





**MATERIAŁY
XII MIĘDZYNARODOWEJ
NAUKOWI-PRAKTYCZNEJ
KONFERENCJI**

**NAUKOWA MYŚL
INFORMACYJNEJ POWIEKI -
2016**

07 - 15 marca 2016 roku

Volume 10

**Psychologia i socjologia
Politologia**

Przemysł
Nauka i studia
2016

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Wydawca: Sp. z o.o. «Nauka i studia»

Redaktor naczelna: Prof. dr hab. Sławomir Górniak.

Zespół redakcyjny: dr hab. Jerzy Ciborowski (redaktor prowadzący), mgr inż. Piotr Jędrzejczyk, mgr inż. Zofia Przybylski, mgr inż. Dorota Michałowska, mgr inż. Elżbieta Zawadzki, Andrzej Smoluk, Mieczysław Luty, mgr inż. Andrzej Leśniak, Katarzyna Szuszkiewicz.

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Dział sprzedaży: Zbigniew Targalski

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Druk i oprawa:

Sp. z o.o. «Nauka i studia»

Cena 54,90 zł (w tym VAT 22%)

Materiały XII Międzynarodowej naukowo-praktycznej konferencji «Naukowa myśl informacyjnej powieki - 2016» Volume 10. Psychologia i socjologia. Politologija : Przemyśl. Nauka i studia - 112 str.

W zbiorze ztrzymają się materiały XII Międzynarodowej naukowo-praktycznej konferencji «Naukowa myśl informacyjnej powieki - 2016». 07 - 15 marca 2016 roku po sekcjach: Psychologia i socjologia. Politologija

Wszelkie prawa zastrzeżone.

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Wydawcy – Wydawnictwa Sp. z o.o. «Nauka i studia» – reprodukowana,

Użyta do innej publikacji.

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Wydawcy – Wydawnictwa Sp. z o.o. «Nauka i studia» – reprodukowana,

Użyta do innej publikacji.

ISBN 978-966-8736-05-6

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STYLES OF SELF-REGULATION FOR DIFFERENT PERSONALITY TYPOLOGIES

Abstract: The problem of character of typology is considered, data of long-term researches of individual styles of self-regulation at the different types of personality accentuations of character are generalized. Regulator basis and style forming role of subjective internals of personality (to responsibility, persistence, independence, flexibility of and other) are described. It is shown that efficiency of individual self-regulation depends not only on the type of accentuation, how many from development of personality of subject internals combination of that is specific for the different types of character. Besides, the content of that concept includes formal representation of the relationship that binds the object and the subject of perception. In the most general terms, we can say that the perception of another person means the perception of his external features, their correlation with the personal characteristics of the individual perceived and interpretation on this basis of his actions.

Key words: individual self-regulation, line and type, character, individual style, subject properties.

Among the various relations that bind the members of a team, especially two major systems of relationships that are clearly identified: business – relationships that arise between people as bearers of specific public functions, and personal relationship, formed on the basis of sympathy or antipathy, attraction or repulsion. These systems are closely intertwined relationships various interdependencies and mutual influences, but they can not be identical. Analysis of the content of communication, a necessary consequence of the analysis of its subject and object. Existing descriptions of the content is to understand the source of one of the partners as a subject, and the other as an object: the content of communication is examined

what is in the mind of another, and we are working according to the separation of the different content areas: informing, persuading or inducing to action [1].

A problem of character typology is one of traditional and most debatable problems of psychology. In different periods of development of science research of typology both went out on the first plan or exposed to ostracism. At the same time the presence of psychological types it is impossible to deny, for this reason at all times there were different and simultaneously elusively their alike variants. It is enough to remember vitality of hypo rat's typology of temperament, the grounds of that only change depending on the level of development of knowledge about nature of man. And confession that types it is difficult to investigate by virtue of multiplicity of grounds of their selection and washed out of phenomenology, does not take off a problem. For this reason today we look after the return of interest in the problem of typology, to the attempts of combination of going near research of personality by the analysis of lines and types, for example, of development of variants of unginian typologies, widely used by practical psychologists. The problem of combination of typology and character traits decides the most natural and methodically strict methods in the factor theories of personality, when lines and types are examined as factors of different order, describing the different levels of personality organization qualitatively. In the most known factor theory of G. U. Aizenko and his followers, as is generally known, distinguish two basic measuring, having the projections on three different levels: 1). primary reactions, 2). devil, 3). types. It is possible to argue about a technique at excretions of levels and their interpretation, but it is impossible not to confess that idea much.

