые статьи журнала доступны через БД EBSCO.

**GMN: Georgian Medical News** – საქართველოს სამედიცინო სიახლენი – არის ყოველთვიური სამეცნიერო სამედიცინო რეცენზირებადი ჟურნალი, გამოიცემა 1994 წლიდან, წარმოადგენს სარედაქციო კოლეგიისა და აშშ-ის მეცნიერების, განათლების, ინდუსტრიის, ხელოვნებისა და ბუნებისმეტყველების საერთაშორისო აკადემიის ერთობლივ გამოცემას. GMN-ში რუსულ და ინგლისურ ენებზე ქვეყნდება ექსპერიმენტული, თეორიული და პრაქტიკული ხასიათის ორიგინალური სამეცნიერო სტატიები მედიცინის, ბიოლოგიისა და ფარმაციის სფეროში, მიმოხილვითი ხასიათის სტატიები.

ჟურნალი ინდექსირებულია MEDLINE-ის საერთაშორისო სისტემაში, ასახულია SCOPUS-ის, PubMed-ის და ВИНТИ РАН-ის მონაცემთა ბაზებში. სტატიების სრული ტექსტი ხელმისაწვდომია EBSCO-ს მონაცემთა ბაზებიდან.

### WEBSITE

[www.geomednews.com](http://www.geomednews.com)

## К СВЕДЕНИЮ АВТОРОВ!

При направлении статьи в редакцию необходимо соблюдать следующие правила:

1. Статья должна быть представлена в двух экземплярах, на русском или английском языках, напечатанная через **полтора интервала на одной стороне стандартного листа с шириной левого поля в три сантиметра**. Используемый компьютерный шрифт для текста на русском и английском языках - **Times New Roman (Кириллица)**, для текста на грузинском языке следует использовать **AcadNusx**. Размер шрифта - **12**. К рукописи, напечатанной на компьютере, должен быть приложен CD со статьей.

2. Размер статьи должен быть не менее десяти и не более двадцати страниц машинописи, включая указатель литературы и резюме на английском, русском и грузинском языках.

3. В статье должны быть освещены актуальность данного материала, методы и результаты исследования и их обсуждение.

При представлении в печать научных экспериментальных работ авторы должны указывать вид и количество экспериментальных животных, применявшиеся методы обезболивания и усыпления (в ходе острых опытов).

4. К статье должны быть приложены краткое (на полстраницы) резюме на английском, русском и грузинском языках (включающее следующие разделы: цель исследования, материал и методы, результаты и заключение) и список ключевых слов (key words).

5. Таблицы необходимо представлять в печатной форме. Фотокопии не принимаются. **Все цифровые, итоговые и процентные данные в таблицах должны соответствовать таковым в тексте статьи**. Таблицы и графики должны быть озаглавлены.

6. Фотографии должны быть контрастными, фотокопии с рентгенограмм - в позитивном изображении. Рисунки, чертежи и диаграммы следует озаглавить, пронумеровать и вставить в соответствующее место текста **в tiff формате**.

В подписях к микрофотографиям следует указывать степень увеличения через окуляр или объектив и метод окраски или импрегнации срезов.

7. Фамилии отечественных авторов приводятся в оригинальной транскрипции.

8. При оформлении и направлении статей в журнал МНГ просим авторов соблюдать правила, изложенные в «Единых требованиях к рукописям, представляемым в биомедицинские журналы», принятых Международным комитетом редакторов медицинских журналов - <http://www.spinesurgery.ru/files/publish.pdf> и [http://www.nlm.nih.gov/bsd/uniform\\_requirements.html](http://www.nlm.nih.gov/bsd/uniform_requirements.html) В конце каждой оригинальной статьи приводится библиографический список. В список литературы включаются все материалы, на которые имеются ссылки в тексте. Список составляется в алфавитном порядке и нумеруется. Литературный источник приводится на языке оригинала. В списке литературы сначала приводятся работы, написанные знаками грузинского алфавита, затем кириллицей и латиницей. Ссылки на цитируемые работы в тексте статьи даются в квадратных скобках в виде номера, соответствующего номеру данной работы в списке литературы. Большинство цитированных источников должны быть за последние 5-7 лет.

9. Для получения права на публикацию статья должна иметь от руководителя работы или учреждения визу и сопроводительное отношение, написанные или напечатанные на бланке и заверенные подписью и печатью.

10. В конце статьи должны быть подписи всех авторов, полностью приведены их фамилии, имена и отчества, указаны служебный и домашний номера телефонов и адреса или иные координаты. Количество авторов (соавторов) не должно превышать пяти человек.

11. Редакция оставляет за собой право сокращать и исправлять статьи. Корректур авторам не высылаются, вся работа и сверка проводится по авторскому оригиналу.

