

из основных видов профессиональной деятельности специалиста на примере характеристики особенностей диагностики детских страхов; обоснована актуальность учебного курса «Введение в специальность» для обобщения и систематизации знаний будущих практических психологов относительно общих и специфических особенностей избранной профессии. Источников – 7.

Ключевые слова: образовательно-квалификационная характеристика практического психолога; образовательно-профессиональная программа подготовки практических психологов; психодиагностическое исследование; методика психодиагностики; проективные методики психодиагностики; детские страхи; личностная тревожность.

Vasilega O.

THE INTRODUCTION TO THE SPECIALITY: THE FEATURES OF REALIZATION OF PRACTICAL PSYCHOLOGIST'S DIAGNOSTICAL FUNCTION (ON EXAMPLE OF DESCRIPTION OF THE PRIORITY FORMS AND METHODS OF DIAGNOSTICS OF CHILDREN'S FEARS)

The specific of practical psychologist's psychodiagnostic work as one of the main types of professional activity of specialist on the example of description of features of children's fears diagnostics is analyzed in the article; the actuality of the educational course «The Introduction to the Speciality» in generalization and systematization of knowledges of future practical psychologists in relation to the general and specific features of selected profession is grounded. Sources – 6.

Key words: the educational-qualifying description of practical psychologist; the educational-professional program of preparation of practical psychologists; the psychodiagnostic research; the psychodiagnostic methods; the projecting methods of psychodiagnostics; children's fears; the personal anxiety.

7.

Василега Ольга Юрійвна - викладач кафедри психології Сумського обласного інституту післядипломної педагогічної освіти

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Vereina L. V.

FEATURES OF THE PSYCHOLOGICAL COUNSELING AND PSYCHOLOGICAL CORRECTION ON THE PROBLEMS OF DEVELOPMENT OF FEMININITY AT WOMEN

The analysis of features of problems, with which women apply in the process of the psychological counseling, related to violations of gender identity and womanish social roles is given in the article. The short analysis of research problem in psycho-analysis and modern psychology is conducted. Group psychological correction procedure of development of femininity at women and results of experimental research of realized psychological correction procedure on 6 training groups is presented. Sources – 8.

Key words: femininity, masculinity, psychological counseling, individual and group psychological correction, gender identity, womanish archetypes and social roles.

Actuality of the theme. More than half of the century ago the World War II was completed, but millions of cannons, bombs and rifles of that War crashed a lot of families, took away lives of men-soldiers, inflicted the heavy wounds to femininity. In those difficult times women, more frequently were single, in order to survive were to carry the load of hard work, responsibility, personal unsettled state on their shoulders. These circumstances compelled them to undertake most masculine troubles. Aspiring to life helped them to perch and get used to those not simple circumstances. Years passed, mothers being the standard of care and femininity for them, educated their children, daughters imitated mothers and grandmothers. On a background of virile women men looked more fragile, tender and not built to life, disharmony grew. The load of responsibility pulls women to work hardly and men become more helpless, escaping to a drunkenness and illnesses psychologically. In sexual mutual relations there is tension, discomfort, crisis of a family, mutual offenses and claims, and one of the reasons of such situation is violation of natural harmony through the loss of femininity by women. Women in age from 25 to 45 years which undertook the load of all vital events, but does not have the happy married life, elementary womanish happiness apply for psychological counseling more frequent. Such women grumble about the lack of ability of men to accept independent decisions, earn money, care of her and children, on a presence at men of flabbiness and absence of necessary courage, as a result of what a woman is forced to discover mentioned masculine qualities, become brave and uninteresting as tender and womanlike for a man. Therefore a research problem is actual.

Raising of a problem. For a long time psychology in Ukraine and countries of the UIC developed as "sexless psychology" of sexless individual (I. S. Kon), that created very much deadlocks in the scientifically grounded decision of row of social and pedagogical tasks (I. S. Geodakyan). Modern society is characterized by a change of value-moral orientations in the field of sexual relations, in this society it is seen washing out of limits between womanish and masculine social roles, influence of negative informative background, provoking aggression and enhanceable anxiety is marked.

A problem of sex-role identity sets one of the key places in psychology of sexes. Sex-role properties, filling all the personality are the basic descriptions.

