

THE BALANCE MODEL IN RUSSIAN AND CHINESE CULTURE: PRELIMINARY STUDY AND COMPARATIVE ANALYSIS



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Abstract

This article focuses on the transcultural aspects of the Peseschkian Balance Model. The goal was to conduct a preliminary study of the balance models of Russian and Chinese respondents, to carry out quantitative characteristics of the balance model of the two groups and to compare out quantitative characteristics of the balance model of the Russian and Chinese sample group. Object of research: settlements in Russia and China according to N. Peseschkian's balance model. Objectives: to form two control groups for the study; create a questionnaire in Russian and Chinese for conducting research; study the population model of China (Group 1) using a questionnaire; study the model of the population of Russia (Group 2) using a questionnaire; to carry out a comparative analysis of quantitative indicators of Group 1 and Group 2 in four areas of the balance model N. Peseschkian. It was measured the quantitative parameters of the four spheres of the balance model of Group 1 and Group 2 and compared the quantitative parameters. It was found that the sphere of meanings and the sphere of contacts are quantitatively differ little in Group 1 and Group 2, and in the spheres of activity and the sphere of the body there are significant quantitative differences Group 1 and Group 2. Detailed results of the study were displayed in tables and diagrams.

Keywords: Positive Psychotherapy, Balance Model, Russia, China, transculturality.

Introduction

Finding balance in life is recognized by many authors as crucial to psychological well-being and quality of life for different groups and individuals. Living in Blagoveshchensk, Russia, which is right on the border with the Chinese city of Heihe, and inspired by Peseschkian's (2016) idea of a balance model, the author became interested in preliminary exploring the content of the balance model of Russians and Chinese and comparing the quantitative differences between them to provide a preliminary basis for a deeper study of the specifics of the balance model and the separate areas of BM of these two cultures, which undoubtedly has significance in the development of transcultural research.

Methodology

The method of comparative analysis was chosen as the most versatile and convenient for preliminary research of the topic of the article, in order to gain a deeper understanding of the common features and differences in the areas of the Balance Model of the two Groups and preliminary compare their quantitative indicators. The object of this study are the 4 spheres of life in Nossrat Peseschkian's Balance Model (Peseschkian, 2016) as applied to residents of Russia and China. It was created a questionnaire (Appendix 1, 2) in Russian and Chinese for this research, where participants answer the questions about how they experience each of the areas of the Balance Model (Body, Achievement, Contacts, Meaning/ Future) in their daily lives and to estimate how great a percentage of their

vital energy and time falls on each sphere of the Balance Model. For this purpose the participants was divided into two groups.

Group 1 - residents of China, 20 people from Beijing, Shenyang, Jinan, Zhengzhou, working in: trade/services, foreign languages, education, IT, equipment manufacturing, born 1980 to 1996, 10 men, 10 women.

Group 2 - residents of Russia, 20 people from Moscow, St. Petersburg, Barnaul, Blagoveshchensk, Korsakov, working in: IT, trade/services, geology, media, energy, construction, foreign languages, born 1980 to 1996, 10 men, 10 women.

Group 1 and 2 are identical in age and gender. Then it was explored the Balance Model of participants from China and Russia using the questionnaire. Then conducted a comparative analysis of the quantitative indicators of Group 1 and Group 2 in the 4 areas of the Balance Model.

Results

Average Values of the Balance Models in Groups 1 and 2 (Tab.1).

Table 1.

Average values of the Balance Model. Group 1

Body %	Achievement, %	Contacts, %	Meaning/ Future, %
35	26	21	18

For convenience, the study data was combined into a diagram:

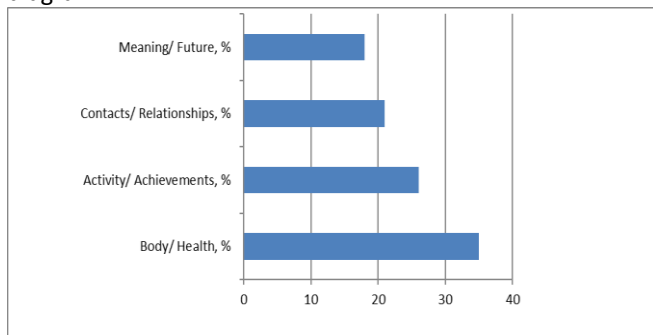


Fig. 1. Average values of the Balance Model. Group 1

As if is illustrated in the graph, the sphere that receives the most time and attention in China is the sphere of the Body (35%), followed by the sphere of Activity (26%), then Contacts (21%) and Meanings (18%). Comparing the Balance Model results according to gender for Group 1, was find (Tab. 2):

Table 2.

