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## **FAIRYTALE THERAPY AS A MEANS OF OVERCOMING CHILDREN'S FEARS AT SCHOOL AGE**

The article analyzes the problem of fears among school-aged children, as well as studies the issue of the fairytale therapy (we try to find if the fairytale therapy is the effective method of overcoming fears). The general theoretical and methodological grounds of children's fears research have been identified, the complex of methods, which are adequate to the aim of the research, has been used, influence of the inner state on fear origins among children and teenagers has been analyzed and diagnosed.

*Key words: fairytale therapy, fear, personal fairy-tale, child's and juvenile's fears.*

**T**he relevance of this issue is clear. Both psychologists and pedagogists state that the fairy-tale has some therapeutic properties. The popular methodology of healing by the fairy tale came from the western psychology to us. It is called the fairytale therapy. It is one of the least painless types of psychotherapy [3].

**The outline of the issue.** Children's fears are various from nightmares, when a child wakes up with weeping and requiring to sleep together with his mother or other relatives. Some children refuse to remain in a room by one's own, the other are afraid of darkness or going out on a stair without parents. Sometimes there are fears for parents, children worry to lose their mothers or dads. Some children refuse to go for a drive from hills, overcome obstacles, float in a pool, escape from a dog etc [1].

**The purpose is** to prove the fact that it is possible to overcome children's fears at school age by means of fairy-tale.

**The object of our research** is child's and juvenile's fears.

**The subject of our research** is the fairytale therapy as a means of overcoming children's fears at school age.

**The hypothesis** is that the personal child's fairy-tale is the effective means to overcome fears at school age.

According to the purpose and hypothesis of the study, we have got the following *tasks*:

1. To become familiar with history of the magic fairy-tale development.
2. To learn the mechanisms of the fairy tale influence on children's fears.
3. To learn fears at child's age, the mechanisms of their development, the classification of fears.
4. To investigate the features of the personal child's fairy tale and the influence of the fairy tale therapy on children's fears. To lead to or refute the hypothesis.

5. To analyze the research results, to give a number of recommendations according to work concerning the overcoming of children's fears by means of the personal child's fairy-tale.

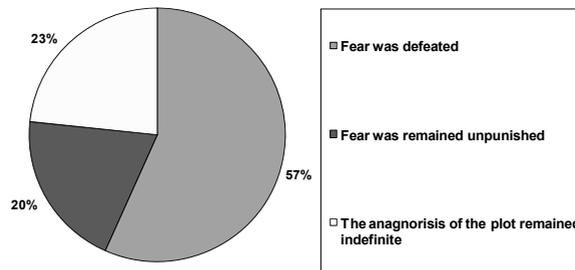
**Discussion of the topic.** During the research we used the following methods «The Personal fairy-tale», «Content is the analysis of a fairy tale», the methodologies of «Unreal animal» by M.Z. Dukarevich for interpretation of illustrations to the fairytales, as well as «House, tree, human» (G. Back).

60 children aged 7-8, 11-12, 15-16 (20 children per every group) participated in our investigation.

On the first stage the children were suggested to write a «Very frightful fairy-tale» for diagnostics of presence of fears and their further classification. Then it was a task to rewrite the end of the fairy-tale, so that the evil, which won good on the first stage, would be defeated on the second stage and would have the happy end.

To the analysis of fairy-tales, the main criteria of assessment were distinguished:

- a storyline, favorable or unfavorable completion of fairy-tale;
- basic signs of protagonist;
- an analysis of pictures.



So there are results of frightful fairy-tales of children at age 7–8 (the first investigated group).

Fear was defeated in 57% of the children. Fear was remained unpunished in 20% of fairy-tales. At last, in a 23% of fairy-tales the anagnorisis of the plot remained indefinite. Thus, the special further work for overcoming of fears by means of the personal fairy-tales was conducted with 43% of the children.

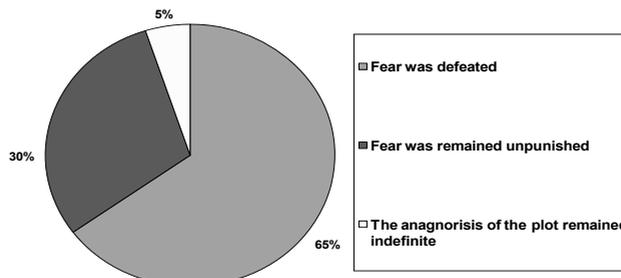
The analysis of the child's fairy-tale from the first group. There is a fear to stay lonely and possible problems in relations with peers, friends, parents in the plot of fairy-tale.

The boy is very aggressive to the world. In the picture we can see the main character, it is a ghost. The boy calls him the ghost Fear. As you can see Fear is angry and aggressive with every person it can see. The main paints he used are in grey color. The ghost Fear is colored with green, blue and yellow. There are scares and drops of blood of its killed victims on its face, two axes behind the back.

After the conducted work the boy managed with the happy end of his fairy-tale. The ghost starts to help all people in need and is becoming the human being with the kind heart.

Now in the picture we can see a man riding a horse to home. There is the smiling sun, blue steam, water is a criteria of calm.

The second investigated group was entered by children by age 11–12.



