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**PERSONALITY IN CONTEMPORARY REALITIES:
WAYS OF LIFE-DESIGNING**

The ways of life-designing optimization are analyzed in the article. Those are: revolutionary way of solving crisis life situations; the evolution path to / beyond-crisis life choices; strategic way of claiming character of creating the future; tactical way of step-by-step self-tasking and pragmatic way of personal practicing. Three components of life-designing as listed below were defined. They are: configuration of crisis, beyond-crisis, claiming character and task practices aiming at self-identification; configuration of practices aiming at developing new communication territory by means of crisis management, time made life choices embodied in the tasks of life claims and configuration practices aimed at creating next stages with critical techniques, methods of selection, claims and objectives.

Key words: life-designing, life crises, life choice, life aspiration, life tasks, personal practicing.

Nowadays attention is rising to the contemporary person and its life due to the need of considering rapid social transformations consequences. Thus, the need for understanding the special features of personal life-designing in conflict, low-prognosis social medium defines the *urgency* this scientific work. The induction of scientific researches carried out by the Laboratory of Personality's Social Psychology within past two decades would contribute to defining areas for further scientific research and a theory of personal life-designing.

The *object* of the article is to identify its own ways of life optimization by modern person.

It is hardly possible to get abstracted of the prolonged and short-term crises in our everyday life. Thus the first topic covered by our lab was intended to seek and find psychological assistance methods in crisis and extremely difficult life situations.

We tried to cover the whole range of crises situation faced by the personality and considered traditional normative crisis in all its stages as well as non-normative crisis that occur in the family, in professional and personal life. All of the listed requires certain human actions that exceed person's adaptive capacity and energy resources. Peculiar attention is paid to the crises of various manifestation; *severe*, leading to thoughts of suicide; *medium*, intentions and actions enabling the next manifestation of deviations in behavior, abnormality in psychological and sexual development, psychosomatic diseases; *relatively light* impedes social adaptation, profes-

sional realization, family interaction, lowers self-esteem and distorts self-perception [3].

Crisis was studied as an emergency system that happens if there were no positive transformation in the individual's life. It is the mechanism of anti-stagnation cutting off the old habits and stereotypes, relationships change, new ways for self-realization are to be found. Real ways of crisis solving depend on its stage as well as on the type of relation to what is happening (ignore, exaggeration, demonstrative, voluntary and productive) [3, 4].

Everyday stress and sudden cases were analyzed; self-help techniques in difficult conditions were approved.

Individual and group methods of providing psychological assistance to a person and person's family in crisis case were developed. We immersed into the prevention and rehabilitation work with deviant personalities, suicides, pregnant women, critically ill patients (cardiology, AIDS, cancer) [3].

It was the mode of approving the first way of optimization (improving) personal life-designing: constructive and timely way of overcoming life crisis by means of defining new values, ways of self-regulation, and techniques for recovering control.

At the same time we faced the fact that personal development has other ways than crisis. The latter has destructive risks. Crisis can be prevented, and its destructive consequences mitigated if faced difficult choices person is ready to test new models of self-realization in time. So there aroused the next complex topic for laboratory research referring conditions and determinants of personal choice.

Life choice is a strategic decision changing life vector due to being a non-revolutionary driving force of the individual's world, self-making personal determination way.

The main criteria are: *evolutionary self-organizing* (revision personality's own life as a dynamic regulation of its spontaneity by means of choosing *highly-effective movement direction*); *psycho-semantic* (choice of new forms and methods of regular reinterpretation of the experience gained in the aspects of *clarity, convenience, consistency*); *subjective* (actualization of ability to bear responsibility for themselves and their own lives, internality, independence during making important emergency decision); *structural and functional* (work out individual and particular types of activity, techniques of being that enable selection activity); active skills (developing the ability of initiation making choice, stage by stage transcendence, overcoming difficulties during start in making choice, mistakes during making choice) [2, 4, 9].

Auto aggressive motives of youth choosing risky sports and tourism are researched. Group prevention activity with extreme athletes and adventurers (climbers, speleologists), youth with disabilities is worked out. The pattern of group psychological mutual support of people with serious somatic problems is approved. Special attention is paid to the selection strategies of AID-positive youth. Group technology in correcting drug-injection users' deviant choice is approved. The influence of the personal myth upon youth in choosing risky behavior, gender differences in risk activity that has significant difference regarding men and women are revealed [2].

The importance of social and psychological competence was proved during analysis of interpersonal choices. Group methodology for making the best choice during role conflict is created. The role of such personal determinants as awareness and similarity of values, marriage and family attitudes, ideas of women's and men's roles in the family and directing at partnership in communication for successful students' choice of the potential marriage partner is revealed [2].

Thus the way of personal life-shaping (designing) (modeling) as follows was determined: the one of life choice, i.e. the way of making on time decision before/off-crisis solution that improves gently personal non-revolutionary movement (development).

