

INTERGRATION RESOURCES OF THE PERSONALITY IN THE CONTEXT OF HUMAN EXISTENCE MODES

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The importance of the studied problem is caused by the fact that the interest to the problem of resources to which, a man turns to for the solution of various tasks, at present significantly increased in the most different areas of scientific knowledge. It becomes clear that quality of life and self-realization of the personality in society is determined not only by how much an individual can successfully adapt for certain conditions of life, but, as to how he is capable of adapting these circumstances “for himself”, acting as the integrator of adaptation and extra adaptation resources. Thus the subject does not only passively adjust himself to the circumstances surrounding it, but also actively influences them. The article is directed at expanding scientific approaches to the study of the resources of the personality promoting its self-realization in society, justification of integration resources as uniting the adaptation, directed at overcoming a difficult situation, and extra adaptation, over-situational, expanding possibilities of the personality in achieving wellbeing without a concrete situation, and also at developing the programs of their empirical study. The leading approach grounded in the article is consideration of integration resources of the personality in the context of modes of human existence. The concept of integration resources of the personality has been offered, their intrinsic characteristics have been highlighted that are interconnected with the modes of human existence of “possessive” or “existential” preferred by the personality which consist in coordinating the requirements of internal existence and problems of external functioning. The program of empirical study of integration resources of the personality in the context of human existence modes including the directions, stages and methods of research has been developed. The materials of the article can be of use to psychologists, teachers, social workers and other specialists working both with the persons experiencing difficulties of social adaptation, and developing adaptation resources. The materials can be used for implementing empirical studies in the field of psychology of the personality.

Keywords: integration, adaptation and extra adaptation resources, mode and value orientations, life strategies, attributive processes, hardiness, social and professional environment, re-socialization.

INTRODUCTION

Complexity of the tasks solved by the contemporary person in the conditions of the fast-changing world increased so that his appeal to resources which earlier provided his adaptation to surrounding reality in different spheres of activity

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(personal, family, educational, professional, extra professional) is insufficient not only that the person does not manage to adapt himself for it (so and to make use of all arsenal of adaptation resources), but also that the process of adaptation becomes obviously insufficient to cope with discrepancy of the situation in which the subject should live and act. The specified discrepancy deals with practically all spheres of activity in which the subject is involved at the same time (Ivleva et al., 2014, 2016).

So, for example, the values of professional activity, may contain contradictions not only in this activity (intrasphere contradictions), but also conflict the requirements and values of the family life (intersphere contradictions). The changing political and economic realities impose the strengthening influence on already designated contradictions which is capable of tearing, in literal sense, mentality of the person apart, pushing him to not constructive scenario of behavior or in the active type (aggression to the family members, deviant and delinquent behavior concerning people who are around him), or as a passive reaction (a confluence with a depression, emergence of forms of suicide behavior in a range from simple emergence of single thoughts of death, before realization of a plan in the form of a suicide). The need for search of new resources which are beyond adaptation practices sharply increases in such situation (Gnedova, 2015).

The approach prevails in the contemporary world science which is based on the study of overcoming difficult real life situations by the person, resting on the adaptation level resources (Ross & Nisbett 1999). This approach succeeded the view point of the representatives of classical psychoanalysis who identified and considered various psychological defenses as the mechanisms helping to overcome difficult real life circumstances (Vasilyuk, 1984). However at present the consideration of the ways of constructive overcoming difficult life situations by a person only by means of various adaptive strategies is quite corresponding to those real circumstances in which the person should live and act (Zhuravlev, Kryukova & Sergienko, 2008).

We put forward a hypothesis of the possibility of availability (existence) of the resources capable of connecting the strengths of adaptation opportunities and mechanisms of the identity of the situational plan to the opportunities and mechanisms of extra adaptation (over-situational) plan and proposed to consider them as integration resources of the personality. The basis for studying integration resources of the personality in the set context is created by the ideas developed by us in the previous works: of development of social competence and hardiness of the personality in the course of interaction with the educational environment (Efimova *et al.*, 2015), of social and psychological factors of hardiness of the personality (Ovsyanik *et al.*, 2016), of attributive processes in perception of difficult life situations, of readaptation in the conditions of the penitentiary system (Rean, Belinskaya & Narovsky, 2013).