Balance Model results. Group 1

	Body, %	Achievement, %	Contacts, %	Meaning/ Future, %
Women	41	21	22	16
Men	28	32	20	20

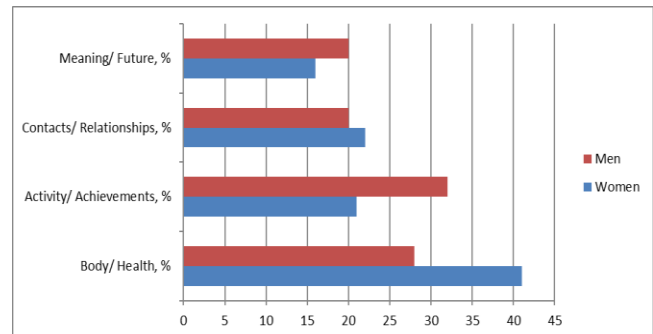


Fig. 2. Average values of the Balance Model according to gender. Group 1

Women pay 13% more attention and time to the Body area than men, and men give 11% more than women to the field of Activity. In the field of Contacts, the differences are minimal, women pay 2% more attention to the field of Contacts than men. In the sphere of Meanings, differences are also small, men pay 4 percent more attention to the sphere of Meanings than women.

Table 3.

Average values of the Balance Model. Group 2

Body %	Achievement, %	Contacts, %	Meaning/ Future, %
17	46	22	15

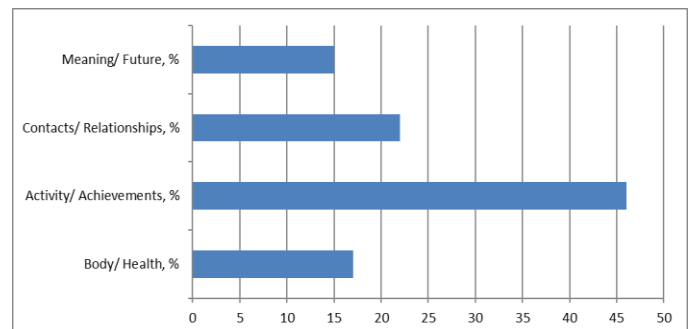


Fig. 3. Average values of the Balance Model. Group 2

As if is illustrated in the graph, the sphere that receives the most time and attention in Russia is the sphere of Activity (46%), followed by the sphere of Contacts (22%), then the sphere of the Body (17%) and Meanings (15%). Comparison of the Balance Model results according to gender (Tab. 4).

Table 4.

Balance Model results. Group 2

	Body, %	Achievement, %	Contacts, %	Meaning/ Future, %
Women	15	53	20	12
Men	19	38	24	19

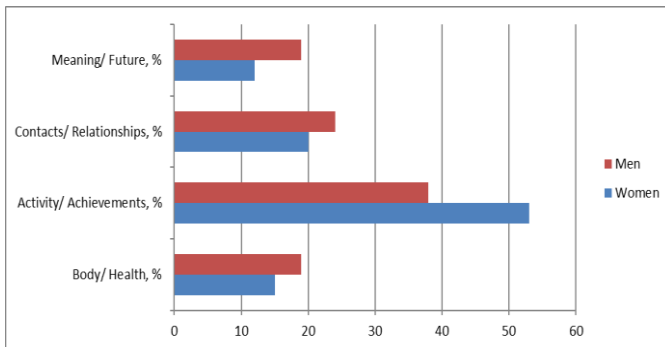


Fig. 4. Average values of the Balance Model according to gender Group 2.

Men pay 4% more attention and time to the Body than women, and women pay 15% more attention to the field of Activity than men. In the area of Contacts the differences are minimal, men pay 4% more attention to Contacts than women. In the sphere of Meaning, men pay 7% more attention than women.