Other subject for the laboratory research as a logical chain of the topic devoted to the aspirations as potentials' formation predict the possibility of achieving decent life by the personality. Life pursuit is considered as man's relation to his own life on the aspect of need, as a desire of ensuring appropriate conditions for the development of self-esteem. It is the aspirations on the quiet that becomes lemma for effective life strategies. Due to the latter the personality trenches upon life top positions that would be impossible in other more passive way of life [1].

The functions of life aspirations that become elements of their structure are evaluation and patterning that are the basic components of emotional claim. Conative component is created due to stimulation and regulation functions. Construction aspirations require cognitive component as well, based on the reflexive function of rethinking acquired experience, that is in the past, and it is supplemented by future modeling function [1,4].

Life aspirations as life-desining social and psychological mechanism are realized step-by-step in three-phases. Vague aspirations denotation takes place in communicative semiotics phase when vague picture of what should happen in life is being organized. The second stage, prognostic-narrative is characterized by the forecast of desired worthy life plot. The final phase of self-realization is the goal-setting [1].

Aspirations were analyzed by the Laboratory staff in the context of the Eastern (collectivist) and Western (individualistic) cultures. Self-

realization vectors were determined. Those are: *objective* characterized first of all by the focus on social imperative, standards, and *subjective* aiming at revealing personal potential. The role of aspirations in the personal identity, achieving life success, adolescents' and youth's professional prospects vision, viability developments were revealed. Gender analysis of career and marriage-family aspirations gave a lot of interesting data. Non-appropriate aspirations related to Internet dependence proved to lead to almost blocking the planning personal relationships and professional self-realization. Owing to analysis of claims deformations specific features of blackmailing and consumerism of problem youth and drug addicts were revealed [1, 8].

Semiotics, narration and goal-setting were put on the evaluation test as optimization technology of individual's aspirative activity. Semiotic technologies help primary structuring of the future by means of imposing advance expectations and aspirations on it. It was proved during individual and group psychotherapy sessions. Narration technologies contribute to future modeling in the context of human's whole life, considering the influence of typical and ideal life scenarios, age desired and future efforts for obtaining desired result. Targeting technologies are related first of all to updating responsibility, developing self-distancing skills, claims details and creating regulation methods [1].

It was the way of appearing the third way of personal life-designing – the way of *claim modeling* the future by means of advance expectations and aspirations.

However, there aroused question about methods and techniques of life claims operationalization that resulted the theme choice of personality's life-tasks. Tasks were regarded as a peculiar personal chronotope synthesizing temporal and semantic perspective as units of semantic structuring of the future. Owing to the latter individual's activity becomes goal-directed, and is realized regularly in phases [4, 7, 10].

The life tasks were determined to be formulated as energy-intensive futurological narratives in order to plan the next stage of life-way. The main topic of autobiographical narrative is chosen considering time-and-space and fable-plot-genre life constitutive components. To ensure adequate task-setting of life problems a certain level of individual's narrative competence is required. Social and psychological factors defining life tasks setting are: social and cultural context, dialog communication, multiple identification, axiological uniqueness and social semantics. Life tasks are characterized by content, results, novelty, adequacy, accessibility and energy intensiveness. Life task becomes mature and has transformations stages of meaning-search, meaning-bearer and meaning-self [4, 10].

Heteronomous character of modern life was shown as the one giving people multiple opportunities at the same time provoking competition of life

tasks to each other. Task structuring patterns of professional future were defined and the way of emerging borrowed task-narratives were analyzed. Life tasks were analyzed simultaneously in three modes: personalization, unification and potential. Reflexive, impulsive and intuitive are the ways of setting tasks [10].

The lack of initiations in modern society turned out to lead to reducing the impact of cultural traditions and community experience in setting vital tasks caused by personal experience, reference groups and media stories.

Efficiency, commitment, maturity level, values hierarchy, self-regulation styles are the main characteristics of the personality affecting setting life tasks. Students who set realistic everyday tasks related to marriage and family are characterized by high level of reflexivity, focus on self-actualization, spontaneity, and focus on human values.

Independent task-setting, variability, resources and procedure are diagnostic features of the created task. Education, love, family, work, friendship, money are the main areas of self-tasking [10].

Life capacity requiring cognitive, emotional and personal resources is defined to be psychological precondition of task-setting in unexpected circumstances. Drug-addicts' life tasks are related to the achieving well-being, education, self-development. AIDS-infected people have priority of maintaining health, well-being and comfort. In case of inefficient self-realization vital tasks are aimed at preserving adaptive, compensatory position, protection from life's realities requiring changes. Defining professional tasks especially in the area of social work is conditioned by the experience of drug-addicts [10].

Personal self-constituency optimization pattern consisting of promoting ability to start life, raising adapting level to different social and cultural contexts, improving multiple identification abilities, increasing tolerance to environment, developing disposition to own life textualization is offered [7, 10].

Thus, the way of setting task adequate to individual's claims and real situation, independent and balanced life tasks promoting self-realization in various fields is other way of life-shaping optimization.

Today's laboratory theme is related to social and psychological practices as repeated behavioral life-shaping actions, accumulating experience and articulating personality and its' individual history.

