

PERSONALITY TRAITS OF WOMEN OF MATURE AGE WITH HIGH AND LOW LEVELS OF NEED IN SELF-DEVELOPMENT ACTUALIZATION

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The article presents the results of socio-psychological research aimed at identifying personality characteristics of women of Mature age clients of the psychologist in the system of social service of the population depending on their level of implementation needs in self-development; a comparative analysis of personal characteristics of women from two groups - with high and low levels of implementation needs in self-development; it marks out and characterizes the socio-psychological types of women of Mature age with high and low levels of implementation needs in self-development; the proposed strategy of psychological assistance to women of Mature age depending on the selected socio-psychological types of women with high and low levels of implementation needs in self-development; the conclusions about personal dependence of difficult life situations of women and significant differences in their personal characteristics depending on the level of implementation needs in self-development.

Keywords: women of mature age, requests for assistance, the level of implementation of needs in self-development, personal characteristics, strategies of psychological help.

INTRODUCTION

Introduction to the problem

The problem of actualizing women's needs in self-development currently attracts the researchers due to the fact that at the present stage of social development it is the women who change the world (Kon, 2001); they compete with men in almost all areas of life and demand gender equality. Moreover, the most active women (according to the analysis of women's requests for psychological assistance) state their life difficulties far more frequently than the relatively passive ones. And despite a relatively large amount of the studies by national and international researchers and highly convincing scientific paradigms, which explain the genesis, essence and reasons of this need activation in the female community, personality traits of women in dependence from the level of self-development need actualization are not studied enough, as well as the problem of self-development and self-actualization of a modern woman of mature age (35-56 years old). Because of this, we find significant the effort to draw attention of the psychological science to the personality-based reasons of the life problems of mature-age women (whereas this category of women changes the world) and to study the opportunity to solve difficult

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life situations in a woman's life not by methods of fighting the surplus of masculinity and its domination in the Russian culture, but by revealing and creating interpersonal conditions for mature female personality development, particularly in the process of psychological consulting.

It is known that self-development is a constant work with oneself, self-improvement and development of social and psychological qualities, which allow to communicate and interact efficiently in the small groups, as well as to change in accordance with the social-group dynamics, while at the same time staying true to oneself and one's own essence. In this process of self-change in the drastically changing world a person concentrates on his own wishes and goals and constantly obtains new information, new ideas and special means of acquiring them. Self-development is also creation (creating a "Self" in the routine life situations) and a structural component of individual lifestyle. Psychological mechanism of self-development is the transition from comparing oneself with others to comparing present self with the past self.

Psychology has the paradigm of personality predispositions for self-development, which include: personal interest, social interest, tolerance, flexibility, logical thinking, self-acceptance, responsibility, perspective hedonism, lack of utopic thinking, acceptance of uncertainty and own responsibility for disturbing mental balance. In the opinion of modern psychologists, self-development implies the dynamics of qualities and skills of a personality, in particular: empathy, sincerity, openness, trust, responsibility, positive attitude towards oneself and others, attention to the world, understanding oneself, following the general human values and humanistic orientation.

Works of G. Allport (2002) show that self-development self-actualization are the ways to accelerate a person towards maturity. He also defined the characteristics of self-developing and self-actualizing personality, which are: 1) interest to the external world and highly expanded sense of Self; 2) warmth (compassion, respect and tolerance) towards others; 3) feeling of fundamental emotional security (self-acceptance and self-control); 4) realistic perception of the reality and active deeds; 5) self-objectivation (self-understanding), integration of one's own inner experience in the actual situation and sense of humor; 6) "philosophy of life", which orders and systematizes the experience and translates the sense to one's actions.

However, as far as a woman's self-development is concerned, for a woman's identity as a part of her personality it might be related to a slight feeling of apprehension to "cheat on" her female nature and loose the directions of "female predestination". Researchers of intrapersonal gender conflicts (Buchatskaya, 2006; Klyotsina, 1999; Kulikova, 2004; Parukova, 2006; Senkavich & Bazarkina, 2012; Suslova, 1999; Flusova, 2007; Tsvetkova, 2005, 2007, 2008, etc.) note women's fear of losing the common representation of the female role of a wife, a mother and a housewife in the process of personality self-development and self-

actualization. Social history presents few examples when a woman was able to self-actualize as a personality without losing her female identity. Therefore, it seems like a highly unreachable ideal of a female destiny. Facing the fear of losing the female identity, modern women choose one of the worst – they either suppress their needs in self-development by devoting themselves to the family (caring about a husband, children or elderly parents) and in time lose interest to life, or forget themselves as women in the pursuit of social success (Barmina, 2006; Buchatskaya, 2006; Evstifeeva, 2007; Korostyleva, 2001; Markova, 2007; Matveeva, 2005; Parukova, 2006; Rybakova & Parfenov, 2010; Rybakova & Fomina, 2014; Safonova, 1999; Senkevich & Shagidaeva, 2015, Flusova, 2007; etc.).

Because of the above-stated, the following questions emerge:

1. If women, who search psychological assistance, are significantly different in the level of self-development need actualization, does this mean that they are equally different in other personality development parameters? If so, then which parameters present the most significant differences?
2. Is it reasonable to state that women with high self-development need actualization “exceed” women with low level of self-development in the level of personality development in general?
3. How homogeneous are the groups of women with high and low levels of self-development need actualization and is it possible to define the types, which would require significantly different psychological assistance?
4. Is there scientific basis for activating the self-development process in a woman with low level of this need activation, who asked for assistance? If so, which exactly?

Answers to these questions would allow more strictly defining the strategy of psychological assistance for mature-age women with different level of self-development need actualization, because it would be structured with regard to their typical personality characteristics (as corrective reasons of their difficult life situations) and emerging perspectives for personality growth and development (development resources) (Ilina *et al.*, 2015; Kryukova *et al.*, 2014, Vinogradova *et al.*, 2014).

Thus, present article addresses personality traits of 35-55-year-old women with high and low levels of self-development need actualization, who demand psychological assistance when finding themselves in a difficult life situation. Significance of the study is explained not only by the increasing number of Russian women’s resort to the psychologists of social services, but also by the margin between their needs in professional psychological assistance and existing scientific theoretic knowledge about personality traits and personality-defined problems in women of that age group.