2.1. Comparative analysis of engagement in the sphere of the Body/ Health.

The sphere of the Body in Group 1 contains 35% of the total, in Group 2 - it is 17% of the whole. Was found that in Group 1 the sphere of the Body shows 18% more, almost 2 times as much; the gap is quite impressive. Through detailed analysis of the content of the sphere of the Body, we will try to understand the similarities and differences between both participant groups in this sphere and why the quantitative difference is so great.

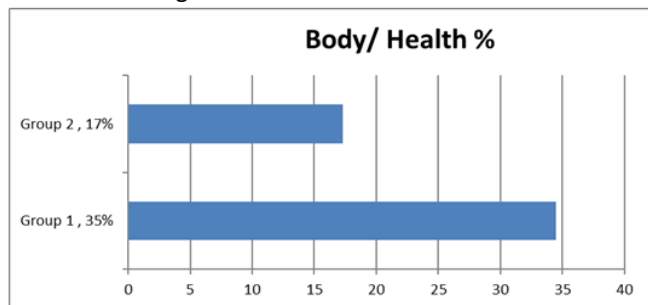


Fig. 5. Diagram. Comparison of the quantitative values of the engagement with the sphere of the Body in Group 1 and Group 2

The diagram below shows how the figures for engagement with the Sphere of the Body are distributed according to gender in each participant group. The diagram shows that the men in Group 1 are 13% less engaged in the area of the Body than the women in Group 1. This difference is contrasted by the men in Group 1, who spend 11% more time and energy in the sphere of Activity than the women in Group 1. As for Group 2, the difference in engagement with the sphere of the Body between the men and women is not

as great as in Group 1, showing that the men have 4% more engagement in the area of the body than do the women.

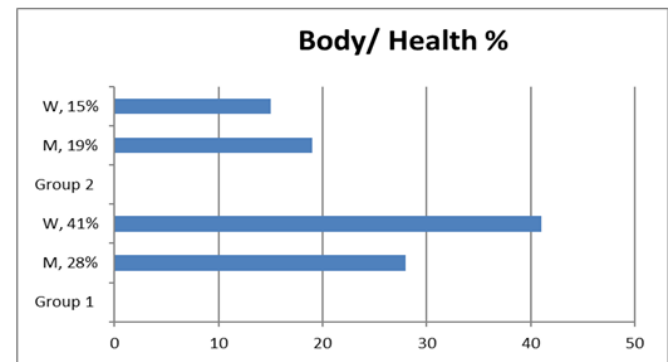


Fig. 6. Diagram. Comparison of the quantitative values of the level of engagement with the sphere of the Body for men and women in Group 1 and Group 2

The diagram shows the aggregation in numerical terms of the engagement of the men and women in groups 1 and 2 with the body. Below presented the options at the specific activities and behaviors which comprised these aggregations of engagement with the Sphere of the Body in each participant group. For this, will examined specific answers to the individual questions in the questionnaire. An analysis of these responses revealed the frequencies and tendencies of the specific behaviors queried in the questionnaire.

Group 1: Responses from residents of China. All 20 respondents wrote that they go to bed early and get up early in the morning. 17 people noted that they walk on foot regularly, go to the park in the morning or ride a bike to and from work. 6 people noted that they ensure that their food is balanced and try to eat on time, they eat a lot of fruits and vegetables. 9 people said they play sports (football, basketball, jog, swim), go to the gym, dance or exercise.

Group 2: Responses from residents of Russia. 7 people from Group 2 noted that they usually rest passively at home. 11 people complained about poor sleep; no one boasted a good sleep. 10 of the respondents said they look at beauty, celebrate visits to the beautician and perform active daily beauty care at home (SPA, moisturizing the skin). 5 out of 20 respondents reported that they regularly monitor their health and visit doctors. 6 people walk in the open air, while 3 respondents said they go out into nature to rest. Another 3 people relax while fishing and 2 while hunting, 3 go to the vaporarium, 11 do sports (volleyball, gym, yoga, skiing, biking and snowboarding). 8 said that they did no sports at all. 1 person noted that he watches his diet, and 1 person answered he loves tasty food. 1 person periodically takes massage. 2 people relax by playing computer games and 1 person relaxes with intellectual games. 1 person noted relaxing by watching movies, doing handicrafts and playing with a child.

