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## The Personal Component of Individual Experience Formation in Training Work as a Way to a More Positive Self-Concept in the Context of Personal Ideas About Well-being Generalization

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*The basis of the training program is the conclusion that there is a direct connection between the openness to experience with the idea of oneself as a sensitive, independent, successful, carefree and optimistic person, as well as - the opposite with the idea of oneself as a tough person in the past, present and future. There is also a opposite connection between the openness to experience and the perception of oneself as an anxious person, but it applies only to the present and the future. The connection between openness of experience and ideas about one's own security and self-confidence is observed only in relation to the past and present. In addition, the openness of the experience is characterized by a direct relationship with such indicators of self-regulation as modeling, flexibility, independence and its integral level; the locus of control «Me», the general meaning of life, and the level of significance of the values of independence and stimulation; and opposite - with the locus of control over life and the level of significance of the values of conformity, traditions, power and security.*

*Based on these findings, a training program was developed and tested, which provided for the development of creative thinking, personal growth, strengthening mental health and the development of meaning awareness. During the development of the program, it was taken into account that under conditions of significant socio-political changes there is a decrease in such components of personal experience as locus of life control, general meaningfulness of life, as well as growth of values such as independence, stimulation, hedonism, achievement and power.*

*The approbation of the training program revealed significant changes towards the positive dynamics of the vast majority of indicators in all three time dimensions, which indicates that, first, our established patterns of functioning of the personal experience depending on "Myself-wellbeing" and the impact of socio-political changes are correct; secondly, that the training program of forming the elements of the personal component of individual experience in the training process as a way to increase the well-being reflected in the self-concept is effective.*

*On the basis of the pilot training work, recommendations were formulated on the formation of elements of the personal component of individual experience in the training process as a way to increase well-being, reflected in the self-concept.*

*Key words: individual experience, personal component of individual experience, self-concept, well-being, training, training work, training program.*

*Основою роботи над тренінговою програмою є висновки про те, що існує прямий зв'язок відкритості досвіду з уявленням про себе як про чуйну, незалежну, успішну, безтурботну та оптимістичну людину, а також – зворотній з уявленням про себе як про жорстку людину у минулому, сьогодні та майбутньому. Крім того, зворотній зв'язок відкритості досвіду з уявленнями про себе як про тривожну людину, проте він стосується лише сьогодні та майбутнього. Зв'язок відкритості досвіду з уявленнями про власну забезпеченість та впевненість у собі – лише щодо минулого та сьогодні. Крім того, відкритість досвіду характеризується прямим зв'язком з такими показниками саморегуляції, як моделювання, гнучкість, самостійність та її інтегральний рівень; локусом контролю «Я», загальною осмисленістю життя, та рівнем значущості цінностей самостійності та стимуляції; і зворотнім – з локусом контролю життя та рівнем значущості цінностей конформності, традицій, влади та безпеки.*

*На основі цих висновків була розроблена та апробована тренінгова програма, яка передбачала розвиток творчого мислення, особистісне зростання, зміцнення психологічного здоров'я та опрацювання сенсоусвідомлення. Під час розробки програми було враховано те, що за умов значних соціально-політичних змін спостерігається зниження таких складових особистісного досвіду, як локус контролю життя, загальна осмисленість життя, а також зростання таких цінностей, як: самостійність, стимуляція, гедонізм, досягнення і влада.*

*За результатами апробації тренінгової програми були виявлені достовірні зміни у бік позитивної динаміки переважної більшості показників за усіма трьома часовими вимірами, що свідчить про те, що, по-перше, встановлені нами закономірності функціонування особистісного досвіду та впливу*

соціально-політичних змін є вірними; по-друге, що тренінгова програма формування елементів особистісного компоненту індивідуального досвіду в тренінговому процесі як шляху до підвищення благополуччя, відображеного в образі «Я», є ефективною.

На основі пілотної тренінгової роботи було сформульовано рекомендації щодо формування елементів особистісного компоненту індивідуального досвіду в тренінговому процесі як шляху до підвищення благополуччя, відображеного в образі «Я».

Ключові слова: індивідуальний досвід, особистісний компонент індивідуального досвіду, образ Я, благополуччя, тренінг, тренінгова робота, програма тренінгу.