Theoretical and methodical basis of present study consists of multiple references, which may be provisionally divided into three directions: 1) studies of

women's personality traits (Russian studies – Evstifeeva, 2007; Izhvanova, 2004; Ilyin, 2003; Kon, 2001; Kulikova, 2004; Parukova, 2006; Safonova, 1999; Suslova, 1999; Tsvetkova, 2005, 2007, 2008, etc.; international studies – Paludi, 2003; Parsons, 1998; Rean, 2003; Elyacheff & Eynish, 2006, etc.); 2) studies of social-psychological problems of modern Russian women (Bilinkis, 1997; Buchatskaya, 2006; Gradskova, 1998; Klyotsina, 1999; Korablina, 1999; Kulikova, 2004; Petrova, 2004; Popova, 1994; Rybakova & Fomina, 2014; Tsvetkova, 2007, etc.); 3) studies of the problem of personality self-development in the psychology (Bityanova, 1998; Galazhinskiy, 2002; Izhvanova, 2004; Korostyleva, 2001; Allport, 2002, etc.) and self-development and self-actualization characteristics in modern Russian women (Barmina, 2006; Varnakova, 2006; Evstifeeva, 2007; Zhilkin & Chekalina, 2003; Izhvanova, 2004; Klyotsina, 1999; Kon, 2001; Kuzovchikova, 2006; Kulikova, 2004; Markova, 2007; Nikitina & Rybakova, 2012; Parukova, 2006; Safonova, 1999; Suslova, 1999; Flusova, 2007; Tsvetkova, 2008, etc.).

Significance of the studied problem

It is worth noticing that many issues of self-identification and gender-role identity of modern Russian women are relatively well-studied (Barmina, 2006; N.M. Ershova, E.M. Izhvanova, I.S. Klyotsina, sociologist I.S. Kon, philosopher L.G. Kulikova, L.V. Parukova and others); personality traits of Russian women have been characterized (Parukova, 2006; Flusova, 2007; Tsvetkova, 2008, etc.); and the scientific representation of the genesis and specifics of their typical social-psychological problems has been established (Bilinkas, 1997; Buchatskaya, 2006; Varnakova, 2006; Klyotsina, 1999; Kulikova, 2004; Flusova, 2007; Tsvetkova, 2007, 2008, etc.). This scientific basis founds the system of social-psychological assistance of the most vulnerable categories of Russian women – unemployed, pregnant, violence victims and others.

However, despite the obvious interest of the psychology towards a modern women's personality and her problems, an integral scientific representation of her personality traits in the mature age (in the age when she is really able to change the world) in dependence from the level of self-development need actualization still does not exist. This is the reason why the current problem deserves a new study.

The aim of our study is to reveal the personality traits of mature-age women – clients of the psychologists in the national social services system – in dependence from their level of self-development need actualization.

Tasks of the study are: 1) conducting a comparative analysis of personality traits of mature-age women with high and low levels of self-development need actualization; 2) revealing social-psychological types of mature-age women with high and low levels of self-development need actualization; 3) defining the strategies of psychological assistance for mature-age women in dependence from the defined types of women with high and low levels of self-development need actualization.

Description of the study

Empiric material for the scientific analysis was collected throughout the period from 2009 to 2014 in Pskov, Saint-Petersburg and Moscow. For the analysis we selected the results of psychological diagnostics of 156 women 35 to 55 years old (mean age – 42 years old), who came for help to the psychologists – authors of the present article – during the abovementioned period of time. Present subject sample was divided into two groups depending on the women’s level of self-development need actualization. The first group (women with high level of self-development need actualization) consisted of 95 clients and the second group (women with low level of self-development need actualization) included 61 women. At the moment of the assessment all women were employed in the field of professional working activity. During the comparative analysis of the characteristics of women from both groups we accounted for such objective data as: type of primary demand for psychological assistance, education and the amount of registered marriages.

The distribution of women with high and low levels of self-development need actualization in dependence from the type of primary demand for assistance is presented in table 1.

TABLE 1: THE DISTRIBUTION OF WOMEN WITH HIGH AND LOW LEVELS OF SELF-DEVELOPMENT NEED ACTUALIZATION IN DEPENDENCE FROM THE TYPE OF PRIMARY DEMAND FOR ASSISTANCE.

<i>Type of the demand for assistance</i>	<i>Group of women (95 people) with high level of self-development need actualization</i>		<i>Group of women (61 person) with low level of self-development need actualization</i>	
	<i>Number</i>	<i>%</i>	<i>Number</i>	<i>%</i>
1. For help in solving a spousal conflict	32	33,7	9	14,8
2. For help in cases of child-parental and parent-child conflicts	16	16,8	15	24,6
3. For relieving a symptom (I would like to get rid of...)	9	9,5	9	14,8
4. For help in escaping women’s loneliness	15	15,8	1	1,6
5. For help in self-exploration (I want to understand why this happened to me and not to anybody else?..)	9	9,5	0	0
6. For information	5	5,3	11	18,0
7. Demand of transformation (I want to change...)	3	3,2	4	6,6
8. For help in the situation of divorce	1	1,0	4	6,6
9. For help in self-development (Help me to learn...)	1	1,0	0	0
10. “Other demands”*	4	4,2	8	13,1

* Manipulative requests to help somebody or “change” somebody.

By the “education” criterion the women were distributed the following way: in the group of women with low level of self-development need actualization 40 women (65.6%) had higher education and 21 women (34.4%) had secondary professional education; in the group of women with high level of self-development need actualization 3 women (3.1%) had a doctoral degree, 85 women (89.5%) had higher education and 7 women (7.4%) had secondary professional education.

In the group of women with low level of self-development need actualization 5 women (8.2%) were single, 49 women (80.3%) were married and 7 women (11.5%) were re-married. In the group of women with high level of self-development need actualization 5 women (5.3%) were single, 76 women (80%) were married and 14 women (14.7%) were re-married.

For women from both groups we studied characteristics of the self-esteem, social-psychological adaptation, personality structures in dependence from the level of ego-states of Adult-Child-Parent in interpersonal communication and psychological state of the personality; we defined the level of personality frustration, communicative tolerance to men and women, hostility and psychological gender.

Hypothesis of the study

The study is based on the assumption that:

- the majority of difficult situations in the lives of mature-age women, who demand psychological assistance, is personality-defined and in one way or another is related to the level of self-development need actualization;
- by having a different level of self-development need actualization, female clients of the psychologists also significantly differ in a number of other personality parameters, which allows creating a classification of women with high and low levels of self-development need actualization and defining a strategy for psychological assistance for women of each of the defined types.