2.2. Comparative analysis of engagement in the sphere of Activity/ Achievement

The sphere of Activity in Group 1 comprises 26% and in Group 2 it makes up 46% of the total of the participants' time and energy, the difference in the balance means that Group 2 devotes 20% more time and effort to the field of activity than Group 1; visually the difference is slightly less than 2 times. This is quite a lot, despite Group 2 being close to 50% and Group 1 being in the Balance Model's optimal position of equal distribution of energy and time in the four spheres of life.

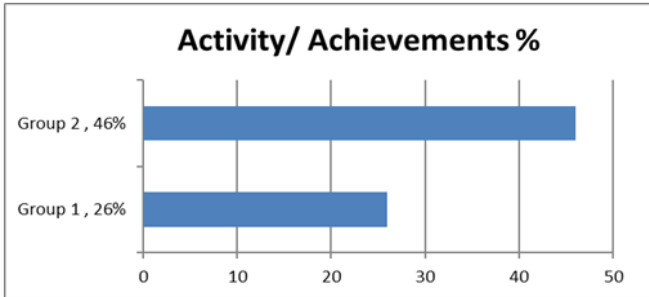


Fig. 7. Diagram. Comparison of the quantitative values of the level of engagement with the sphere of Activity for men and women in Group 1 and Group 2

The diagram below shows how the figures for engagement with the Sphere of activity/achievement are distributed according to gender in each participant group. The men in Group 1 work 11% more than the women in Group 1 (almost 1/3). In Group 2, the rate of achievement is higher for the women - women work 15% more than men. I can assume that this is due to the workload of women in Group 2, household chores and raising children. It is not possible to analyze this disparity in more detail and discover the reasons for such a large difference within the framework of this study.

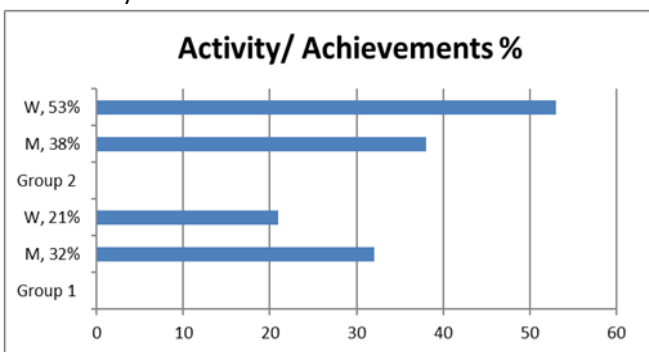


Fig. 8. Diagram. Comparison of the quantitative values of the level of engagement with the sphere of activity/achievement for men and women from Group 1 and Group 2

Group 1. 5 people from Group 1 noted that their work involves periodic or daily overwork, two of them work for 10-12 hours (overwork by 2-4 hours), two people work 9-10 hours a day, and 1 reported working enough hours during the week to equal a 6th working day. 13 people from Group 1 noted that they work without overwork, 8 hours for 5 days a week. 9 people from Group 1 are engaged in raising children.

Group 2. In Group 2, 13 people overwork, 4 of them have a 6-day working week, two work 12-14 hours a day and 4 people regularly linger at work for 30-90 minutes. 6 people from Group 2 noted that they work without overwork, 8 hours for 5 days a week. 11 people from Group 2 are engaged in raising children. 2 of them said that they are engaged in raising young children almost around the clock. 9 out of 10 women in Group 2 noted that they regularly do household chores. 6 out of 10 men in Group 2 noted that they regularly do household chores.

2.3. Comparative analysis of the levels of engagement in the sphere of Contacts/ Relationships

The sphere of Contacts in Group 1 comprises 21% and in Group 2 22% of the total of the participant's time and energy. There is no significant difference find in the levels of engagement in this area as a whole between the two groups.

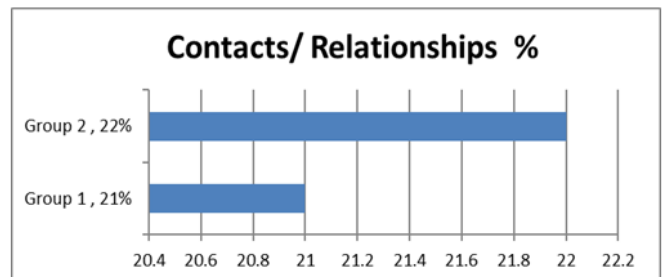


Fig. 9. Diagram. Comparison of the quantitative values of the levels of engagement in the sphere of contacts in Group 1 and Group 2

The diagram below shows how the figures for engagement with the Sphere of Contacts/relationships are distributed according to gender in each participant group. At first glance can be seen the differences between women and men in both groups are small. In Group 1, women show 2% more engagement in the area of contacts than men. In Group 2, men show 4% more engagement in this area than women.