12. Недопустимо направление в редакцию работ, представленных к печати в иных издательствах или опубликованных в других изданиях.

**При нарушении указанных правил статьи не рассматриваются.**

## REQUIREMENTS

Please note, materials submitted to the Editorial Office Staff are supposed to meet the following requirements:

1. Articles must be provided with a double copy, in English or Russian languages and typed or computer-printed on a single side of standard typing paper, with the left margin of 3 centimeters width, and 1.5 spacing between the lines, typeface - **Times New Roman (Cyrillic)**, print size - 12 (referring to Georgian and Russian materials). With computer-printed texts please enclose a CD carrying the same file titled with Latin symbols.

2. Size of the article, including index and resume in English, Russian and Georgian languages must be at least 10 pages and not exceed the limit of 20 pages of typed or computer-printed text.

3. Submitted material must include a coverage of a topical subject, research methods, results, and review.

Authors of the scientific-research works must indicate the number of experimental biological species drawn in, list the employed methods of anesthetization and soporific means used during acute tests.

4. Articles must have a short (half page) abstract in English, Russian and Georgian (including the following sections: aim of study, material and methods, results and conclusions) and a list of key words.

5. Tables must be presented in an original typed or computer-printed form, instead of a photocopied version. **Numbers, totals, percentile data on the tables must coincide with those in the texts of the articles.** Tables and graphs must be headed.

6. Photographs are required to be contrasted and must be submitted with doubles. Please number each photograph with a pencil on its back, indicate author's name, title of the article (short version), and mark out its top and bottom parts. Drawings must be accurate, drafts and diagrams drawn in Indian ink (or black ink). Photocopies of the X-ray photographs must be presented in a positive image in **tiff format**.

Accurately numbered subtitles for each illustration must be listed on a separate sheet of paper. In the subtitles for the microphotographs please indicate the ocular and objective lens magnification power, method of coloring or impregnation of the microscopic sections (preparations).

7. Please indicate last names, first and middle initials of the native authors, present names and initials of the foreign authors in the transcription of the original language, enclose in parenthesis corresponding number under which the author is listed in the reference materials.

8. Please follow guidance offered to authors by The International Committee of Medical Journal Editors guidance in its Uniform Requirements for Manuscripts Submitted to Biomedical Journals publication available online at: [http://www.nlm.nih.gov/bsd/uniform\\_requirements.html](http://www.nlm.nih.gov/bsd/uniform_requirements.html)  
[http://www.icmje.org/urm\\_full.pdf](http://www.icmje.org/urm_full.pdf)

In GMN style for each work cited in the text, a bibliographic reference is given, and this is located at the end of the article under the title "References". All references cited in the text must be listed. The list of references should be arranged alphabetically and then numbered. References are numbered in the text [numbers in square brackets] and in the reference list and numbers are repeated throughout the text as needed. The bibliographic description is given in the language of publication (citations in Georgian script are followed by Cyrillic and Latin).

9. To obtain the rights of publication articles must be accompanied by a visa from the project instructor or the establishment, where the work has been performed, and a reference letter, both written or typed on a special signed form, certified by a stamp or a seal.

10. Articles must be signed by all of the authors at the end, and they must be provided with a list of full names, office and home phone numbers and addresses or other non-office locations where the authors could be reached. The number of the authors (co-authors) must not exceed the limit of 5 people.

11. Editorial Staff reserves the rights to cut down in size and correct the articles. Proof-sheets are not sent out to the authors. The entire editorial and collation work is performed according to the author's original text.

12. Sending in the works that have already been assigned to the press by other Editorial Staffs or have been printed by other publishers is not permissible.

**Articles that Fail to Meet the Aforementioned  
Requirements are not Assigned to be Reviewed.**

## ავტორთა საქურაღებოლ!

რედაქციაში სტატიის წარმოდგენისას საჭიროა დაიცვათ შემდეგი წესები:

1. სტატია უნდა წარმოადგინოთ 2 ცალად, რუსულ ან ინგლისურ ენებზე დაბეჭდილი სტანდარტული ფურცლის 1 გვერდზე, 3 სმ სიგანის მარცხენა ველისა და სტრიქონებს შორის 1,5 ინტერვალის დაცვით. გამოყენებული კომპიუტერული შრიფტი რუსულ და ინგლისურენოვან ტექსტებში - **Times New Roman (Кириллица)**, ხოლო ქართულენოვან ტექსტში საჭიროა გამოვიყენოთ **AcadNusx**. შრიფტის ზომა – 12. სტატიას თან უნდა ახლდეს CD სტატიით.