METHODS

Questionnaire of the self-development needs actualization (Fetiskin et al., 2002, p. 294)

This method allows defining the level of self-development need actualization as “active self-development” (or a high level of self-development need actualization), “lack of set self-development system” or “arrested self-development”. The highest amount of points, which a subject can score in this method, is 75. High level of self-development need actualization implies scoring not less than 55 points.

Method of studying self-esteem with a ranging procedure

A blank lists 20 personality qualities (compliance, courage, firmness, persistence, good nature, patience, involvement, passiveness, severity, vitality, cheerfulness, resourcefulness, stubbornness, balanced nature and modesty). In the column of the left a subject ranges these qualities in a way, in which they are presented ideally. After that in the right column these qualities are ranged in a way, in which they are presented in that person. The difference between the ideal and the real levels of each quality are calculated (d), which is then squared. Then the sum of the squares (dI) is calculated and the correlation coefficient is calculated by a formula $R=1-0.00075 \times a^2$. The closer this coefficient is to 1 (from 0.1 to 1), the higher the self-esteem, and vice versa. The adequate self-esteem is related to the coefficient for 0.41 to 0.70. The formula present above is a single case of a general formula for calculating the Spearman's rank correlations coefficient.

The “Social-psychological adaptation” method by C. Rogers & R. Diamond, adapted by T.V. Snegireva (Fetiskin *et al.*, 2002, pp. 193-197)

The method includes the following scales: adaptation, acceptance of the others, self-acceptance, emotional comfort, internality and urge for dominating, and generally allows assessing the subject's level of social-psychological adaptation as high, average or low. It is used in psychological consulting with the goal of developing personality-oriented programs of psychological correction, changing the negative attitude towards other people and actualizing the potential of positive social-psychological qualities.

Defining the role positions in inter-personal relationships with the E. Berne's test (Fetiskin *et al.*, 2002, pp. 13-14)

This method allows obtaining the knowledge about subject's personality structure, which is defined by the level of three components – qualitatively special level of human Ego organization, Parent, Adult and Child. Child acts as the carrier of biological needs and the main human perceptions, contains affective complexes, related to early childhood impressions and experiences, positive (spontaneity, creativity and intuition) and negative (lack of conscious regulation of behavior and uncontrollable activity). Parent is the carrier of social norms and rules, which a person acquires during the childhood and the rest of the life in a non-critical manner; it presents in such qualities as control, bans, ideal requirements, etc. It also regulates the set automatized forms of behavior, which relieve the necessity of consciously calculating each step. The negative aspect of Parent's functioning is defined by the dogmatism and non-flexibility of the presented rules. Adult is the most rational component, which functions relatively independently from the past,

though by using the information, which is stored in the Parent and Child. Adult represents moderation, competence, independence, tolerance and realistic probabilistic assessment of the situations. According to Berne, mature personality development is related primarily to fully functioning Adult. If the subject presented a formula "ACP", he possesses a well-developed sense of responsibility, is moderately impulsive and not prone to instructing and moralizing. The deviations are defined by the predominance of one of the other two ego-states, which leads to the inadequate behavior and distorted life perspective in a person. Therefore, psychological assistance should be aimed at establishing the balance of the three components and strengthening the role of Adult.

MMPI (shortened multiphasic personality inventory (SMPI) for women)

SMPI is developed in the laboratory of clinical psychology of RCSC AMS of the Russian Federation. This is a Russian shortened variation of MMPI. 71 statements, selected on the basis of factor analysis, allow conducting the subjects' psychological status assessment on 11 scales: 1 – hypochondriasis, 2 – depression, 3 – conversion hysteria, 4 – asocial psychopathy, 6 – paranoia, 7 – psychasthenia, 8 – schizophrenia, 9 – hypomania. Scales 1, 2 and 3 are integrated by a term "neurotic triade", because the increased profile on these scales is usually observed in neurotic disorders (increase on the scales is defined in T-scores; the ranges of relative normality for all scales are 40 to 60). Increased profile in the combination of scales 6, 8 and 9 usually points to psychotic level of psychopathological disorders. Three evaluation scales (L, F and K) are used for studying the subject's attitude towards the testing, judging the confidence of the results, as well as for revealing certain significant psychological connections. In order to define the subjects' affirmations at the moment of the study and the statements about the confidence of the obtained results, the *F-K* index (23-7 for women) is used.

V.V. Boyko's Express-diagnostics of the personality frustration level (Fetiskin *et al.*, 2002, pp. 98-99)

The method consists of 12 questions. Each positive response scores 1 point. The amount of the obtained points allows defining the personality frustration level as very high, robust tendency for frustration or low.

V.V. Boyko's method of diagnosing communicative tolerance (Fetiskin *et al.*, 2002, pp. 107-109)

The subjects are suggested to evaluate themselves in the nine simple proposed situations of interaction with other people. The initial reaction is important during the answer. The highest possible score is 135; it points to the absolute intolerance towards the others. According to V.V. Boyko's data, the average score of the

assessed subjects is: in the directors of medical organizations – 40 points, medical nurses – 43 points and nursery school teachers – 31 point. In present study communicative tolerance was defined and compared for the attitude towards men and women, which allows creating a more structured strategy for psychological assistance.

Diagnostics of hostility on the Cook-Medley scale (Fetiskin *et al.*, 2002, pp. 272-274)

Hostility pharisaic virtue scale, developed by W.W. Cook and D.M. Medley in 1954, is a short questionnaire for diagnosing a predisposition for hidden aggressive and hostile behavior. The method is translated in Russian by L.N. Sobchik. The questionnaire consists of 27 statements, to which the subject has to respond with a 6-point Likert scale. The questions are grouped in three scales (cynicism, aggression and hostility) with a different amount of questions in each of them; the scales do not have intersecting questions; the overall aggressive score is not calculated. The method was used as homework for self-diagnosing.

Diagnostics of psychological gender and the level of masculinity and femininity (by Ilyin, p. 112)

The method was introduced by Sandra L. Bem (1974); it defines the level of androgyny, masculinity and femininity of a personality.

RESULTS

Results obtained by the questionnaire of the self-development needs actualization

Based on the results obtained by this method, the subject sample was divided into two groups: 1) group of women with high level of self-development need actualization (95 women; mean score of this need actualization level in the group – 65 points); 2) group of women with low level of self-development need actualization (61 women; mean score of this need actualization level in the group – 49 points).