Practices were determined to be life-designing techniques, life tools that appear, being approved, repeat and get fixed during ongoing individual's dialogue with global world (society, culture) and the actual situation. Human actions in order to get the status of practices are to be frequent, prevent, appropriate and necessary for many people [4, 5, 6].

There are different life-designing practices i.e. background, routine, converting, extreme that are to be considered in a continuum between two poles: the one of the ordinary and quiet everyday life and the other is rapid, unexpected and risky life. It happens under certain conditions that background and design, individual and mass kinds of practices mutually transubstantiated.

The basic components of the life-designing pattern are three areas of personal practice as follows. The first, personal practices configuration aimed at shaping personal self. The second, spatial practices configuration aimed at accustoming to individual's meaningful communication territory. The third, time practices configuration aimed at overcoming certain period of the life, according to the historical distance [4].

Analysis criteria of social and psychological practices of life-shaping (modeling) are *text analysis criteria* (narrative-mentative) and *context* (cultural and individual, values and meaning, regulatory).

Personality becomes more integral, stable, adaptable due to narrative practices dominance promoting immersion into laws and regulatory contexts. And it becomes more open, flexible and dialogical owing to mental practices domination when value-semantic contexts are the most important [5; 6]. Transformation practices are described to be used by the individual mostly in the mentative way, whereas background practice in the narrative one. Specific features of personal autobiography provided by routine or transformation practices temporary dominance caused by mutual transition of narrative and mentative [5, 6].

The patterns of attitude to risk as listed below are identified. Risk is interpreted as: an adventure, a game, a test, a task. Risk management practices are highlighted: neglecting, manipulation, protection and integration. Cathartic essence of crisis practices impeding the problem of youth antisocial practices and stimulating making pro-social practices is revealed.

Communication practices of authoritativeness, subordination, confrontation and construction are underlined in the space of dependent relationships. Internet communication practices deployment criteria: anonymity, privacy, mediated activity are defined. Domination, avoidance, mutual support practices are analyzed. Serious and light types of space in the areas of work and leisure are defined. Practices providing transitions between spaces are pointed out. The functions of positive influence of the personal fear of death on life-designing are found out. Those are: old bonds of personal experience deconstruction, latent psychological resources actualization, stimulation transition from destructing to constructing new life vectors.

The ways of life-designing practices optimization in the areas of practices reconfiguration aimed at self-identification, development of mean-

ingful communication area and essence-generation in accordance with the net life stage. Effectiveness of stabilization practices of life-constructing (security, “flirting” with danger, perfect future planning, try own strength) are verified. The ways of risk minimization (choose object for trust, belief in one's own luck, best alternative search, master new types of behavior) are found. The ways of optimization practices of life-designing in the dependence space are outlined. Those are: expanding interpretation limits, creating relations based on values and meaning, differentiation of common and individual development prospects in the relationship.

Optimization of individual's own family life-designing should be aimed at improving the environmental and dialogue interaction practices were defined. Ways of optimization narrative practices of family life-designing in everyday and crisis situations according to the types of family narratives (dominance, autonomy, cooperation, care, and merger) were approved. Practices of disregard, compensation and search among the ways of optimization women's practices of constructing partnerships with men were approved. The pattern of life-realization optimization of the problem individual, including patterning technology, inversion of intention, reconstruction and construction was developed.

Methods of optimization social services users according to the communicative Internet practices typology of avoidance and domination were worked out. The following practices of integrating the fear of death as a personal resource: “magnifying glass” narration, essence search, reset, demechanization and immunization were suggested in shaping new life path.

So, the next way of personal life-designing optimization is the way of personal practicing between routine and extremity poles, individual's active and passive position, individual and mass character.

CONCLUSIONS

Personal life-designing in conflict, little predictable society provides increasing attention to temporality. It adumbrates a paradigm shift from existing to the one that is arising.

The ways of different areas and life stages designing optimization by personaity are as following:

- *revolutionary way* of solving crisis life situations contributing to urgent life-designing reformatting;
- *evolutionary path* before / beyond-crisis life choices as a strategic decision changing gradually, adjusting flexibly life-designing path;
- *strategic way* of patterning the future by means of on time life claims reflecting individual's basic needs;
- *tactical way* of phase life-designing by means of setting urgent life tasks;

• *pragmatic way* of personal life-designing practice occurring in between every day, background, stabilization activity and transformation activity, creative, extreme.

The basic components of the life-designing pattern are: the first, crisis, claim and task practices configuration aimed at self-identification. The second, practices configuration aimed at accustoming to individual's meaningful communication territory owing to crisis situations constructing solving, on time life choice, conscious and realized in tasks life claims. The third, practices configuration aimed at patterning, planning and creating the next stage of life way by means of crisis practices, ways of choosing, claims and tasks.

The main components of life-designing pattern are, *first* of all, configuration of crisis and beyond-crisis, claim, task and practices aimed at self-identity. *Second*, they are configuration of practices aiming at significant environment, developing new communication territory by means of constructive crisis management; life choices made on time; life claims understood and embodied in everyday tasks. And, *third*, the configuration of practices aimed at modeling, planning and creating the next stages by means of the critical techniques, methods of choice, claims and objectives.

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