Original Article

The female personality and its social dimension in the light of psychodrama

A personalidade feminina e sua dimensão social à luz da psicodrama

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ABSTRACT | OBJECTIVES: Understand aspects of personality and its influence on the environment, in its social dimension in the light of psychodrama. METHODOLOGY: This is a research, interventionist, transversal, of qualitative character, whose objective is to study the aspects of the female personality and its influence on the environment in its social dimension, in the light of psychodrama. The study was carried out with a group of women from a city in the interior of the state of Minas Gerais, Brazil; 18 university women participated. Being held a psychodramatic meeting, called the meeting of the EU. At the time, the Z-Test Zulliger. RESULTS: It was evidenced in general that the participants presented resolute factors in relation to the different aspects of the personality structure, related to the organization and functioning of the personality. CONCLUSION: It is concluded that spontaneity and the ability to adjust to the human environment, in relation to the aspects called interpersonal relationships, indicate low capacity for social interaction, with difficulty in interacting in the environment.

KEYWORDS: Feminine. Psychodrama. Personality. Environment. Social support.

RESUMO | OBJETIVOS: Compreender os aspectos da personalidade feminina e sua influência no ambiente, em sua dimensão social à luz psicodrama. METODOLOGIA: Trata-se de uma pesquisa intervencionista, do tipo transversal, de caráter qualitativo, cujo objetivo é estudar os aspectos da personalidade feminina e sua influência no ambiente em sua dimensão social, à luz do psicodrama. O estudo foi realizado com um grupo de mulheres de uma cidade do interior do estado de Minas Gerais; teve a participação de 18 mulheres universitárias. Sendo realizado um encontro psicodramático, denominado o encontro do EU. Na ocasião foi aplicado o Z-Teste a Técnica de Zulliger. RESULTADOS: Evidenciaram-se de modo geral que as participantes apresentaram fatores resolutos em relação aos diferentes aspectos da estrutura da personalidade, relativos à organização e ao funcionamento da personalidade. CONCLUSÃO: Conclui-se que a espontaneidade e a capacidade de ajustamento ao ambiente humano, em relação aos aspectos nominados relacionamentos interpessoais indicam baixa capacidade de interação social, com dificuldade de interagir no ambiente.

PALAVRAS-CHAVE: Feminino. Psicodrama. Personalidade. Ambiente. Apoio Social.

Introduction

In the course of many decades, women have been fighting to conquer their space in a patriarchal and sexist society, denouncing the various existing inequalities between men and women, seeking for themselves equal rights. Little by little, important changes were taking place concerning the entry of women into the labor market, in areas considered to be the domain of men. A path considered long and arduous (Alves, 2017; Weber, 1964).

Among several changes in the world scenario, female participation continues to be increasingly expressive in the paid labor market, and in many situations, it becomes the main financial support for the family. That means that in addition to motherhood, the woman begins to worry about their satisfaction and career. But it was not always like this. In the past, society believed that men were the only family provider and women were responsible for the children's education and the house; They could not even think about making money (Simões & Hashimoto, 2012).

As time went by, women managed to overcome the barriers of the role that was imposed on them, that is, to be only wives, mothers, daughters, and housewives. It all became past, and it is possible to notice that starting in the 1970s, women began to conquer better and more prominent places, among these, for example, in politics. From the 70's and '80s on, the movement that was previously called "feminism" is now called "feminist". Thus, women began to be seen (by men) as capable women, who with great strength and courage start their lives outside the home, performing jobs that for a long time belonged to their fathers and husbands (Schlickmann & Pizarro, 2013).

From the 20th century on, women were forced to work to support their families. Since then, she has dedicated herself to showing her skills and abilities in the labor market. Even today, women face difficulties, for they are mothers, wives, and many times, the housekeepers. They stand out for not leaving anything to be desired in their activities, always seeking to improve themselves. These women always live in a dilemma: to reconcile childcare, profession, and domestic chores (Querino et al., 2013).

In some sectors, women's participation in the labor market has taken great leaps (Souza & Santos, 2014).

In a history of female domination, the woman, even in the 21st century, has been dominated, but today not by husbands but by society, which makes the woman assume several roles such as being a worker, 'housewife', mother. At the end of the working day, they arrive home and have to face the household chores. Also, they have the cultural "obligation" to take care of their children (Back et al., 2012).

