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The Influence of the Perception of Parent-Child Relationships on the Formation of Codependent Relationships in Adult Women

Вплив сприйняття дитячо-батьківських відносин на формування співзалежних стосунків у дорослих жінок

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Abstract

The purpose of the study is to assess the influence of parental relationships on the specific features of adult women's interaction with a partner, taking into account the level of codependency. **Methods.** The study was conducted with 232 women, who were divided into three groups depending on the length of their romantic relationships and family composition in childhood. The Fischer-Spann Codependency Scale was used to assess the level of codependency in women; the Parental Acceptance-Rejection Questionnaire was used to assess the relationships between the women and their parents in childhood; the R. Janoff-Bulman basic beliefs methodology was used to evaluate women's life and worldview attitudes. Statistical comparison of the results included the Pearson's criterion, Cramer's V, the integral index of psychological deformation, and the percentage loss of resources criterion. **Results.** It was established that a higher moderate level of codependency was observed in women in Group 3 (52.6%) and Group 1 (48.7%), which is associated with the involvement of both parents in upbringing during childhood. The highest level of markedly expressed codependency was observed in women in Group 2 (51.8%), whose parents were divorced, which affected self-sacrifice and disregard of their own needs in

Анотація

Мета дослідження – оцінка впливу сприйняття батьківських відносин на специфіку взаємодії дорослих жінок із партнером з урахуванням рівня співзалежності. **Методи.** Дослідження реалізовано за допомогою 232 жінок, яких було розподілено на три групи в залежності від строку тривалості стосунків та складу сім'ї в дитинстві. Використання тесту на співзалежність Фішера-Спанна сприяло оцінці рівня співзалежності в жінок; методики Parental Acceptance-Rejection Questionnaire – визначенню відносин у дитинстві між жінками та їхніми батьками; методики дослідження базисних переконань особистості Р. Янофф-Булмана – оцінці життєвих та світоглядних установок жінок. Статистичне порівняння результатів включало використання критерію Пірсона, показника V Крамера, інтегрального індексу психологічної деформації та критерію відсоткової втрати ресурсу. **Результати.** Встановлено, що вищий помірний рівень співзалежності спостерігався в жінок групи 3 (52.6%) та групи 1 (48.7%), що пов'язано із залученістю обох батьків у виховання в дитинстві. Найвищий рівень різко вираженої співзалежності спостерігався в жінок групи 2 (51.8%), батьки яких були розлучені, що вплинуло на самопожертву та ігнорування

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adulthood. The study established that there is a difference in the perception of mother and father by all respondents: the level of rejection of the father was lower, while the mother's additional care was perceived as control (especially in Group 2), which resulted in a more pronounced hostile attitude toward the mother (12.8 points) than toward the father overall. Respondents' answers revealed a higher level of neglect by the father in the absence of regular interaction with him and emotional support. Statistical assessment of basic beliefs made it possible to determine that a less stable self-image was evident in women with a high level of codependency. **Discussion and conclusions.** Codependency in women is associated with the influence of relationships with parents in childhood. A markedly expressed level of codependency is observed in the group of women whose parents were divorced; it may be assumed that in such a family, the perception of the father and mother became polarized. This perception of parent-child relationships among these women also affected a lowered self-image, reduced benevolent perception of the surrounding world, and low levels of justice and luck. The study showed that the presence of optimal control and involvement (as the opposite of indifference) of both parents during childhood contributed to a more harmonious formation of personal boundaries in adulthood, thereby enabling more independent relationship building.

Keywords: codependency in women, perception of parents, family relationships, father's involvement, level of rejection, level of neglect, emotional closeness, basic beliefs.

Introduction

Relationships with parents in childhood can affect a person's psychological balance and interpersonal relationships in adulthood. Studying the specific features of both parents' participation in upbringing, emotional openness toward children, and the degree of control affects the formation of behavioral strategies with a partner and the general self-concept (Huri et al., 2024). Analysis of parent-child relationships contributes to an in-depth study of the specific features of codependent relationships, understanding

власними потребами в дорослому віці. Дослідженням встановлено, що простежується різниця у сприйнятті матері та батька всіма респондентками: рівень неприйняття батька був нижчим, а додаткова турбота матері сприймалася як контроль (особливо у групі 2), що вплинуло на більш виражене вороже ставлення до матері (12.8 балів), ніж до батька в цілому. Серед відповідей респонденток виявлено вищий рівень ігнорування батьком за відсутності постійної взаємодії з ним та емоційної підтримки. Статистична оцінка базових переконань дозволила визначити, що менш стабільний образ "Я" був помітний у жінок з високим рівнем співзалежності. **Дискусія та висновки.** Співзалежність у жінок пов'язана з впливом відносин із батьками у дитинстві. Рівень різко вираженої співзалежності прослідковується в групі жінок, чиї батьки були розлучені. Можна припустити, що в такій родині сприйняття батька і матері поляризувалося. Така перцепція дитячо-батьківських відносин у цих жінок мала також вплив на занижений образ "Я", знижене доброзичливе сприйняття довколишнього світу, низький рівень справедливості та везіння. Дослідження показало, що наявність оптимального контролю та залученості (як антипод байдужості) з боку обох батьків у дитинстві сприяло більш гармонійному встановленню власних кордонів у дорослому віці, що дозволяє більш незалежно будувати стосунки.

Ключові слова: співзалежність у жінок, сприйняття батьків, сімейні стосунки, залученість батька, рівень неприйняття, рівень ігнорування, емоційна близькість, базові переконання. approaches to therapeutic sessions, and affects the relevance of the topic and the novelty of the study.

