

Людмила Романюк,
канд. психол. н., доцент,
Київський національний університет
імені Тараса Шевченка

ОСОБИСТІСНІ ЦІННОСТІ У ЗАХИСТІ ВІД НАСИЛЛЯ

Цінності відіграють роль головного стабілізатора у пошуках нових парадигм життя. Криза відбувається в періоди втрати цінностей, їх духовного забуття, або в періоди переходу до іншої системи цінностей, коли спостерігаються або відкриті форми насильства, або – приховані, коли суб'єкт не розуміє причину своїх дій (агресії, страху, депресії, розчарування тощо). Поєднання одночасних перетворень у пострадянському просторі є надзвичайно важким випробуванням для дітей і молоді. У сучасній ситуації економічної, політичної, соціальної нестабільності, активізації насильницьких, здебільшого, прихованих методів впливу на молодих людей надзвичайно актуальним є наявність внутрішнього стрижня, який забезпечує узгоджені дії особистості. Ця надзвичайно важлива функція лежить на особистісних цінностях, які виступають в якості контролюючих принципів людського життя і є предикторами особистісної діяльності. З'ясування психологічних особливостей становлення цінностей особистості у її моделі світу, а також обґрунтування психологічної технології виявлення складових цієї моделі та активізації становлення цінностей людини як методу захисту в ситуації насильницької психологічної атаки – і присвячене це дослідження.

Liudmyla Romaniuk

PERSONAL VALUES AS A SAFEGUARD FROM VIOLENCE

The values play the vital role in stabilization when searching for a new life paradigms. Crisis occurs during the periods of loss of values, their spiritual oblivion, or during periods of transition to another system of values when a person is observing open or hidden forms of violence (hidden violence takes place when an individual does not understand the reason of his/her reactions (aggression, fear, depression, frustration, etc.). Combination of simultaneous transformations in the post-Soviet environment is an extremely difficult test for youth in particular. Therefore, in current situation of economic, political, and social instability, activation of violent – mostly hidden – methods of influence on young people, it is extremely important to have an internal core which ensures co-ordinated actions for their personalities. This extremely important function rests with values of human beings. They act as supervising principles of human life and define personal activity. This paper focuses on defining the psychological features of development of personal values in a world outlook of this person, proves the psychological technology of revealing compounds of this model, and provides for the activation of personal values as a method of protection from violent psychological attack.

The problem of violence is always urgent, but especially it becomes aggravated in days of crisis periods of instability when violent psychological attacks are even more often observed. Often, one observes open forms of violence, and even more often – hidden forms, when a subject does not perceive the reason of one's reactions (aggression, fear, depression, frustration, etc.) resulting from unconscious influence of violence. How should one survive in the environment of violence not at the level of simple physical existence, but for the sake of preservation of one's personality, dignity, and human face? This guarding and directing functions of a person are performed by person's values.

It is believed that a value is a profound display of a person's need when a person desires to always find oneself in the comfortable environment of positive attitudes and at the same time a person wants this environment to change, develop in a certain direction under a certain prescription, according to certain principles. These are values that play the role of the main stabilizer and protector in the search of new paradigms of life. Crisis occur during the periods of loss of values, their spiritual oblivion, or during periods of transition to another system of values.

The present crisis period made the problem of values more pressing, as the normal course of events changed in life of individuals and that of the society, which demands reevaluation of models of activity and thinking. Combination of simultaneous transformations in the Post-Soviet space is an extremely difficult test for youth in particular. Therefore, in the modern situation of economic, political, social instability, activation of violent, mostly hidden, methods of influence on young people it is extremely important to have an internal core which ensures co-ordinated actions for their personalities. This extremely important function rests with values of human beings. They act as supervising principles of human life and operate people's activity.

Finding-out psychological features of person's values becoming in his models of the world, and also substantiation of psychological technology of revealing compounds of this model and activation of person's values becoming as a protection method in the situation of a violent psychological attack is the objective of this research.

