

A Psychological Resource of Personality as an Integral Eco-Psychological Characteristic (The Interrelationship of Personal Development and Quality of Human Life)

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Abstract

This article presents the results of the study of personality resources as an integral characteristic. The definition of the concept of harmonious development and quality of life of an individual has been given. Three components have been identified in the systemic determination structure of personality: individual properties as prerequisites for harmony of personality; lifestyle and quality of life as an indicator of harmony of an individual and joint activities as the foundation to realize the individual's life in the system of social relations. A personality resource is expressed in four areas: spirituality; contacts (relations); achievements; the future (dreams, ideals). The psychological resource of personality is determined by: the formation of the intellectual, emotional and behavioral spheres of a person's life activity; the balance (proportionality) of the development of intellectual, emotional and behavioral spheres of a person's life activity; integration (close interrelation and internal consistency) of the intellectual, emotional and behavioral spheres of a person's life activity. In addition, the sphere of personal activity is determined by the manifestation of complexes of psychological personality traits occurring in intra- and interpersonal aspects. The identification of intellectual, emotional and behavioral aspects allowed us to describe the characteristic manifestations of personality in these spheres of life. The foundation of the external, intrapersonal aspect in each of the areas is the presence of diverse experience, enshrined in the relevant skills. The foundation of the interpersonal aspect in each of the spheres is the availability of experience in the realization of internal psychological resources by a person when interacting with the outside world.

Keywords: ecological and eco-psychological approach, a psychological resource of personality, quality of life, an integral characteristic of personal development, personal potential

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INTRODUCTION

Personality integrity is the result of hardiness and dynamic equilibrium in the "person-society" system. However, this balance is constantly under threat of disruption due to the changes that are taking place in society. The changes themselves in the external environment are a source of an individual's activity, since, by adapting to changing conditions, he (she) accumulates useful information, increases the level of his organization ("structural trace"), that is, he (she) develops. Thus, the changes taking place in society are a

source of development for a person and in this sense they are useful for him. The absence of such changes, their artificial elimination, would lead to a decrease in a person's own activity. As Leontyev (1999) emphasized, stagnation, the absence of changes - stressors in the external environment - inevitably lead to the personality regression. However, there is a certain limit of deviations which a person is able to cope with that cannot lead to stable disharmony. If they (deviations) exceed permissible limits and go beyond one's adaptive capacity, a person begins to perceive the environment as

a source of tension. Psychologically, this stage is experienced by a person as a loss of the meaning of life, accompanied by a feeling of dissatisfaction, hopelessness and futility of existence, as the disappointment with former goals and habits, rethinking (usually negative) of one's past life experience and relationships, the loss of a sense of identity, which manifests itself in a person's doubts about his place in society, his belonging to certain social groups, about his capabilities and prospects.

The diverse connections of an individual with the outside world determine the integrative structure of personality, its inner world. In its turn, the formed stable personal qualities regulate the volume and measure of the activity of social contacts, creating their own environment for development. In this case, there comes the interdependence of two integrative structures - the personality itself (inner space) and the social environment (outer space). Psychological harmony of social activity is manifested in self-regulation of personality - the process of arbitrary management of one's life, through which there is awareness and positive experience of life processes, events and phenomena, constructive conflict resolution, conscious (as opposed to response) management of one's behavior, effective relationships in society.

At the psychological level, the indicators of harmony represent a set of interrelated ontopsychological characteristics (psychocomplex), included in the semantic field of the concept "psychological harmony" - self-actualization, internal age, locus of control (responsibility), quality of life. The quality of life is an integral characteristic of the physical, psychological and social functioning of an individual, based on his subjective perception (Babieva et al. 2018, Kalenik et al. 2018, Kalinina et al. 2017, Kuznetsova et al. 2017, Minakhmetova et al. 2017, Miroshkin et al. 2018, Novikov 1998, Shmeleva et al. 2017, Shulga et al. 2018, Yusupova et al. 2017). In Ananyev's works the concept of "quality of life" is connected, first of all, with the idea of the "life path" (Ananyev 2001a, 2001b, Babieva et al. 2018). Abulkhanova-Slavskaya (1982) introduced the term "life strategy", which is based on the activity of the person himself, his desire to develop his priority values and transform his life principles. She identified three main features of life strategy: the choice of a way of life, the resolution of the contradiction "I want – I have" and the creation of conditions for self-realization, a creative search.