2. სტატიის მოცულობა არ უნდა შეადგენდეს 10 გვერდზე ნაკლებს და 20 გვერდზე მეტს ლიტერატურის სიის და რეზიუმეების (ინგლისურ, რუსულ და ქართულ ენებზე) ჩათვლით.

3. სტატიაში საჭიროა გაშუქდეს: საკითხის აქტუალობა; კვლევის მიზანი; საკვლევი მასალა და გამოყენებული მეთოდები; მიღებული შედეგები და მათი განსჯა. ექსპერიმენტული ხასიათის სტატიების წარმოდგენისას ავტორებმა უნდა მიუთითონ საექსპერიმენტო ცხოველების სახეობა და რაოდენობა; გაუტკივარებისა და დაძინების მეთოდები (მწვავე ცდების პირობებში).

4. სტატიას თან უნდა ახლდეს რეზიუმე ინგლისურ, რუსულ და ქართულ ენებზე არანაკლებ ნახევარი გვერდის მოცულობისა (სათაურის, ავტორების, დაწესებულების მითითებით და უნდა შეიცავდეს შემდეგ განყოფილებებს: მიზანი, მასალა და მეთოდები, შედეგები და დასკვნები; ტექსტუალური ნაწილი არ უნდა იყოს 15 სტრიქონზე ნაკლები) და საკვანძო სიტყვების ჩამონათვალი (key words).

5. ცხრილები საჭიროა წარმოადგინოთ ნაბეჭდი სახით. ყველა ციფრული, შემაჯამებელი და პროცენტული მონაცემები უნდა შეესაბამებოდეს ტექსტში მოყვანილს.

6. ფოტოსურათები უნდა იყოს კონტრასტული; სურათები, ნახაზები, დიაგრამები - დასათაურებული, დანომრილი და სათანადო ადგილას ჩასმული. რენტგენოგრაფიების ფოტოასლები წარმოადგინეთ პოზიტიური გამოსახულებით **tiff** ფორმატში. მიკროფოტოსურათების წარწერებში საჭიროა მიუთითოთ ოკულარის ან ობიექტივის საშუალებით გადიდების ხარისხი, ანათალების შედეგის ან იმპრეგნაციის მეთოდი და აღნიშნოთ სურათის ზედა და ქვედა ნაწილები.

7. სამამულო ავტორების გვარები სტატიაში აღინიშნება ინიციალების თანდართვით, უცხოურისა – უცხოური ტრანსკრიპციით.

8. სტატიას თან უნდა ახლდეს ავტორის მიერ გამოყენებული სამამულო და უცხოური შრომების ბიბლიოგრაფიული სია (ბოლო 5-8 წლის სიღრმით). ანბანური წყობით წარმოდგენილ ბიბლიოგრაფიულ სიაში მიუთითეთ ჯერ სამამულო, შემდეგ უცხოელი ავტორები (გვარი, ინიციალები, სტატიის სათაური, ჟურნალის დასახელება, გამოცემის ადგილი, წელი, ჟურნალის №, პირველი და ბოლო გვერდები). მონოგრაფიის შემთხვევაში მიუთითეთ გამოცემის წელი, ადგილი და გვერდების საერთო რაოდენობა. ტექსტში კვადრატულ ფხიხლებში უნდა მიუთითოთ ავტორის შესაბამისი N ლიტერატურის სიის მიხედვით. მიზანშეწონილია, რომ ციტირებული წყაროების უმეტესი ნაწილი იყოს 5-6 წლის სიღრმის.

9. სტატიას თან უნდა ახლდეს: ა) დაწესებულების ან სამეცნიერო ხელმძღვანელის წარდგინება, დამოწმებული ხელმოწერითა და ბეჭდით; ბ) დარგის სპეციალისტის დამოწმებული რეცენზია, რომელშიც მითითებული იქნება საკითხის აქტუალობა, მასალის საკმაობა, მეთოდის სანდოობა, შედეგების სამეცნიერო-პრაქტიკული მნიშვნელობა.

10. სტატიის ბოლოს საჭიროა ყველა ავტორის ხელმოწერა, რომელთა რაოდენობა არ უნდა აღემატებოდეს 5-ს.

11. რედაქცია იტოვებს უფლებას შეასწოროს სტატია. ტექსტზე მუშაობა და შეჯერება ხდება საავტორო ორიგინალის მიხედვით.

12. დაუშვებელია რედაქციაში ისეთი სტატიის წარდგენა, რომელიც დასაბეჭდად წარდგენილი იყო სხვა რედაქციაში ან გამოქვეყნებული იყო სხვა გამოცემებში.

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## COPING ARRANGEMENT OF SPOUSES WITH EMOTIONAL INTELLIGENCE IN FAMILY CONFLICTS

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### Abstract.

