

QUATERNARY IN ANALYTICAL PSYCHOLOGY BY C.G. JUNG

VERTEL Anton,

Candidate of Philosophical Science, Assistant Professor, Assistant Professor *of the Department of Psychology*, Sumy State Pedagogical University named after A. S. Makarenko, Sumy, Ukraine,

ORCID: 0000-0003-2247-7443, e-mail: antonvertel@ukr.net

Abstract. *Both the classical psychoanalysis of S. Freud, and the modern analytical psychology of C.G. Jung pays considerable attention to the manifestation of numerical symbolism in the structure of human consciousness and the unconscious. The psychoanalysis founders were interested in the direct manifestation of numerical symbolism in the person's emotional experiences, his dreams, trance states. C.G. Jung discovered an interesting pattern: the symbols of the quaternary occur 71 times in a series of four hundred dreams and came to the conclusion that its manifestations are associated with the manifestation of the unconscious forces, while the trinity manifestation in the European's dreams is more likely to relate to associations that have a rational and cultural origin.*

Key words: *psychoanalysis of S. Freud, analytical psychology of C.G. Jung, quaternary.*

Introduction

S. Freud's conceptual and methodological schemes are largely determined by the triad, and the corresponding schemes of C.G. Jung are a tetrad. Both represent the order that has its history and roots in the distant past. Triads and tetrads set the integrity and cause spontaneous activity of the unconscious. C.G. Jung believed that in a psychological sense, the number was a conscious archetype of order. In this respect, it would be interesting to investigate how, by some circumstances, the same desire for orderliness of their conceptual constructions appeared in S. Freud conditioned by the advantage of using the triad, and in C.G. Jung – the tetrad.

Aim

To characterize methodological features of the approach to the problem of quaternary stratification in the philosophical and psychological concept of C.G. Jung.

Methodology and methods

The methods of comparative, interdisciplinary, general scientific and philosophical levels were used in the study. The methodological research basis is a systematic interdisciplinary approach that allows the use of theoretical positions of philosophy and psychology.

The results

The trinity (the triad) acted as a methodological principle for considering mental processes and the classifications acceptable for S. Freud.

1. Topical approach with its psyche distribution into: a) consciousness, b) subconscious, c) unconscious.
2. Structural approach, according to which a) the id, b) ego, c) super-ego were singled out.
3. The psychoanalysis definition, which S. Freud published in 1922 in the article for the encyclopedia includes three meanings:

a) a way to study mental processes, b) a method of treating neurotic disorders, c) a number of psychological constructs that develop dynamically forming a scientific discipline.

For C.G. Jung, the initial principle of comprehending different phenomena and processes is quaternary (tetrad).

1. In analytical psychology, the dream structure is presented in four phases forms. The first phase is the exposition (action place, place of present and actor, starting position). The second phase is the bonding (complication of the situation, creation or increase of voltage). The third phase is the climax or twitch (a sudden change in something, a decisive action). The fourth phase is lysis – dissolution, attenuation, stress relief, or decision, or result (final decision, end of situation).

The first three phases are typical for dreams, the latter is not typical for all, that is, it may not be in some dream. However, dreaming is reminiscent to drama, according to C.G. Jung, as it has a “dramatic” structure (Jung C. G., 1981).

2. In analytical psychology, transfer work has four stages. The first stage is characterized not only by the patient’s awareness that his attitude to the world is infantile, but also an understanding of the subjective images value that are of his concern. The second stage is connected with identifying differences between the individual and super-individual contents. In the process of analyzing the transfer and elimination of individual projections through awareness, the protective mechanisms of the individual nature are exposed.

In the third stage, the individual communication with the analyst is separated from the individual factors. In the fourth stage, the objectification of the super-individual images is assumed, that is, the separation of consciousness from the object (Jung C. G., 2017).

3. Considering the women psychology through the lens of motherhood, C.G. Jung identified four types of mother complex: maternal hypertrophy, exaggeration of Eros, identity with mother, protection against mother.

The first type of maternal complex is associated with hypertrophy or atrophy of the female. Exaggeration of femininity, maternal instinct leads to the fact that the only woman’s goal is the

birth of more and more children. In this case, the man goes to the background, is perceived by the woman only as a “conception tool” and he is not given sufficient attention.

The second type of maternal complex is caused by excessive Eros, which acts as a surrogate of maternal instinct. In its exaggeration, it leads to the unconscious relationship (incest type) of the daughter with the father and causes an abnormal underlining of the other personality. A woman with exaggerated Eros is jealous of her mother, eagers to surpass her in everything (Jung C. G., 1981).

The third type of maternal complex is characterized by an identity with the mother, which leads to paralysis of everything that pertains to the feminine. With full identity with her mother, such a woman is like an empty vessel that can be filled in after marriage.

The fourth type of maternal complex is related to maternal protection. Instead of raising or weakening the feminine instinct, some daughters begin to dominate their protection against a supervising mother. In this case, the negative complex of the mother is most pronounced, because the daughter wants to be anyone and does whatever she wants, just to not be like her mother

4. C.G. Jung identified four stages of analytical psychology: recognition, clarification, upbringing, transformation. Recognition is a confession that precedes any analytical treatment. It is directly related to the exposure of the mentally hidden, that is, the displaced unconscious, which is a mystery to the individual. The need for release from the mentally hidden is the essence of the first degree of analytical psychology.

