

ATTITUDE TOWARDS DREAMS AS AN EXPRESSION OF THE SUBJECTIVE RELATION TO THE UNCONSCIOUS

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ABSTRACT

Dreams occupy a central place in classical psychoanalytic theories, where they are seen as meaningful expressions of unconscious psychic processes. In the Freudian and Jungian theoretical tradition, dreams are viewed as an important source of insight into the inner psychic dynamics of an individual, whereby their interpretation and integration are linked to the understanding of emotional states and internal conflicts. The aim of this research is to examine the relationship between the attitude towards dreams and different aspects of the subjective psychological relevance of dreams in the general population. The research was conducted on a sample of 172 respondents from the general population. Data were collected through an anonymous online questionnaire that includes a sociodemographic questionnaire, the Attitudes Toward Dreams Scale (Cernovsky, 1984), indicators of the use of dreams for personal insight and understanding of internal conflicts - Mannheim Dream Questionnaire (Schredl et al., 2014), as well as measures of the frequency of recalling and sharing dreams. The results indicate statistically significant positive correlations between the attitude towards dreams and all examined aspects of their psychological relevance: the frequency of recalling dreams, using dreams for personal insight and understanding of internal conflicts, as well as the frequency of sharing dreams with others. These findings suggest that the subjective attitude toward dreams may be an important psychological variable related to the ways in which individuals remember, consider, and share their dream experiences.

Keywords: dreams, attitude towards dreams, sharing dreams, unconscious, personal insight.