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## Dzieci odpowiedzialne – doświadczenie parentyfikacji i obraz własnego ciała u dorosłych dzieci alkoholików

The experience of parentification and the body image in Adult Children of Alcoholics

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### **The aim of the study**

The authors looked for the answer to the question about the specificity of parentification process and the body image in Adult Children of Alcoholics in comparison to healthy persons. The idea that the situation in families with alcohol problem makes the roles between addicted parents and their children reversed (process of parentification) is often emphasized in the literature (Robinson, Rhoden, 2000; Wegscheider – Cruise, 2000). More over in accordance to the Kruger's theory of body self the irregularities and pathological patterns of interactions/relations between the parents and the child may be correlated with later distortions of the child's body image (Schier, 2009b).

### **Subjects**

Hundred twenty persons took part in the study: 60 Adult Children of Alcoholics (research group) and 60 persons, who were not raised in the family with the problem of alcoholism (control group).

### **Method**

The following methods were used in the study: *Children of Alcoholics Screening Test* (CAST), *Filial Responsibility Scale – Adult* (FRS – A) and the Drawing Test of the Body Image "Naked Person".

### **Results**

The results have shown, that the Adult Children of Alcoholics more often see their body in a negative way and more often experience parentification (both in the past and actually) than the persons who were not Adult Children of Alcoholics.

### **Discussion of the results**

The obtained results make a considerable contribution to the understanding of the specificity of psychological functioning of Adult Children of Alcoholics on such dimensions as the phenomena of parentification and the body image. The analysis of the results of the study could serve as a valuable indication in the therapeutic work with Adult Children of Alcoholics.