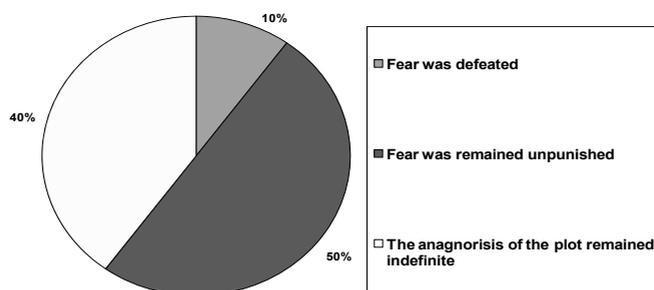
Fear was defeated in 65% of the children. Fear was remained unpunished in 30% of the fairy-tales. And in 5% of the fairy-tales the anagnorisis of the plot remained indefinite. Thus, the special further work for overcoming of fears by means of the personal fairy-tales was conducted with 35% of the children.

In the picture we can see a frightened child with an open mouth and big eyes lying in her bed. On the right there is a ghost frightening the child during the night. The ghost has got red eyes, blooded teeth. The main character is trying to overcome her fear and calm down with help of her grandmother's word's. But it is not enough. We understand this according to the last words in the tale «But everything is continuing».

After individual talks with the girl she was able to finish the tale with happy end. The grandmother was the person who was able to calm down the girl.

The new picture has also got two zones. On the left, instead of frightened child we can see happy smiles. On the right instead of the angry ghost we can see a pink flower with a smile, the cactus became blooming with small flowers. The main colors are pink and yellow, that are much warmer colors.

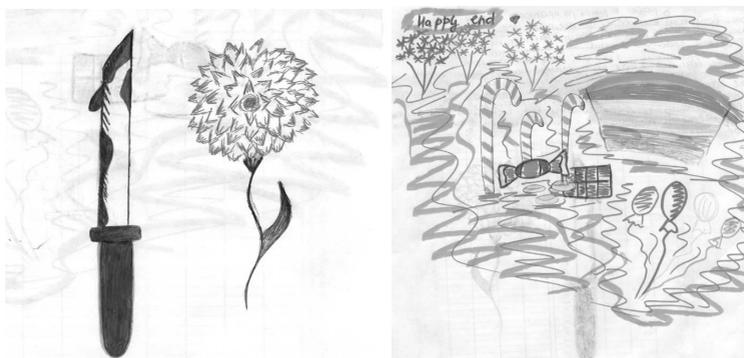
The third investigated group consisted of children at age 15–16. In this group the situation changed substantially.



Fear was defeated only in 10% of the children. Fear was remained unpunished in 50% of the fairy-tales. And in a 40% of the fairy-tales the anagnorisis of the plot remained indefinite. Thus, the special further work for overcoming of fears by means of the personal fairy-tales was conducted with 90% of the children.

At last, the picture of the child from group number three.

The plot of the tale comes out of a frightening story or out of a horror film. The main motive of the tale is a murder and the main characters' death.



In the picture we can see the flower, which is a symbol of blood and murder and the knife. The dominated color are red and its shades. The picture is draw in colored shades with a strong press.

The new version of the fairy-tale does not have any memories about the previous events. The new picture has become much brighter. There are all colors of rainbow in the picture, as well as the basic color is pink. The new picture has also get sweets, candies and flowers. The girl's mood has become better.

**Conclusions.** Based on the result of our conducted research we can make the conclusion that our hypothesis was confirmed. It is possible to help children to get rid of their fears, which are typical at their age, by means of the personal fairy-tale. There are rare cases, when writing of one fairy-tale is not enough for overcoming the fear. In such cases it is needed to conduct the long fairytale therapy. Children love to dream up, this fantasy can help them to overcome the most frightful horrors, if the grown-ups help to direct this flight of fantasy in a necessary river-bed.

The personal fairy-tale for children is the effective method to overcome fears. In fact, by means of the personal fairy-tale it is possible to distinguish basic fears of children completely. Illustrations to the fairy-tales also give a push to the decision of the problem. Children with the help of magic properties that they have in a fairy-tale, can overcome the fears and get rid of them. Looking at the fear the next time, a child begins to understand that what she/he was afraid of, is not so frightful. After rewriting the fairy-tale from the beginning, the fear disappears and a child matures in his/her eyes. The personal fairy-tale helps to dream up and to imagine oneself as a protagonist of the tale. A child can look at fears on the other hand.

In case of juveniles' fears, the fairytale therapy is not considered as the effective method of fears overcoming. Teenagers are far deeper submerged in their fears, that is why the fairytale therapy can be only one of the methods helping to overcome fears in adolescence.

After the literature analysis, and the empirical research conduction, we can confirm that for any child the personal fairy-tale is the effective method to overcome fears. Therefore, it is possible to recommend the methodology of the fairytale therapy for the work, which is connected with identifying and overcoming children's fears.

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У статті аналізується проблема наявності страхів у дітей шкільного віку та казкотерапії як ефективного методу переборення страхів. Під час написання статті було визначено загальні теоретико-методологічні підстави для дослідження дитячих страхів, дібрано комплекс методик, адекватних меті дослідження, проаналізовано вплив сімейної ситуації на виникнення страхів у дітей та підлітків, визначено, що особиста казка дитини є дійовим засобом переборення страхів.

*Ключові слова: казкотерапія, особиста казка, страх, дитячі та підліткові страхи.*

В статье анализируется проблема наличия страхов у детей школьного возраста и сказкотерапии как эффективного метода преодоления страхов. Во время написания статьи были определены общие теоретико-методологические основания исследования детских страхов, подобран комплекс методик, адекватных целям исследования, проанализировано влияние семейной ситуации на возникновение страхов у детей и подростков, определено, что личная сказка ребенка является действенным средством преодоления страхов.

*Ключевые слова: сказкотерапия, личная сказка, страх, детские и подростковые страхи.*

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