Основой работы над тренинговой программой являются выводы о том, что существует прямая связь открытости опыта с представлением о себе как о чутком, независимом, успешном, беззаботном и оптимистичном человеке, а также - обратная с представлением о себе как о жестком человеке в прошлом, настоящем и будущем. Кроме того, обратная связь открытости опыта с представлениями о себе как о тревожном человеке, однако это касается только настоящего и будущего. Связь открытости опыта с представлениями о собственной обеспеченности и уверенности в себе – лишь относительно прошлого и настоящего. Кроме того, открытость опыту характеризуется прямой связью с такими показателями саморегуляции, как моделирование, гибкость, самостоятельность и ее интегральный уровень; локусом контроля «Я», общей осмысленностью жизни, и уровнем значимости ценностей самостоятельности и стимуляции; и обратной – с локусом контроля жизни и уровнем значимости ценностей конформности, традиций, власти и безопасности.

На основе этих выводов была разработана и апробирована тренинговая программа, которая предусматривала развитие творческого мышления, личностный рост, укрепление психологического здоровья и отработки смыслообразования. При разработке программы было учтено то, что в условиях значительных социально-политических изменений наблюдается снижение таких составляющих личностного опыта, как локус контроля жизни, общая осмысленность жизни, а также рост таких ценностей, как: самостоятельность, стимуляция, гедонизм, достижение и власть.

По результатам апробации тренинговой программы были выявлены достоверные изменения в сторону положительной динамики подавляющего большинства показателей по всем трем временными измерениями, что свидетельствует о том, что, во-первых, установленные нами закономерности функционирования личностного опыта и влияния социально-политических изменений верны; во-вторых, что тренинговая программа формирования элементов личностного компонента индивидуального опыта в тренинговом процессе как пути к повышению благополучия, отраженного в образе «Я», является эффективной.

На основе пилотной тренинговой работы были сформулированы рекомендации по формированию элементов личностного компонента индивидуального опыта в тренинговом процессе как пути к повышению благополучия, отраженного в образе «Я».

Ключевые слова: индивидуальный опыт, личностный компонент индивидуального опыта, образ Я, благополучия, тренинг, тренинги работа, программа тренинга.

Previous studies have found that the components of the personal experience may undergo certain transformations, causing corresponding changes in the personal experience. In particular, it was found that there is a direct connection between the openness to experience with the idea of oneself as a sensitive, independent, successful, carefree and optimistic person, as well as the opposite with the idea of oneself as a tough person in the past, present and future. There is also a feedback between the openness to experience and the perception of oneself as an anxious person, but it applies only to the present and the future. The connection between openness to experience and ideas about one's own security and self-confidence is observed only in relation to the past and present. In addition, the openness of the experience is characterized by a direct relationship with such indicators of self-regulation as modeling, flexibility, independence and its integral level; the locus of control of «Myself», the general meaning of life, and the level of significance of the values of independence and stimulation; and vice versa - with the locus of control over life and the level of significance of the values of conformity, traditions, power and security [9; 10].

Therefore, it can be stated that the components of the personal experience are phenomena that can be affected, it is possible to influence them in order to obtain certain results.

Based on the results, we aimed to develop a training program aimed at improving the well-being reflected in the self-concept. To do this, during the development of the program, attention was paid to the features of personal experience, which are characteristic of the successful perception of one's own «I», namely:

1. Higher in comparison with less «prosperous» types of self-perception expressiveness of such personal traits as openness of experience and honesty;
2. More expressive processes of independent modeling, planning, evaluation of results and general self-regulation;
3. Such indicators of meaning-life orientations as process orientation, result orientation, locus of control of «Myself», and general meaningfulness of life are presented to a greater extent;
4. The most significant is the value of independence; the least is hedonism.

In addition, during the development of the program it was taken into account that under conditions of significant socio-political changes revealed a decrease in such components of personal experience as the locus of control of life, general meaningfulness of life, as well as growth of such values as independence, stimulation, hedonism, achievement and power.

In view of these provisions, an additional study was conducted to verify the results obtained during the main results, and to further develop recommendations for the formation of personal experience substructures.

Thus, the purpose of the study was to verify on the basis of the training group the established patterns of dynamics of personal experience components depending on the “Myself-wellbeing” and the impact of socio-political changes, as well as to develop recommendations for the formation of personal experience elements in the training process as a way to increase “Myself-wellbeing”.

The study included a set of measures for psychological diagnosis and training.

The course of the study included the following measures:

1. Sampling. This procedure was to take place in accordance with the specifics of the main study. In addition, the main requirement for the group was the ability to test and conduct training over a long period. In addition, it was decided that the sample should differ in the specifics of professional orientation from those categories that participated in the main study. This requirement was made in order to be able to verify whether the results obtained in the main study are generally acceptable. Thus, a sample of 21 third and fourth year students of the Faculty of Ecology was formed. The distribution of the subjects is as follows: 12 girls and 9 boys.