By A. Adler (1998), K. Khorni (2002), A. Louena (1998) it is known that problems of mutual relations between sexes more frequent are related with non-acceptance of the gender roles which touch not so much cognitive, but emotional sphere of a personality and often result in nervous and illnesses of a personality. Thus, realization of gender roles and character of relations between genders in the large measure are related with the emotional constituent of sex-role identity, which, without regard to its meaningfulness, is not enough studied, besides in the conditions of socio-economic crisis the character of personality consciousness forming tests considerable changes. Leaning on Me - conception of R. Berns, it is possible to assume that every personality has appearance of Me - self as a representative of a certain gender, that is self-appraisal, affect relation and potential behavior reaction which is determined with this appearance of Me - self and with attitude toward this appearance.

Consequently, sex-role identity as an aggregate of settings of itself has three constituents: cognitive, affect and behavior. Adequate development of all constituents of sex-role identity is characterized by acceptance of the gender belonging to a personality, inadequate one is expressed in its casting-out or mixing (diffusions) of gender identity.

A bar of womanish identity with the sexual role is femininity. Therefore the development of femininity, beginning from the awareness of problem (cognitive level), passing to the emotions and senses (affect level) and teaching a woman to behave like a woman (cognitive level) is a problem of a psychologist for decision during the process of the psychological counseling and psychological correction (individual or group) with women which appealed for psychological help.

Analysis of the last researches and publications. On the basis of the theory of C.- G. Yung about archetypes, which became accessible to a wide domestic psychological audience only in 90th of the XX century, Dzh. Sh. Bolen described 7 basic womanish archetypes of goddesses: goddesses-virgins are Artemis, Athena and Gestiya; vulnerable goddesses are Gera, Demetra and Persephone; Aphrodite is an alchemic goddess. S. Bem in her works promulgated the results of researches concerning a public idea in relation to feminine and masculine features of a personality. Sh. Bern spares attention to development of the gender settings, influence of society, paternal family, educational system on education of womanish or masculine lines and settings of personality on verge of the XX-XXI century. S. Peydzh analyses the problem of spiritual curvatures in settings of a woman in relation to herself. O. Litvinova in her works and study book on the problems of gender psychology, and also M. Guz, O. Ivanova, I. Zherebkina, M. Tkalic analyze the problems of gender stereotypes which influence the development of a personality in general and modern youth in particular.

A research purpose is a theoretical analysis and experimental research of a problem of development of femininity at women in the process of the psychological counseling and psychological correction.

Exposition of basic material and ground of the got scientific results. A psychological sex is description of a personality and behavior of a person from point of masculinity-femininity. Masculinity is an aggregate of signs which distinguish a man from a woman. Femininity is an aggregate of signs which distinguish a woman from a man. Masculinity and femininity are the genetically set properties of psyche, which are formed under act of social factors. Feminine, femininity relates to the patterns of behavior, settings, which are considered the psychological second sexual signs of a woman. A classic theory is inclined to consider that femininity is substantially related with passivity and masochism and that womanish psychology is centered round difficulties, concerning acceptance of helpless position. While men, speaking psychoanalytical language, "master a masculine role", women "accept a feminine role" reluctantly and only after the "refuse from penis". As Jones marked, this look at femininity is the example of "phallus centric" slope of Freud, and he was added with criticism from the side of many, though not all, women-analysts [6]. Femininity (from lat. Femina is a woman) is a picture of somatic, psychical, behavior properties, character for women; equates with obedience, fragility, by the exception of violence. Femininity

is a complex of psychological and character features, that are traditionally added to women. Fragility, willingness to help, complaisance, etc belong to them. [4].

I. S. Kon [2] selects three values of concepts of "masculinity" and "femininity". The first value is a category which includes description of aggregate of behavior and psychical lines and properties, generally incident to the representatives of two sexes. The second one is the category which includes element of symbolic culture, aggregate of social presentations and settings, added to men or women. As a third one the system of postscripts, which touches the displays of courage and femininity, normative standards is offered.

Between a man and woman there is a row of divergences, including in the field of the psychological functioning, however majority from found out divergences during various researches are not enough reliable.

In accordance with survey research of Maccoby E. and Jacklin S., the certainly confirmed sexual divergences are a greater aggressiveness, higher progress in mathematical and visible-spatial capabilities at men; the best verbal capabilities appear for women.