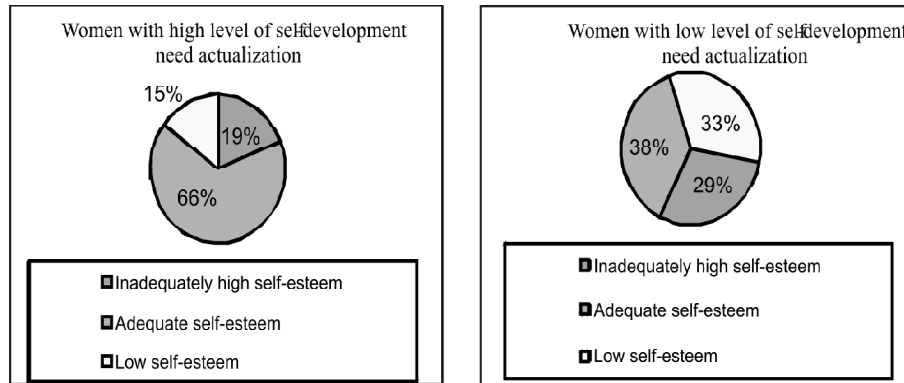
The women, who were included in the group with high level of self-development need actualization, are characterized by the following traits: the urge to explore themselves, finding time to do so; active overcoming of the obstacles; search for feedback, because it helps them to better know and more adequately evaluate themselves; they reflect upon their activity and make special time for it; they analyze their feelings and experience, read a lot, extensively discuss the questions of their interest, believe in their abilities, strive for being more open and understand the influence of other people on them; they regulate their professional development and obtain positive results; they get the pleasure from learning

something new; they are not scared by the increasing responsibility and they would have had a positive reaction to the promotion.

The women, who were included in the group with low level of self-development need actualization, are characterized by the lack of set self-development system and some signs of arrested self-development (they do not have an urge to explore themselves, are passive in overcoming the life difficulties, are barely interested in the feedback for better knowledge and more adequate self-evaluation; they almost do not reflect upon their activity, their feelings and experience; they read a little or do not read at all, avoid discussions, do not believe in their abilities; they are closed and do not urge to understand of other people’s influence on them; they do not regulate their professional development and live with the apprehension of the new; they are scared by the increasing responsibility and they avoid it).

Results of studying self-esteem with a ranging procedure

Distribution of women by the self-esteem levels are presented in table 2 and picture 1.



Picture 1: Distribution of women of both groups by self-esteem levels (in %)

TABLE 2: DISTRIBUTION OF WOMEN BY SELF-ESTEEM LEVELS
(NUMBER OF PEOPLE/% OF THE GROUP IN GENERAL)

Groups	Group of women (95 people) with high level of self-development need actualization			Group of women (61 people) with low level of self-development need actualization		
	Level			Level		
Characteristic	High	Average	Low	High	Average	Low
Self-esteem	18 (18,9%)	63 (66,3%)	14 (14,8%)	18 (29, 5%)	23 (37,7%)	20 (32,8%)

Results of the “Social-psychological adaptation” method by C. Rogers & R. Diamond, adapted by T.V. Snegireva are presented in table 3.

TABLE 3: DISTRIBUTION OF WOMEN BY THE LEVELS OF SOCIAL-PSYCHOLOGICAL ADAPTATION PARAMETERS (NUMBER OF PEOPLE/% OF THE GROUP IN GENERAL)

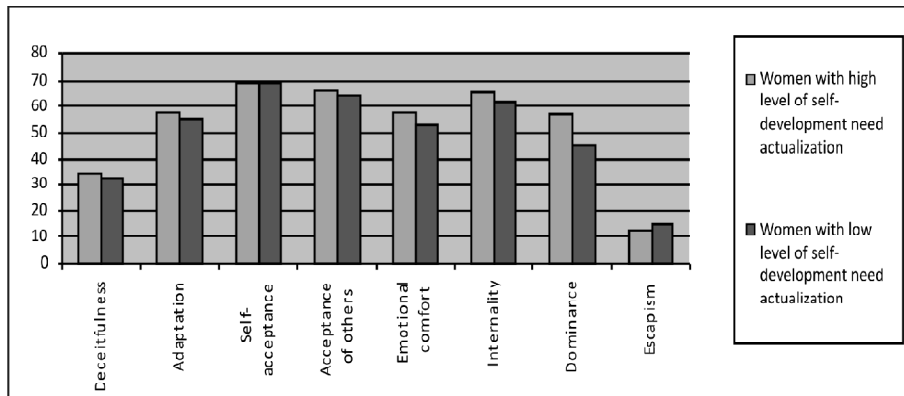
<i>Groups</i>	<i>Group of women (95 people) with high level of self- development need actualization Level</i>			<i>Group of women (61 people) with low level of self- development need actualization Level</i>		
	<i>High</i>	<i>Average</i>	<i>Low</i>	<i>High</i>	<i>Average</i>	<i>Low</i>
	<i>Parameters of social-psychological adaptation</i>					
1. Adaptation	5 (5,3%)	71 (74,7%)	19 (20%)	0	39 (63,9%)	22 (36,1%)
2. Self-acceptance	32 (33,7%)	55 (57,9%)	8 (8,4%)	16 (26,2%)	45 (73,8%)	0
3. Acceptance of others	16 (16,8%)	79 (83,2%)	0	8 (13,1%)	49 (80,3%)	4 (6,6%)
4. Emotional comfort	7 (7,4%)	62 (65,2%)	26 (27,4%)	0	32 (52,5%)	29 (47,5%)
5. Internality	15 (15,8%)	68 (71,6%)	12 (12,6%)	4 (6,6%)	55 (90,2%)	2 (3,2%)
6. Dominance	0	81 (85,3%)	14 (14,7%)	0	25 (41%)	36 (59%)
7. Escapism	12 (12,6%)	57 (60%)	26 (27,4%)	8 (13,1%)	48 (78,7%)	5 (8,2%)

The characteristics of social-psychological adaptation are presented in table 4.

TABLE 4: THE CHARACTERISTICS OF SOCIAL-PSYCHOLOGICAL ADAPTATION (MEANS SCORES FOR THE TWO GROUPS)

<i>Social-psychological adaptation</i>	<i>The compared groups</i>	
	<i>Group of women with high level of self-development need actualization</i>	<i>Group of women with low level of self-development need actualization</i>
Characteristics		
- Deceitfulness	34	33
- Adaptation	58	55
- Self-acceptance	69	69
- Acceptance of others	66	64
- Emotional comfort	58	53
- Internality	65	62
- Dominance	57	45
- Escapism	12,5	15

The levels of social-psychological adaptation characteristics in women of both groups are presented in picture 2.