Codependent relationships reflect a type of relationship between people that includes excessive self-devotion and one person's dependence on another (Momeñe et al., 2024). Codependent relationships are associated with a high level of emotional dependence, which does not allow awareness of one's own boundaries due to low self-esteem. This type of relationship is characterized by jealousy and systematic control

resulting from concerns about losing a partner (Ali et al., 2025). Therefore, codependent partners often ignore personal aspirations in order to satisfy another person's needs. Codependent relationships may develop due to failure to recognize one's own value and fear of rejection and loneliness. Lack of readiness to establish one's own boundaries affects the tendency to adapt to the partner's needs and difficulty refusing (Popovic et al., 2024; Ünver, Önürme, 2025). Such patterns often depend on parent-child relationships, the family model of parental behavior, and the child's personal perception of their own relationships with both parents. In the absence of a father in the child's life, the mother's increased control is considered excessive and highly intrusive, with a distorted perception of the mother that feels like an intrusion into personal space. At the same time, the father's noninvolvement may be romanticized, while the child blames the mother for the parents' divorce. Behavioral patterns among parents affect children's perception of emotional models. As a result of unstable emotional behavior in the parents, the individual in adulthood perceives the need for relationships through constant compromise, silence, and protest (Happ et al., 2023; Cantekin & Ozen, 2024). Personal boundaries are violated because of toxic parental relationships and constant conflicts, which also affects impaired self-esteem. This is reflected in the modeling of scenarios of interaction with a partner aimed at constantly maintaining closeness even in toxic relationships. Riggs (2010) emphasized that excessive parental control and parental role reversal cause the development of an insecure attachment style, reflected in reduced independence and constant anxiety. An insecure attachment style is characterized by the constant search for comfort and social support. Developing personal confidence promotes flexible and emotional expression, which makes it possible to avoid dependence in relationships (Bespalov et al., 2024). A. B. D'Rozario and P. D. Pilkington (2022) confirmed that parental indifference can affect a child's psychosocial development in adulthood and interaction with their own partner. Parental divorce is reflected in the formation

of anxious and avoidant attachment styles in adulthood. A woman's development is not limited to biological indicators and also depends on the influence of family relationships in childhood. Parents' emotional coldness contributes to the suppression of one's own identity and to internal tension, which may lead to emotional dependence and a striving for acceptance (Mordas, 2018). To study the influence of parental relationships on women in adulthood, it is necessary to consider more broadly the relationship between the father and mother and the influence of each of them on the formation of women's self-esteem in adulthood.

Emotional abuse in childhood affects the manifestation of difficulties in interpersonal relationships (Kaya et al., 2024). This is associated with a lack of understanding of how to establish personal boundaries and ignore one's own needs. Therefore, the development of anxious attachment is reflected in self-sacrifice in dysfunctional relationships. Negative parenting in childhood affects one's own relationships in adulthood. Women who had positive emotional contact with their parents in childhood had healthy relationships and positive self-perceptions. This was reflected in their assessment of themselves and others based solely on certain actions. The negative influence of parents affected problems in their own relationships and self-rejection (Luo, 2025). However, studies do not provide details on the concept of "negative parenting" and its influence on personal development, particularly regarding the possibility of building harmonious relationships with a partner.

The development of attachment in adulthood is a manifestation of the negative influence of parental relationships in childhood. Negative interaction with parents in childhood may have individual psychological consequences based on emotional dependence and reduced self-esteem (Chung & Ahn, 2025). Another study examined the specific features of the development of an insecure attachment style due to the absence of emotional contact with the father (Coffman et al., 2024). An insecure attachment style in adulthood may depend on the negative example of a father

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in one's own childhood who used psychotropic substances. This is associated with the absence of a safe environment in childhood, which creates a need for emotional support from a partner and may be reflected in emotional discomfort in one's own relationships (Coffman et al., 2024). These aspects influence the development of attachment in adulthood. However, additional study of negative interactions with parents and assessment of control and hostile attitudes will make it possible to determine a stronger relationship between parental behavioral styles and attachment to one's own partner.

T. Bahmani et al. (2023) indicated that the nature of an individual's codependency in adulthood is influenced by parenting style. Emotional abuse by parents causes the formation of distrust in adulthood and the need for constant control of the partner. This occurs as a result of copying parental actions, which, in one's own relationships, become constant vigilance. Similar results are evident in the work of J. Chang et al. (2023), which analyzes the influence of upbringing on interpersonal relationships in adulthood. A direct relationship was identified between parental strictness and excessive interference and the lack of understanding of normal behavior with one's own partner, which affected an excessive type of attachment. Excessive attachment prevents a person from recognizing their own value or initiating social contact with others. Studies note the general nature of codependency stemming from family relationships, but do not examine the specific features of interaction with parents and the extent of their influence on attachment to a partner in adulthood.

In the analyzed literature sources, greater attention is focused on studying the influence of emotional abuse of children, which affects the development of codependency in adulthood. The relationship between a family type (complete or incomplete family) and the level of women's attachment to their partners remains insufficiently studied. For an in-depth examination of the topic, attention should be paid to the duration of the relationships in which the women are involved and to assessing basic beliefs to determine their self-

perceptions and perception of the surrounding world.

The purpose of the study is to assess the influence of parental relationships on the specific features of adult women's interaction with a partner, taking into account the level of codependency.

Research hypothesis: the development of codependent relationships in adult women is associated with the absence of positive emotional interaction with parents: the mother is perceived as more hostile and controlling, while the father is perceived as absent or indifferent.