Along with several social institutions, the family has its unique place as the foundation of a strong state. For this reason, family problems are at the center of research in modern psychological science aimed at identifying key factors of health, well-being and a prosperous life in the family. The purpose of this work is to identify the ability of spouses to cope with family difficulties or conflict situations and to study their correspondence to the manifestations of a person's emotional intelligence as a guarantee of satisfaction and family health.

At different stages of its development the family very often faces problems, for which the spouses use a conscious toolkit. Emotional intelligence, being one of the fundamental components of personality, influences the choice of a person's coping strategy in conflict situations:

Studies have shown that a person's high levels of emotional intelligence (EQ or EI) have a reciprocal relationship with coping, a rational problem-solving orientation. It also leads to personal satisfaction, creating the basis for family well-being and a healthy psychological atmosphere.

We can conclude that the higher a person's perception and recognition of his own and others' emotions, emotional states, the easier and faster he distinguishes between his own and others' emotional manifestations and expressions, and of course is able to freely manage them, the more a person is able to show organization when facing various difficulties, the better he can regulate actions, as well as control the current situation. As a result, the person experiences satisfaction with family life.

**Key words.** Emotional intelligence, emotion management, empathy, coping strategies, possessive behavior, marital conflicts, crisis, satisfaction, mental health.

### Introduction.

Modern social, socio-economic and geopolitical crisis realities have an impact on the cell of the society - the family [1-10]. As a result of these factors, various changes often occur in the family, such as transformation of values, reformulation of positions, rearrangement of role responsibilities, discrepancies in family role ambitions and expectations, etc. Very often, these changes are accompanied by intrapersonal and interpersonal conflicts, setting the stage for crisis situations. According to Sedrakyan, the high degree of conflict development is the crisis, which is facilitated by the active contradiction of the demands and expectations of the spouses, incompatibility, intensification of negative emotions, irrationality, impulsiveness and aggressiveness of behavior [2].

In general, almost all difficult family situations or crises are reflected or, one might say, externally manifested in the form of marital conflicts. Anvarova gives an interesting comment on the conflict, considering the conflict "one of the options for conflict

resolution. This arises in the process of people interacting with each other, because the subjects of interaction cannot come to a common denominator" [3, p. 81]. However, for the sake of justice, it should be noted that the presence of conflict does not destroy marital relations, does not disrupt family stability, does not harm family psychological health. The way spouses solve problems that arise, how they settle differences, and what strategy they choose to overcome conflicts, difficult or even crisis situations have a negative impact on infra-family relations.

Thus, the effectiveness of overcoming conflicts determines the well-being, psychological and physical health of all family members, which has a significant impact on the system of subjective well-being of society. Therefore, the topic we are studying is current and relevant, taking into account the short-term and long-term impact of this problem on the progress of happiness, health and well-being of the society.

The purpose of our work is to study the behavioral manifestations of spouses aimed at effective management and overcoming difficult family or conflict situations from the point of view of using conscious coping tools. "Copying or overcoming difficulties is conscious behavior that differs from protective mechanisms in its purposefulness" [7, p. 13]. It is a group of unique skills in social behavior, thanks to which a person is able to solve a problem, alleviate the situation, adapt to the current situation, he can avoid, "run away" from difficulties, as well as prevent them by guessing the degree of danger [6].

The study of scientific sources shows that the features of coping manifested by spouses in complex family relationships have been sufficiently studied, but their connection with the manifestations of a person's emotional intelligence has been poorly studied. For this reason, it is more than important to reveal the relationship between the emotional intelligence of people living together in a family life and the manifestations of coping in overcoming family difficulties.

According to the general formulation, emotional intelligence is the ability to manage one's own emotions and to understand and perceive the emotions of others. It includes a number of abilities, among them is the conscious regulation of emotions, which is the appropriate manifestation of one's own emotions by a person in accordance with existing impulses. This is followed by perception or understanding of emotions, which is a skill of emotional intelligence, when a person recognizes both his own and others' emotional manifestations, feelings, and the assimilation of emotions in consciousness, recognition by external manifestations is the awareness of emotion.

Finally, the ability to distinguish and express emotions, when a person clearly differentiates his own emotions, feelings and emotions from the emotions and feelings of others [3,4,8].

According to Goleman, the development of a person's emotional intelligence is due to a number of personal and social



factors, among which adequate self-esteem stands out, including emotional self-esteem, self-confidence, self-regulation and adaptation abilities, control of impulsive behavior, the ability to social awareness, empathy, effective communication and relationship management, the presence of which implies the ability to manage conflicts and resolve disagreements, the ability to strengthen relationships and maintain social ties. [9]. This interpretation of Goleman's emotional intelligence allows us to assume that high emotional intelligence is a prerequisite for a person to apply a broader set of skills to resolve difficult situations.

