

# АКТУАЛЬНЫЕ ПРОБЛЕМЫ ПСИХОЛОГИИ ЛИЧНОСТИ И СОЦИАЛЬНОЙ ПСИХОЛОГИИ

## RESEARCH ON PERSONALITY SELF-REALIZATION IN CONTEXT OF SYSTEMIC PARADIGM

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The article is devoted to the problem of the systematic conditionality of personality self-realization. It substantiates the prospects of a systematic approach to the study of this phenomenon, as opposed to the well-established analytical strategies in Russian and foreign psychology. System components and structural characteristics of the self-realization are provided.

**Key words:** personality, self-realization, components, features, variables, systemic approach, conditions, factors.

Modern research on the problem of self-realization of the personality, show that its success not only promotes the development of professional, social and personal competencies, but also offers a quality of life that affects all aspects of life and human activities. Self-realization acquires a special importance in difficult situations provoked by external challenges as well as individual and personal difficulties as a result of the lack of internal resources, the loss of vital goal-setting and other negative manifestations in human life.

Currently, due to the rapid process of integration and globalization of the international community there is a lot of controversy, especially among young people, who are increasingly faced with the contradictions between the need for an active expression in different spheres of life and the lack of an effective mechanism for self-realization preconditioned by external and internal obstacles.

The desire to achieve success in the society and profession, to become independent and competitive, and the inability to determine the priority area in the personal self-realization. The need to be open and free to express oneself and the presence of the internal lack of freedom owing to the internal obstacles in the form of indecision, anxiety, the low self-esteem and level of aspiration, and the stereotyped behavior.

All of the above-mentioned inevitably stipulates for the search of effective mechanisms for personality self-expression during the time of global change and allows us to establish the fact that the development of personality self-realization problem becomes one of the most urgent and topical problems of modern psychology. At the same time, the lack of a unified theoretical and methodological research platform of the phenomenon creates numerous problems at this level.

The analysis of Russian and foreign philosophical and psychological literature concerning the research of personality self-realization attests to the fact that this problem is interdisciplinary and remains poorly developed, especially in the framework of the national psychology. This is confirmed by the absence of a unified methodology and theoretical basis of the study, the ambiguity in the interpretation of the term “self-realization”, an illegal substitution of the present psychological phenomenon to other definitions, such as self-actualization, self-fulfillment, and others, the uncertainty in explaining the genesis of this phenomenon, the contradictory assumptions and determinations of its manifestation, the bipolarity of points of view toward the nature and the structural organization of the human self-realization. All this greatly complicates its study.

In recent years, more and more attempts being made for the systemic study of self-realization (E.V. Galazhinsky, L.A. Korostyleva, I.V. Kostakova, Kudinov S.S. and others). The principal research conducted in this approach are devoted to such issues as: self-realization in the main spheres of human activity (L.A. Korostyleva, L.I. Ozhigova); the specificity of professional self-realization (S.A. Volomeev, R.G. Hajiyev); the personal determinants of self-realization (N.P. Avdeev, I.V. Kostakova, Kudinov S.S.); self-actualization in mature and old age (T.Z. Kozlov, I.V. Solodnikova,); gender stereotypes and self-realization (E.A. Denisova, Zhang Tan); and the correlation of self-realization and psychosocial adaptation (I.V. Kulagin).

The scientific papers of the authors enumerated above were implemented within the framework of different methodologies. Most studies are distinguished by an analytical approach within the framework of which self-realization is studied as a behavioral or cognitive characteristic. No external or internal connections are considered. Moreover, the volitional, emotional, reflexive, and other characteristics during the analysis of the phenomenon remain unclaimed that does not give a complete view of the manifestations of this psychological phenomenon. At the same time, the demonstration of a system approach in the study of self-realization, often remains declarative as the principle of system approach is violated. Since several characteristics are artificially singled out and their connection is proved on the basis of the correlation analysis.

Thus, it is necessary to substantiate systematic research methodology for the study of self-realization of the personality. Based on the position of F.F. Korolev, who noted the importance and the necessity of a systematic approach to the study of the psychological phenomena, it can be pointed out that this author also formulated the main characteristics of the systematic approach: integrality, the interaction of the elements of connection and relations, which determine the structure of the system. Integrality supposes that all the parts of a complex system serve a common purpose. The alteration of one parameter in the system affects the others. In other words, a system is not just the summation of elements, but an integral complex of elements in certain connections and relationships. Successively, the well-known Soviet psychologist B.F. Lomov referring to the systematic approach highlighted its main characteristics: the multidimensionality, multilevel char-

acter, hierarchical multidimensionality, multidimensional classification of its properties, the recognition of **the poly-deterministic** character and the study of the given phenomenon in development.