It should be noted that masculinity and femininity does not have direct relation with sexual divergences between a man and woman.

The concept of femininity from the very long ago was related with the concept of mysterious engrossing force. In antiquity women were oracles, keepers of sacred knowledge, different secrets, priestesses. The function of bringing children into world caused awesome fear for men.

Appearance and development of psychoanalytic directions in psychology gradually resulted in partial destructions of former myths and creation of new ones. "Anatomy is a fate", - asserted Z. Freud. Exactly differences in a building of bodies of men and women form two features in development of womanish psychology: a complex of castration and envy to the masculine penis.

These complexes defined, in opinion of Freud, three possible lines of development of womanish psychology: one conduces to suppression of sexual impulses, and consequently to the neuroses, second - to modification of character under masculine standards for which manlike aspirations to creative activity, strong social interests activity are characteristic, and third - to normal femininity, saying this Z. Freud understood aspiration to realization of desire to own that makes the article of womanish envy with the help of the married life and birth of a son. The result of normal development of womanish psyche and natural components of healthy femininity, by Z. Freud are passivity, absence of sense of justice, propensity to envy, weak social interests, inability to sublimation (to creative activity). Consequently, envy to the man organizes a womanish psyche so, that three ways of development are possible: hysteria, masculinization and normal femininity which so much differs from the normal common to all mankind type of personality. It is needed to notice that Z. Freud built the conception on the basis of clinical material, medical practice and the women of middle class, who indeed felt psychological stresses as a result of without rights, oppressed position in family. These women were his patients. Freud fully supported traditional prejudices at his times in relation to a woman and her role and place. In his late articles Z. Freud asserted that he had never understood womanish psychology in fact. But these words of large psychiatrist were perceived by society, as negative in behalf of unforeseeable and non-logical womanish psychology.

C.- G. Yung, bright representative of psychoanalytical school, marks: "People with knowledge accede to that men understand nothing in psychology of woman, what is she in reality, but strikes as far as women do not know themselves". Pursuant to C. G. Yung masculine soul differs from womanish one. At conscious level this is the difference between a masculine person and womanish one, it is based on cultural norms and roles differences. At irresponsible level this is the difference of archetypes: anima for a man and animus for a woman. Passive, non-aggressive, receptive womanish person and rational, active animus. Concordantly to C. G. Yung, appearances of Anima and Animus are placed into a psychical structure: they live and function in phyllogenetic deep layer of irresponsible. In the figures of Anima and Animus an autonomous character of that he named «collective irresponsible» finds the expression. Anima and Animus are the symbols of those elements of it, which are able to be integrated in consciousness and in this sense there are «functions which filter maintenance of collective irresponsible and pass to its consciousness». Being-integrated, Anima becomes Eros, and Animus - Logos. C. G. Yung considered that Anima and Animus bring the spirit of unknown ancestors in to consciousness. Their method of functioning is to think and to feel, to cognize life and world, gods and people. They exist in the world, different from external, wherever birth and death of individual are not taken into the account. In analytical psychology of C. G. Yung Anima and Animus act important part in understanding of features of psychology of man and woman. In its nature Anima is erotic-emotional, and Animus - analytical and critical. With the help of

Anima a man tries to understand nature of woman. Due to Animus a woman tries to understand a man. In its basis Anima is directed to unity, and Animus - to the separation. In the real life the symbols of Anima and Animus can be instrumental in establishment of harmonious relations between a man and woman. But they can conduct to the conflicts too, because of the forms, related to that Anima and Animus are symbolic complexes which retain a person in the power and generate sense of hostility. Theoretical position of Yung relaxed women in their aspirations to achievements. He wrote: "Choosing a masculine profession, studying and working as man, a woman does something such, that does not answer, sometimes even harms straight to her womanish nature".