Picture 2: The levels of social-psychological adaptation characteristics in women of both groups (mean scores)

The results of analysis of the role positions in inter-personal relationships by the E. Berne's test

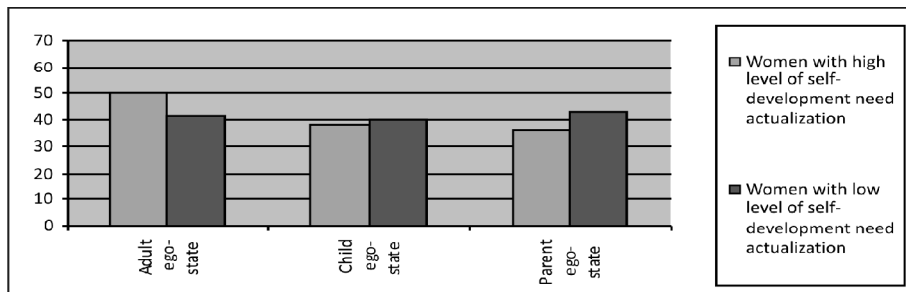
We obtained the representation of personality structure of women from both groups, defined by the level of three components – qualitatively specific levels of human Ego organization – Adult, Child and Parent, are presented in table 5 and picture 3.

TABLE 5: LEVELS OF ADULT-CHILD-PARENT EGO-STATES IN THE PERSONALITY STRUCTURE IN WOMEN FROM BOTH GROUPS

<i>Levels of Adult-Child-Parent ego-states in interpersonal communication</i>	<i>The compared groups Group of women with high level of self-development need actualization</i>	<i>Group of women with high level of self-development need actualization</i>
<i>Characteristics:</i>	<i>Mean group score (points)</i>	<i>Mean group score (points)</i>
- Adult ego-state	50	41
- Child ego-state	38	40
- Parent ego-state	36	43

Evaluation of a personality psychological status by MMPI (shortened version SMPI for women)

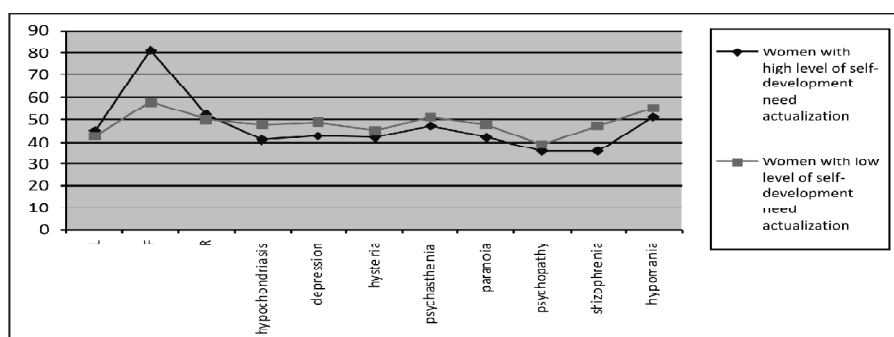
We defined the personality profiles of women with high and low levels of self-development need actualization. The data are presented in table 6 and picture 4.



Picture 3: Personality structure of women in both groups in dependence from the level of Adult-Child-Parent ego-states in interpersonal communication

TABLE 6: LEVELS OF PERSONALITY PSYCHOLOGICAL STATUS IN WOMEN OF BOTH GROUPS

Personality psychological status (by MMPI (SMPI), female version)	The compared groups	
	Group of women with high level of self-development need actualization	Group of women with high level of self-development need actualization
Characteristics	Mean group scores (in T-scores)	Mean group scores (in T-scores)
- L	45	43
- F	81	58
- K	52	50
- Hypochondriasis	41	48
- Depression	43	49
- Hysteria	42	45
- Psychasthenia	47	51
- Paranoia	42	48
- Psychopathy	36	39
- Schizophrenia	36	47
- Hypomania	51	55



Picture 4: Personality psychological status profiles of women with high and low levels of self-development need actualization

Results of personality frustration levels diagnostics in women of both groups

The results of personality frustration levels diagnostics in women of both groups are presented in table 7.

TABLE 7: DISTRIBUTION OF WOMEN BY THE PERSONALITY FRUSTRATION LEVEL (NUMBER OF PEOPLE/% THE GROUP IN GENERAL)

<i>Groups</i>	<i>Group of women (95 people) with high level of self-development need actualization</i>			<i>Group of women (61 people) with low level of self-development need actualization</i>		
	<i>Level</i>			<i>Level</i>		
<i>Characteristic</i>	<i>High</i>	<i>Average</i>	<i>Low</i>	<i>High</i>	<i>Average</i>	<i>Low</i>
Personality frustration	0	37 (38,9%)	58 (61,1%)	9 (14,8%)	18 (29,5%)	34 (55,7%)

Results of communicative tolerance diagnostics in women with high and low levels of self-development need actualization

The results of communicative tolerance diagnostics in women with high and low levels of self-development need actualization are presented in table 8.

TABLE 8: DISTRIBUTION OF WOMEN OF BOTH GROUPS IN DEPENDENCE FROM THE LEVEL OF COMMUNICATIVE TOLERANCE TOWARDS MEN AND WOMEN

<i>The compared groups</i>	<i>Group of women with high level of self-development need actualization</i>		<i>Group of women with low level of self-development need actualization</i>	
<i>Characteristics</i>	<i>Number of women</i>	<i>%</i>	<i>Number of women</i>	<i>%</i>
1. Communicative tolerance towards men	47	49,5	14	23
2. Communicative intolerance towards men	48	50,5	47	77
3. Communicative tolerance towards women	59	62,1	29	47,5
4. Communicative intolerance towards women	36	37,9	32	52,5

Results of the diagnostics of hostility on the Cook-Medley scale

The results of the diagnostics of hostility on the Cook-Medley scale are presented in table 9, which shows the distribution of women by the levels of hostility characteristics.

TABLE 9: DISTRIBUTION OF WOMEN BY THE LEVELS OF HOSTILITY CHARACTERISTICS (NUMBER OF PEOPLE/% OF THE GROUP IN GENERAL)

Groups	Group of women (95 people) with high level of self-development need actualization			Group of women (61 people) with low level of self-development need actualization		
	High	Average	Level	High	Average	Level
1. Hostility	0	95 (100%)		0	13 (21,3%)	48 (78,7%)
2. Cynicism	9 (9,5%)	- 79 (83,1%) – with the tendency towards the high level;- 7 (7,4%) - with the tendency towards the low level		0	4 (6,6%)	57 (93,4%) – with the tendency towards the high level
3. Aggression	0	54 (56,8%) - with the tendency towards the high level;-41 (43,2%) - with the tendency towards the low level		0	0	34 (55,7%) – with the tendency towards the high level; 27 (44,3%) – with the tendency towards the low level

Results of the diagnostics of psychological gender and the level of masculinity and femininity, obtained by the method of S. Bem.