Methods

Participants. The study was designed to involve women who had different types of interactions with their parents in childhood and different relationship durations with a partner to assess the unconscious influence of scenarios perceived in childhood on the formation of codependent relationships. The sample of women was selected from participants in a psychology blog, who were divided into three groups. The selection criteria for women in Group 1 included having a relationship with a partner lasting more than two years and having grown up in a complete family. Group 2 included women who were also in long-term relationships (from 2 years), but whose parents were divorced. Group 3 consisted of women who had no experience of long-term relationships (more than 3 months) and had a living father. A common criterion for forming the three groups of women was having a living father and being aged 25 to 35 years. The distribution of respondents by group is shown in Tabl. 1. The study became possible after consent to participate in the study was obtained from all respondents in accordance with ethical standards for scientific publications.

Table 1. Specific features of respondent classification depending on the group

Group name	Number of participants	Family type in childhood	Relationship duration
Group 1	119	Complete family	Long-term (more than 2 years)
Group 2	56	Parents divorced	Long-term (more than 2 years)
Group 3	57	Living father present	Short-term (no more than 3 months)

After assessing the level of codependency among women using the Fischer-Spann scale, the main groups were further divided into subgroups. A normative level of codependency was identified among a small number of women, and the results were borderline; therefore, this part of respondents was transferred to the group with moderately expressed codependency. Thus, each group contained a subgroup with moderately expressed codependency and another with markedly expressed codependency.

Variables. The study was conducted using the following variables: the nature of the influence of parent-child relationships, taking into account the acceptance/rejection, hostility, control, and beliefs scales, was adopted as the independent variable. The dependent variable included the level of women's codependency with their own partner based on psychoanalytic analysis of parent-child relationships. The variables that could be controlled through specific respondent sampling strategies were the women's age, family composition in childhood, and duration of their own relationships. The variables contributed to the psychoanalytic assessment of codependent relationships, which are a mechanism for the unconscious projection of experiences gained during parent-child interaction.

Procedure and Instruments. The study involved standardized scales to assess the levels of codependent relationships, parent-child relationships, and basic beliefs. The Fischer-Spann scale was used to assess the level of codependency in women (Fischer & Spann, 1991). The survey included questions designed to assess the extent of excessive care among women, the development of emotional manifestations of dependence (dependence on approval, disregard for one's own interests), and the level of established personal boundaries. The use of the scale was aimed at

determining the level of codependency while taking into account respondents' anxiety and ways of suppressing emotions. Respondents' answers were assessed using a Likert scale, allowing scores from 1 (completely disagree) to 6 (completely agree). If the obtained scores ranged from 16 to 32, an adaptive (normal) type of codependency in women was observed; from 33 to 60, moderately expressed codependency; from 61 to 96, markedly expressed codependency.

The Parental Acceptance-Rejection Questionnaire (PARQ) was used to assess the child's perception of their parents (Rohner & Ali, 2025). It is important to note that the actual level of parental "objectivity" was not considered; assessment was based exclusively on the child's perception of the parents. The questionnaire considered acceptance/rejection, hostility toward parents, and the level of parental control and neglect as assessed by the respondents. The level of acceptance was assessed in terms of the parents' sense of support and emotional closeness. Hostility was assessed in terms of constant criticism, strictness, parental aggressiveness, and devaluation of the child's feelings; control included assessment of ways of regulating the child's behavior, the presence of prohibitions, and the establishment of boundaries. Neglect included emotional coldness by the parents and devaluation of the child's actions. Scores were assigned on a 6-point Likert scale and combined. The mean score was presented in the study results. Thus, the higher the score, the higher the level of negative assessment of parent-child relationships.

R. Janoff-Bulman's methodology was used to determine the basic beliefs that had formed in women under the influence of interaction with their mother and father in childhood and their perception of them (van Bruggen et al., 2018). According to the methodology, a

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person's perception of the surrounding world is determined by considering its safety, people's benevolence, the influence of individual events on the person, and one's own value. The basic-beliefs methodology determined the extent to which basic beliefs influenced respondents' sense of psychological safety. The results are based on personal experience and take into account ideas about other people's behavioral models and the fairness of certain events, which contribute to determining the stability of one's worldview. A Likert scale was also used for scoring, with scores from 1 (least positive) to 6 (most positive). A higher score reflected the presence of favorable basic beliefs associated with a sense of safety and self-confidence. The predominance of low scores is likely associated with the predominance of traumatic experiences that may be acquired in childhood.

The procedure for surveying the women used the Survey platform, which facilitated the questionnaire development and the collection and processing of respondents' answers. Using the platform made it possible to standardize the survey process, monitor the responses received, and conduct basic statistical analysis.

Organization of Research. The study focused on identifying the relationship between impaired relationships with parents in childhood (as perceived by respondents) and their influence on the development of codependent relationships, excluding the author's intervention in the results obtained. The correlational design helped assess the relationship between the variables. The study was organized in stages, including the selection of women for the study, familiarization with the study structure, confirmation of consent to participate, implementation of the survey, and processing of the results.

The use of the Survey platform enabled electronic collection of data from respondents, allowing answers to be grouped by respondent subgroups. Completion of the survey included informing respondents of the results, enabling the formulation of practical recommendations for psychological work with codependent relationships arising from parent-child relationships. When developing the recommendations, it was taken into account that,

according to respondents' answers, the mother was perceived as more hostile than the father.