In her opinion, a person can be called mature if he is able to set his "threshold" of satisfaction with material needs and begins to consider them as one of the conditions of life, directing his life forces to other goals. Thus, life goals, being features of an ideal image of a person's future life, and the value system which these goals are built upon, can be attributed to the qualitative characteristics of a life strategy, since they reflect its content – that is what a person is striving for. We refer responsibility and meaningfulness of life to the quantitative characteristics of a life strategy, since they can be of different levels and, as we believe, have an effect on life satisfaction, i.e. - how effectively the realization of a person's life goals will proceed (Ganieva et al. 2015, Gilmeeva et al. 2017, Masalimova and Chibakov 2016, Rassolov et al. 2016, Salakhova et al. 2017b, Shukshina et al. 2017, Shulga et al. 2016).

The World Health Organization (WHO) uses the following indicators to assess the quality of life:

1. Physical - strength, energy, functional state, etc.;
2. Psychological - positive emotions, thinking, self-esteem, etc.;
3. Life in society - personal relationships, social value of the subject, the possibility of training and professional development, sexual satisfaction;
4. Environment - well-being, safety, life, security, accessibility and quality of medical and social security, accessibility of information, ecology (polluters, noise, population, climate), etc.;
5. Spirituality - religion, personal persuasions, the presence of creative initiatives, meaningful life orientations, etc. (Bulgakov et al. 2018, Lopatkova et al. 2018, Masalimova et al. 2014, Mitin et al. 2017, Salakhova et al. 2016, 2018, Shukshina et al. 2015, Zotova et al. 2016).

RESULTS AND DISCUSSION

For indicators of quality of life, we have chosen a functional state (FS) as an objective indicator of quality of life and satisfaction with the aspects of life (material, mental, social) as a subjective indicator of quality of life. The analysis of the average values of objective parameters of life quality showed that in the student environment a high level of the functional state was registered in 60% of the subjects, an average FS level was observed in 27% of students, 13% had a low FS level.

Table 1. Level indicators of life quality parameters in the total sample of respondents

Parameters of quality of life	Low level	Average level	High level
Level of functional state	13%	27%	60%
Life in general	5%	15%	80%
Mental condition	8%	35%	57%
One's health condition	3%	19%	78%
Relatives' health condition	7%	18%	75%
Social support	7%	7%	86%
Spiritual needs	5%	42%	53%
Learning	0%	23%	77%
Status in society	8%	14%	78%
Rest	7%	23%	70%
Sexual life	12%	23%	65%
Meals	0%	15%	85%
Family	3%	19%	78%
Residential area	3%	24%	73%
Housing conditions	5%	28%	67%
Material wealth	5%	45%	50%

Respondents rate life in general quite high (80%), 15% are relatively satisfied, and only 5% are not satisfied with life in general. The highest values on the subjective parameters of quality of life in the total sample are: "Social support" (86%), "Family" (78%), "Status in society" (78%), "Learning" (77%), "One's health state" (78%), "Relatives' health" (75%). The average level of quality of life parameters have such scales as "Material wealth" (45%), "Spiritual needs" (42%), "Mental state" (35%), "Rest" (23%), "Sexual life" (23%), "Housing Conditions" (23%). The hierarchy of dissatisfaction was made up of the scales: "Mental state" (8%) and "Status in society" (8%).

Thus, we consider the quality of life in our study as an indicator of harmony, a leading system of hardiness indicators that characterize the degree of realization of people's life strategies, and the satisfaction of their life needs. Program improvements in the quality of life are viewed as a socio-psychological project aimed at increasing the individual's ability to solve arising problems, to achieve personal success and individual happiness. In general, we can conclude: the harmoniousness of the psychological organization of self-actualizing personality is determined by:

- the formation of intellectual, emotional and behavioral spheres of personal activity;
- a balance (proportionality) of the development of intellectual, emotional and behavioral spheres of a person's life activity;
- the integration (a close relationship and internal consistency) of intellectual, emotional and behavioral spheres of a person's life activity.