Distribution of women by the levels of femininity is presented in table 10.

TABLE 10: DISTRIBUTION OF WOMEN BY THE LEVELS OF FEMININITY
(NUMBER OF PEOPLE/% OF THE GROUP IN GENERAL)

<i>Groups</i>	<i>Group of women (95 people) with high level of self-development need actualization</i>			<i>Group of women (61 people) with low level of self-development need actualization</i>		
	<i>Level</i>			<i>Level</i>		
<i>Characteristic</i>	<i>High</i>	<i>Average</i>	<i>Hostility characteristics</i>	<i>High</i>	<i>Average</i>	<i>Hostility characteristics</i>
<i>Femininity</i>	0	95 (100%) androgyny	0	0	57 (93,4%) androgyny	4 (6,6%) masculinity

The results, obtained by the separate methods, are presented in the overall table 11.

TABLE 11: OVERALL RESULTS TABLE OF THE STUDY OF PERSONALITY TRAITS IN WOMEN WITH DIFFERENT LEVELS OF SELF-DEVELOPMENT NEED ACTUALIZATION (MEAN SCORES FOR THE TWO GROUPS)

<i>Characteristics</i>	<i>The compared groups</i>	
	<i>Group of women with high level of self-development need actualization</i>	<i>Group of women with high level of self-development need actualization</i>
1. Level of self-development need actualization	65	49
2. Self-esteem	0,57	0,53
3. Social-psychological adaptation:		
- Deceitfulness	34	33
- Adaptation	58	55
- Self-acceptance	69	69
- Acceptance of others	66	64
- Emotional comfort	58	53
- Internality	65	62
- Dominance	57	45
- Escapism	12,5	15
4. Levels of Adult-Child-Parent ego-states in interpersonal communication:		
- Adult ego-state	50	41
- Child ego-state	38	40
- Parent ego-state	36	43

contd. table

Characteristics	The compared groups	
	Group of women with high level of self-development need actualization	Group of women with high level of self-development need actualization
5. Personality psychological status by MMPI (SMPI)		
- L	45	43
- F	81	58
- K	52	50
- Hypochondriasis	41	48
- Depression	43	49
- Hysteria	42	45
- Psychasthenia	47	51
- Paranoia	42	48
- Psychopathy	36	39
- Schizophrenia	36	47
- Hypomania	51	55
6. Personality frustration	4,2	5,5
7. Communicative (in)tolerance:		
- towards men	45	54
- towards women	43	47
8. Hostility	18	20
9. Cynicism	50	53
10. Aggression	22	31

Cluster analysis of the data was performed by SPSS v.13.0 software. We revealed that it is possible to separate three clusters in the group of women with low level of self-development need actualization.

The first cluster of this group (12 people – 19.7%) includes women, who requested psychological assistance for the problems in spousal and child-parental conflicts and for the requests of transformation. Women of this cluster have the lowest levels of self-development need actualization, and their type might be defined as “immature and rejecting”. The cluster in general is characterized by: low scores of self-acceptance, acceptance of others and emotional comfort in the social-psychological adaptation questionnaire; low level of Adult and Parent ego-states and high level of Child ego-state; higher, relative to other clusters, scores on the lie (L), F, depression and hysteria scales in SMPI, but low scores on K, paranoia, psychopathy, schizophrenia and hypomania scales. Women of this cluster have high personality frustration level, high level of communicative tolerance towards women but low level of tolerance towards men, and low level of aggression.

The second cluster (4 people – 6.5%) consists of women with low level of self-development need actualization, who requested psychological assistance in child-parental conflicts. The type of women from the second cluster might be defined as “maladaptive and dominating mothers”.

The cluster in general is characterized by: decreased characteristics of adaptation and internality but high tendency towards dominating, high level of escapism and lie in the social-psychological adaptation questionnaire. This cluster has higher, relative to other clusters, scores of self-development and self-esteem, highly presented Parent ego-state; relatively low scores on the lie (L) scale, but high scores on the K, hypochondriasis, psychasthenia, paranoia, schizophrenia and hypomania in SMPI. Women of this cluster have low communicative tolerance level towards women, high level of cynicism and hostility; the masculine qualities are presented more vividly.

The third cluster (45 people – 73.8%) includes women with low level of self-development need actualization, who requested psychological assistance for very different reasons, but mostly with request for information. Type of women from the third cluster might be defined as “*well-adapted and responsible women with low self-esteem*”. The cluster in general is characterized by: low levels of self-esteem, deceitfulness, hostility, cynicism, dominance and escapism but high scores on the scales of adaptation, self-acceptance, acceptance of others, emotional comfort and internality in the social-psychological adaptation questionnaire. The significantly dominating ego-state of women in this cluster is Adult, whereas Child ego-state is presented on a low level; they have low scores on the F, hypochondriasis, depression, hysteria and psychasthenia SMPI scales but high scores on the psychopathy scale; they also have high communicative tolerance level towards men and more pronounced feminine qualities in comparison to women of two other clusters.

The group of women with high self-development need actualization level (95 women) consists of four clusters.

The first cluster (29 people – 30.5%) consists of women, who demanded psychological assistance primarily for the problem of female loneliness. In comparison with three other clusters, this cluster is characterized by the highest mean age of the women, dominance of the Adult ego-state in the personality structure with significantly lower presentation of Parent and Child ego-states; low levels of escapism, cynicism, hostility and personality frustration; low scores on the F, K, hypochondriasis, depression, psychasthenia, psychopathy, schizophrenia and hypomania SMPI scales. The type of women in this cluster might be defined as “*too mature lonely women*”.

The second cluster (15 people – 15.8%) includes women, who demanded psychological assistance in relation to the spousal conflict situation (this cluster also includes all cases of “other demands”). The cluster is generally characterized by relatively lower level of women’s education, lack of remarriages, relatively low levels of self-development need actualization and self-esteem; low levels of social-psychological adaptation characteristics, such as adaptation, self-acceptance, acceptance of others, emotional comfort, internality, but high levels of dominance;

low scores on the L (lie) scale in SMPI but high scores on the hypochondriasis, depression, psychasthenia, psychopathy, schizophrenia and hypomania scales; high personality frustration scores, high level of communicative tolerance towards both men and women; high level of aggression and presentation of masculine qualities. Type of women from this cluster might be characterized as “*irresponsibly dominant and frustrated*”.