Statistical Analysis. A set of coefficients adapted to a particular stage of the study was used for statistical analysis in the present study. For statistical comparison of the results on the established level of codependency in women, the Pearson criterion and Cramer's V were used (Thompson et al., 2025). The Pearson criterion (χ^2) was aimed at identifying differences between groups based on the established categorical data. Cramer's V was calculated to assess the strength of the relationship between the level of codependency among women in the three groups. Statistical comparison of the level of codependency in women using the Pearson criterion, which in fact reflects the influence of parent-child relationships on the obtained results. With 4 degrees of freedom (df), the critical χ^2 value is 9.46 ($p=.05$); exceeding it would indicate a statistically significant difference between the groups. If Cramer's effect size approaches 0, the indicators reflect complete independence between the variables; if it approaches 1, absolute dependence.

Pearson's correlation coefficient was used to assess the correlation between respondents' levels of rejection and hostility toward the mother and father. The correlation coefficient was used to determine the strength of the influence of the indicator of parents' rejection of their own children (in the respondents' opinion) on the level of hostile attitude toward the mother or father. The highest level of association between the obtained results was observed when the calculated data approached 1.

To assess the relationship between basic beliefs within one group but at different levels of codependency, the integral index of psychological deformation (IPDI) was calculated. The IPDI reflects deviations from a normal behavioral state, taking into account increased tension, anxiety, stress, and other indicators arising from specific events (Rehman et al., 2025). In the present case, the variable events were the child's perception of the parents, without taking into account the actual level of parental objectivity and their attitude toward the respondents in childhood. If the calculated IPDI value is less than .9, greater personal vulnerability develops in response to

the surrounding world as a result of self-rejection. This made it possible to determine the influence of parent-child relationships on a woman's integrity and inner support. Calculation of the intermediate value ΔM was aimed at assessing the difference between moderate and high levels of women's codependency. Thus, the percentage loss of resources ($\% \Delta$) reflects an indicator of changes in an individual's basic beliefs.

The validity of respondents' answers was checked using Cronbach's alpha (Edelsbrunner et al., 2025). The data obtained were based on an analysis of respondents' answers, including the logic of responses to related questions and the degree of contradiction among answers. The calculated Cronbach's alpha was $\alpha=.82$, indicating a high level of consistency of the obtained data.

Results

The assessment of codependency in adult women was determined based on the Fischer-Spann Codependency Scale. Codependency in women manifests itself in different forms (fear of loss, excessive care for others, lack of personal boundaries, etc.), which negatively affects comfort in life and the general emotional state. Based on survey results from respondents across the three groups, a relationship between the groups was identified using the Pearson criterion and the effect size was determined using Cramer's V. The analysis was aimed at determining the dependence between family type and interaction with parents while assessing the level of codependency in women (Tabl. 2).

Table 2. Distribution of the level of codependency in women with different types of parental relationships and relationship duration

Group distribution	Adaptive (normal) codependency			Moderately expressed codependency			Markedly expressed codependency		
	Frequency distribution of responses, % (persons)	Expected frequency, E	χ^2	Frequency distribution of responses, % (persons)	Expected frequency, E	χ^2	Frequency distribution of responses, % (persons)	Expected frequency, E	χ^2
Group 1	5.0% (6)	4.62	.41	48.7% (58)	57.42	.01	46.2% (55)	56.96	.07
Group 2	5.4% (3)	2.17	.32	42.9% (24)	27.03	.34	51.8% (29)	26.79	.18
Group 3	-	2.21	2.21	52.6% (30)	27.55	.22	47.4% (27)	27.25	.00
χ^2_{total}	3.76								
Cramer's V	.09								

The obtained results made it possible to determine that markedly expressed codependency was most pronounced among women in Group 2 (51.8%). The obtained data are associated with the absence of a complete family example, because the parents were divorced and communication between the parents and between the child and the parents did not take place in a generally accepted form. Fear of losing a partner is associated with impaired emotional stability of the mother and projection of the mother's negative relationship with the father onto her

own family. The mother's emotional state may have been associated with exhaustion, concern about the future, and additional responsibility for life (financial and parental). Therefore, pronounced emotional responsibility may have been observed in childhood, which was associated with concealing one's own emotions, self-sacrifice, and neglect of personal needs. In childhood, the respondents observed a perception of women as hyper-responsible for relationships, which, in adulthood, led to a pronounced focus on the partner's needs. Therefore, they have a

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pronounced tendency to control the partner in order to avoid the fear of being left alone, an inability to refuse, and a tendency to care for their own needs only after the partner's needs. Moderately expressed codependency is more pronounced among women in Groups 3 (52.6%) and 1 (48.7%), which is associated with the example of a complete family and the availability of resources for regulating one's own emotions. Moderately expressed codependency reflects the need for emotional closeness with a partner and partial independence.

The percentage of markedly expressed codependency among respondents in Group 1 (46.2%) and Group 3 (47.4%) is almost identical, which is associated with the presence of a positive example of a complete family among respondents in Group 1. Respondents in Group 3 were not in long-term relationships, so there was no possibility of controlling a partner. However, adaptive (normal) codependency was not expressed in them. Adaptive codependency was manifested only among a small number of respondents in Groups 1 (5%) and 2 (5.4%). This type of relationship was expressed in the absence of self-sacrifice, constant imposition, and anxiety. Despite the complete family among respondents

in Group 1, conflictual relationships with parents and a lack of emotional closeness could occur, thereby affecting the formation of another type of attachment. Respondents in Group 2 did not have an example of a complete family, which was reflected in emotional sensitivity. Calculation of the Pearson χ^2 criterion showed that the obtained results between the groups were not statistically significant, because the calculated $\chi^2=3.76$ did not exceed the critical $\chi^2=9.49$ at $df = 4$; $p > .05$. Cramer's effect size was also weak, because the calculated value $V=.09$ did not exceed 1. However, the obtained results confirm the influence of parent-child relationships on codependency.