Discovery and analysis of integration resources of the personality possesses a considerable potential for the solution of the problem of the life quality improvement of the personality in the contemporary world, however the theoretical bases and tools for this at present in science are obviously insufficient. There is an objective need of developing approaches and programs to reduce integration resources of the personality.

METHODOLOGICAL FRAMEWORK

Creation of the scientific bases for search of integration resources relies on the studies conducted in line with various options of the psychoanalytic approach (Adler, 1997; Horney, 1942; Fromm, 1976); within the studies of the roles of cognitive factors in satisfaction with life, and also the study of forecasting on the basis of cognitive mechanisms of behavior of the person during various life periods; in the context of studying the application of traditional semantic techniques. A very important contribution to the studied problem was made in the works on the theory of attributive processes relying on the all-psychological point of view (Quiamzade, 2009; Jean-Paul L'Huilier, 2010; Mason & Morris, 2010). Also the provisions of the resocialization theory of the people serving sentence were taken into account.

E. Fromm's (1976) ideas are of the leading significance for research which he summed up in the fundamental work "To have or to be". It is about the two principles of human existence - life and possession the prevalence of one of which determines distinctions in individual characters of people and types of social character. According to E. Fromm, these two life orientations can not be considered abstractedly from life experience of the person. In this regard he suggests understanding an essence of these orientations through examples of their manifestation in the activity areas distinguished by him which we disclosed in every detail in one of the works.

The studies of hardiness, and personal potential (Kobasa & Puccetti, 1983; Maddi & Khoshaba, 1994; Leontyev, 2011; Leontyev & Rasskazova, 2006), and also overcoming difficult situations (Lazarus & Folrman, 1984; Burlachuk & Korzhova, 1998; Vasilyuk, 1984; Tarabrina, 1994, 2009) have a certain value for the substantial analysis of integrative resources of the personality

Understanding the specified approaches allowed us to decide about the direction of theoretical search of the bases for identifying and the analysis of integration resources of the personality and creation of the program of empirical study.

RESULTS

With our positions, new opportunities for uniting multidirectional tendencies of external and internal contexts of human existence in identification of resources for achieving success and increase of life satisfaction give the consideration of the

specified circle of issues through a prism of orientations “to be” and “to have” which were outlined in the works of representatives of the humanistic and existential directions and developed by us in a number of publications (Lipatova *et al.*, 2015). Reality of an economic, political and geopolitical order to a greater extent directed in the modern world at the values of “possessive” level have already showed the insolvency in various spheres of human community. Not so much integrating the efforts of the person in the constructive direction, as disintegrating them, they lead big groups of people to various destructive forms of behavior. It is confirmed by disadaptation of learners encountered with school difficulties, aggression and violence while facing difficulties of interaction, suicides with an inability to cope with negative emotional experiences, corrupt behavior facing difficulties of the professional aspect, legal and moral nihilism, lack of reasonable tolerance in relation to people who committed a crime, etc. Orientations of the “way of life” level did not get a sufficient and complete examination in the context of the problem of coping yet.

Determining the content of integration resources of the personality, we consider that they are specific features of human mentality which are intended to provide effective functioning of a human body, in situations of internal and external existence difficult for it. As a specific part of the resources which are available for the person they are urged to provide not so much and not only adaptation of the person that happens inside him and out of him, as his opportunities for constructive restructuring the internal plan of behavior and circumstances of the environment which do not fit into a framework of the adaptation type behavior due to either fast variability of conditions of the world surrounding it, or owing to unpredictability of the situation, or owing to discrepancy of the environment. Adaptation to situations of this kind will lead to abnormal option of behavior of the person, rather than the behavior forms providing success of its existence.