In a scenario of great technological advances, space has opened up for greater female participation in the labor market, not only because of the need to supplement income at home but also by breaking behavioral patterns that, through these changes, have become necessary. Besides, the flexible market sees the need for skills such as creative ability, docility, empathy to deal with the client, and "flexibility", which are characteristics considered to be feminine. Today, the increasingly expressive presence of women in more diverse positions and functions shows that they have been imposing themselves in the various environments of social production (Amaral, 2012).

Therefore, it can be confirmed that all discourse and social construction based on female fragility are mistaken, taking into account the need for physical effort in domestic work that used to be performed only by women. And when these women seek space in these jobs that are considered masculine, one can see that they test once again the rule of fragility. Thus, the difficulty for women to stand out in a masculine work environment implies being aggravated, in a special way, by the condition of disparity that is committed from the beginning. The simple immersion of women in a masculine universe already indicates that modifications in this space may slowly come to occur (Salvani et al., 2017).

The process of social recognition of the role of women has changed over time. The relationship of partnership between men and women, which already existed at certain times, gradually turned into inequality and oppression. Women, who used to be in charge of the housework, child care, and serving their husbands, now, with their effectiveness in the labor market added to their different domestic responsibilities, end up generating a conflict of identities and an overload. In this case, women recognize their identity of oppression, exploitation, and submission, but what is sought is the deconstruction of this thought and the respectful recognition of a new social identity (Maders & Angelin, 2012), first in themselves.

In this research, psychodrama was used as a method of investigation and intervention through the psychodramatic game; which works interpersonal relationships, ideologies, whether they are particular and collective through the creative and spontaneous representation of the subject (Antoniassi Junior et al., 2018). The psychodramatic game uses an activity proposal based on an action, an act of moving through the use of the internal resource of spontaneity and creativity, where the participant will create what he wants, allowing those involved to have access to a supplementary reality involved in working with the imaginary (Ramalho, 2010).

The psychodramatic movement is systematized from the aspects of socioeconomics, sociometrics, sociodynamics, and social actions, that is, movements that involve the social laws that conduct interpersonal behavior supported by observations of the ways people interact from the dynamics of the group and its connections with different contexts; associated with the methodology of theatrical representation to which Moreno explores the truth through the dramatizations from the roles that are played in society (Antoniassi Junior et al. 2018).

In psychodrama, dramatization is the vital point that enables reflections and insights, succeeded amid the stages of implementation of the psychodramatic session which is divided into three stages defined in warming up, dramatization and sharing; with specific purposes of preparing the group for dramatic action (warming up) constitute the scene (dramatization) and dialogue the impressions and reflections about the scene and the provocations elucidated (sharing) (Antoniassi Junior et al., 2018; Gambim et al., 2020).

Hence, the guiding question of this study is whether there would be the possibility of promoting in women the self-perception of their characteristics through psychodrama, in the recognition of their self? According to Fonseca (2012), psychodrama brings, in its writings on Spontaneity Theory, the identity matrix, which is a primary relational network of the subject since childhood, which interacts with psychological, biological, and socio-cultural processes; these Morenian contributions outline a draft of a personality theory. In this sense, the objective of this article is to understand the aspects of the female personality and its influence on the environment, in its social dimension, in the light of psychodrama.

Method

It is a research of qualitative and interventional nature, of cross-sectional type, which seized to the aspects of women's personality, participants of a psychodramatic psychotherapy group; of a city in the countryside of the state of Minas Gerais. The research was approved by the Research Ethics Committee (CAAE: CAAE:96025118.2.0000.5495).

The sample selection was done by convenience, intentionally, since convenience samples do not require as much criterion in the pre-selection of the public to be researched, i.e., the research universe does not need to be defined to be carried out. And the sampling was intentional precisely because it is a method whose selection is based on knowledge about the population and the purpose of the study (Creswell, 2014), in which the circumstance of this research is women in the context of the city.

To access these women, a working group was formed with trainees from the Psychology course, trained in the modality of psychodrama, who went around radio programs, local television, posted posters in the city center and corridors of the university. The posters' content was: Public Psychodrama - come and express your emotions. It informed date, time, and place; to invite them to participate in a psychodramatic meeting.