The respondents' perceptions of their own parents were assessed among women in the three groups who had moderately or markedly expressed codependency. The level of parental perception (rejection) was associated with the hostility scale, which reflects the emotional attitude toward parents and is a factor in the formation of codependent patterns. The relationship between the two scales was considered separately for the perception of the mother and father in order to assess the influence of family relationships on interaction with partners (Tabl. 3).

Table 3. Relationship between acceptance/rejection and hostility toward one's own parents according to the PARQ scale

Group distribution	PARQ acceptance/rejection scale		PARQ hostility scale		Correlation assessment (mother)		Correlation assessment (father)	
	Mother	Father	Mother	Father	r	p	r	p
Group 1 – moderately expressed codependency	22.7	20.2	10.6	9.9	-.31	.02	-.42	.04
Group 1 – markedly expressed codependency	20.9	17.7	12.4	10.1	-.25	.01	-.35	.03
Group 2 – moderately expressed codependency	21.5	20.5	11.3	9.5	-.26	.02	-.44	.04

Group 2 – markedly expressed codependency	20.2	16.7	12.8	9.8	-.24	.02	-.31	.03
Group 3 – moderately expressed codependency	20.7	19.0	10.8	9.5	-.25	.01	-.30	.02
Group 3 – markedly expressed codependency	21.9	17.0	11.7	10.6	-.27	.02	-.31	.03

The summary data showed that respondents' level of rejection of the mother was higher than that of the father (a higher score reflects a higher level of rejection). A more positive perception of the father is associated with the presence of emotional support and minor rejection. In Group 1, with moderately expressed codependency, the level of rejection of the mother was the highest, which is associated with maternal anxiety and partial emotional detachment. Therefore, a moderately expressed level of codependency was associated with the need to reproduce and correct childhood experiences. Greater rejection of the mother in Groups 1 (22.7) and 2 (21.5), with moderately expressed codependency, is associated with a moderately expressed dyadic bond with the mother, which is projected onto one's own relationship with a partner and lower idealization of the mother. In Group 1, with moderately expressed codependency (22.7), the mother's care in the absence of the father was perceived as control, which affected greater rejection of the mother than of the father (20.2). The father interfered less with the women's upbringing, which led to greater acceptance despite reduced emotional closeness. However, in this group, the mother is perceived with a lower level of hostility (10.6), because the women understood the mother's behavior and actions and recognized her importance. Pronounced rejection and hostility toward parents indicate moderately and markedly expressed codependency in one's own relationships, including emotional swings in the relationship, a need to control the partner, and fear of losing the relationship. Pronounced

parental rejection affects the need to split the image of the father or mother in order to preserve mental balance. Self-perception through parental rejection affects the suppression of primary vulnerability and the absence of experience of support.

In Group 3, with moderately expressed codependency, the levels of rejection toward the mother (20.7) and the father (19.0) are almost the same, which may manifest as avoidance of relationships in order to preserve one's own freedom. It was established that the pronounced rejection of the mother by women in Groups 2 and 3, with markedly expressed codependency, compared with the father, is associated with his idealization. Therefore, the difficulty of building long-term relationships is caused by the partner's lack of traits similar to the father's. The mother, meanwhile, is perceived as a competitor, which affects a more hostile attitude toward her. The highest level of hostility toward the father was manifested among women in Groups 1 (10.1) and 3 (10.6), with markedly expressed codependency, which may be associated with some women having weak fathers and others having aggressive fathers. In Group 3, with markedly expressed codependency, the father was perceived more hostilely, which may be interpreted in terms of his aggressiveness or inadequacy. This affects the formation of internal fear, constant anxiety, and an unfair attitude toward oneself. Statistical comparison of the results using Pearson's coefficient (r) showed a weak-to-moderate relationship between the indicators of rejection and hostility reported by the respondents, but

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without taking into account actual objectivity regarding parental adequacy. However, an increase in the mother's or father's level of acceptance is associated with a lower level of perceived hostile attitude.

The level of parental neglect was assessed alongside the level of control, which is associated

with the influence on independence in childhood and on respondents' emotional security. Such data are necessary for understanding how this parental influence affects codependency and the establishment of personal boundaries. The results are shown in Fig. I.

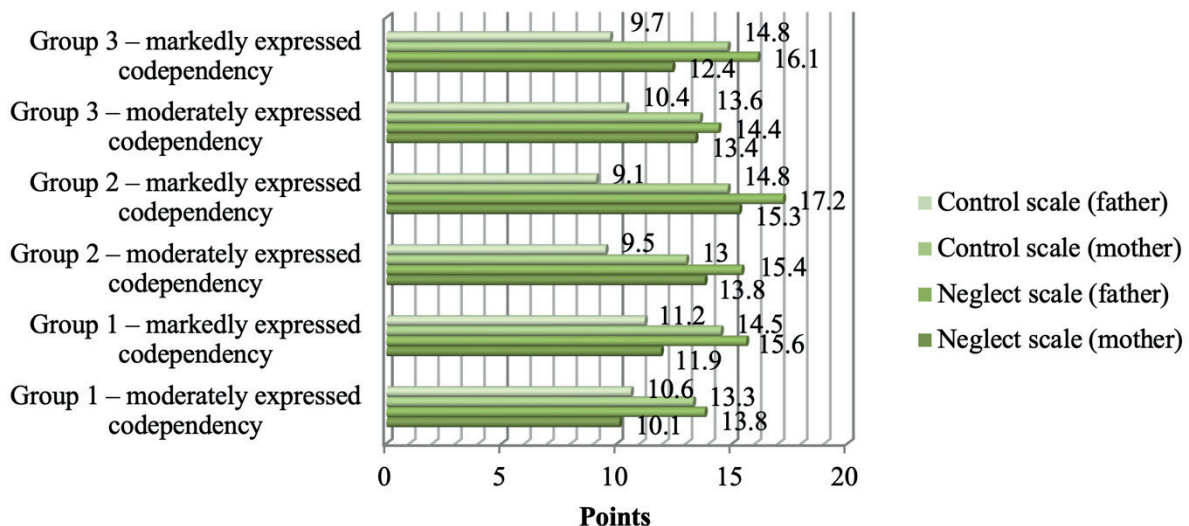


Fig. I. Assessment of the level of control and neglect of respondents in childhood by the father and mother