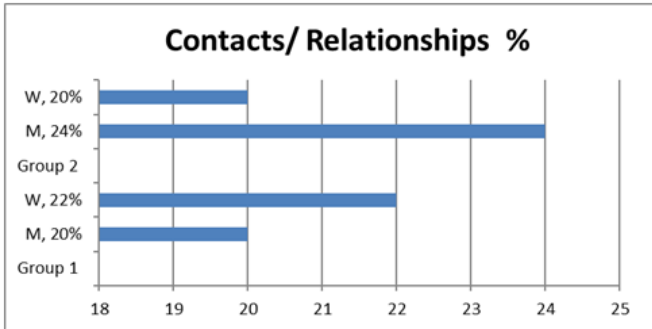


Fig. 10. Diagram. Comparison of the quantitative values of the levels of engagement in the sphere of contacts for men and women in Group 1 and Group 2

Group 1. For Group 1, it is common to meet with friends for a meal. 12 out of 20 people noted that they often meet with friends and eat together. This is an integral part of the sphere of contacts in China. I will cite several quotes from a study on the engagement in the sphere of contacts, translated from Chinese. "I don't have so many friends, real friends - only a few people, but I am very pleased. Every evening I return home and communicate with friends, we all are very well and happy together, I spend the weekend with my family." "I have friends but I usually communicate with family members, especially with my wife. On the weekends I usually go somewhere to have fun with my wife." "I have friends, we often organize joint dinners, we watch movies." "Usually we gather with friends to eat, or we communicate by phone."

Group 2. For Group 2, I selectively present quotations from a study about how the members of this group actually engage in the sphere of contacts. "I have friends, we meet several times a week, I give my daughters 1-2 hours a day." "My circle of friends is sharply limited. I spend almost all my free time with my family." "I am with friends 2-3 times a month and on holidays, with the family daily." "I have friends whom I do not meet very often. I spend almost all my free time With my family, my wife and child." "I have only a few friends, but it seems that these friendships are of some serious quality. Sometimes we meet with relatives, sometimes with friends, we correspond a lot. I spend a lot of time with my family. We like to lie around, moan and do nothing."

2.4. Comparative analysis of the levels of engagement in the sphere of Meaning/Future

The sphere of Meaning in Group 1 comprises 18% and in Group 2 15% of the total of the participants' time and energy. In this area of life, the difference of 3% between the two groups is small.

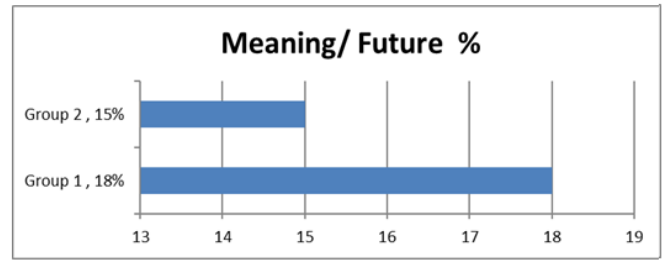


Fig. 11. Diagram. Comparison of the quantitative values of the levels of engagement in the sphere of Meanings for men and women in Group 1 and Group 2

The diagram below shows how the figures for engagement with the Sphere of Meaning are distributed according to gender in each participant group. At first glance can be seen the differences between women and men in both groups are small. In Group 1, men show 4% more engagement in the area of Meaning than women. In Group 2, the differences are slightly more significant - men show 7% more engagement in the sphere of meaning/future than women.