### Methods.

In order to reveal the role of emotional intelligence in the process of choosing a strategy for overcoming difficult situations, we carried out a study in which 60 married couples married for 3-7 years participated. Taking into account the classifications given by a number of scientists (for example, S. Kratochville, 1991, M. Plzak, 1973), three periods are distinguished in families which are common for all families: 3-7, 8-16 and 17-24 years old. In accordance with this classification, we selected a study sample [7].

In the course of the research, we applied the "Emotional Intelligence" (N. Holley) method aimed at identifying how a person perceives, differentiates, manages and recognizes his own emotions and those of other people. The test allows you to identify various aspects of a person's emotional intelligence [10]. We also applied a projective test that reveals emotional intelligence, which allows us to identify some features of a person's emotion cognition through visualization.

Next is the methodology "Coping behavior in stressful situations" (N.S. Endler, D.A. Parker adapted by T.L. Kryukova). The methodology brings out the possible reactions of a person in various difficult situations [1,7].

We also used the projective test "Your Emotions". Through the test, you can also get a visualized cognition of a person's own emotions

As well as we used the "Marriage Satisfaction" test (V.V. Stolin et al., 1984). With the help of what, we find out the degree of satisfaction of each of the spouses with their marital life.

The obtained data were analyzed by descriptive, correlation analysis (by Pirson) using the statistical software package SPSS 22.0.

### Results.

According to the analysis of the data obtained from the research, a low level of emotional awareness among the couples who participated in the research was recorded by 16.67% of both women and men, which means that they are not able to follow their emotional changes, recognize real emotions and therefore they very often fail to manage one's own life or behave in accordance with the situation. 30.33% of women and 53.33% of men have average emotional awareness. Meanwhile, 50% of women and only 30% of men have a high level of emotional awareness. This means that people with high scores are more aware and understand their emotions better. People with high emotional awareness understand their own state of mind better than others. They find that both positive and negative

emotions in life serve as a source of knowledge in this or that life situation. Moreover, negative emotions even help them understand that something needs to be changed in life. People with high emotional awareness often analyze their own feelings and emotions in their free time, try to find out their reasons and correct them.

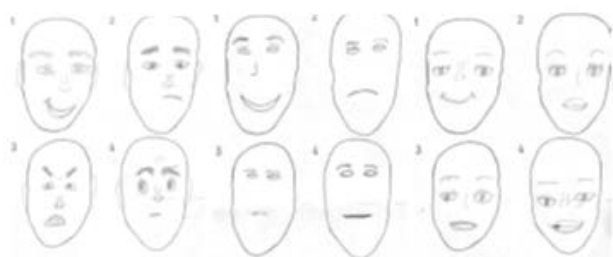
The next component of emotional intelligence is the management of one's own emotions. Analysis of the survey data shows that 10% of the surveyed women and 26.67% of men show low emotional management, that is, they quickly succumb to external emotional pressure, when faced with a problematic situation, they cannot control their emotions and very often cling to negative emotions. 60% of women and 53.33% of men recorded average indicators. Only 30% of women and 20% of men show a high ability to manage and control emotions, abilities, flexibility in their behavior. They are able to quickly cope with difficult situations, keeping themselves away from unpleasant feelings, being consistent with their feelings, not giving in to pressure and acting according to the situation.

Self-motivation is an important component of emotional intelligence. Among the spouses included in our sample, 13.33% of women and 10% of men have a low self-motivation index, which means that they fail to focus and overcome a difficult situation. They find it difficult to put aside negative emotions and act accordingly. An average indicator was recorded among 40% of women and 70% of men. Meanwhile, 46.67% of women and only 20% of men have high self-motivation. These data indicate a person's ability to control their behavior by controlling their own emotions. It should be noted that people with a high score are able to relax and concentrate in order to act in accordance with the requirements of life. They also successfully show a wide range of positive emotions in difficult situations, such as joy, happiness, humor, without being afraid to face various family, work, interpersonal and other obstacles again. Moreover, they approach overcoming life's difficulties with creativity.

23.33% of surveyed women and 13.33% of men have a low level of empathy for other people's emotions, which suggests that these people lack the ability to listen to the problems of others, including their spouse, as well as understand their emotional needs. Moreover, they find it difficult to understand other people's feelings, distinguish their emotions, for example, by facial expressions, and eventually find it difficult to adjust emotionally in the environment. As a result of the research data analysis, average indicators were recorded among women 26.67% and men 63.34%. High manifestations of empathy were recorded among women 50% and men 23.33%, according to which it can be said that their behavior clearly reflects the perception of other people's emotions, the ability to empathize with their emotional state, as well as the willingness to provide support. People with high scores perceive their spouse's emotions, even if they are not openly expressed. They catch the needs of a partner immediately, even without verbal communication, without loud expressions of a person about them.