The third cluster (22 people – 23.2%) includes the women, who requested psychological assistance mainly because of the child-parental conflicts situation. In comparison with other clusters, this one is characterized by the lowest age but higher education level, the highest amount of remarriages, high levels of self-esteem and self-development need actualization, high levels of social-psychological adaptation – adaptation, self-acceptance, acceptance of others, emotional comfort, but also high levels of escapism and deceitfulness; they have low level of Adult ego-state in the personality structure together with the high level of Child ego-state; they also have high scores on the K scale in SMPI, and low scores on the hysteria and paranoia scales, high levels of hostility and cynicism and relatively higher presentation of femininity. The type of women from this cluster might be defined as “*ignoring the reality but actively developing*”/

The forth cluster (29 people – 30.5%) consists of women, who requested psychological assistance for various reasons, including the situations of spousal conflict and request for information. Compared to the others, the forth cluster is characterized by low tendency towards domination, high level of Adult and Parent ego-states in the personality structure; high scores on the F, hysteria and paranoia SMPI scales; and low communicative tolerance towards both men and women. The type of women from this cluster might be defined as “*adult women with obsession and hysterical traits in the personality*”.

The comparative analysis of the data of both groups for the studied characteristics was conducted with the Student’s T-test. We revealed a considerable amount of significantly different characteristics. For $p < 0.001$ the significant differences were revealed for the following characteristics: education, type of request for psychological assistance, dominance, escapism, high level of Adult ego-state, the F, hypochondriasis, depression, paranoia and schizophrenia SMPI scales; personality frustration, communicative (in)tolerance towards men, hostility and femininity-masculinity. For $p < 0.005$ we revealed the differences for the characteristics: deceitfulness and emotional comfort (social-psychological adaptation questionnaire scales), hypomania (SMPI scale) and cynicism.

Thus, the women with higher level of self-development need actualization, in comparison with the group of women with low level of self-development need actualization, have significantly higher level of education; more rarely request help in child-parental conflict situation (and in general, the range of their requests is broader); they are less prone to deceitfulness and escapism; they have significantly

higher level of emotional comfort and dominance, more presented Adult ego-state in the personality structure; they have significantly lower hypochondriasis, depression, paranoia, schizophrenia and hypomania scores; lower personality frustration level; they tend to present higher level of communicative tolerance towards men rather than towards women; they have lower levels of aggression and cynicism and less presented feminine traits.

The revealed significant differences are presented in table 12 for demonstrativeness.

TABLE 12: THE DIFFERENCES AND THEIR SIGNIFICANCE

<i>Groups</i>	<i>Student's T-test score (T)</i>	<i>Level of significance (p)</i>
Type of request	-4,534	0,000
Education	-3,614	0,001
Level of self-development need actualization	20,261	0,000
Social-psychological adaptation:		
- deceitfulness	-2,029	0,047
- emotional comfort	2,363	0,021
- dominance	7,203	0,000
- escapism	-3,817	0,000
The level of Adult ego-state presentation in interpersonal communication	5,095	0,000
Personality psychological state by MMPI (SMPI)		
- hypochondriasis	-2,913	0,005
- depression	-4,027	0,000
- paranoia	-2,788	0,007
- schizophrenia	-3,044	0,003
- hypomania	-2,049	0,045
Personality frustration	-2,782	0,007
Communicative (in)tolerance towards men	-3,632	0,001
Hostility -2,770	0,007	
Cynicism -2,091	0,041	
Femininity-masculinity	-3,600	0,001

The results of correlation analysis between the characteristic of women's self-development need actualization and other characteristics are presented in table 13.

Correlations of self-development characteristic for the *group of women with high level of self-development need actualization (95 people)* revealed 12 coherences with the characteristics of: education ($r=-0.393$, $p=0.000$) and the amount of registered marriages ($r=-0.331$, $p=0.0001$), i.e. active self-development need actualization is found in women with higher education and in women, who were married once. We also revealed correlations with separate social-psychological adaptation characteristics, namely: internality ($r=0.338$, $p=0.001$), emotional comfort ($r=0.288$, $p=0.005$), acceptance of others ($r=0.404$, $p=0.000$) and adaptation ($r=0.248$, $p=0.015$). Thus, self-development is more presented in the well-adapted

TABLE 13: CORRELATION OF THE "LEVEL OF SELF-DEVELOPMENT NEED ACTUALIZATION" CHARACTERISTIC

<i>Group of women with high level of self-development need actualization (95 people)</i>	<i>r</i>	<i>P</i>	<i>r</i>	<i>P</i>	<i>Group of women with high level of self-development need actualization (61 people)</i>
Education	-0,393	0,000	0,300	0,019	Self-acceptance
Number of marriages	-0,331	0,001	0,545	0,000	Emotional comfort
Adaptation	0,248	0,015	0,282	0,027	Dominance
Acceptance of others	0,404	0,000	-0,542	0,000	Depression
Emotional comfort	0,288	0,005	-0,460	0,000	Hysteria
Internality	0,338	0,001	-0,292	0,023	Personality frustration
Adult	0,259	0,011			
Child	-0,344	0,001			
Parent	-0,254	0,013			
Hypochondriasis	-0,215	0,036			
Psychopathy	-0,240	0,019			
Communicative tolerance towards women	-0,443	0,000			

women with the tendency towards accepting others and internality and being in the state of emotional comfort. Strong correlations are noted with the ego-state characteristics: for Adult ($r=0.259$, $p=0.011$), Parent ($r=-0.254$, $p=0.013$) and Child ($r=-0.344$, $p=0.001$). We established that the higher level of self-development need actualization is common for women with vividly presented Adult ego-state in the personality structure together with less presented Child and Parent ego-states. We also found significant correlations with two SMPI scales - hypochondriasis ($r=-0.215$, $p=0.036$) and psychopathy ($r=-0.240$, $p=0.019$); that means that active self-development process is consistent with low levels of hypochondriasis and psychopathy. We also revealed a strong negative correlation with the communicative tolerance towards women ($r=-0.443$, $p=0.000$); high levels of self-development correlate with low levels of communicative toleration towards women.

