

SCHOOL OF ADVANCED STUDIES OF THE ROMANIAN ACADEMY
(SCOSAAR)

HABILITATION THESIS

The individual-family-society trinomial: sexual-reproductive, pedagogical-educational, psycho-medical and solidarity resources

Abstract

Habilitation field: Psychology

(The fundamental domain: Social Sciences. Branch of science: Psychology and Behavioural Sciences)

Candidate: **PhD. Cornelia RADA**, Researcher II degree in the field of psychology at the "Francisc I. Rainer" Anthropology Institute of the Romanian Academy Bucharest

After obtaining the license in Psychosociology in 2000 I have begun my scientific research and subsequently my teaching activity and my private practice as a clinical psychologist and psychotherapist.

My habilitation thesis describes the significant results obtained since 2008, after getting the title of Doctor with the thesis called *The Reproductive Health and Sexual Behaviour from a Medical-Anthropological Perspective*, sustained at the "Francisc I. Rainer" Anthropology Institute of the Romanian Academy Bucharest.

Among the research topics I coordinated, I would like to mention *Health Risk Behaviours Correlated with Psychological and Personality Traits in Young People* and *Psychological Benchmarks of the Family in a Systemic and Anthropological Approach*

I gained experience in grants won through competition such as: *Building Capacity for Tobacco Research in Romania; Anthropological and Psycho-medical Coordinates of Reproductive and Sexual Health in Urban and Rural Populations; Investigation of Chronic Stress Syndrome in Third Age People. Anthropological methods of regulating stress levels; Clinical and Psychosocial Status of Women in Menopause in Urban Areas.*

I have partnerships for the inter-academic exchanges with the Polish Academy of Sciences, the Academy of Sciences of the Czech Republic, in order to develop psycho-socio-medical studies on the family topic.

Having won the competition in 2010, I was appointed Associate professor at "Spiru Haret" University from Bucharest, as the holder of academic courses on *Family Psychology and Psycho-sexology, Family and Couple Psychology, Groups Dynamics, Psychology of Sport, Couple and family psychotherapy.*

During 2011-2013, I obtained a postdoctoral scholarship through competition for the project *Identity Values of Contemporary Romanian Family in the Context of Globalization. An anthropological approach* (provider: the Romanian Academy). Subsequently, by participating in the contest, I got the right to attend two postdoctoral schools: *Advanced Research Management and Expertise for Forensic Psychiatry* (provider: Iasi Forensic Institute).

I decided to present my scientific, professional and academic achievements on thematic directions under the title *The individual-family-society trinomial: sexual-reproductive, pedagogical-educational, psycho-medical and solidarity resources.*

Chapter 2 describes the psycho-medical mechanisms of sexual activity and their importance for health and relationship within couple. Primitive sexuality and culture, standardization of sexual manifestation, a history of concepts and rules on sexual behaviour, the ideal type of partner are other issues addressed in this chapter.

Chapter 3, called *Sexual behaviour: sexual education, knowledge and practices*, includes the results of the quantitative and qualitative research conducted by me; topics such as sexual life debut, protection against sexually transmitted diseases, myths about sexuality, statements on values regarding sexual activity and gender roles, sexual appetite, sexual dynamics insisting on psychological and emotional elements of the relationship, etc. are addressed in this chapter.

In Chapter 4, I discuss family planning at the boundary between social and medical system, as family planning doctors, family doctors, school medicine specialists, psychiatrists, nurses, psychologists, teachers, social workers, lawyers, etc. are involved in this activity.

Chapter 5 presents the results of my research on abortion and I conclude with proposals to reduce their number.

The results of my research on breast and cervical cancer and the psycho-socio-medical factors involved are the subject of Chapter 6. Opening the communication with parents on sex, sexuality, gender would increase the orientation towards a preventive behaviour.

The results of my studies on body mass index, nutrition, the knowledge, practices and role of the family in educating their children for a healthy lifestyle are discussed in Chapter 7. Direct and indirect health expenditure of people with excessive weight causes this to be a public health problem. Experts in medicine, nutrition, fitness, psychology, anthropology, etc. agree that the explanations and interventions must be multidisciplinary and multifactorial.

In chapter 8, I analyse infidelity from a theoretical and practical point of view, as a deviation from the conduct of marital role, by referring to the results that I have obtained as a result of quantitative and qualitative field research on its prevalence, causes, consequences, prevention, etc.

Violence and physical abuse within the family: prevalence and associated factors are detailed in Chapter 9. The study shows the correlation between the description of feelings towards the family of origin (FO) and exposure to domestic violence within the family of procreation, demonstrating the association between violence in childhood and adolescence in FO and the belief in the use of violence as a corrective action.

Chapter 10 contains the results of my qualitative and quantitative studies on family cohesion and adaptability, the intergenerational support, leisure, children's education and control of children by parents, age at sexual debut, at marriage and childbirth.

In future I will conduct **research projects** on successful aging, cohesion, flexibility, communication, satisfaction within couple and family, infidelity, domestic violence, inflammatory bowel disease between needs and opportunities etc. Regarding my **editorial purposes**, I aim at publishing in the field of psychology, family and couple psychotherapy with theories, research and interventions on the socio-psycho-medical changes in the lifestyle of the modern family, on family resilience through cohesion, flexibility and communication. Regarding the **scientific events**, I will continue to organize national and international conferences together with colleagues in Romania and abroad and to participate in scientific conferences on family and its problems.

After obtaining the habilitation certificate, I intend to conduct research in multi- and interdisciplinary teams built to study sexual-reproductive, pedagogical-educational, psycho-medical and solidarity resources within the individual-family-society trinomial and to involve PhD young candidates from various fields.

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