And finally, the last component of emotional intelligence, perception and understanding the emotions of other people, has a low manifestation according to the data among women 23.33%

and 13.33% men. They are unable to act effectively to reassure other people, to improve the mood of others, or to help them use their own resources to achieve their goals. 26.67% of women and 53.34% of men recorded an average figure. 50% of women and 30.33% of men in our sample are quite good at distinguishing the emotions of others, including their spouse, and are even able to influence them with their behavior or communication. They respond to the partner's wishes, needs and feelings, they are able to calm them down and give advice. They are able to inspire and support so that the resources are used in a purposeful and targeted way. The results of the projective test "Your Emotions" are interesting, enriching and providing additional information to the above data. Through the test, you can also get a visualized cognition of a person's own emotions (Figure 1).



**Figure 1.** Example of projective test «Your Emotions».

The projective test is pictorial and consists of 4 faces without external lines. By portraying emotions, a person demonstrates the ability to recognize his own and others' emotions and his ability to follow the logic of these emotions. According to the test, emotional recognition or emotional intelligence is expressed in the presence of a number of parameters, for example, when portraying joy, the emphasis is on a smile, lips with a wide gap and the corners up, clearly express a smile, laughter, the face expresses cheerfulness, carefreeness, satisfaction. In the case of sadness, the lips with downward corners are emphasized, the face expresses sadness, unhappiness, discontent, dissatisfaction, sometimes with the presence of tears, etc. An image with wide nostrils and raised eyebrows in the form of anger indicates a high emotional cognition of a person. The person clearly recognizes anger as a manifestation of emotion, and expresses an attitude towards a number of negative phenomena, such as cowardice, meanness, etc. If the last picture shows an insult in the form of furrowed eyebrows and sad eyes, then this is also a relatively high indicator of emotional cognition. According to the projective test, if the person has adequately depicted the emotions in the presented pictures, the expressiveness of his emotional intelligence may have high rate. The analysis of the received data revealed that emotional cognition is more clearly expressed in women than in men. Additionally, it is important to note that emotions that are more applicable in everyday life have higher recognition (e.g., joy) and lower recognition for emotions that are less applicable (e.g., insult). From the research data, it can also be concluded that a higher cognition was observed more among positive emotions than among negative ones. It's no secret that positive emotions promote to people's communication, help to build relationships and people strive to experience as many positive emotions as possible.

Now let's present what kind of coping is used by the spouses included in our sample when they find themselves in an undesirable, difficult situation. Analysis of the research data showed that 36.7% of women and men in our sample attributed low rates to coping behavior, which means that they cannot focus on the problem and plan possible ways to solve it. Moreover, in various difficult situations, it is difficult to distinguish between primary and secondary ones or to act in accordance with the course of a particular situation. 40% of women, 50% of men have an average indicator. It is interesting that despite the stereotypes, 23.33% of the women participating in the research recorded a high rate, in contrast to men - 16.67%. This means that people with high scorers, when faced with difficult stressful situations, focus on the problem and use all their resources to solve the problem effectively. They try to remember how they behaved in the past in similar situations, show high level of organization, strive to keep the situation under control and act in accordance with their abilities:

10% of women and 30% of men showed low results in emotion-oriented coping. Which states that they do not despair and do not give in to emotions in difficult life situations, instead they organize and act according to the demands of the problem. Average rates are observed at 30% of women and 30.33% of men. 60% of women and 36.67% of men show high emotion-oriented coping. High rates among women are likely related to gender differences in coping behavior. It also indicates that the individual in difficult stressful situations shows a high level of tension, anxiety, and disturbance, which is due to the fact that he is not confident in his own strength. People with emotion-oriented coping behavior often blame themselves in difficult situations, immediately despair, as well as due to their inability hand over management of the situation and responsibility to others.

Now let's study the last manifestation, which is the escape-oriented coping. According to escape-oriented coping 10% of the women and men who participated in the study recorded low rates of escape and deviation from the problem, that is, they do not run away from the problem and do not try to deviate, they mostly act or prefer to act purposefully, putting all their skills and resources to focus on the management of the situation. Again, equal percentages were shown among women and men who recorded average indicators - 66.67% each, and 23.33% of both women and men are those who seek to avoid stressful situations, prefer to take steps that in not anyway contribute to the solution of the problem, but are a temporary deviation from them. For example, they can go shopping, watch TV, go for a walk, travel, cook, or call friends, chat, make new acquaintances, in short, avoid the problem by using possible escape options.