2. Initial testing. During the initial testing, diagnostics was performed by the method of subjective scaling to study the image of «I» as a generalization of the individual's ideas about their own well-being in the modification of I.V. Kryazh [4].

The following results were obtained:

Table 1

The results of the initial testing in the development of the training program

	Mean	Standard Deviation
Responsive (past)	0,10	1,89
Anxious (past)	1,14	1,88
Independent (past)	0,57	2,11
Secured (past)	0,14	1,93
Confident (past)	0,19	1,91
Successful (past)	0,57	2,13
Hard (past)	0,67	2,13
Carefree (past)	0,52	2,29
Optimistic (past)	-0,19	2,20
Responsive (present)	0,90	2,14
Anxious (present)	0,24	1,84
Independent (present)	0,52	1,97
Secured (present)	1,05	2,27
Confident (present)	0,24	1,97
Successful (present)	0,57	2,13
Hard (present)	0,76	2,10
Carefree (present)	1,05	2,33
Optimistic (present)	0,52	2,20
Responsive (future)	-0,33	2,29
Anxious (future)	0,29	1,87
Independent (future)	-0,62	2,13
Secured (future)	1,05	2,25
Confident (future)	0,57	1,96
Successful (future)	0,29	2,45
Hard (future)	0,90	2,28
Carefree (future)	1,05	2,36
Optimistic (future)	0,67	2,29

3. Training work. In accordance with our provisions on the peculiarities of the representation of personal experience substructures in persons with a «successful» profile of “Myself-wellbeing”, as well as provisions on the peculiarities of changes towards the reduction of certain substructures in the context of significant socio-political changes, a number of trainings were selected. individual experience:

- Based on the fact that the openness of the experience is based on originality and openness, the training on the development of creative thinking was chosen for students of 3 - 5 courses of Yu.G. Kozulin.

- The third block of personal growth training by V.M. Kovalyova. This block is aimed at developing the ability to analyze in detail and solve personal problems, the basics of such a personality trait as honesty.

- Training to strengthen psychological health through the formation of methods of mental self-regulation (Ivanova G.P.).

- Modified training «The meaning of life and vocation» by N.M. Nikitina.

Trainings were held once a week in groups of 7 people for two months.

4. Re-testing. During the control testing, the diagnostics was repeated using the method of subjective scaling to study the self-concept as a generalization of the individual's ideas about their own well-being in the modification of IV Kryazh. The test results are shown in table 2.

Table 2

The results of re-testing in the development of a training program

	Mean	Standard Deviation
Responsive (past)	1,19	2,36
Anxious (past)	-0,33	1,88
Independent (past)	0,33	1,93
Secured (past)	0,48	2,06
Confident (past)	1,05	1,91
Successful (past)	1,00	2,28
Hard (past)	-0,71	2,10
Carefree (past)	-0,52	2,36
Optimistic (past)	1,62	2,01
Responsive (present)	1,81	2,04
Anxious (present)	-0,76	1,81
Independent (present)	0,76	2,05
Secured (present)	0,90	2,23
Confident (present)	1,14	2,01
Successful (present)	1,90	1,41
Hard (present)	-0,62	1,99
Carefree (present)	1,67	2,46
Optimistic (present)	1,71	2,03
Responsive (future)	2,24	1,79
Anxious (future)	-0,86	1,80
Independent (future)	1,14	1,82
Secured (future)	1,29	2,08
Confident (future)	1,00	1,97
Successful (future)	2,19	1,47
Hard (future)	-0,67	2,46
Carefree (future)	1,19	2,27
Optimistic (future)	1,24	2,41

5. Analysis of results. After a study repeat using the T-test for paired samples, a comparative analysis of the well-being of the self-concept was done (table 3).

Table 3

Comparative analysis of the self-concept well-being at the beginning (P) and at the end of (C) training work

Pair	Standard deviation	Standard error of the mean	t	P
Responsive (past) (P) - Responsive (past) (C)	2,10	0,46	-2,40	,027
Anxious (past) (P) - Anxious (past) (C)	2,58	0,56	2,62	,016
Independent (past) (P) - Independent (past) (C)	2,39	0,52	0,46	,652
Secured (past) (P) - Secured (past) (C)	3,21	0,70	-0,48	,640
Confident (past) (P) - Confident (past) (C)	1,74	0,38	-2,26	,035
Successful (past) (P) - Successful (past) (C)	0,68	0,15	-2,90	,009
Hard (past) (P) - Hard (past) (C)	2,31	0,50	2,74	,013
Carefree (past) (P) - Carefree (past) (C)	2,77	0,60	1,74	,098
Optimistic (past) (P) - Optimistic (past) (C)	2,64	0,58	-3,14	,005
Responsive (present) (P) - Responsive (present) (C)	1,51	0,33	-2,74	,013
Anxious (present) (P) - Anxious (present) (C)	1,82	0,40	2,52	,020
Independent (present) (P) - Independent (present) (C)	0,70	0,15	-1,56	,135