According to the neglect scale, the scores indicated greater expression by the father across all groups. This is associated with the presence of emotional detachment, which was perceived as neglect. In Group 1, in which the women grew up in complete families, the absence of an emotional response was perceived by the father as a detached attitude, which led to greater distance from the partner. In Group 2, where the parents were divorced, neglect by the father was associated with the absence of regular interaction with him. A high level of neglect by the mother in Group 2 (15.3) was perceived as indifference, which may be associated with greater attention being paid to the family's financial support and to raising the children in the father's absence. Respondents also perceived the mother as having lower emotional resources on the part of as a result of tension during interactions with the father, which led to greater dependence on their own partner and the desire to preserve the relationship, given experiences with the mother. Concern about the mother's emotional unavailability in adult relationships led to excessive attachment and abandonment of one's own interests for the sake of the partner. At the same time, however, the

mother's control was felt (13,0), which increased the need for the partner's constant approval of one's own actions. In groups with a high level of codependency, strict control by the mother and minor control by the father were perceived as a hypercontrolling mother and a neglectful father. This did not break the dyadic bond between the girl and her mother, which could have influenced the development of codependency (Green, 2007).

Overall, the level of control by the father was lower in women with a high level of codependency (Group 1) than that by the mother, especially among women whose mothers were divorced. Insufficient attention from the father affected women's dependence on their own mothers and subsequently on their partners. Because the father did not perform the function of separating the mother and child or provide an example of healthy relationships, the women were not emotionally separated in their own relationships, which they perceived as the norm. In Group 3, with a high level of codependency, a high level of control by the mother was observed, which affected the absence of long-term relationships due to the need for constant emotional closeness and fear of aggression or inadequacy on the part of the

partner, by analogy with the father. The identified indicators showed that a moderate level of control by the mother and father had the most positive influence on the formation of personal boundaries and on achieving a lower level of codependency with the partner. Thus, the presence of even a weak paternal role influenced the development of a triadic structure rather than a dyadic one, thereby enabling the formation of partner relationships

(Green, 2007).

To understand the influence of cognitive-emotional attitudes on the perception of oneself and others that were formed in parent-child relationships, basic beliefs were assessed. Basic beliefs affect codependency in relationships by shaping certain attitudes in interactions with a partner. The results are presented in Tabl. 4.

Table 4. Assessment of basic beliefs in women identified as a result of moderate and high levels of codependency

Group distributi on	Benevole nce of the surround ing world	Δ M	Fairne ss	Δ M	Self- ima ge	Δ M	Luc k	Δ M	Belie fs about t contr ol	Δ M	IP DI	% Δ
Group 1 – moderately expressed codepende ncy	32.3		22.0		31.7		26.8		28.4			
Group 1 – markedly expressed codepende ncy		-3.3		-1.8		-5.3		-1.3		-3.0	0.9	-16.7
Group 2 – moderately expressed codepende ncy	29.0		20.2		26.4		25.5		25.4			
Group 2 – moderately expressed codepende ncy		-0.8		-1.8		-4.3		-3.4		-1.7	0.91	-14.1
Group 2 – markedly expressed codepende ncy	28.7		20.0		26.2		25.0		26.3			
Group 3 – moderately expressed codepende ncy	27.0		21.5		29.9		26.0		28.4			
Group 3 – markedly expressed codepende ncy		-2.7		-2.0		-4.8		-2.4		-3.4	0.88	-16.1
Group 3 – markedly expressed codepende ncy	24.3		19.5		25.1		23.6		25.0			

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A benevolent perception of the surrounding world was less pronounced in women who had a high level of codependency, because they believed that they were treated more unfairly in different life situations. For example, the experience of unstable relationships between the mother and father among respondents in Group 2, with a high level of codependency (28.7), led to increased anxiety and the absence of a safe perception of the surrounding world. The girls perceived emotional interaction between the parents, unexpressed hostility, and constant tension as an unstable and dangerous surrounding world, which affects the perception of threat in its objective absence. In Group 1, with a moderate level of codependency (32.3) and a high level of codependency (29.5), benevolent perception of the surrounding world was higher, which is associated with growing up in a complete family and understanding possible expectations in relationships.

The lowest level of fair treatment of oneself is observed in Groups 3 (19.5) and 2 (20.0), with a high level of codependency. The absence of long-term relationships among respondents in Group 3 was associated with presumed fartherly aggressiveness or inadequacy and with an impaired perception of one's own attractiveness and self-confidence. The father is a key figure for girls' perception of the surrounding world and trust in it. However, the father's aggressiveness hinders the formation of a fair attitude toward oneself by instilling danger, fear, and constant tension. Therefore, the women developed internal attitudes about how others perceive them when they show tolerance and disregard their own needs. These results may be confirmed by the analysis of psychoanalytic literature conducted by E. S. Mordas (2018), which states that the father contributes to the perception of one's own value and bodily awareness, which affects the development of primary self-respect. An aggressive and inadequate father fails to fulfill the protective function, which leads to an internal sense of inferiority and a greater influence by the mother. This may affect the development of close relationships that are not associated with support and the need for control, because there is no perception of relationships as stable (Mordas, 2018). Among respondents in Group 2, a reduced

sense of fairness was perceived as an unfair attitude toward them and was associated with external influences. This may be associated with the need to control life events and achieve results through one's own efforts.