Those women over the age of 18 were included as part of the study, without limits of age and occupation, residents of the city; resulting in the participation of 18 women. Initially, the proposal and purpose of the research were explained and they were asked to sign the Informed Consent Form (ICF).

In the psychodrama group, the meeting begins with a proposed warm-up activity. The session lasted four hours and was called the meeting of the "I". It is important to expose that the psychodramatic session is characterized by events that open and close in the same meeting, consisting of three stages: warm-up (non-specific and specific), dramatization and creation, sharing, and comments (Comparini et al., 2015).

Given this, as a warm-up activity, a song was proposed, to establish rapport and create a connection of harmony and empathy in the group, through body movement. For the dramatization and creation activity, the Z-Test, the Zulliger Technique was applied, in which the standardization norms proposed by Vaz and Alchieri (2016) for collective application were respected, consisting of two moments: the first, called free association, and the second, called inquiry.

In the free association, the subject should be free to give the most spontaneous answers possible. In the inquiry phase, on the other hand, the applicator had fundamental participation, for he/she formulated questions that allowed them to adequately code the answers and, later on, to analyze the results and reach the diagnostic conclusions. In the first moment, when handing over the board, the only question asked was What does this look like? And so on.

In the second moment, the figures were reviewed, repeating the answers of the participants, asking what relationship they perceived in each figure and why. The questions were asked on each board, marking the area visualized by the participant, according to her answers. Finally, a dialogue was opened for the expression of feelings and emotions experienced during the day's circle. An important parenthesis is worth mentioning here: there were ten meetings, with different results and activities.

In this article, the results obtained with the application of the Z-Test were obtained using the Zulliger Technique. This is an instrument based on the Rorschach Method and allows, in an indirect way, to obtain information about the psychological functioning of each individual by answering what the inkblots look like or could be. The test is useful as a measure on various aspects of personality, as it falls into the category of self-expression methods, supported by a complex system of response analysis, involving both psychometric and projection concepts (Vaz & Alchieri, 2016; Villemor-Amaral & Primi, 2012).

For the analyses of the data collected concerning the Z-Test the Zulliger Technique, we followed the guidance of Vaz and Alchieri (2016), which has several classification systems, in which each response is classified as to Location, Content Determinants, Special Phenomena, and the most difficult Verbalizations. These systems are divided between quantitative data and the analyses of Special Phenomena, through which a dynamic understanding of personality is gained. There are three major categories of classification of responses, from the spots that are on each card, among them, the Global aspects, the Common Details, the Uncommon Detail responses, the Subcategories, and the Diminished Detail, internal and external.

Since there is no logic to how things happen in the psychodrama session, it is allowed to experience the moment of the here and now. Due to the movements provoked by the actions of the psychodramatic game, which served to stimulate spontaneity and creativity, this becomes an effective instrument of action, as it provides the expressivity of affectivity, signaling the possibility of having a transposition of the cultural conserves, which create a certain original response, making it primordial to healthy existence (Comparini et al., 2015). For this reason, the qualitative approach was used for the interpretation and analysis of information, taking into account the use of Conversation and Speech Analysis (Bauer; Gaskell, 2015; Gomes, 2014; Myers, 2015).

Results and discussion

Eighteen women with ages ranging from 21 to 50 years took part in the meeting, 13 participants were between 20 and 27 years old, followed by 3 women between 30 and 37 years old, and one woman was 41 and another 50 years old; a portion of the women were mothers and most of them were single.

With regard to personality factors, it was generally evident that the participants presented resolute elements in relation to the personality structure aspects, relative to the organization and functioning of the personality, according to table 1.