Table 3 (continuation)

Comparative analysis of the self-concept well-being at the beginning (P) and at the end of (C) training work

Secured (present) (P) - Secured (present) (C)	1,77	0,39	0,37	,715
Confident (present) (P) - Confident (present) (C)	1,18	0,26	-3,52	,002
Successful (present) (P) - Successful (present) (C)	2,52	0,55	-2,43	,025
Hard (present) (P) - Hard (present) (C)	2,54	0,55	2,49	,022
Carefree (present) (P) - Carefree (present) (C)	2,60	0,57	-1,09	,288
Optimistic (present) (P) - Optimistic (present) (C)	2,44	0,53	-2,23	,037
Responsive (future) (P) - Responsive (future) (C)	2,89	0,63	-4,08	,001
Anxious (future) (P) - Anxious (future) (C)	2,20	0,48	2,38	,027
Independent (future) (P) - Independent (future) (C)	2,51	0,55	-3,22	,004
Secured (future) (P) - Secured (future) (C)	0,70	0,15	-1,56	,135
Confident (future) (P) - Confident (future) (C)	0,60	0,13	-3,29	,004
Successful (future) (P) - Successful (future) (C)	2,47	0,54	-3,54	,002
Hard (future) (P) - Hard (future) (C)	3,08	0,67	2,34	,030
Carefree (future) (P) - Carefree (future) (C)	2,08	0,45	-0,31	,756
Optimistic (future) (P) - Optimistic (future) (C)	0,75	0,16	-3,51	,002

6. Summing up. Analyzing the results of the comparative analysis, we came to the following conclusions:

- In the aspect of the past, the respondents after the training program showed a significant increase in the positive assessment of their own sensitivity, self-confidence, success and optimism; reducing the assessment of their own anxiety and rigidity; no significant differences were found in terms of indicators: independence, security and carefree.

- In today's aspect, the subjects after the training program showed a significant increase in the positive assessment of the same - their own sensitivity, self-confidence, success and optimism; reducing the assessment of their own anxiety and rigidity; no significant differences were found in terms of indicators: independence, security and carefree.

- In terms of the future, the respondents after the training program showed a significant increase in the positive assessment of their own sensitivity, self-confidence, independence, success and optimism; reducing the assessment of their own anxiety and rigidity; no significant differences were found in terms of indicators: security and carefree.

It should be noted that the results of the comparative analysis did not give us significant differences on all scales, but we do not consider it critical. As you can see, in all temporal aspects there are no significant differences in the results before and after the correction work on the indicators of security and carefree, as well as - independence in the past and present. First, we did not consider these characteristics as such that can extremely unilaterally negatively characterize the self-concept. Carelessness can be a bad assessment (for example, the absence of any business, and related inaction), and so on. Secondly, these scales reflect the characteristics that are largely based on objective indicators: security - at the level of material income, independence and carefree - on the objective level of employment of the student.

Thus, we see significant changes towards the positive dynamics of the vast majority of indicators in all three time dimensions, which indicates that, first, our established patterns of functioning of the personal experience and the impact of socio-political changes are correct; secondly, that the training program of forming the elements of the personal component of individual experience in the training process as a way to increase the well-being reflected in the self-concept is effective.

Based on the study, as well as pilot training work, we can formulate the following recommendations for the formation of elements of the personal component of individual experience in the training process as a way to improve well-being, reflected in the self-concept:

1. Work on the elements of the personal component of individual experience formation in the training process as a way to improve the well-being reflected in the self-concept should be based on a comprehensive impact on all aspects of personal experience: aspect of self-interpretation, interpretation of others, and interpretation of the world.

2. The end result of training work on the formation of elements of the personal component of individual experience should be to increase a positive assessment of self-sensitivity, self-confidence, independence, success and optimism, as well as - reduce self-anxiety and rigidity.

3. The construction of the training program should take into account the age and activity orientation of the subjects of training. The selection of training procedures should correspond to the characteristics of the persons to be passed the program.

4. Recommended training procedures for the formation of elements of the personal component of individual experience are: training in the development of creativity, training in personal growth, training in mastering the techniques of self-regulation and training in determining the meaning of life.

5. As the process of restructuring of interpretation complexes is not immediate, it is recommended to implement training programs lasting at least two months.

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