According to B.F. Lomov, the systemic analysis includes: 1) the multidimensionality of the given phenomenon, 2) multi-level hierarchy, 3) the multi-dimensional classification of its properties, 4) the recognition of its **poly-deterministic** character 5) the study of the phenomenon in its development. The other authors have expressed similar views. M.S. Rovogin suggests approximately similar parameters within the framework of the systemic approach. The first point that the author singles out is the property of integrity, i.e. the considered system has qualitatively new properties which aren't belonging to the properties of the sum of its parts. The second point that the author puts forward is the determinancy of the system by its function called systemforming. In this case it is obvious that the system approach includes also the functional one. The third criterion of the system approach is the information and power interaction of the system with the environment. And the fourth indicator causes the inclusion of the genetic characteristic in the system approach through the criterion of development.

Without enumerating a great number of the authors who devoted their works to this problem as they, in general, reflect the ideas formulated by B.F. Lomov, though with some deviation, we will dwell on the substantiation of the systemic conception of personality self-realization.

The basic postulates in building a system model self-identity, from our point of view, can serve a number of reasons. The first — a complex multi-level systems to ensure the success of self-realization. As such systems are the psycho-physiological system, expressed in natural inclinations and abilities. Anatomical and physiological features, characteristics and properties of the nervous temperament are prerequisites for a successful self-realization in any area.

As the main postulates in the creation of a systemic model of personality self-realization, from our point of view we consider the following grounds: the first point is a complex of multi-level systems providing for the success of personality self-realization. An example of given systems is the human psychophysiological system which is expressed in inclinations and natural abilities. Anatomical and physiological features, nervous system properties and properties of the temperament are prerequisites for successful personality self-realization in any sphere.

Further, the psychological system provides the process of self-realization through individual and personal resources of the individual. The social system has an external influence on the success of self-realization of the individual through primary and secondary groups, relationships, culture, religion, traditions and social stereotypes. The pedagogical system influences through the set of training and education forming values, ideals, views, beliefs, outlook, the personal, intellectual and social development of the individual. The psychoecological system provides a certain success of self-realization owing to the developed ecological circumstances. Several studies such as R.A. Zobov, A.I. Krupnov, V.I. Panov and others have noticed the influence of high background radiation, air pollution, unsafe drinking water, adverse temperature conditions on the human psyche, owing to that there can be manifested an increase of aggressive behavior, decreased vitality, mental activity, a manifestation of depression and other negative factors that negatively affect the self-realization.

The second is the study of self-realization as a functional system, revealing the connections and relationships between its various levels and characteristics. At the macro-level, there is a possibility of the analysis of self-realization from the positions of social preconditions, psychological factors, pedagogical technologies, psychoecological conditions and psychophysiological characteristics. At the microlevel, connections and relationships can be viewed in the structural organization of this phenomenon between the individual components including those related to gender, age, national-ethnic and individually-typological features.

The third is the possibility of studying both horizontal, and vertical relationships between various systems and attributes of self-realization. At the horizontal level, there exists the possibility of considering individual characteristics, such as different social conditions or pedagogical technologies and their role in the success of self-realization. At the vertical level, certain psychophysiological inclinations developing within the system of education and events unfolding in the social sphere, playing, in this way, a certain role in the self-expression of the individual.

The fourth is the substantiation of the system integrative formations of self-fulfillment. In our opinion it includes the value-adjusting, need-motivational, emotional and volitional, cognitive-semantic, reflective-evaluative and connotative components.

And finally, the focus on the study of the system of individual characteristics of self-realization avoiding analytical strategies, which analyzes only the individual component. A complex analysis of the listed above components, their interdependence, self-relation and determination makes up an important part of the systemic paradigm.

Considering that self-realization as a multidimensional systemic formation is necessary to single out the forms of its manifestation. Based on numerous studies of domestic and foreign authors it can be specified that the external form of self-fulfillment directed at self-expression in different spheres of human life: career, work, sports, arts, study, political and social activities, and others are mainly discussed. At the same time, the representatives of humanistic approach to self-realization reduce it to personal growth. From this we can assume that there are both external and internal forms of self-realization. Otherwise personal growth and spiritual perfection have a very remote relation to the external forms of self-expression.