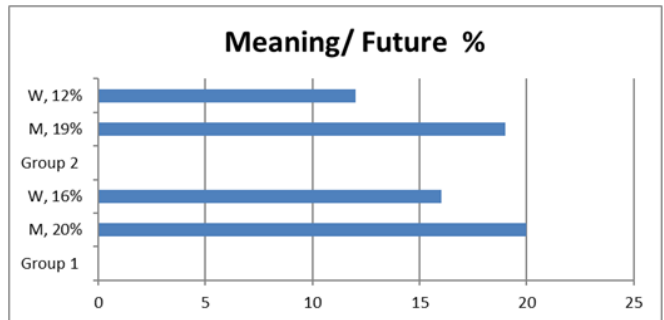


Fig. 12. Diagram. Comparison of the quantitative values of the levels of engagement in the sphere of meaning/future for men and women in Group 1 and Group 2

Group 1. 1 person noted that he considers himself religious. 13 out of 20 people make plans for the future. 14 of the 20 people in this group have hobbies, among which are: volleyball, dancing, reading, watching TV shows, football, basketball, fitness, ping pong, badminton, watching movies, computer games. I will present several quotes from a study on engagement in the sphere of meaning, translated from Chinese. "I have a hobby. My hobbies - Latin-American dancing, gymnastics and reading. I am not religious. my plan for the future is to purchase commercial insurance for myself and my child, I am already implementing it. I dream that in the future I will be able to leave China to see other countries." "I read books. I'm not religious. I have no specific plans for the future." "My hobby - football. I'm not religious. My plan for the future is to open a travel agency. I dream of visiting every corner of China or many different foreign countries."

Group 2. 3 people said they consider themselves religious. 10 people out of 20 are making plans for the

future. 15 people have a hobby, the rest have either no hobby or no free time for one. Among the hobbies are: hunting, fishing, sports, reading, music and playing musical instruments, trips to nature, computer and intellectual games, photography, various handicrafts. I will present several quotes from a study on the engagement with the sphere of meaning in Group 2. "My hobbies are Computer games, intellectual games, drawing, raising my child, fishing, mushrooming. I am religious." "I have a hobby, I like to knit, sew, read books. I am not religious. I make plans." "My Hobby is music (performing). I am indifferent toward religion. I am interested in reading. I no longer make plans. My engagement with the sphere of meaning is in computer games".

Conclusion

As a result of the responses to the questionnaires in the appendices to this article, was obtained the quantitative results of the levels of engagement with the four areas of life in Nossrat Peseschkian's Balance Model in two groups of participants, one from China and the other from Russia, and conducted a comparative analysis of indicators. Can be seen the results of this comparison in the diagram below:

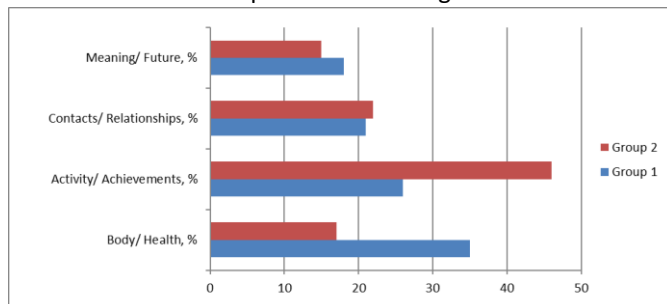


Fig. 13. Diagram. Comparative Diagram of the 4 Areas of the Balance Model in Group 1 and Group 2

As if is illustrated in the final diagram, the most significant differences in levels of engagement in the Balance Model are between the spheres of Body and of

Activity/Achievement. In Group 1, the Sphere of the Body occupies 35% of the whole, in Group 2 the Body takes only 17% - with Group 1 showing almost twice as much engagement in the sphere of the Body as Group 2. Conversely, the sphere of Activity in Group 1 makes up 26% of the whole, while Group 2 shows 46%. This difference in balance shows that Group 2 devotes 20% more time and energy to the field of Activity than Group 1. Can be seen that the people of China pay more attention to the Body than Russians, and the people of Russia devote more time and energy to the field of Activity. Quantitative indicators in the field of contacts and meanings in Group 1 and Group 2 differ slightly. The sphere of Contacts in Group 1 occupies 21%, and 22% in Group 2. Engagement with the sphere of Meaning also shows only a small difference between two groups, with Group 1 showing 18% and Group 2, 15%. The participants from Russia and China devote the same proportion of their time/effort to the Contacts and Meaning.

Therefore, a preliminary study was carried out and on the basis of a survey of two groups and a quantitative comparison of the data, it was preliminary found that in the spheres of the balance model of Russia and China there are both significant quantitative differences in the sphere of activity and body, and minor quantitative differences in the spheres of meaning and contacts.