It is special obviously at reviewing attempts of connection of typologies distinguished on different grounds. It is enough to remember such attempt, undertaken by G.U Aizenko. In his book «Structure of personality»[1] it is quite clear possible to see the displays of types at morphological (constitutional) level. It is possible also to remind the physiological and neuropsychological theories of display of temperaments, that once again confirms our idea about the system of display of typology on the different levels of individuality of man. And, finally, the psychological levels of typology are described with the difficult picture of the hierarchically organized lines heat-sink the typical for individuality methods of behavior and his adjusting in a norm and pathology.

One of most popular in practical psychology is a typology of personality accentuations of character, entered by K. Leongard, used presently in two values: in the first. as bright expressed of separate line, to being central for the type of character.

In case of failure of this subject –object consideration and transition to the the subject-subject consideration the content of communication is reduced to some kind of «activity» of a subject, directed at others, remained with the same subject, without disclosing the specific content of this activity or with an indication that it is financial activity consisting in translating information transmitted in a system of signs [2].

It should be noted. that within the framework of clinical study of accentuation basic support is however done into «weak places» of character, assisting forming socially of not acceptable or even pathological forms of behavior. It is thus underlined that the

prognosis of development of personality depends first of all on biological and environmental influences, unfavorable social terms assist negative development of personality, and the types of accentuation are examined nevertheless as problem characters.

It appears us, that from position of the subjective going near research of psyche the problem of character typology can and must be considered differently- from the point of view of features of development of the realized self-regulation that we examine as a psychological mechanism of subject activity. The results of our researches give an opportunity to assert not only that individual self-regulation allows to control the displays of character, impedimental to the achievement of the putting aims, but also that she is related to this. No less important from the point of view of the individual going near the problems of educating and education there is a question about reverse influence. It is necessary to understand, in which measure the type of personality accentuation of character determines the features of individual style and efficiency of self-regulation of behavior of man in educational and professional situations. In this article we want to generalize and bring new results over of our long-term researches of individual styles of self-regulation for people with different accentuations of characters.

Here an important meaning has a concept of personal sense, deeply analyzed in the works of A. Leontiev [3]. It is known that, in addition to the conventional system of values, words, as well as other facts of human consciousness, have some personal meaning, some special significance, individual for each. Personal meaning, i.e. special significance for man gets what binds objectives of the motives of its implementation, what tales his needs. The same word interaction, circumstance may have different meanings to different people. Therefore, to communicate the important role played by the ability to put yourself in someone with whom you communicate. In other words, in any communication situation requires «understanding the situation equally,» i.e. understanding of the strategy and tactics of a partner by behavior for the situation. The strategy and tactics of interaction can only be developed on the basis of mutual understanding. Moreover, if the interaction strategy determined to carry out social activities, tactical interaction is determined by direct presentation of a partner. In the unity of these two moments it is created the real situation of interaction.

This principle in relation to the subject of communication, and this activity itself is that the group as a subject of communication as opposed to certain, isolated individuals who are subjects of joint activity, not prior to intercourse, but is generated by them. Community of individuals becomes a group only as a subject of communication, activities directed to the joint activities of these entities.

Clearly and specifically disclosed in the provision of group theory and research team, developed under the direction of A. Petrovsky, which is found mediated social psychological phenomena (interpersonal relations, cohesion, the development team, value-oriented unity ID) goals, objectives and content of joint activity [4].

The psychological impact of the structural unit is a component of communication. According to its essence, the psychological impact presents the penetration of one person (or group) in the mind of the other person (or group). The purpose or effect of this pene-

tration is change, the restructuring of individual or group psychical phenomena (views, attitudes, motives, rules, states, etc.). The restructuring of the psyche of personality or mental phenomena of group under the influence of psychological effects can vary both by latitude of psychic phenomena, and on the strength of their changes. Thus, with the strength of pedagogical influences educator may rebuild the pupil's attitude to a certain subject. It can be said about the broader mental changes when the whole group of psychical phenomena is being rebuilt, for instance, the emotional sphere of the individual. Personality changes under the influence of others may be temporary, transient or stable. Observations show that many people or even most adults consciously learn from each other's views, estimated judgment and motivation, which are saved for many years, surviving the numerous trials, and the vicissitudes of fate.

