

ABSTRACT

Introduction: The processes of family resilience consisting of: belief system, patterns of family life organization as well as communication and problem solving help the family cope with difficulties during normative and non-normative crises. The courting period is a normative crisis in which a third system emerges from two systems of families of origin - the couple system.

Aim of the study: The aim of the study is the assessment of individual and family determinants of the family resilience processes of the engaged couples. Individual conditions are personality predispositions such as formal planning properties and strategies for coping with stress, and family conditions - the functioning of the family of origin in the areas of: cohesion, flexibility and communication.

Participants and procedure: The 236 people were examined during their courting period. The respondents were aged from 21 to 35 years ($M = 27,53$, $SD = 3,53$) and formed 118 engaged couples, with length of courting period from 1 to 36 months ($M = 15,46$, $SD = 10,71$). In engagement relationships with shorter length (up to one year) there were 54 couples ($n = 108$), and in longer relationships (over one year to 3 years) there were 64 couples ($n = 128$). Participants completed four questionnaires: FRAS-PL (Nadrowska, Błażek, Lewandowska-Walter, 2021), WKP (Błażek, Kadzikowska-Wrzosek, 2002), Brief-COPE (Juczyński, Ogińska-Bulik, 2012), and SOR (Margasiński, 2013).

Results: Factors describing the creation and implementation of plans, strategies of coping with stress and the functioning of the family of origin turned out predictors of the processes of family resilience in the courting phase. The length of the engagement relationship is a moderator of the relation between personality and family factors and processes of family resilience.

Conclusions: The conducted research emphasized the importance of personality factors (formal characteristics of planning and achieving goals and strategies for coping with stress) and family factors in the process of shaping family resilience during courting period.

Keywords: family resilience, creating and implementing plans, strategies for coping with stress, courting period.