We consider that there are frequent situations in human life when it is adaptation of the person to such conditions that leads not to the solution of problems in a constructive way, but to the destructive type behavior (to neuroses, suicides, acts of cruel violence to other persons, corrupt behavior, etc.). In such situation it is necessary to make use of that part of the resources which is called by us “integration” that are aimed at receiving energy from the most contradictory situation. To use these opportunities it is necessary to study not only adaptive abilities of the person, but also those that go beyond their framework, to reveal conditions and possibilities of their initiation, ways and means which are engaged by the person for an effective way from a current situation. For this purpose it is necessary to study various strategies, ways and mechanisms which are used by the person not only at the level of the individual existence, but also at the level of his interaction with the environment, with an individual of this or that level in which he finds himself involved (Vasyakin *et al.*, 2015). Assuming that the behavior of a person is a

peculiar compromise, between the conditions of his internal existence and external functioning, we consider that the study of agreement and disagreement in the system “personality – milieu” will give us a chance for the constructive solution of the outlined circle of questions (Vasyakin *et al.*, 2016).

To study integration resources of the personality we developed a program of empirical study in which underlie the combination of the following methods:

- A) To determine deep orientation tendencies it was proposed to use the technique of identifying mode orientations (orientation on “to have” and orientation on “to be”); to determine a priority in the formation of the immediate environment and social resources – we used a technique “A grid of the preferred selection of people”; to determine preference in a choice of the solved tasks – we used a technique “A grid of the preferred choice of tasks”. We also used the test for determining the preferred group role (Belbina, 2003); and the test for the diagnostics of social mental sets of the personality in a motivational and need sphere (Potemkina, 1993).
- B) To identify attributive factors it was proposed to use the test of repertoire grids modified by us; to study the processes of self-attribution and identification of the main ways of interpersonal communication of examinees we included a technique of diagnostics of the interpersonal relations in the program; to study the processes of causal attribution, and also to identify the testee’s response to the frustrating situation, it was proposed to use an experimental and psychological technique of studying the frustration responses; to reveal a psychological state the scale of subjective wellbeing is used at present; to determine the features of self-assessment of testees in various life situations the Dembo-Rubenstein technique of studying self-assessment is used. The special place in the program is given to a method of testees’ interrogation, that will help to find out social peculiarities of testees demonstrating certain patterns of the attributive process. The modeling method was proposed to build up patterns of the attributive process mechanisms.
- C) To identify personal and social resources in the people who are preferably focused on different modes of human existence it was offered to use: a questionnaire of adaptation strategies of children, diagnostics technique of socially – psychological adaptability (Fetiskin, Kozlov, & Manuylov, 2002), a calculation index of adaptation potential, a technique of diagnostics of social frustration, “The test of hardiness” (Maddi, 1994), a questionnaire of strategy of behavior in significant life situations, methods of the defense mechanisms assessment of the personality (Plutchik, Kellerman & Conte 1979), a questionnaire of the ways of coping behavior (Lazarus & Folkman, 1988), a technique of multiple-factor study of the personality, content – the analysis of life scenarios, author’s questionnaires

on identification of difficult situations of adaptation in the educational milieu for school students, parents and teachers, on identification of the needs of individuals of the educational environment in the context of adaptation assistance.

- D) To study the problem of resocialization and personality of a convict; the test of value orientations; morphological test of life values of “MTLV” (Sopov, 2002); a technique of diagnostics of polymotivational tendencies in “I-concept” of the personality (Petrov, 2002); a multilevel personal questionnaire (MPQ) “Adaptability” A.G. Maklakov & S.V. Chermyanin (Raygorodsky, 2011); a questionnaire of self-relation (Stolin & Pantileev, 1988); technique of limit meanings (Leontyev, 1992); biographic method.

To distinguish integration resources of the personality the research is organized in stages:

At the first stage deep orientation tendencies in the preferred existence modes are determined.