Such data were established as a result of the manifestation of a weak paternal role or his complete absence, in which he does not perform his function as a third person in breaking the dyadic bond between the child and the mother. Weak paternal participation may lead to an internal distortion of the law of fairness, a sense of insecurity, and a feeling of being captivated by an omnipotent mother, which is expressed as hypercontrol.

A high level of codependency in women affected an unstable perception of their own "Self", which, in their opinion, was reflected in a lower level of luck and influenced the need for increased control in regulating the behavior of others. An unstable perception of one's own "Self" is associated with the absence of normal relationships with parents, which affects the failure to break the dyadic bond with the mother (Mordas, 2018). Identification with the mother could manifest as anxious or ambivalent, which did not contribute to an internal understanding of femininity and, moreover, reinforced the absence of one's own integrated perception. Therefore, such women develop dependence on other people and a lack of their own desires and boundaries. With a weak paternal role or his absence, the girl's identification does not separate from the mother, which affects the unstable formation of the image of the "Self". A reduced level of luck was also reflected in fewer opportunities and reduced self-esteem. Therefore, a sense of integrity and identity was not characteristic of this group of women. Beliefs about control were also expressed in groups of women with a high level of codependency, which affected the need to control their own lives and interfere in the lives of others. This approach affected the reduction of anxiety through controlling the actions of others, which often transformed into hypercontrol as a result of the presence of a controlling mother and a weak paternal role. According to the respondents, beliefs about control are a protective function for preserving relationships and avoiding the fear of

abandonment.

Thus, the integral index of psychological deformation showed that the lowest value was observed in Group 3 (IPDI=.88), reflecting in a greater impairment of basic beliefs. It is assumed that such results are associated with the father's direct aggression or inadequacy and fear of dependence. The father is perceived as a traumatic personality, which in adult women is manifested in impairment of basic beliefs through constant anxiety and the absence of a sense of fairness and one's own value. The presence of such a father

affects the formation of a sense of danger and the independent experience of these emotions.

Taking into account the results of the study, recommendations were formulated for psychological work with adult women in codependent relationships. Attention was paid to a multidimensional approach that involves the analysis of emotional experiences acquired in childhood and the formation of personal boundaries in interpersonal interaction. The recommendations are shown in Fig. II.

Assessment of the level of codependency	• Implementation is possible using the Fischer-Spann Codependency Scale
Analysis of parent-child relationships to understand the adopted model of codependent relationships	• Implementation is possible using the Parental Acceptance-Rejection Questionnaire and assessment of the relationship between childhood roles and behavior with one's own partner
Formation of personal autonomy	• It is necessary to ensure understanding of one's own emotions and the partner's emotions based on understanding the specific features of women's perception of the father and mother in childhood and to provide practical modeling of life situations for forming personal boundaries and avoiding feelings of guilt
Formation of self-esteem and the image of the "Self"	• Implementation is possible through understanding one's own resources and values, self-acceptance, and avoidance of dysfunctional attitudes that were formed in childhood
Minimization of fear of losing the relationship	• Emphasis on awareness of the fear of a partner's absence and formation of a sense of emotional closeness without constant interaction with the partner.
Formation of approaches to healthy interaction with a partner	• Development of skills for recognizing one's own needs while avoiding manipulation and self-sacrifice based on modeling real situations

Fig. II. Practical recommendations for psychological work with adult women in codependent relationships

The proposed recommendations for avoiding codependent relationships were implemented through awareness of one's own situation and by constructing life models to work through different scenarios. Acceptance of relationships with parents was important, as it affected attachment in adulthood and the avoidance of codependency.

Emphasis should be placed on understanding the situations that shaped a more accepting perception of the father, which in turn affected the expression of codependent relationships. It is also necessary to assess real examples from childhood that influenced the perception of the mother as more rejecting, which was also reflected in

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increased codependency among women. The interaction between women with a pronounced type of codependency and a psychologist should consist of establishing personal boundaries and the ability to refuse, even under the condition of losing the relationship. Emphasis should be placed on forming the image of the “Self”, which will make it possible to develop one’s own value and self-control skills in interpersonal relationships.

Discussion

The study shows that pronounced control by the mother and minor control by the father prevent the girl from moving beyond dyadic interaction with the mother, which may affect codependency. These results were established at the beginning of the study, reflecting an assessment of the manifestation of codependency in women aged 25 to 35 years. The study demonstrated a relationship among the three study groups, as the calculated value did not exceed the critical value ($\chi^2=3.76 > \chi^2=9.49$). The study by S. H. Kim et al. (2021) reflected similar conclusions regarding the influence of parents on attachment style in adults. The study found that attachment style depends on specific aspects of functioning, perceptions of relationships with parents, and adverse childhood experiences. Parental neglect of children and the presence of psychological abuse had an especially negative influence on codependency (Kim et al., 2021). Similar results are also presented in the study by E. Tadros and A. M. Gregorash (2022), which reflects attachment styles in dyadic relationships. This is reflected in the ability to adapt to changes and influence others. The studies by S. H. Kim et al. (2021) and E. Tadros and A. M. Gregorash (2022) reveal the specific features of the relationship between parental influence and codependent relationships. However, there is no correlation analysis between different aspects of parental perception and its influence on attachment styles, which were considered in the present study.

