

THE SYSTEMIC FOUNDATIONS
OF THE THEORY OF ATTACHMENT

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The first years of a child's life are the most intensive development, when the foundation of the physical, mental and moral health. As a result of how formed early emotional bonds of the child with the mother (or person who replaces her) in the first 3 years of life depends on his further development as a person. This discovery belongs British psychoanalyst J. Bowlby - the creator of the "theory attachments." A strong emotional bond with the mother gives the child self-confidence, positive self-esteem, develops confidence in of the world is the basis for the vital forces.

This theory goes beyond childhood and extends throughout ontogeny. The study of scientists on this problems, show that the strength of attachment is moderately positively correlated with social adaptation and cognitive activity at an older age. Also, the relationship between quality attachment at an early age affects later success person in family life, building social relationships, professional growth.

A quality relationship with the mother (or her surrogate) childhood is the key to the formation of positive attachment. People with such affection respect and value themselves, well manage their emotions and feelings, feel happy, able to persistently achieve their goals. Attachment disorder in childhood manifests itself in adult life in the inconsistency of character; mistrust of others or vice versa, excessive trust; in risky behavior (which may harm life) in fear of expressing feelings; in aggression (family tyrants); in pathological cravings (food, workaholism, drug addiction, addiction).

Therefore, the formation of positive attachment in early childhood is one of the important foundations for becoming successful personality in adulthood.