The approach of Yung allowed J. Bolen to realize, that women submit to might internal forces - archetypes, which symbols can be found by appearances of the ancient Greeks goddesses. At the same time, such feministic approach helped her to understand that external forces or stereotypes - are those roles implementation of which society expects from women, - impose to them the templates of one goddesses and repress others. As a result she paid attention, that every woman is somewhere in the middle: its internal motives are concerned with the archetypes of goddesses, and external acts - by cultural stereotypes. As soon as a woman begins to realize such influencing, this knowledge becomes the force. "Goddesses" are mighty invisible forces which determine the behavior and sense. Knowledge about "goddesses" at each of women opens before woman new territories of consciousness. When she understands, what "goddesses" are showed up in her as dominating internal forces, both understanding of herself, authorities of certain instincts, awareness of the priorities and capabilities, possibility to find the personal sense in those decisions to which other people can remain indifferent appears. Every woman is provided with divine gifts which she follows to learn and to accept with thanks. In addition, at each woman there are scopes set by higher forces, which are needed to be recognized and be overcome in order to change. Woman is not able to argue with the chart set by the basic archetype of goddesses, till she does not realize existence inside her of such archetype and till does not make attempt to incarnate her potential with its help. One of the first fundamental works on the topic of womanish psychology belongs to H. Datch - most successive students of classic psychological analysis. Because of her efforts it is possible to notice, presumably, more expressly, than in works of Z. Freud, what majority of defects even fully "normal" woman has, according to the picture of Z. Freud that "all evil of human soul is contained in irresponsible". In womanish irresponsible there is especially much evil. On the whole, this not so terrible, but a woman should not be supposed vicious. Passivity, masochism and narcissism, appeared to be "basic" vices, basic from them is the first feature which begins from "setting on expectations" and roles in sexual relations. The second feature - masochism also begins both from the above mentioned act, and from birth of children. This feature is investigation of womanish passions to feelings in which pleasure is mixed with pain. A defect, that remained, regulates the relations between these descriptions and counterbalances them, it appears out from indemnification of sense of danger and inferiority.

K. Khorni actively attracted the social context of development of woman, marking "underestimation of discrimination (of women) in phychoanalytic literature" [8]. K. Khorni extended the picture of the most frequent deviations of womanish psyche from a norm, that appear in the complexes of castration, masculinity, frigidity, tension before woman regular cycle. Conclusion of K. Khorni is the next: "basis ... of reasons of departure into the role of a man consists in a complex of Edip. But later they were refreshed and supported by the real discrimination of womanish labour in society", that explained the prevalence of complex of masculinity, that appears to be psychoanalytical. Studying the problem of womanish masochism, she explored cultural factors which take part in its generation above all things. Among them she selected impossibility for a woman openly to voice the feels and sex appeal; limitation of number of children birth which brings positive emotions to the woman; look on a woman as on the landed creature that reduces her confidence of herself; economic, and, as a result, adaptational emotional dependence on a man, and also limitation of activity of woman by those spheres, where emotional connections prevail. In addition, she determines not anatomic, but anatomic-psychological factors which are instrumental in womanish masochism. Large physical force of men, and also possibility of raping, that provokes appearance of the proper emotional setting and masochistic fantasies in the women, are in their number of such factors; sickliness and blood processes of menstruation, giving birth to children, defloration, asymmetry of participation in sexual relations ("a woman is penetrated") - these all enables interpretation of womanish role as masochistic, and masculine - as sadistic. Conclusion of K. Khorni differs from the conclusions of many other researchers, and above all things of H. Datch: "biological functions as so do not have a masochistic implication, ... but if women have masochistic necessity of another origin, these functions are easily pulled in masochistic fantasies" [8].

73% of women which appealed for psychological help during 2012-2013 years to the psychological center «Positive» (Lugansk, Director – Vereina I.I.) had problems with opposite sex in their private life, inadequately reproduced womanish roles in society, private life and family, demonstrating masculine and hysteric character intensions. A group or individual psychological counseling and primary psychological diagnostics were offered to every patient. In experimental research 60 women in age from 29 to 43 years took part, 49 from them have higher, and 11 – the uncompleted higher education. The questionnaire of S. Bem, method SAN, method of diagnostics of indexes and forms of aggression of A. Bassa and A. Dark, test of research of anxiety of Ch. D. Spielberg were used for research.