The results of the present study showed that the mother’s rejection was higher in Groups 1 (22.7 points) and 2 (21.5 points), with moderately expressed codependency, which is associated with a pronounced dyadic bond with the mother. In all groups, the perception of the mother was more

hostile than that of the father, reflecting ambivalent feelings toward the mother. For girls, the process of separation from the mother often creates internal dissonance between the search for one’s own “Self” and the need for the mother, resulting from identification with her, which may be perceived as hostility. Perceiving the mother as more hostile affects an increased level of aggressiveness and the formation of fears and phobias. The study by V. Johar (2024) highlighted that adverse childhood circumstances affect perceptions of parents. Parents influence the development of self-identification and the formation of views. Adverse periods in childhood affect increased impulsivity (especially in men), which is reflected in codependency in adults. Gender characteristics were not taken into account in the present study; however, a detailed analysis was conducted of respondents’ perceptions of their own parents across different criteria (rejection, hostility, assessment of parental control and neglect), which were not considered in the cited study.

D. N. Powell and M. J. Hamilton (2025) noted that feelings of alienation, egocentrism, distorted reality, and uncertainty in childhood lead to negative perceptions of parents and difficulty in social interaction with others. Emotional vulnerability formed in childhood is reflected in a negative attitude toward parents and pronounced dependence in adults. The influence of family interactions in childhood with others was also considered by D. Han and J. Wang (2022). Close relationships with parents exclude a hostile attitude toward them in the absence of restrictions or prohibitions, and this is positively reflected in interpersonal communication with one’s own partner. Published studies have examined indicators that lead to a negative attitude toward parents, but there is no detailed consideration of how perceptions of the mother and father differ depending on the type of family relationship.

Processing the results for basic beliefs showed that in Group 1, with moderately and markedly expressed codependency, a borderline level of impairment of basic beliefs was observed (IPDI=.90). The results are associated with a lack of understanding of the styles of behavior between parents, but with a more hostile perception of the mother and increased control on her part.

Thus, an emotionally unavailable and controlling mother influenced the unconscious formation of the early experience of hostility. In Group 3, the highest level of impairment of basic beliefs was observed ($IPDI=.88$) as a result of reduced self-esteem, a sense of unfairness, and reduced benevolence of the surrounding world, which affects the absence of long-term relationships. In the study by A. Lymanina (2023), basic beliefs were considered from the perspective of studying self-esteem and anxiety in women, which contributes to codependency in middle-aged women. Codependency manifests itself through cognitive, behavioral, emotional, and activity-related indicators, which affect women's destructive behavior. K. Bach et al. (2025) highlighted that lower anxiety and greater responsibility facilitate the development of long-term relationships. A. Abid and I. Suneel (2023) also noted that neglect of one's own self-esteem, independence, and value affects negative codependency, which is manifested in an impaired form of emotional interaction. The analyzed sources assess individual aspects of basic beliefs, but do not consider the reasons for their emergence. This does not make it possible to identify the relationship between the causes of low self-esteem resulting from parent-child relationships, which is reflected in codependency in women.

Published scientific studies reflect the influence of the parent-child relationship system on the perception of the surrounding world and the development of codependency in adulthood. However, issues related to the perceptions of parents in childhood and the study of basic beliefs, which were analyzed in the present study, remain insufficiently considered. Therefore, the theoretical significance of the present study lies in examining parent-child relationships based on women's perceptions of their own parents, as reflected in the level of codependency, by taking into account contrasts in perceptions of the mother versus the father and their influence on basic beliefs. The practical significance of the article is associated with understanding the influence of parental relationships on the formation of dependence in women and the role of the mother and father, which affects the development of practical recommendations for

psychological work with women with different types of codependent relationships.

Conclusions

The study reflects the role of family interaction in childhood in shaping one's future interactions with a partner and self-perceptions. It was found that respondents' perceptions of the mother were more hostile across all three groups. The results obtained are associated with a girl's ambivalent attitude toward her mother during her development, reflecting a combination of contradictory feelings (love and hostility). This could manifest itself in a desire to resemble the mother while simultaneously competing with her for the father's attention. The study results showed that the mother was perceived as more controlling by respondents whose families had a complete absent father or whose involvement was inconsistent. Pronounced maternal control was perceived through the performance of different functions by the mother (care, regulation of routine, checking homework, etc.), which was regarded as a loss of independence and intrusion into personal space. In groups of women with a high level of codependency, strict maternal control and mild control by the father did not contribute to separating the girls' autonomy from dyadic interaction with the mother, which could have influenced the development of codependency.

The father's emotional detachment affected the perception of the mother as more hostile and the formation of a model of basic danger in relationships. The absence (or weak role) of the father did not contribute to the separation of the child from the mother and ensured the perception of the mother in a contradictory role. The father acts as a third object, enabling the development of a high level of autonomy from the mother. Girls develop separation from excessive emotional dependence and projective relationships, which may affect tendencies toward a distorted, paranoid perception of reality due to excessive maternal control. Balanced control by the father and mother was reflected in the lowest level of codependency among respondents.

The present study confirms the need to examine the specific features of women's perceptions of their parents in childhood that influence the

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development of self-esteem and perceptions of relationships with a partner. Further research may focus on determining the perception of one's own parents not only by women but also by men in order to determine the nature of codependent relationships.

Not Using AI Tools

No AI-assisted technologies were used in the writing, editing, or data analysis for this manuscript. All work is original and completed solely by the listed author.

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