In the end, we can present the correlation that exist between the variables we have studied (Table 1).

The analysis aimed at revealing correlations allows us to say that a person's high level of emotional intelligence contributes to the rational solution of difficult situations.

All components of emotional intelligence are mutually correlated to a person's orientation towards rational problem solving. When a person understands, recognizes and differentiates emotions from each other and differentiates his own emotions from others', when he understands emotional

**Table 1.** Correlation of emotional intelligence between spouses and their coping (n=120).

Components of emotional intelligence	Forms of Coping		
	Coping focused on problem solving	Emotion-oriented coping	Escape-oriented coping
Emotional awareness	0.384**	-0.106	-0.206*
Management of emotions	0.515***	-0.079	-0.212*
Self-motivation	0.283*	-0.160	-0.031
Empathy	0.435***	-0.255*	-0.072
Perception of other people's emotions	0.499***	-0.320**	-0.073

\*-p<0.05, \*\*p<0.01, \*\*\*- p<0.001

manifestations, he is able to influence and change emotional states, then he is more inclined to apply the coping behavior aimed at solving the problem with logical steps and rational actions. There is clearly a positive correlation between emotion management, components of perception of emotions of others and coping strategies aimed at solving problems (r=0.515, r=0.499). Based on the obtained results, we can conclude that a high level of a person's emotional intelligence, his skills of perception and discrimination of emotions of other people (including husband or wife) are interdependent with coping strategies aimed at solving the problem.

A weak inverse correlation was observed between the scales of empathy, perception of other people's emotions, and emotion-focused coping strategies (r=-0.255, r=-0.320), which means that the weaker a person has developed empathy and accurate perception of others' emotions characteristics, the more a person experiences high nervous and emotional stress in conflict or complex situations, blames himself and focuses not on the search for ways out of the situation, but on the difficulty, the problem itself, otherwise he remains in a problematic situation.

Below we shall present the table of the correlation analysis of emotional intelligence and marital satisfaction (Table 2).

**Table 2.** Correlation analysis was carried out between the methodology for measuring emotional intelligence and the survey of marriage satisfaction (n=120).

Emotional Intelligence	Satisfaction with marriage
Emotional awareness	0.400***
Management of emotions	0.468***
Self-motivation	0.359**
Empathy	0.398**
Perception of other people's emotions	0.555***

\*-p<0.05, \*\*p<0.01, \*\*\*- p<0.001

We can conclude from the table that there are strong positive correlations between the level of emotional intelligence of a person and the indicator of satisfaction with marriage. This proves that the higher the level of awareness of a person's own and spouse's emotions and the more developed the ability to show empathy to the spouse and to perceive and differentiate emotions, the higher the spouse's marital satisfaction. It can be said that when the ability to perceive and distinguish each other's

emotions is developed, then marital relations bring joy and satisfaction. They notice more advantages than disadvantages in their husband (wife) and are proud of their partner. In their opinion, their life without their partner would be incomplete.

Among the obtained indicators, we will also highlight a strong correlation between the scale of perception of other people's emotions and satisfaction with marriage (r=0.555), which once again proves that accurate emotional mutual perception between spouses increases their level of satisfaction with marriage.

We should also consider correlational analysis of marital satisfaction and coping strategy indicators (Table 3).

**Table 3.** Correlation analysis of the data from the satisfaction with marriage questionnaire and the coping strategy (n=120).

	Solving the Copping Problem	Copying emotions	Coping escape
Satisfaction with marriage	0.521***	-0.477***	-0.117

\*-p<0.05, \*\*p<0.01, \*\*\*- p<0.001

As can be seen from the table, there is a strong correlation between marital satisfaction and a coping strategy aimed at solving problems (r=0.521). There is also an inverse correlation (r= -0.477) between an emotion-oriented coping strategy and indicators of satisfaction with marriage. The data obtained suggest that a coping strategy aimed at solving the problem that each spouse demonstrates in conflict situations serves as the basis for satisfaction with marriage on both sides. In this case, the spouses try to focus on finding effective solutions to the problem, developing and implementing their process, and do not show tension, anxiety, distrust. When a person shows a high degree of organization in overcoming family difficulties, keeps the situation under control and tries to solve the problem, then both he and his partner feel a sense of satisfaction and state that almost all expectations regarding family life have been justified, they develop confidence in the future, and their creative potential is strengthened.