Correlations of self-development characteristic for the *group of women with high level of self-development need actualization (61 people)* revealed 6 coherences, particularly, with the following social-psychological adaptation characteristics: self-acceptance ($r=0.300$, $p=0.019$), emotional comfort ($r=0.545$, $p=0.000$) and dominance ($r=0.282$, $p=0.027$). Therefore, active self-development process functions in correspondence with self-acceptance, feeling of emotional comfort and tendency towards dominance. We revealed correlations with the depression and hysteria SMPI scales ($r=0.542$, $p=0.000$ and $r=-0.460$, $p=0.000$, respectively). In other words, self-development in this group of women accompanies the lower level of depression and hysteria. We also discovered a weak negative correlation with the level of personality frustration ($r=-0.292$, $p=0.023$), i.e. the higher the level of personality frustration, the lower the level of self-development need.

We established that only one correlation is common for both groups – the correlation between the level of self-development need actualization and the emotional comfort characteristic.

DISCUSSION

The obtained results provide the answers to the questions, which were set at the beginning of the study.

1. It can certainly be stated that women, who request psychological assistance, differ significantly in the level of self-development need actualization; they also differ significantly in other personality development parameters, such as self-esteem, social-psychological adaptation characteristics, personality structure in dependence from the level of Adult, Child and Parent ego-states presentation in the inter-personal communication, personality psychological status characteristics, personality frustration level, communicative tolerance and hostility.

Thus, women with higher self-development need actualization have higher and frequently adequate self-esteem, higher social-psychological

adaptation level for the characteristics of adaptation, acceptance of others, emotional comfort, internality and dominance; hypochondriasis, depression, paranoia, schizophrenia and psychasthenia are significantly less presented in their personality profile; they have less problems with adaptation and sexual adaptation. They have generally lower level of personality frustration and hostility (cynicism and aggression); they are more tolerant in communication with both men and women. However, women with high level of self-development need actualization are not a homogeneous group; we can only talk about various types of women with this characteristic as a basis. This sample contained four significantly different types of women: 1) “too mature lonely women”; 2) “irresponsibly dominant and frustrated women”; 3) “ignoring the reality but actively developing women”; 4) “mature women with obsession and hysterical traits of the personality”.

2. There is some reason for stating that women with high level of self-development need actualization “exceed” the women with low level of this need actualization in the level of personality development in general. It is obvious, for example, in the presentation of personality structure components and personality structure in general: women with high level of self-development need actualization have normal variation of personality structure (Adult-Child-Parent), and each of these components is significantly more developed than those of women from the group with low level of self-development need actualization (women with low level of self-development need actualization have a distorted personality structure and the dominating ego-state is Parent). However, everything is not as unambiguous as it seems at first glance. The group of women with low self-development need actualization level is also not homogeneous. It is possible to separate at least three significantly different types: 1) “immature and rejecting women”; 2) “maladapted and dominating mothers”; 3) “well-adapted and responsible women with low self-esteem”.
3. As a consequence of the above-stated, in both groups of women – with high and low levels of self-development need actualization – it is possible to define significantly different types, psychological assistance of which should also be significantly different. For example, for the type of women with high level of self-development need actualization, defined as “too mature lonely women”, the process of psychological assistance should propose the methods and techniques of developing the Child ego-state. “Irresponsible dominant and frustrated women” could use methods of self-exploration and acceptance; women, “ignoring the reality but actively developing”, should be consulted on the realism; the help for “mature

women with obsession and hysterical traits of the personality” might be provided on the basis of cognitive-behavioral approach and self-regulation.

As far as the group of women with low self-development need actualization level is concerned, women of “immature and rejecting” type are most susceptible to methods and techniques of “finalizing the development” of the personality (see the theory of M. Bowen and family psychotherapy); working with the “maladaptive and dominating mothers” type should include psychoanalytical models of assistance, transact analysis, gestalt-psychology and gestalt-therapy. It might seem that “well-adapted and responsible women with low self-esteem” need increasing of the self-esteem. And if the psychologist starts to urge the woman to set such goal, she will have to step on the path of self-development. However, it is important to understand that there are no goals in women’s self-development; it is just a woman’s inner state: “It is impossible for me not to do this – it comes from inside of me”. In other words, in work with this type of women the more appropriate method is existential-humanistic approach, one of the principles of which is the understanding that “acceptance is more important than correction”.

4. While answering the question “Is there scientific basis for activating the self-development process in a woman with low level of this need activation, who asked for assistance?” it is important to understand that the need in self-development might be represented by women passively (implicitly), as well as actively (for example, in the request for psychological assistance), which is defined by the characteristics of individual psychological architectonics of a personality, which has developed by the mature age and which is important to be revealed during the process of psychological help, and be accepted (see above: acceptance is more important than correction).

During the study we established that the two groups have only one common correlation – correlation between self-development need actualization level and the emotional comfort characteristic. And this correlation is highly significant for defining the strategy of psychological assistance of women, because an increase of the self-development need actualization level is accompanied by an increase of emotional comfort, and vice versa. And this means that a universal strategy of psychological assistance of women from both groups is the increase of emotional comfort. Together with this, women with low self-development need actualization level have another strategy – increasing the level of self-development need actualization, which leads to the increase of emotional comfort level. But it is always the woman herself who has the right to decide if she wants to participate in self-development or not.

CONCLUSION

Summarizing the conducted work, it is necessary to point out that the problem of women's self-development is addressed in present article on the basis of psychological diagnostics results in women, who demanded psychological assistance for problems of a certain type. During the study we were able to conduct a comparative analysis of personality traits of mature-age women with high and low levels of self-development need actualization, to define social-psychological types of mature-age women with high and low levels of self-development need actualization and propose strategies of psychological assistance in dependence from the classification of women with high and low levels of self-development need actualization.

The hypotheses, proposed at the beginning of the study, were confirmed. We established that difficult situations in the lives of mature-age women, who seek psychological assistance, are personality-defined and in one way or another are related to the level of self-development need actualization.

However, if we take in account the fact that present subject sample includes employed women with relatively high level of education and it was established that the two groups have only one common correlation (correlation between self-development need actualization level and the emotional comfort characteristic), it will be reasonable to continue studying the characteristics of women's self-development in various subject samples and in various ages. For example, it is possible to define how important is the factor of a woman's self-development as a personality for her life well-being and coping with difficult life situations. It might also be useful to explore if women's self-development a factor of spousal conflict (and if so, in which cases), because the majority of assistance requests from the women with high level of self-development need actualization (according to the classification of primary requests for psychological assistance) are requests for help in the spousal conflict situation.

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