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FORMING TRUST IN CHILDHOOD AS A BASIS FOR HAPPINESS IN LATER LIFE

Abstract. These theses discuss the formation of basic trust in childhood. It is noted that in the current war situation, it is very difficult for adults to maintain calmness and a general positive attitude, treat their children always patiently and lovingly, meet children's needs quickly and efficiently, which negatively affects parents' ability to form basic trust in their children. Therefore, in these theses parents are provided with simple rules of behaviour with their children in order to form children's basic trust as a foundation for their mental health and psychological well-being in later life.

Keywords: child, basic trust, fundamental assumptions, happiness.

Basic trust is one of the main personal characteristics that determines a person's relationship with the world, other people and oneself. It is based on a set of fundamental assumptions: on the belief that the surrounding world is a decent place to live, failures are generally rare and that people around are mainly good, decent people; on the belief that events in a person's life appear on the basis of the justice principle, that is, a person is able to control the results of his/her actions, manage the events of his/her own life; on the idea of oneself as a good person worthy of respect, love and acceptance; in general, on the belief that a person is able to control his/her own condition and behaviour, to benefit from events that occur because he/she is a lucky person [3].

We have showed in our previous studies that the basic trust attitude significantly affects a person's psychological well-being, his/her mental health and happiness in general [1]. Let us note that basic trust is generally formed in the early ontogenesis stages and can later change only under the pressure of stressful situations. That is, the task of trust forming, if it was not formed in the first years of life, is very difficult and not always successful. Therefore, it is especially important to pay attention to the formation of trust precisely during the sensitive period - in the first years of life.

Basic trust or mistrust is formed in a child during communication with adults and contact with the environment through the perception of sounds, light, heat, cold, touches, etc. E. Erikson indicates a mother's key role in forming the basic trust in the world. A child's trust in the world depends on the care shown to them. A child whose needs are quickly met, who is healthy, who is played with and talked to, feels that the world, in general, is a comfortable place and people are sensitive and helpful beings [2]. At the same time, it is important that parents not only control the child's behaviour with the help of prohibitions and permissions, but also know how to convey to the child a deep conviction that there is a certain meaning in parents' acts.

Today, Ukraine and its citizens are in the worst of all possible stressful situations: after the insidious attack of Russia, the country has been in a state of active war for almost a year, part of its territory is occupied by the invaders, and the rest is under constant shelling. In such a situation, it is very difficult even for adults to keep calm and a general positive mood, treat their children always patiently and lovingly, satisfy children's needs quickly and effectively. If a child does not receive adequate warmth, care and love, he/she develops a basic mistrust toward the world, the consequence of which is timidity, suspicion of the world in general, of people, of oneself. Without a sense of parental support, children are catastrophically delay in mental development: they start walking late, speak poorly, get sick a lot, are lethargic, apathetic. Adolescents without basic trust experience extreme difficulties to get close to other people, which leads to additional stresses and socialization disorders. Finally, in adulthood, it is difficult for such people to get close to someone, make friends or create a family. It is also more difficult for such people to taking on a new activity, to acquire new knowledge because of internal constant distrust of anything.

Therefore, the *purpose of these theses* is to remind parents about simple rules of behaviour with a child in order to form the child's basic trust.

1. Mothers and other caregivers should show kindness and tenderness in words, in touches, in careful and loving caring for the baby. Therefore, breastfeeding is a good practice. This is not only feeding, but also communication, because by breastfeeding, a mother and her child have a close non-verbal contacts, primarily tactile. A trustful attitude toward the world is also formed when a mother moves away from the crib, but maintains contact using her voice, and her child sees her, albeit from a distance. Gradually, the baby's readiness to endure calmly the disappearance of his/her mother from the field of view becomes noticeable.

2. A mother, other parents should demonstrate to the child that the results of certain actions are predictable. An existing clear schedule in the first year of the baby's life helps to it. All procedures, including dressing, bathing and feeding, should follow similar scenarios. It is better to address a child by name. Later, parents have to build clear boundaries, limits for their child of what is allowed. Boundaries that are clear to the child help him/her to exercise his/her own freedom and relieve a large part of the parents' anxiety. The child must feel which behaviour is praised and which is punished, and believe that there is a certain meaning in the parents' reaction to his/her behaviour. Only in this case, the child is able to discover that his/her behaviour has regular consequences, which will serve as the basis for confidence in the safety, stability and predictability of the world around.

3. It is also important for trust forming that a mother (or another significant adult) shows her own feelings and emotions: laugh when it's fun or sadness when things go bad. In this way, a child will learn to trust not only others, but also him/herself, to trust his/her own eyes and feelings. A child should be shown that there are no good or bad experiences and parents should take their child's feelings seriously. So that, the child will know that all his/her emotions are important, will be able to share them with his/her parents without fear that parent will stop loving him/her if he/she is sad or hurt.

4. It is very important to communicate with children. For example, parents need to start with themselves and talk about their day every day, because this is the only way

children can learn to do the same. It is also important for parents to listen to everything children tell them. This is how children feel that their world, the events in it, and their experiences are important and of interest to loved ones. Communication must not be reduced exclusively to mandatory instructions and teachings. Let it be a full-fledged dialogue with mutual interest. Thanks to such a strategy, children will want to share their feelings, fears and believes with their parents again and again.

5. Parents should always tell their child the truth, taking into account their age, of course, but still as honestly as possible. Unfulfilled expectations unpleasantly affect children, so, parents cannot break promises. Children perfectly remember everything that is said to them. If, for example, a mother said that would not be able to go out with her child for the weekend because of doing the general cleaning, she should do exactly that. Otherwise, the next time the child will doubt whether his/her parents really do what they promised. This provokes a constant feeling of anxiety. Parents should be consistent in everything they do in front of their child, talk to him/her openly and honestly and explain the reasons why they are forced to act differently than promised earlier. Only communication on an equal footing and compliance with established rules by all parties will contribute to trusting and warm relationships.

6. And finally, parents should demonstrate (and not in words, but with real acts) trust in each other. Without the implementation of these rules by parents, their child will not be able to develop trust in the world and him/herself or the trust will be formed at an insufficient level.

Conclusions. The basic trust attitude significantly affects a person's psychological well-being, his/her mental health and happiness in general. Basic trust or mistrust is formed in a child during communication with adults and contact with the environment. During the war in Ukraine, it is very difficult even for adults to keep calm and a general positive mood, treat their children always patiently and lovingly, satisfy children's needs quickly and effectively. Therefore, these theses provided parents with simple rules of behaviour with their child in order to form the child's basic trust.

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