

**THE PROBLEM OF SELF-REGULATION IN THE GENERAL
PSYCHOLOGICAL ASPECT**

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Abstract: The article deals with the problems of self-regulation in the general psychological aspect and the behavior of people in the society.
Keywords: self-regulation, motivation, somatic shifts, emotions, personal development, hypochondria.

The concept of self-regulation is interdisciplinary. Domestic psychologists reveal the following levels of self-regulation: a) the level of psychic self-regulation, which helps to maintain optimal mental activity required for human activities; b) the operational-technical level of self-regulation, ensuring the conscious organization and correction of the actions of the subject; C) personal motivation level of self-regulation, which provides awareness of the motives of his own activities, management of motivational-requirement sphere. Self-regulation in this sense is a special activity, "inner work" or "inner movement of soul forces", aimed at linking systems of personal meanings.

Motivational and personal level of self-regulation is a process mediated by social norms and values, as well as a system of internal requirements, a special "life philosophy" that turns a person into an active subject of life activity. L. S. Vygotsky associated the specific human way of regulation with the creation and use of symbolic psychological tools and saw it in the phenomenon of mastering one's own behavior. Signs were understood by them as artificial stimuli-means deliberately introduced into a psychological situation and performing the function of auto-stimulation. S. L. Rubinstein associated the highest level of self-regulation with the appearance of worldview feelings, i.e., a person's conscious value attitude to the world, other people, and himself. The concept of A. N. Leontiev initiated the study of

a coherent system of personal meanings, inter-motivational relations that characterize the structure of the personality.

Semantic formations are considered as an integral dynamic system that reflects relationships within a bundle of motives that implement a particular relationship to the world. The regulatory role of semantic entities is revealed when they are recognized and accepted as values. F. E. Vasilyuk, emphasizing the regulatory role of semantic entities, highlights a special activity for the production of meaning in critical situations where it is impossible to implement the internal necessities of one's life. This special activity (experience), having arisen in critical life situations, can become, according to the author, an independent functional organ, i.e. one of the usual means of solving life problems, and be used by the subject even in the absence of a situation of impossibility. Thus, experience as a special activity of meaning generation can also perform a regulating function in situations of everyday life.

In the literature, we can find a successful attempt to differentiate this kind of self-regulation and volitional behavior. The latter is not aimed at harmonizing the motivational sphere, but only at eliminating the conflict. Effective self-regulation ensures harmony in the sphere of motives. Reflection and semantic linking are considered as mechanisms of the personal-motivational level of self-regulation. Reflection provides a person with the opportunity to look at them from the outside. It is aimed at understanding the meaning of one's own life and activities and allows a person to cover them in a broad time perspective, in relation to the present with the past and the future, thereby creating integrity, continuity of life and allowing the subject to preserve or restore internal harmony, to reconstruct their inner world in the necessary way and not be completely at the mercy of the situation. As a private mechanism of the personal-motivational (semantic) level of self-regulation, reflection is a powerful source of stability, freedom and self-development of the individual. This is its fundamental difference from the unconscious forms of semantic regulation (psychological defenses) that function at the level of learned mental automata.

Thus, it can be noted that self-regulation is a special form of internal activity. It can be considered as a special activity, the motives and goals of which are to preserve internal harmony, self-identity, ensuring the success of self-actualization. The specific goals of such activities can be situationally determined, but their content in the context of this activity is always formed in the life of conscious human values, rules, and the existing system of internal requirements. The nature of these requirements is reflected in the content and structure of self-esteem and the level of claims (in particular, the ratio of real and ideal self-esteem).

Self-regulation as a special activity that has its own direction, goals, means, etc., is based on the need for self-development, self-building, self-actualization, and spiritual growth. We can also assume that this need finds its "object" in a specifically human system of cultural values - ethical and aesthetic. The absence or scarcity of value mediation is one of the psychological reasons for the emergence of hypochondriac personality development. The instability or narrowness of the motivational hierarchy, the unformed need for self-regulation, the lack of value mediation in the link, and the means of reflection are not assimilated in the process of ontogenetic development.

The absence or insufficient formation of self-regulation activity, which makes it possible to arbitrarily control one's own impulses, increases the directivity of the subject's actual needs and the emotions associated with the failure to implement them, and contribute to the fixation of a negative emotional state. This stabilizes the emotion (i.e., makes it permanently active), strengthens the accompanying bodily shifts, in other words, serves as a source of persistent somatic changes in the body. The inability to implement effective self-regulation may contribute to the actualization of protective mechanisms that have been strengthened in the subject's past experience, the inclusion of which increases the blocking of arbitrary self-regulation mechanisms. Thus, a vicious circle is created: failure in the implementation of actual activities → negative emotion → protective automata → levels of emotions → somatic shifts in the body → strengthening of emotions → strengthening of somatic manifestations. The probability of forming such a vicious

circle increases in critical life situations that require the patient to be more active in the area of self-regulation.

In conclusion it is necessary to mention that insufficiency and lack of formation of a special functional organ of self-regulation provides an active creative attitude to one's own life.

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