Then a question gets up about that, how style of self-regulation is related to the productive aspects of activity of man.

There is a classic point of view, that style of activity is always effective, that to his formed just and the increase of efficiency testifies as a result of being of methods of actions corresponding to temperament of man. By another character there is business with styles of self-regulation, being pre-condition of forming of great number of styles in the concrete types of activity. As numerous researches showed, than higher degree of the realized self-regulation and level on that the individual profile of stylish features is formed, the more effective self-regulation and wider than possibility of subject for a successful capture by the new types of activity. Thus, increase of general level of self-regulation- one of ways of achievement of high efficiency. this way is related already not to the instrumental side of personality, and with the sphere of personality orientation and consciousness, development of regulator role of that is, from our point of view, higher level of development of subject.

However forming of harmonious styles with high development of regulator all of the tools- destiny not many. We will remind that style formative internals for such styles are high responsibility, confidence, persistence in combination with a subzero anxiety. For example, in our researches we looked after such styles as the mass phenomenon is only in sport of higher achievements. Successful and high-professional management and politicians also often possess such style.

Nevertheless in most professions and vital situations styles are revealed with accentuated profiles that also allow to lab our for high efficiency in activity and work out different vital problems. Here- other way of forming of effective styles : creation of scary relations between the highly developed and less developed components of regulator profile, for example ability it is beforehand good to think over difficult situation or even to create a necessary for gaining end situation (that testifies to high development of design of meaningful terms) compensates the lack of ability quickly to change the programs of behavior at the change of terms. Both ways directed the development of effective self-regulation styles require a high subjective activity, the development of (often conscious) of the subjective qualities, which is possible only with high motivation, and the youth, with support from a teacher or parent. It is inter-

esting that one way of compensation (not the best, but possible) is to create a regular «crutch»—one of the transfer of regulatory functions (such as assistance in the form of full-scale debate in making responsible decisions) for the subject of an authoritative person. If the degree of subjective activity is high, even under the most unfavorable in terms of forecasting performance, the nature of acemutation possible to mobilize all the resources of individual and on this basis, the formation of highly effective form of self-regulation.

Development of friendship involves following its unwritten code, asserts the necessity of understanding, frankness and openness, confidence, active mutual help, mutual interest in the affairs of another, sincerity and unselfish feelings. The value of friendship is not only in its self-disclosure, but in the unconditional acceptance of the other. Thus, to know the mechanism of interaction is necessary to clarify the intentions, motives, attitudes of one individual, «superimposed» on the idea of a partner. In other words, the further analysis of the problem of communication requires more detailed consideration of how the image of a communication partner, the accuracy of which depends on collaboration success.

Understanding of the other person closely linked to the level of its identity. The connection is twofold: on the one hand, rich representations of himself determines rich understanding of the other person, the other – the more fully disclosed to any other person, the greater becomes representation of himself. A similar idea was expressed by L.S. Vygotsky: «Personality is nothing other than man's consciousness of himself that appears specifically at this time: new behavior of man becomes for himself». Thus, a man realizes himself through another person [5]. The analysis of self-awareness through the other has two sides – identification and reflection. Let's consider these mechanisms.

Identification is a way of understanding the other person through the conscious or unconscious assimilation of the subject of his characteristics. The term «identification» means literally assimilation of himself to another. In real situations of interaction people use such methods, where the assumption of the internal state of the communication partner is built on the basis of trying to put yourself in his place. Thus, the identification serves as one of the mechanisms of knowledge and understanding of the other person.

Reflection is another mechanism of understanding of another person. In psychology, a reflection means acting individual awareness of how it is perceived by partners in communication, i.e how a partner in communication will understand me. In this case there would be a kind of doubling as a mirror of each other. People's perceptions of each other at the same time there is some kind of interaction of the two participants in this process, and the interaction has two sides: the assessment of each other and change some characteristics of each other.

In addition, each participant of communication, evaluating the other tries to build a certain system of interpretation of his behavior, particularly his reasons. In everyday life, people usually do not know the true causes of the behavior of another

person in the scarce information on the rank of attribute to each other the causes of behavior. This attribution of behavior to another person is called causal attribution.