The sphere of life activity here implies the area of manifestation of complexes of psychological personality traits occurring in the intra- and interpersonal aspects.

The identification of intellectual, emotional and behavioral aspects allows us to describe the characteristic manifestations of personality in these spheres of life.

The foundation of the intrapersonal aspect in each of the areas is the presence of diverse experience, enshrined in the relevant skills: in the intellectual sphere - experience in solving various intellectual tasks, including tasks related to the very process of personal activity; in the emotional sphere - the presence of diverse emotional experiences, experiences of experiences; in the behavioral sphere - the presence of diverse behavioral experiences, experiences of self-regulation.

The basis of the interpersonal aspect in each of the spheres is the presence of a diverse experience in the realization of internal psychological resources by a person interacting with the outside world.

The formation characteristics of each of the spheres of life activity coincide in many respects with the characteristics traditionally used in the description of a person who has reached the level of personal maturity, but here an attempt is made to describe these characteristics in a more specific form and systematize them according to their spheres of manifestation. We also should point out that in the context of developing the self-actualization potential, the term "formation", in contrast to the concept of "maturity", seems to be more correct, since it implies the result of purposeful work.

We present the most significant, in our opinion, parameters characterizing the formation of each of the spheres of life.

✓ Intraindividual criteria of the intellectual sphere: experience in solving various intellectual tasks, including tasks related to the process of a person's life activity; availability of the most complete, adequate and accurate information about oneself, about people, about the world, the formation of a picture of the world; the ability to obtain the required information about oneself, about people, about the world; the ability to recognize true and false, objective and subjective information about oneself, about people, about the world; internal openness, readiness to perceive new knowledge about oneself, about people, about the world. Interindividual criteria of the intellectual sphere: the absence of irrational beliefs; the ability to use the available information about oneself, about people, about the world; independence, autonomy of judgments about oneself, about people, about the world; active interest in new knowledge about oneself, about people, about the world. The basic psychological mechanism that ensures the effective implementation of internal prerequisites in the intellectual sphere in the interaction of the individual with the outside world and other people, as well as the mechanism that ensures the development of the intellectual sphere, is an understanding. In this context, an understanding is interpreted according to Leontyev (1999) as a process of cognition, accompanied by the restructuring of the picture of reality, in which the smooth accumulation of new information leads to an abrupt change in the structural order (Salakhova et al. 2017a).

✓ Intraindividual criteria of the emotional sphere: the presence of various types of emotional experience, experience of emotional experiences; emotionally positive attitude towards oneself; accepting oneself, people, the world as they are; openness to a new emotional experience, for example, the experience of insight experiences.

Interindividual criteria of the emotional sphere: predominantly positive, friendly attitude towards people around and towards the world as a whole; the ability to sincere interaction with people, to empathy, compassion, the ability to emotional perception of the world, nature, art; the ability to experience a new emotional experience, the ability to peak experiences. The main psychological mechanism that ensures the effective and adequate realization of internal prerequisites in the emotional sphere when the person

interacts with the outside world is acceptance, and when interacting with other people, the main ability can be called the ability to empathy.

Intraindividual behavioral areas: lack of behavioral stereotypes; experience of self-regulation, including experience in overcoming unfavorable situations; openness to new behavioral experiences.

Interindividual behavioral criteria: the ability to spontaneous behavior; the ability to flexible arbitrary behavior based on the understanding and acceptance of internal motives, their goals and features of the actual external situation; ability to learn new behavioral strategies in different situations.

