

Напря́м 7. Загальна психологія та психологія особистості

**METHODS OF ACTIVIZATION OF PSYCHOLOGICAL WELL-BEING
SELF-DETERMINATION OF PERSONALITY AND HIS/HER FAMILY**

Volodarska N.D.

PHD in Psychology

Leading Researcher

at the G.S. Kostiuk Institute of Psychology of the National Academy

of Pedagogical Sciences of Ukraine,

Kyiv, Ukraine

Urgency of the problem of latest technologies development for psychological support of family is increasing in the current context of social tensions. Existing technologies for psychological support of family are subject to the principle of systematicity, which reinforces the need to follow it in the selection of methods for activation of self-determination of the psychological well-being of an individual.

The goal of our study was to analyze the particularities of selection of technologies for activation of psychological well-being self-determination of the individual and his/her family in the context of social tension within systematic approach.

Results of theoretical analysis. The vector of psychological support is directed from family support from the side of environment to the ability to rely on oneself [1]. If a person shifts responsibility for everything that happens to him/her on own environment, he/she becomes helpless, incapable to make any changes. If family members overestimate the importance of their own influence on the environment, it creates a sense of loneliness, alienation, shame for interrupting contact with others.

In the selection of methods for self-determination activation of the psychological well-being of an individual and his/her family, the attention is directed to restoring the personal resource of each his/her member. This is primarily a responsibility, which can be only localized when interoperating in dialogue with another person. The direct manifestation of feelings, desires, dreams, and certain

priorities in values can become resourceful. Especially if it contradicts with established, family-friendly rules, guidelines, traditions. E.g., such feelings as anger, aggression, which are banned at the subconscious level and in reality.

Such prohibitions form passive forms of aggression in the individual: gaslighting, manipulation, holding emotions, ignoring, sabotaging and others. Dialogues with other persons, under different circumstances, show either clear and obvious or hidden forms of emotions. Sometimes these hidden forms make sense in a particular life situation as the most appropriate, adaptive forms. Personality's activity is considered as manifestation of a certain action towards the environment in order to meet one's own needs.

Direct manifestation is an obvious and clearly directed action, wherein the expression of emotions comprises desire or unwillingness (I want, I do not want, I love, I am angry and other). A passive form of aggression is an action and expression of indirectly concealed experiences, hereby, focused on satisfaction of needs of an individual. Activation of psychological well-being self-determination of the individual is foremost aimed at identifying family resources. Family members are aware of certain possibilities for independent decision-making, as well as conditions of financial independence, creation of new relationships with the social environment. Independence in the relationship with immediate environment helps the person to get own relationship with other persons (change remote relations to each other for emotionally warm, close). Secondly, to get emotionally close relationships between family members. For this purpose, methods are used of understanding the causes of certain changes in relations, interaction in uncomfortable life situations. These are methods of informing family members on specifics of communication rules, traditions, family scenarios, functions, and roles in the family. One of the effective methods of activation of the psychological well-being self-determination consists in restoring the hierarchy of personal needs. The person is able to choose which of own needs to prefer at any given moment. For this purpose, priorities and their hierarchy are created, deciding which of the needs is immediate and which can be realized later;

which one is real in this situation and is equal to his/her strength, while the implementation of another one will lead to undesirable consequences for the person.

Certain stages exist of meeting needs. Researcher Rollo May [2], followed by Bugental [3, p. 218-220] considered the sequence of experiences and actions that accompany each compulsion from its origin up to the transition to the background. Some of the incentives are realized, other incentives are voluntarily refused. Refusal of the realization of certain needs is due to the opposition. According to this concept, the compulsion to meet needs is beyond the conscious. Desire is the first thing that reaches the threshold of consciousness. They are nonspecific, broad and transitive, vague daydreams that are not mediated by reality. Those desires that are more realistic pass to the category of will. Selection of a particular will allows determining the course of action. This generates intentions that reject other possibilities. The choice of actions for the realization of intentions becomes a preliminary action. At the end of action, one of the possibilities is updated.