In the other hand, the negative correlation between marital satisfaction and emotion-focused coping strategies can be explained by the following factors. In the first, emotion-focused coping strategies often concentrate on managing emotional reactions rather than addressing the underlying problem. This may provide temporary emotional relief but fails to resolve the root causes of conflict or stress in the marriage, leading to unresolved issues that can decrease marital satisfaction. In the second, emotion-focused strategies may involve avoiding or suppressing emotions, which hinders open communication between spouses. The lack of effective communication and unaddressed issues can result in the buildup of negativity, reducing relationship satisfaction. Besides above-mentioned statement, constantly using emotion-focused strategies can lead to emotional burnout and exhaustion. This is particularly true if one or both partners continually try to manage their emotions without addressing real problems. Emotional exhaustion reduces the partners' ability to maintain healthy and satisfying relationships. Effective marital relationships often require constructive approaches to problem-solving. If spouses focus on

emotions rather than using problem-focused strategies, it may indicate a lack of constructive interaction and cooperation in the relationship, which negatively impacts marital satisfaction. When one spouse uses emotion-focused strategies, the other may perceive it as a lack of interest in solving problems or even as avoiding responsibility. This can cause feelings of frustration and dissatisfaction in the partner, further negatively affecting overall marital satisfaction.

Thus, the negative correlation between marital satisfaction and emotion-focused coping strategies suggests the need to balance emotional management with active and constructive problem-solving approaches to maintain healthy and satisfying relationships.

As a result of comprehensive theoretical and research analyses, we can conclude that the coping strategy chosen by a person in conflict, difficult situations is correlated with the manifestation of his emotional intelligence.

### **Discussion.**

The relationships between components of emotional intelligence and coping strategies are interesting. Notably, the positive and reliable correlations between problem-solving coping strategies and all components of emotional intelligence highlight the importance of developing emotional intelligence in influencing a person's behavior. Conversely, the weak but reliable inverse relationships found between emotion management and recognition and the escape-based coping strategy suggest that when cognitive components of emotional intelligence dominate and empathy is low, individuals may resort to escape in relationships, an ineffective coping strategy.

Furthermore, the dominance of unconscious emotional components, such as empathy and the perception of others' emotions, tends to foster the development of an emotion-oriented coping strategy. However, this strategy is also ineffective and can quickly lead to emotional burnout and exhaustion. These findings indicate that developing all components of emotional intelligence is crucial for forming effective coping strategies in spouses. This is further supported by the strong positive correlations between marital satisfaction and all components of emotional intelligence.

The positive relationships between problem-solving coping strategies and marital satisfaction, along with the negative relationships with emotion-oriented coping strategies, suggest that rational, problem-oriented coping strategies are prerequisites for satisfaction, happiness, and healthy relationships in married couples. The development of all components of emotional intelligence significantly influences the formation of these effective coping strategies.

In other words, the higher a person's emotional recognition - the accurate perception, differentiation and management of own and the spouse's (wife's) emotions - the wider the scope of coping strategies aimed at solving the problem from the perspective of rationality, as well as the higher the degree of satisfaction from married life and more ensured is family mental health.

The data obtained from comprehensive theoretical and research analyses indicate that the effective management and resolution of family conflicts are significantly influenced by

the coping strategies employed by spouses. Furthermore, the higher the spouses' problem-solving coping skills, orderliness, and organization of behavior, the more effectively conflicts are resolved within the family. Empirical data from the research also reveal that the coping strategy chosen by an individual in conflict situations is closely related to their emotional intelligence, including their ability to recognize and manage both their own and others' emotions. Finally, a broad emotional cognition and a wide range of problem-solving coping strategies contribute to high marital satisfaction and the mental health of family members.

In summary, emotional intelligence is essential for healthy family. And a healthy family is a cornerstone of a healthy society. Therefore, fostering emotional intelligence should be a primary focus for scientists and practitioners throughout all stages of personality development.

### **Conclusion.**

The data obtained as a result of comprehensive theoretical and research analyses allow us to come to the following conclusions:

The theoretical analysis of the problem allows us to conclude that

1. Marital conflicts mainly arise due to differences in the interests of the spouses, as well as due to differences in their expectations from each other and family life, which are due to the stages of the family development cycle and largely depend on the marriage motives.

2. Behavior models displayed by a person in conflict situations in the family can be different, from rivalry to cooperation.

3. The analysis of the results of our research suggests that effective management and resolution of conflict situations is largely determined by the coping strategies shown by spouses. Moreover, the higher the indicator of coping behavior aimed at solving the problem, the more purposefully the conflict in the family is overcome.

4. As a result of empirical data obtained in the framework of the study, we came to the conclusion that the coping strategy chosen by a person in conflict situations correlates with the level of his emotional intelligence, therefore, the higher the emotional recognition of a person, the wider the scope of the coping strategy aimed at solving the problem.

5. The mutual emotional recognition of the couple, the coping strategy aimed at solving the problem caused by it, significantly stimulates the degree of satisfaction with the marriage of a married couple, the wife or the husband.

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