The second stage of the analytical process is an explanation, that is, an explanation to the patient why he or she has got neurotic symptoms, why he escaped the to the diseases, what he is currently experiencing, and what is happening to him in the analytical situation. The clarification result is a therapeutic effect, whereby the patient will be able to draw appropriate conclusions about the need to make changes related to a new understanding of himself and those relationships that he has established in a childish way with other people.

Upbringing is the third stage of the analytical process that involves the use of new educational means for the patient’s normal functioning in real life. Transformation is the fourth stage of the analytical process. It fills the gap between elucidation and upbringing, which are primarily focused on adapting patients to existing life realities, so that they become normal.

5. Describing the consciousness structure, C.G. Jung distinguished ectopsychic and endopsychic functions of orientation. Each function has four elements. Ectopsychic functions include: feeling, thinking, feeling, intuition. If feeling says that something is, then thinking determines what this thing is, that means it introduces the concept; the feeling informs about this thing value.

The endopsychic sphere also contains four elements: memory, subjective components of conscious functions, affect, invasion. Memory allows reproducing the unconscious by relating with that has become subconscious, in other words, displaced. Subjective components, affections, invasion play an even greater role in the endopsychic function, being the means by which unconscious content reaches the consciousness surface (Jung C.G., 2012).

6. The fundamental philosophical idea of C.G. Jung is the four interconnected life principles (time, space, causality, synchronicity), which are expressed in the central archetypal symbol of the Self in the form of a mandala and psychic images of integrity, represented by quaternity or multiple numbers (Jung C.G., 2012).

Conclusions

Thus, C.G. Jung offered an interesting psychoanalytic interpretation of the meaning of the number four and wider – the quaternity universe structure. Four is a symbol of integrity, and integrity plays a significant role in the world of unconscious images.

Quaternary should be understood as some universal archetype. It is a logical precondition for any holistic judgment. There are four aspects to this judgment. Quaternary or quaternity often has a 3 + 1 structure, in which one of the elements occupies a special position or is inconsistent with other qualities. It is the “fourth”, in addition to the three others, makes them something “United” that symbolizes the Universe.

One is the first digit of some unity. But it is also “unity” in itself, it means both “one”, and “all-one”, and “uniqueness”, and “non-duality”, the unit is not only a number, but a philosophical idea, a certain archetype, a divine attribute, monad. It is quite natural for the human mind to draw such conclusions, but at the same time our mind is determined and limited by its ideas about the unit and its implications. In other words, our definition is not arbitrary, but dictated by the very unit nature, and therefore it is necessary. Theoretically, a similar operation is possible with each of the subsequent numbers, but in practice we very quickly come to a dead end, because with an increase in the number, the content becomes more and more complicated, which we are finally simply not able to calculate and realize.

Each subsequent unity has new qualities. So, the peculiarity of the number “4” is that the equation of the fourth degree can be solved with it, but the equation of the fifth degree is not. The “necessary indication” for the number “4” would be that, among other things, it crowns the previous numbers sequence. Since each successive unity acquires one or more mathematical properties, subsequent indications become more and more complicated, finally, they can no longer be formulated.

Four, as a kind of double division (two and two), means conditional solitude (like the number two), but also the correct ordering of what is divided. Therefore, is an order symbol in space and, by analogy, of every other well-ordered structure.

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PECULIARITIES OF PSYCHOLOGICAL DEFENSE MECHANISMS' MANIFESTATIONS AMONG EDUCATORS

YERMAKOVA Nataliia,

Candidate of Psychological Sciences, Associate Professor,

Assistant Professor of the Department of Psychology, Sumy State Pedagogical

University named after A. S. Makarenko, Sumy, Ukraine,

ORCID: 0000-0001-6163-8313, e-mail: ergna@ukr.net

Abstract. *The purpose of the article is to present a psychological analysis of the features of the mechanisms of psychological protection manifested by educators. The study analyzes theoretical approaches to studying the functioning of psychological defense mechanisms, including the approach of classical psychoanalysis, Neo-Freudianism, Transactional analysis, Gestalt therapy, Phenomenological approach to humanistic psychology, Interactionist approach, Psychoevolutionary theory of emotions, and approaches of domestic scientists. Empirical research has shown that teachers with different work experiences have the same protections. This indicates the invariability of their use of specific mechanisms in professional activities for a long time. But this gives reason to believe that the manifestation of certain psychological protections is inherent among educators. The links between the protective mechanisms used by educators and other psychological characteristics have been established. Relationships have been established between manifestations of projection mechanisms, denial of rationalization, avoidance strategy, and character accentuations such as exaltation, hyperthymicity, emotionality, and cyclothymicity.*

Keywords: *psychological protection, defense mechanisms' manifestations, internal conflict, adaptation, anxiety, frustration, stereotypes, educators.*