33% of explored persons showed the level of selffeeling below middle, 17% of women showed low level of activity; 7% of them showed unsatisfactory mood. 13% persons belonged to femininity identity; 20% of women - to the masculine type; other 67% of persons - to the androgenic type. 20% persons found out physical aggression; hidden aggression is characteristic to 53% of persons; irritation is peculiar to 30% of women; 73% women are inclined to negativism and external aggression; offense is peculiar to 33% of explored women; suspiciousness – to 26%, and verbal aggression – to 50% of women. Aggressiveness is examined as typically masculine line and correlates with the level of concentration at the individuals of masculine sexual hormones - testoids. None of explored women showed a low situation anxiety, 27% showed moderate level and 73% – high situation anxiety; as a result of research of personal anxiety: 3% of explored women showed low, 50% – moderate and 47% - high level of personal anxiety.

Procedure of group psychological work is written to be realized during 3 days for 8 hours each. Its purpose: development of femininity and harmonization of the internal state of women, assistance and activation of their personality growth, improvement of relationships with circumferential ones, above all things with men. Task of the group psychological program: to translate irresponsible in conscious knowledge about the gender features of a personality; to deepen and develop the processes of self-knowledge; to overcome fear before womanish questions and problems; to conduct analysis of archetypes and states of a woman; to develop skills of self-regulation; to form positive attitude toward herself, circumferential, the past and future; to acquire sense of integrity, harmony, confidence, femininity; to define the ways of subsequent personality development. The group psychological work program consists of the following stages: acquaintance with the features of masculine and womanish energy, concepts of masculinity, femininity and androgen; consideration of influencing of the varied things and phenomena on psychological activity and personality of a woman; diagnostics and renewal of work of energetic centers of body; awakening and reflection of the states inherent to each of social and archetype roles of woman.

Women were invited into 6 groups 10 participants in each. During work there were found out the following problems: sense of loneliness and state of social loneliness; complaints about the relationships with a man, that grew cold; complaints, that a man does not earn money and all troubles and anxiety are put on the shoulders of a woman; misunderstanding with circumferential; a man forbid to act without his let, controls everything; family on the verge of divorce; there are no relationships with men; some of women treated themselves as unattractive and not noteworthy; “crown of celibacy”: mother raised me alone and I educate a daughter of school age alone, though want to help her”; a man has a mistress and child general with her on a side; “all men are scoundrels, help to find one more or less normal man”; dissatisfaction with the intimate relationships with a man; inability to create relationships with men; tortured a man with jealousies; I feel fully dependency upon a man, I m not capable; a man has a mistress.

When psychological work was finished a research with the method SAN was made again and it showed, that the emotional states of participants changed: the feel became more better at 16%; activity was multiplied at 12%; the mood rose at 15%.

As a result of the repeated questioning after the method of S. Bem we have the following data: 57% of persons belonged to feminine type of gender identity and other 43% of persons - to the androgen type. A middle index was multiplied to 0,94, that also is within the limits of androgen type, but approaches feminine one. As a result of the repeated leadthrough of method of A. Bassa and A. Dark there were the following data: 7% of persons found out physical aggression; internal aggression is peculiar to 47% of persons; irritation is peculiar to 23% of women; 67% women are inclined to negativism; 17% of women are inclined to offense and self-aggression; 13% are inclined to suspiciousness, and verbal aggression is peculiar to 40% of women, that indexes diminished on all scales of aggression. As a result of testing of level of anxiety» of. Ch. D. Spielberg 3% of explored showed a low level of anxiety, 40% - moderate and 57% – high level of situation anxiety; as a result of research of personality anxiety: 3% of explored showed low level, 54% – moderate and 43% - high level of personal anxiety, that indexes also became better, and the indexes of t-criterion of Student (from 3,5 to 7) testify about that.

Summary. The last decades a problem of gender identity is actual because of the curvature and change of sexual role positions of man and woman in society during a few generations. Today most women who apply for psychological help grumble about a necessity to carry out masculine roles in family, at work and other spheres like that, as a result they feel unhappy. Group or individual psychological correction helps women to renew and promote the level of own femininity, to change own archetypes and social roles adequate to situations flexibly, to reduce the level of anxiety and womanish fears, feel the joy of life and activate own vital position.

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Вереіна Л. В.