The technology of search for person's values by a person allows to create a certain reference point, a base of all hopes and projects, a way to decode daily experience and even behaviour. Such approach opens unperceived values and opinions that organise them and form a person's model of the world. It means advancement, movement to the future, transition from one qualitative state to another, i.e. to becoming of values.

Becoming means occurrence in the process of development. Development in the psychological and pedagogical science means changes in the private world of a human person due to external influences and person's own activity, which is based on person's values and value orientations, the activity directed at achievement of such consequence. This definition is further specified by the psychological science.

Firstly, as progressive changes that lead to higher levels of differentiation and organisation. It implies the positive nature of progress, growth of efficiency of functioning, maturing, improvement, enrichment, and complication.

Secondly, as a process of irreversible, directed and natural changes that lead to occurrence of quantitative, qualitative and structural transformations of mentality and behaviour of a person.

The both definitions have universality and uniformity of development process. In this research, development is interpreted as the process of self-creation by a person.

The author's approach has been elaborated in practical realisation of the voluntary desire of a person to choose one's life and to be rather an actor than a passive viewer. It entails responsibility for the choice, the necessity and ability to fix one's objective in various spheres of life, both personal, and professional, the search for an often unobvious, but useful measure for an attractive idea, which in its turn refers to the issue of choice (What? Why? Depending on what? How?).

The technics consists in independent drawing of a list of one's own values. These are phenomena of abstract names, periphrasis, that define personal aspirations and motivate. The things that are important to possess or to adhere in one's life, for example: freedom, harmony, love, justice, self-esteem, satisfaction, happiness.

The essence of the approved technics of designing person's values consists in classification of values from the list by the method of paired opposition. The scheme is offered that facilitates the procedure of construction of a hierarchy of person's values. Values are interrelated by psychological ties of the system of attitudes of an interested person. The essence of such ties reveals in such a relation like, for example, availability of good health provides satisfaction, or the satisfaction itself allows to be in good health. For each person, there is a system of proofs of satisfaction of values of one's personality and possibilities that bring such result. Specificity of this system of proofs and possibilities is its differences for various types of persons. The vital choice coordinates with values which can be common for different types of a human person and a context that can differ.

It is necessary to admit that only the first criterion-value that has direct reference to the first internal condition should be considered as one of characteristics that allows to analyse this internal condition. Further, this channel serves for definition of a model of the world of a person. Immersing in the experience of the search for the main value reveals other values-criteria and the attitude towards them that appears desirable or undesirable for achievement. Accordingly, these two orientations mean search for a value, or avoiding the value. As a result of the above, one could identify an internal condition related to the criterion, which indicates avoiding and thus reveals it. As a rule, a person avoids anti-value for achievement of the significant. The technology allows to identify such personal anti-criterion on the way to construction of the hierarchy of person's values. Approbation of the psychological technology in the system of transformation of higher education has shown that young people are looking for values of happiness, harmony, family, understanding, success, and also evasion of the source of bad health, condemnation, non-acceptance by environment. Also, it has been found out, that young people generate a positive internal condition in the evaluation of a desirable value or avoiding of an unpleasant criterion, using three estimation possibilities: value is reached (available), value is not reached (absent), value is reached partially (comparatively). Such analysis collects the necessary information and serves a basis for formation of person's values in the person's map of the world.

Thus, the basic material of formation of values in a model of the world of a person is the revealed list of its internal conditions, each of which is analyzed on the basis of the preliminary established matrix. It includes physiology of internal conditions, their context on the basis of the lived experience and the criterion that defines the value. The information collected in the course of use of the psychological technology serves the basis of the verbal and logical establishment of person's model of the world and establishment of values through perception of meaningful unconscious questions and statements. Mastering this technology in the system of violent influence provides that «support point» that directs at the choice of a correct way and teaches to avoid unjustified risks, and also helps to realise values and priorities of life.

Activization of values' becoming in conscious of young people in the modern conditions of crisis of thinking can assist in optimisation and adjustment toward the policy of nonviolence since the consciousness of values is a norm setting property of behaviour.