When interacting with other people, the main ability in the behavioral sphere can be called the ability to assist and cooperate. It should be noted that the general characteristics of the formation for each of the areas are: the presence of a certain life experience and openness to a new life experience. An analysis of the substantive aspects of existing life experience in many ways makes it possible to determine the potential of self-actualization of a person. For example, the experience of satisfying basic needs (physiological, security needs, needs for love), fixed in the emotional, intellectual and behavioral spheres is the basis for the development of motivation of personal growth. A. Maslow paid attention to the content of life experience: "One can assume that people who, most of their lives, especially in early childhood, were satisfied with their basic needs, develop a special immunity to possible frustration of these needs, that frustration does not frighten them at least because they have a strong, healthy character, whose origins lie in the basic sense of satisfaction" (Maslow 1999a, 1999b).

As parameters of integration of a person's life activity spheres, we identify consistency and interrelation.

Consistency means compliance of external behavior with internal motives against the background of full awareness and a positive emotional attitude of the person to this process. The correspondence of deep, unconscious motives of the person and goals realized by the person underlies the basis of consistency. For the person himself, the criteria for consistency can be the consistency of the result obtained with the goals set, internal forecasts and expectations, emotional satisfaction with the result of their activities and acceptance of ways to achieve this result. The highest degree of consistency is manifested in the simultaneous,

synchronous functioning of the intellectual, emotional and behavioral spheres.

In our opinion, Maslow pointed to this particular feature when describing peak experiences: "We have found that peak experience contains two components: emotional (ecstasy) and intellectual (enlightenment, a stroke of insight)."

The effective information exchange between all spheres of the individual's life activity underlies the foundation of interrelation. For the person himself, the criterion for a good relationship between the intellectual, emotional, and behavioral spheres can be adequate behavior, corresponding to the characteristics of the external situation, based on understanding and accepting internal motives, true goals with full awareness of their own attitude to this process. Awareness is a cross-cutting process and the main mechanism ensuring close interconnection and coordinated functioning of the three spheres of a person's life activity.

Maslow described the interrelation and consistency between the spheres of life as the internal synergy of a healthy person (Maslow 1999a, 1999b).

CONCLUSION

Thus, personality is a systemic quality. From this point of view, the study of harmony of personality is not a study of individual properties, mental processes and states of a person separately, it is the study of his place, position in the system of social relations. In the systemic determination structure of harmony of personality, three points can be distinguished: individual properties as prerequisites for harmony of personality; lifestyle and quality of life as an indicator of harmony of an individual and joint activities as the basis for the realization of the individual's life in the system of social relations. Thus, harmony of personality is considered in four important areas: spirituality and corporality; contacts (relations); achievements; the future (dreams, ideals). The essence of the harmonization process is the desire to restore their natural harmony. Lack of attention or development of one of the spheres of human existence introduces disharmony, creates a certain deficit, which manifests itself in life as discontent, despair, dejection or illness.

The psychological resource of personality is determined by:

- the formation of intellectual, emotional and behavioral spheres of personal activity;
- balance (proportionality) of the development of intellectual, emotional and behavioral spheres of a person's life activity;
- the integration (close relationship and internal consistency) of intellectual, emotional and behavioral spheres of a person's life activity.

The sphere of life activity is determined by the manifestation of complexes of psychological personality traits occurring in the intra- and interpersonal aspects. The identification of intellectual, emotional and behavioral aspects allows us to describe the characteristic manifestations of personality in these spheres of life.

The foundation of the external, intrapersonal aspect in each of the areas is the presence of a variety of experience, enshrined in the relevant skills: in the intellectual sphere - experience in solving various intellectual tasks, including tasks related to the process of personal activity itself; in the emotional sphere - the manifestation of a relationship, the presence of a variety of emotional experience, experience of emotional experiences; in the behavioral sphere - the presence of diverse behavioral experience, experience of self-regulation.

The foundation of the interpersonal aspect in each of the spheres is the presence of experience in the realization of internal psychological resources by a person when interacting with the outside world. The characteristics of formation of each of the spheres of vital activity coincide in many respects with the characteristics traditionally used in the description of a person who has reached the level of personal maturity, but here an attempt is made to describe these characteristics in a more specific form and systematize them according to their spheres of manifestation. In the context of the development of a person's potential, the term "formedness", in contrast to the concept of "maturity", seems to be more correct, since it implies the result of purposeful work and excludes the illusion that, in Leontyev's (1999) words, - "something will grow by itself".

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