The gestalt approach uses methods of activation of the awareness of desires and feelings in the process of apprehension of certain actions. Desire is a complex affective-cognitive complex of emotions, fantasies, aspirations and can be based on different needs or include several needs simultaneously. Therefore, it is so important to be aware of these components, own possibilities to satisfy them. On presentation of desires not always all of them are award. Therefore, some of them, in principle, cannot be satisfied: "I want the moon from the sky". When a person is aware of the possibility to satisfy own desire, it resolves certain obligations to others. Not always fulfilment of the desire is satisfying. This is the most difficult task of restoring and clarifying desires of the person and his/her family. The method of gestalt approach consists of actualization of the need, clarification of its actualization, reality and satisfiability. The strength and directivity of the needs of all family members are determined by the feelings they are accompanied by. The feelings are closely linked to motivation, choices, and organized behavior.

The method of Gestalt psychology considers the term of needs hierarchy as the ability to choose. Destruction of the needs hierarchy [4, p. 33] is considered one of

the leading manifestations of neurosis: if a person is unable to feel own dominant need, his/her behavior will be disorganized and ineffective if attention is divided between two objects of interest. We are not focused on one, and we often experience anxiety or confusion. If two contradictory needs are available, we are talking about conflict. If the conflict is constant and seems unresolved, we consider it as neurotic. Realization of needs is most often associated with competition in the environment, with aggression to create a new one (destroying the old one). It is also in relations with near and dear ones and with the environment.

The hierarchy of needs arises because a human subject cannot meet several needs simultaneously. Normally, a person is able to choose which of own needs prefer at a certain point. The unfinished Gestalt is often a basis of violation of the hierarchy of needs; especially while staying in a chronically unfavorable environment. A person from own experience of various attitudes and interrelations, ascertains that he/she is loved if he/she "deserves love" and behaves in a certain way (in the family, in group). The "substitute behavior" is the second variant of experiences that contribute to the destruction of the hierarchy of needs. This is an intrapersonal conflict: the person does not want to recognize or perceive as important some of own needs. Most often, these are deeply frustrated needs of the "deficit" group.

With the help of oppression, displacement and denial, a person assures himself/herself that this need is already met or does not exist at all. He/she fulfills "higher" needs, but unconsciously the person, anyhow, reproduces own incomplete situations and unwillingly realizes the needs of deficit precisely by virtue of those with whom he/she "self-actualizes".

Living, expression and awareness of emotions, as well as the ability to correctly recognize other people's emotional signals is an important task in gestalt therapy. Remembering, capturing an image (gestalt formation) in the long-term memory is associated with emotions [5, p.105]. Since emotions and feelings are an involuntary, psycho physiological phenomenon, therefore, a person has no choice in experiencing certain emotions and cannot be responsible for their occurrence.

To a certain extent, a person chooses to experience or disassociate with certain experiences, but can only choose the form of presentation of these experiences and be responsible for their resonance in the environment. Resonance in the environment is a condemnation for expressing certain feelings, emotions, evaluating their usefulness or danger. These evaluations create human-driven social myths and introjects. Just the form of presentation of own feelings and experiences demands attention, methods of correction and educational work. This context of life circumstances is accounted in psycho-corrective techniques.

Conclusions. Methods of activation of the psychological well-being self-determination of personality and his/her family are aimed at realization precisely of causes of certain changes in relationships, uncomfortable situations, need to take responsibility for relationships within and beyond the family.

The method of informing on particularities of family functioning (roles, rules, communications, emotional bonds) is directed to determination of the forms of feelings presentation of family members. The method of activation awareness of behavioral patterns of family members is directed to track behavioral patterns that are passed down for generations. The method of interventions for determination of the nature of family relationships is directed at restoring the hierarchy of needs of each family member.

References

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