References

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Appendix 1. 您好！我是心理学学生，我叫达尼娅，做我的毕业论文，这个是欧洲德国心理学研究方法平衡模式。请您帮我填调查表帮我做我的毕业论文研究，谢谢！

问题	*四中生活质量说明:
出生年:	躯体, 感觉 - 您生活中多少%力量供给您的身体健康, 吃饭, 情绪
性别:	成就 - 您生活中多少%力量供给您的工作(学习, 您孩子保育)?
城市:	交往 - 您生活中多少%力量供给与您家人和好朋友交往?(您最喜欢的交往, 工作领域的交往不属于这种交往, 只家人和朋友)
工作(学习)领域:	约想, 未来 - 您生活中多少%力量供给您梦想和计划安排, 业余爱好和宗教。

2. 四中生活质量(四中生活领域) 2.1.请填写您的每种生活质量具体内容, 请介绍一下您生活经验怎么样*(在这请有多少就写多少)

躯体, 感觉: 您一般做什么为您身体健康? 好不好睡觉? 做不做早操什么的? 跳舞、散步吗? 去不去美容馆和理发店? 请填写一下:	成就 你做什么工作(学习)? 一天工作(学习)多长时间? 一个星期工作(学习)几天? 累吗? 您是不是保育孩子吗? 请填写一下:
约想, 未来 您有没有业余爱好? 什么业余爱好? 有什么宗教信仰? 您有没有具体未来计划? 喜不喜欢梦想? 请填写一下:	交往 你有朋友吗? 你尝尝和家人和朋友交流? 一般想做什么? (比如说去一起吃饭, 还是在家说话, 去公园玩一玩, 别的方式请填写) 请填写一下:

2.2.请填写每种生活质量你生活中有多少%? * 一共要有100%

躯体, 感觉 ___%	成就 ___%
约想, 未来 ___%	交往 ___%

非常感谢您的帮助!

Appendix 2. Hello! My name is Tatyana, I am a psychologist, I invite you to take part in my graduate research, I ask you to answer a few questions. Thank you for your participation!

1.	* explanation of 4 areas of the balance model:
Year of birth :	1) Sphere of Body/ Health: health, nutrition, sleep, sport, dancing, yoga, gym, jogging in the morning, fitness, beauty and personal care, trips to the hairdresser and massage therapist, healthy lifestyles, rest, walking, sexuality, and also emotionality - that is, everything about the body and caring for it.
Sex :	2) Sphere of Activity/ Achievements: work, business, training, professional development, raising children, social activity, household chores.
Place :	3) Sphere of Contacts/ Relationships: relationships with close people with whom you like to communicate, for the purpose of emotional exchange, meeting with friends, Sunday trips to grandmother for pies, (business communication is not here, communication with your beloved girlfriend / friend is here, and walk with a friend will affect the sphere of the body and the sphere of contacts).
Sphere of work / study :	4) Sphere of Meaning/ Future: your religious, philosophical, political views, hobbies, reflections on the meaning of life, dreams and fantasies, goals, creativity, making plans for the future, reading books, etc.

2. The four spheres of the Balance model.

2.1. Please fill in the table below, based on your personal experience. Comment on what matters is filled in each of the areas of your balance model?

Body/ Health: How do you relax? Do you sleep well? Do you follow health and beauty? What are you doing for this? Do you play sports? How do you take care of your body? What else do you fill your body sphere with? Your Answer:	Activity/ Achievements: Do you work / study? How many days and hours per week? Is there any recycling? Doing household chores? Raising children? What else do you fill in your field of activity? Your Answer:
Meaning/ Future: Do you have a hobby? Which one? Do you consider yourself a religious person? Do you read books? Do you make plans for the future? What else do you fill your sphere of meanings with? Your Answer:	Contacts/ Relationships: Do you have friends? Do you often meet with friends and relatives? How much time do you spend with your family? What do you like to do with friends / family? What else do you fill in your contact sphere? Your Answer:

2.2. Please mark how much % of your life energy and time is in each sphere? * the amount should be 100%

Body/ Health ___%	Activity/ Achievements ___%
Meaning/ Future ___%	Contacts/ Relationships ___%

Many thanks for your help and participation!