Another controversial issue concerns the types of self-realization. In modern literature the professional self-realization, the self-realization of individual, without regarding a determined sphere of application, the creative self-fulfillment and self-realization in marriage and family relationships are singled out. Most likely, it is possible to speak about the plurality of types of self-realization if we focus on the object of this process taking into account: professional, educational, creative, administrative, etc. That, in our opinion isn't absolutely justified. On the contrary it does not seem to us quite justified. It is expedient to single out **human self-realization activity**, social and personal self-realization on the following bases.

The human self-realization activity is characterized by self-realization of the individual in the diverse kinds of activities, thereby ensuring a high level of competence in some particular area and application of his potential. Moreover, the activity may not necessarily be associated with the profession of the individual, it can be an amateur sport, art creativity, collecting or choral singing. Social self-actualization related to the imple-

mentation of humanitarian, socio-economic, socio-political, socio-educational, military or any other socially useful activity. Personal self-realization is aimed at the spiritual growth of the person providing the first stages of the development of personal potential: responsibility, tolerance, empathy, curiosity, knowledge, creativity, morality, etc.

Finally, regarding the phenomenon of self-realization as a multidimensional systemic formation it's relevant to consider its structural content. Considering the approaches of different authors that justify the systematic nature of various psychical formations, it is possible to note as the basic foundations the activity (dynamism), orientation and self-realization. Inside a systemic consideration it is necessary, in our opinion to make a start from these continuums singled out by V.D. Nebylitsin. Human self-realization activity in this context is presented by the formal dynamic characteristics that are reflected in the behavior, the activity and contact of properties of the nervous system and properties of temperament. Self-regulation of this psychological formation is provided by emotional and strong-willed components, and the orientation is realized through the representation of cognitive and semantic characteristics.

Thus, the psychological structure of self-realization is represented by different components. The value-target component that comprises certain values, aims and objectives of the individual implemented in different spheres of life during ontogeny. Motivational-semantic aspect of this system is represented by cognitive, motivational, and reflective-evaluative characteristics. It carries out the selection and priority of certain meanings of object relationships and motives. The depth and accuracy of cognitive values and their role in the behavior of the subject (creativity-conservatism). Individual selection of the dominant motives to other people-oriented (socio-centeredness) or to himself (self-centeredness). The identification of priority areas and the effectiveness of the application of self-realization of the individual in accordance with the intended purpose and the intended result in different spheres of life: subject-activity, socio-communicative or subject-personal.

Instrumental and stylistic subsystem represents the unity of connotative, emotional and regulatory variables. However, most of them consist of bipolar internally opposite signs. Therefore, this aspect of self-realisation has quite distinct poles. The main role of this subsystem is connected with the provision of regulatory-energy function of the activity and of the self-regulation. In addition, between these self-realization's subsystems there are specific connections and relationships, pointing to the individual characteristics of individual self-fulfillment.

The perspective of the systemic paradigm of self-realization, firstly, due to the fact that it contributes to solving the fundamental problem of bridging the gap between activity (dynamism), orientation and self-regulation in the study of self-realization, which are integrated into the mechanism of this phenomenon.

Secondly, it opens up the possibility of knowing the psychological structure of self-realization and inner mechanisms of interaction between its various characteristics.

Further, it creates prerequisites for development of scientifically based technologies of optimization and correction of the self-realization.

In addition, it allows to take into account the nature of various subsystems of the self-realization, on the one hand instrumental- stylistic and on the other hand motivational-semantic. The first group of indications in a bigger measure is caused by natural precon-

ditions, **depends on temperament and personality traits** and properties of nervous system. The second group is largely dependent on the social surrounding, environment, conditions of activity, training and education. This group is more mobile and changeable.

Finally, it provides an opportunity to identify the psychological characteristics of self-realization of the individual, depending on gender, age, socio-cultural environment, national-ethnic and individually-typological features.

Thus, we can conclude that the presented approach to the problem of systemic organization of self-realization of the personality is represented to us rather innovative and productive. It allows to concentrate on the research of this phenomenon not only on the particulars of this formation, and on the system-forming continuums allowing us to analyse, in detail, the system mechanism of this phenomenon taking into account a huge number of its components.

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## **ИССЛЕДОВАНИЕ САМОРЕАЛИЗАЦИИ ЛИЧНОСТИ В КОНТЕКСТЕ СИСТЕМНОЙ ПАРАДИГМЫ**

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В статье обсуждается проблема системной обусловленности самореализации личности. Обосновывается перспективность системного подхода в исследовании данного феномена в противовес устоявшимся аналитическим стратегиям в отечественной и зарубежной психологии. Приводятся системные составляющие самореализации и структурные характеристик данного психологического образования.

**Ключевые слова:** личность, самореализация, компоненты, характеристики, переменные, системный подход, условия, факторы.