Особенности психологического консультирования и психокоррекции по проблемам развития фемининности у женщин

В статье предоставлен анализ особенностей проблем, с которыми обращаются женщины в процессе психологического консультирования, связанных с нарушениями гендерной идентичности и женских социальных ролей. Проведен короткий анализ проблемы исследования в психоанализе и современной психологии. Представлено описание процедуры групповой психокоррекции по развитию фемининности у женщин и

результаты экспериментального исследования по реализации психокоррекционной процедуры на 6 коррекционных группах. Источников – 8.

Ключевые слова: фемининность, маскулинность, психологическое консультирование, индивидуальная и групповая психокоррекция, гендерная идентичность, женские архетипичные и социальные роли.

Вереіна Л. В.

Особливості психологічного консультування та психокорекції з проблем розвитку фемінінності у жінок

В статті надано аналіз особливостей проблем, з якими звертаються жінки у процесі психологічного консультування, пов'язаних з порушеннями гендерної ідентичності та жіночих соціальних ролей. Проведено короткий аналіз проблеми дослідження у психоаналізі та сучасній психології. Представлено опис процедури групової психокорекції з розвитку фемінінності у жінок та результати експериментального дослідження з реалізації психокорекційної процедури на 6 корекційних групах. Джерел – 8.

Ключові слова: фемінінінність, маскулінність, психологічне консультування, індивідуальна та групова психокорекція, гендерна ідентичність, жіночі архетипові та соціальні ролі.

Вереіна Людмила Вадимівна – кандидат психологічних наук, доцент, доцент кафедри психології Східноукраїнського національного університету імені Володимира Даля, м. Луганськ

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Волченко Л. П.

ОСОБЛИВОСТІ СОЦІАЛЬНО-ПСИХОЛОГІЧНОЇ ДЕТЕРМІНАЦІЇ СОЦІАЛЬНО-НОРМАТИВНОЇ ПОВЕДІНКИ УЧНІВСЬКОЇ МОЛОДІ

У статті розглядаються теоретичні аспекти соціалізації особистості та соціально-психологічні чинники, що детермінують соціально-нормативну поведінку школярів в сучасних умовах розвитку українського суспільства. Визначаються джерела соціально-нормативної активності учнівської молоді та умови, що забезпечують даний процес. Робиться акцент на ролі конфігуративних і префігуративних елементів культури, що визначають зміст сучасних соціально-психологічних впливів, на підставі яких формується нормосвідомість учнівської молоді. Джерел – 19.

Ключові слова: активність, соціалізація, соціально-нормативна поведінка, учнівська молодь.

Постановка проблеми. В останній час гостро постає проблема соціально-нормативного існування особистості в умовах трансформації суспільних відносин, а виникнення якісно нових просоціальних орієнтирів, які ще кілька років тому викликали певні суспільні заперечення (розвиток ринкових відносин, превалювання індивідуального інтересу над колективним тощо), певною мірою ускладнює процес її соціалізації. Особливо акцентованими виявляються суспільні сфери нормативного характеру, у яких формуються особистісні якості учнівської молоді. Не конгруентність системи виховання умовам існування та майбутньої самореалізації учнів може нанести їм великої шкоди та стати бар'єром на шляху саморозвитку та самовдосконалення.

Отже, розгляд особливостей соціально-психологічної детермінації соціально-нормативної активності учнівської молоді за сучасних умов розвитку українського суспільства складає важливе завдання соціальної психології та психології соціальної роботи.

Аналіз останніх досліджень і публікацій. Загальновідомо, що соціалізація – це процес засвоєння індивідом правил, стандартів і цінностей своєї родини, соціальної групи або соціуму, до якого він належить [14]. У наслідок залучення до цього процесу, індивід навчається конвенційним соціальним нормам, набуває раннього досвіду, що з часом призводить до представлення його у якості важливих аспектів формування Я-концепції.

У сучасній соціальній психології існує кілька підходів до проблеми соціалізації індивіда та особливостей набуття ним, так званої просоціальності. Так, американський вчений Н. Сметзер вважає, що в основі соціалізації індивіда знаходяться культурні цінності й саме вони визначають, що є просоціальним відносно того соціокультурного простору, у якому він знаходиться. Власно норми, вченим визнаються як очікування та стандарти, що керують інтеракцією людей [14].

З. Фрейд та його послідовники розглядають процес соціалізації як розвиток індивідуального “Супер-Его” [6]. Чим більше воно формується, тим більш соціально-нормативним виявляється індивід.