Table 1. Distribution of results in relation to different aspects of personality characteristics of women participating in the psychodramatic group. Patos de Minas, 2020

Aspects	Bottom	Average	Higher	Result
Performance and adaptability capacity General	1	15	2	Average
General control (rational dimension), logical expression of the perceptual process	2	12	4	Average
Ability to establish perceptual differentiation, logical reasoning	5	9	0	Average
Spontaneity, creativity, empathy	2	10	6	Average
Impulsiveness and dynamism	9	6	3	Bottom
Interpersonal relationship	9	3	6	Bottom
Tendency to emotional excitability	18	0	0	Bottom
Anxiety and affective adaptation	17	1	0	Bottom
Situational anxiety and precarious control	18	0	0	Bottom
Depressive personality traits	13	4	1	Bottom
Social interaction	18	0	0	Bottom
Tendency to intense emotional reaction	17	1	0	Bottom
People (the human being) in the perception of the examinee	4	6	8	Higher
Childish perceptions, also healthy in adults	3	5	10	Higher
Perception of the whole and capacity for synthesis	1	12	5	Average
Objectivity	4	14	0	Average
Perception of detail	8	3	7	Bottom

Source: Author himself.

The analyses of the material collected generally indicate adequate capacity for performance, production, accomplishment, and adaptation to the task, as well as the capacity for general control over their psychological dynamics; there is adequate capacity to control attitudes and behavioral reactions. They also indicate an adequate intellectual, rational and logical potential for grasping, perceiving, and integrating things. It is adequate to the functioning of thought to perceive and express with clarity, precision, coherence, and objectivity.

The ability to control attitudes is influenced by a combination of personality traits. Higher levels of it are associated with numerous benefits, including related to high performance and production, whether of any activity performed in the environment (Lacaille et al., 2013).

The women showed a good level of psychological self-control which, according to Caprini and Motta (2020), is the name given to the set of skills related to dealing with emotions. More specifically, how and how much one perceives, processes, understands and can manage them (Caprini & Motta, 2020).

The test reveals data on spontaneity and the ability to adjust to the human environment, which are expressions of creative imagination and empathy, as a condition of human relationships. Since for Antoniassi Junior et al. (2020) psychodrama spontaneity plays a role as an essential component of creativity to live together in different spaces and playing different roles.

Therefore, empathy is a broad concept that refers to the cognitive and emotional reactions of an individual to the observed experiences of another. Having empathy increases the likelihood of helping others and showing compassion, as well as being the foundation of morality (Bucci, 2020).

There is also a biological component surrounding aspects of personality. According to Tao (2016), there is preliminary evidence of mirror neurons that fire when humans observe and experience emotions. There are also parts of the brain in the medial prefrontal cortex that show overlapping activation for thoughts and judgments focused on themselves and others.

Regarding the aspects of initiative and capacity for competition, the data are below the expected average, which may indicate a certain accommodation and dependence, being also indicative of not having a sense of initiative and competition. And regarding the aspects named interpersonal relationship, the results are below the expected average, indicating a low capacity for social interaction. Therefore, it shows the difficulty in interacting with the environment and in positioning oneself among peers, with a low capacity to establish human contact and social interaction.

Interpersonal relationships involve social associations, connections, and/or affiliations between different people; such relationships vary in the degree of intimacy and/or self-revelation, but also duration, reciprocity, and distribution of power. Expressly observed in psychodramatic interventions due to psychodrama being a method that moves interpersonal relationships through group interaction

promoted by the game of improvisation through self and internal initiatives (Gasques et al., 2019).

Sense of initiative refers to an individual's ability to turn ideas into actions. It involves creativity, innovation, and risk-taking, as well as the ability to plan and manage projects to achieve goals. It helps individuals, not only in their daily lives at home and in society, but also the workplace, by making them aware of the context of their work and able to seize opportunities. It is a foundation for more specific skills and knowledge needed by those who establish or contribute to social or commercial activities. This should include awareness of ethical values and promoting good governance. The lack of initiative that is generated by accommodation, however, can lead the subject to have difficulties in interactions, automatically annulling himself before his peers, opting for social laziness (Davel et al., 2020).

Concerning emotions, the data indicate that the participants have some control, with affective, anxious, and cautious adaptability in facing suffering and avoiding pressure, showing an ability to withstand the minimum intensity of an anxiogenic stimulus. It shows a low capacity to project their emotional reactions. However, the test points out that the participants do not have depressive personality traits, being below average.