The formation of effective styles possible with different typologies of personality and character accentuation. This provision on various types of activities (academic, athletic, professional) when considering the different personality typologies. In terms of effective learning styles (as harmonious as well as accented) can be formed among students with different types of accentuation. Athletes achieve higher results and form effective self-regulation styles harmonious sports training, regardless of the type of character accentuation. Policy as an extroverted, introverted type and achieved success in the elections, provided a high level of individual conscious self-regulation [4].

The study involved 430 people, students of various educational institutions at the age of 16 to 19 years. To diagnose the type of personality accentuation used a questionnaire-Shmishek, which allows us to define 10 types of personality accentuation of character: demonstrative, pedantic, get stuck, excitable, hypertension, anxious, cyclothymiacs, emotive, dysthymic, affective and excited.

The prevalence of character accentuations according to different authors vary quite widely, from 60 to 98%. Apparently, the severity of the youth accentuations to a lesser extent masked by the socialization of the more in adulthood. In any case, our data, varying degrees of character accentuations were diagnosed among students in 82% of cases. So, more often these types of personal accentuation: cyclothymiacs, emotive, less-exalted, and very rarely demonstrative -dysthymic.

To determine the uniqueness of each type of self-accentuation of personality has been investigated separately. From the sample results have been excluded subjects with both high and low values of the general level of self-regulation, since these characteristics of the subjects of regulation related to their constitutional type, masked development subjective activation. Clustering and data were analyzed only those subjects which are indicators of self-regulation in the area averages and, therefore, manifested most clearly.

It was found that the profiles obtained for all types of accentuations, have their own specifics to the development of individual indicators. This specificity has been analyzed and manifestations of self-regulation styles, isolated previously in our studies. In this way, we identified were not described, but their personal and conditions or stylistic features of self-regulation for different types of character accentuations.

Two types of profiles corresponding to the operational style varieties (84% of the cases in this group). Strength of regulation in these profiles is the ability to easily explore new situations and to make corrections in their actions, and the weak – to plan their activity goals. Most (66% of cases) found a profile that can be classified as a prerequisite for persistent style, which is characterized by a highly developed programming («lookahead») action against a background of relatively low monitoring and evaluation of the results.

For getting stuck like the most characteristic and two profiles (in 93% of cases): the first is a prerequisite for the formation of style (harmonious development of the middle tier of programming, simulation and evaluation results with the downward trend in the planning and assessment results with the downward trend of planning and

higher self-30%), while the second has the features of an autonomous identity (the same average planning, programming and self-reliance and a tendency to reduce the modeling of significant conditions, 63%).

In 87% of people emotive, and 83% of the pedantic types of profiles observed in the responsible self-regulation style. In cyclothymiacs traits in our sample is dominated by an autonomous identity (91%) and less operational (7%). For members of the demonstrative type because of its heterogeneity profile of one of three styles: more-rapid (34%), less autonomous (21%), and very rarely – a mixed-operating autonomously (e.g operative , but with a high autonomy, 17%). In the excitable type, features mostly independent of style (85%) and less operational (17%). For the affective-exalted in most cases, the operational characteristic of the style.

A special place is occupied by anxious and dysthymic type of accentuation, since the average level of individual self-regulation in these groups is much lower than the other typologies. Even the alarm type selected two profiles of self-regulation: In the first case, the characteristic features of an autonomous identity (81%) at a low level of independence, in the second line operational style (17%) at a low level of flexibility. In subjects such as color features of *dysthymic* autonomous style, combined with low expression of reliability.

We emphasize that in the above Research, we did not associate with the accentuation of the personal efficiency of self-regulation, we have been important as the specific structure of the profiles of the potential formation of a particular style of self-regulation, behavior, and life in general.

Let us note that the term «perception» is not used here in general psychological meaning. In fact it is not so much about perception, as the cognition of another person. As one enters into communion always just as an individual, so he always is perceived as an individual by another man. On the external side of behavior, we, according to S.L. Rubinstein [6], as if we «read» the other person, decipher the meaning of the external data. Impressions that occur in this case play an important regulatory role in communication. In the course of cognition of another person at the same time exercise emotional assessment of the other, and try to understand the structure of his actions, and based on this strategy to its behavior, and building a strategy of his own behavior.

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