At the second stage attributive processes of perception and interpretation of difficult situations and life failures of persons with various preferred existence modes are studied.

At the third stage features and scenarios of adaptation of persons with various preferred modes of existence, features of their interactions with milieu are studied.

At the fourth stage the personal and social resources are determined to be used by persons with various preferred existence modes in getting over difficulties.

At the fifth stage on the basis of comparison of all studied parameters integration resources are revealed.

DISCUSSIONS

The analysis of theoretical and empirical study of both domestic, and foreign authors which was conducted by us permits to draw a conclusion that now there is an urgent problem of search of new mechanisms of the internal resources application by the person that increase efficiency of his activity and quality of activity in internal and external contexts of the existence not only by the simple adaptation to the developed circumstances (adaptation approach), but also by means of such level of association adaptation and the resources (integration approach) which permits to re-structure and reconstruct a situation positively both for himself personally, and for persons, together with whom and through whom he realizes a task that is important for wider community (society). So, the program of empirical study developed by us will help to conduct the study of psychological factors, mechanisms, strategies, styles and conditions both contributing, and impeding constructive behavior of the person taking into account modes of human existence in various spheres of human activity (in professional sphere, educational environment, the penal system, the system of managerial and administrative activity) which are a part of integration resources of the personality, providing not only its

adaptation behavior to a specific context of a situation, but also adaptation of the situation to the needs and requirements of the individual and group subjects realizing socially significant purposes.

The implemented theoretical analysis and realization of empirical study will allow to show and prove at the theoretical, empirical and experimental levels the insufficiency of an explanation of constructive behavior mechanisms of the person only from the positions of the adaptation approach shading a role of an active position of the subject capable to come to the level of functioning of integration resources (cognitive and behavioral levels) permitting not only to adapt for the circumstances surrounding it but also actively to influence them, transforming them and taking resources from the most contradictory, uncertain or fast-changing situation. It is supposed that such approach requires rethinking in a new key of the problem solution of effective interaction in the system "personality- milieu": not only from positions of what a person "has" and what he "possesses" (resources of the "possession" range) to solve arising tasks, but also from positions of the resources of "way of life" (in E. Fromm's terms) a range uniting mechanisms of adaptive and extra adaptive character, the cornerstone of productive orientation of the person. Clarification of a role and place the mode orientations of the person in regulation of cognitive and valuable and conceptual spheres of the person, especially concerning the formation by the person of his social milieu that permits to place the main emphasis on the social and psychological, but not on general psychological approach.

CONCLUSION

The conducted review of theoretical and empirical studies on a problem of the personality resources promoting not simply the adaptation, but the achievement of subjective well-being permitted us to draw a conclusion that this problem is steadily drawing attention of both domestic and foreign researchers in various areas of scientific knowledge. However the majority of studies focuses attention on the adaptation resources allowing to cope with difficult situations and leaving beyond this scope extra situational ones that touch upon deep layers of human existence. We suggest focusing attention on integration resources of the personality. The insufficient development of the concept of integration resources, its substantial content, lack of accurate understanding of the key moments for their identification and in theoretical, and, especially, in the empirical plan is in conflict with the high practical importance of this problematic in the psychological field of knowledge. The consideration of integration resources of the personality in the context of modes of human existence contributes to the contradiction resolution allowing to reveal the adaptation and extra adaptation resources ensuring their mode and axiological orientations, life strategies, attributive processes, hardiness, resocialization, etc. The implementation of the presented approach and the program of empirical study

developed on its basis will permit to supply the data shortage of both theoretical and empirical character which arose round the study of problem issues of the personality resources (Salakhova, 2016).

RECOMMENDATIONS

Materials of the article can be of use to psychologists, teachers, social workers and other specialists working both with the people having difficulties of social adaptation, and those who are engaged in developing the adaptation resources. They can be used while conducting empirical studies in the field of psychology of the personality.

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