Emotional control can be thought of as a facet of emotion regulation, but primarily refers to an individual's attempts to manage the generation, experience, or expression of emotion and/or their emotional responses. Like emotional expression, it is linked to the broader context of emotion regulation. Emotion control can occur as part of antecedent-focused regulation before the generation of the emotion or through response-focused regulation after an emotion has been generated. And it can refer to the ability to exert influence over emotion and modulate that emotion through the use of cognitive or behavioral strategies. How individuals can achieve emotional control have implications for health and well-being (LaCaille et al., 2013).

In psychodrama, emotions are organized through the improvisation of the possibilities of experiencing a real or symbolic action, directly implying the elaboration of their inner self served by the recognition of spontaneous and creative ability to connect in the environment in different ways, that is, to recognize their personified characteristics adapted to their momentary reality (Antoniassi Junior et al., 2020; Gasques et al., 2019).

Although the stereotype is that men have more difficulty projecting their emotional reactions, all people, at one time or another in life, can find it difficult to say how they feel. Some people develop an excessive need to please others and to meet what they consider to be their expectations. The fear that people will not like them cancels them out from expressing their thoughts and feelings (Gutiérrez-Torres & Buitrago-Velandia, 2019).

About human content they present below average, that is, there is some difficulty to the perception of people, showing indicative of little flexibility in the adaptation process; however, the participants express average capacity for synthesis and abstraction, being possible to identify good discernment capacity and sense of objectivity among the participants, perceiving things, objects, and people as they are in reality, perception of objective reality. However, they have a low sense of observation and are not very meticulous and careful with the little things.

To adapt means to adjust to new conditions. But for many, experiencing some life changes can be stressful. Emotional changes can be the most difficult to adjust to, as they require a deeper level of adaptation and movement in the face of the new (Caprini & Motta, 2021).

As psychiatrist and Holocaust survivor Victor Frankl pointed out in his book Man's Search for Meaning, some events happen that are beyond our control, and then there is our attitude toward what happens, over which we have more control (Frankl, 2006).

In its simplest definition, discernment is nothing more than the ability to decide between truth and error, right and wrong. Discernment is the process of making careful distinctions in one's thoughts about truth. People with this ability have a greater perception of the world, knowing how to separate what is good for them and what is not. However, lack of discernment leads to deception; individuals with poor discernment tend to be deceived in their social relationships and even used by others.

Conclusion

Through the evaluation of the aspects of the female personality and its influence on the environment, in its social dimension, it was possible to see that women show adequate capacity for performance, production, achievement, and adaptation to the task, as well as the capacity for general control, highlighting a level of psychological self-control, which is responsible for perception, processing, understanding, and managerial skill.

Another important factor is the ability to adjust to the human environment, which increases the likelihood of helping others and showing compassion, and is a facilitator for human coexistence in all its social dimensions. However, these women showed a low average in the aspects of initiative and capacity for competition, and the lack of this factor can lead the subject to have difficulties in interactions, annulling him/herself before others, thus opting for social comfort.

As far as emotions are concerned, the data indicate that the participants have some emotional control, which may refer to the ability to exert influence over emotion and modulate it using cognitive or behavioral strategies. However, they showed little flexibility in the adaptation process, where certain changes can be stressful, especially emotional ones.

The women studied play various social roles, such as mothers, students, wives, and many others. However, they demonstrated that they annul themselves before their peers, sometimes leaving their ideas and perceptions behind, for fear of being displeased, perhaps due to the structural machismo that still prevails in our society.

It is important to point out that one of the study limitations was the number of people who participated in the group, although it was considered satisfactory by the appreciations about the investigated theme. In this sense, this study opens up possibilities for new research, which could expand the sample both in terms of social class and representative cities. It is suggested that this study be reapplied using a probabilistic sample that allows the generalization of the results, being able to explore the place that women occupy in the different environments where they are present.

Author contributions

Antoniassi Junior G participated in the conception, design, search and analysis of research data, interpretation of results, writing of the scientific article. Figueiredo GLA assisted in the interpretation of results, writing and revision of the scientific article. Beretta RCS participated in the writing and final review of the scientific article.

Competing interests

No financial, legal or political conflicts involving third parties (government, companies and private foundations, etc.) have been declared for any aspect of the submitted work (including, but not limited to, grants and funding, participation in advisory council, study design, preparation manuscript, statistical analysis, etc.).

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