

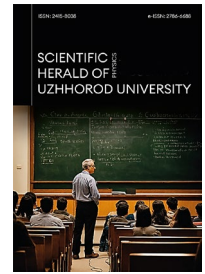
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Interconnection of personality self-affirmation strategy with time perspective

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Abstract

Relevance. Self-affirmation is integral to the development of individuals who are socially active, possess distinct viewpoints, and can defend their beliefs. Understanding the interplay between self-affirmation strategies and time perspective is crucial for psychological interventions.

Purpose. The study aimed to explore the relationship between different self-affirmation strategies (constructive, dominant, and self-suppression) and the temporal perspectives of individuals.

Methodology. Employing the "Strategies of self-affirmation of personality" (N.E. Kharlamenkova & E.P. Nikitin) and "The Time Perspective of Personality" (F. Zimbardo) questionnaires, we analyzed the responses from university students across several institutions and years. This comparative analysis allowed us to categorize the students based on their predominant self-affirmation strategy and to examine the association between these strategies and their perspectives on time.

Results. The results showed distinct correlation patterns between self-affirmation strategies and various dimensions of time perspective. Students employing a constructive strategy frequently aligned with positive past and future-oriented perspectives. In contrast, those with a dominant strategy were more future-oriented but less positive about the past. Those with a self-suppression strategy tended to have a more negative view of the past.

Conclusions. The findings highlight the significance of tailoring psychological interventions to align with the individual's dominant self-affirmation strategy and time perspective. This tailored approach can enhance the effectiveness of programs designed to foster healthier self-affirmation practices among young adults.

Keywords: constructive; domination; self-suppression; temporal perspective; personality; ZTPI.

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Introduction

The most systematic studies of the problem of self-affirmation of a person ("scientific theorization") were carried out by A. Adler (1907); he replaced in his writings the classical theory of drives on the theory of self-affirmation of personality. The scientist, speaking of the self-affirmation of man, introduces the concept of "striving for a sense of the own advantage" [1]. Self-assertion, according to A. Adler, exists in two types: the first result is fictitious and meaningful only for the given subject (typical of neurotics, who have developed a feeling of (complex) advantages in themselves and tend to seem better than they really are. This false success compensates for the sense of inferiority that is unbearable for a person), in the second – the result is real and socially significant (there is no complex of benefits, a person satisfies his or her wishes by participating in socially useful affairs, their actions are beneficial, and activity is constructive.) [2].

Another way of self-affirmation of personality is grounded by H. Schultz-Henke (1942) [3], as the assertion of I by way of dominance. The contribution of humanistic psychologists to the development of the idea of self-affirmation of the personality lies in the fact that they have greatly expanded the system of methodological principles; viewed the person as a subject of his or her own life, capable of self-realization and self-development; gave a positive status to the investigated problem; self-assertion was understood as one of the basic personal needs, as the basis for self-actualization of the personality [4-6]. Modern psychologists have studied the impact of selfaffirmation on personality anxiety and behavior during stress [7-9]. A study of the relationship between self-affirmation and anxiety levels associated with COVID19 conducted by S. Li *et al.* [10].

According to N.E. Kharlamenkova [3], self-affirmation is caused by the very nature of man, the contradiction in the needs, that is, the simultaneous desire for self-preservation and self-actualization, and therefore it can be characterized as a way of obtaining or retaining, or expanding a person's volume of the own human being. The notion of "self-affirmation" can be understood as a need formed as a result of the causes of the person's influence on external circumstances. Personality aspires to realize himself or herself in the world, to life success, to assert the dignity in the self-worth of his or her personality [11-13]. The need for self-affirmation is one of the basic characteristics of the human personality as a social entity in the essence of the subject of activity and develops in the process of practically-transformative substantive activity, in the course of social communication and is more developed, the more a person realizes himself or herself as a free personality [14-16]. That is, self-improvement of the personality is realized through the need for self-affirmation.

In an effort to self-affirmation, every person does it in his or her own way. Some rationally make decisions, think out and count on steps, others – rely on external circumstances, they cannot adopt a clear plan of action. The function of self-affirmation lies in the aspiration of a person to recognition, self-realization, and achievement of role and personality certainty, liberation from dependence. E. P. Nikitin (1999) highlights the following main characteristics of self-affirmation:

1. Spatial characteristics. It includes an area of self-affirmation – each act of self-affirmation is carried out in a certain area of human activity.

2. Energy or power characteristic. It includes an impulse to self-affirmation – an internal need for self-affirmation:

- general impulse or stable;
- situational or variable impulse.

3. The potential of self-affirmation is the ability of personality to action, to the satisfaction of one or another impulse, to self-affirmation.

- general potential – when they talk about total incompetence or a capable, fully developed person;
- specific potential – the ability to satisfy the situational impetus to self-affirmation [17].

The author also notes the problems that may arise in a person in the process of affirmation – lack of self-affirmation

- lack of self-affirmation potential (specific potential which is below of the required to meet the situational impulse);

- lack of the impulse of self-affirmation (the situational impulse is weaker than that which was able to initiate the full realization of a specific potential) [18].

If at the classification of self-affirmation on the basis of distribution to take the degree of purposefulness, then, summarizing the thoughts of scientists, we can distinguish three types of self-affirmation:

1. Self-assertion is an end in itself, that is, self-affirmation becomes an end in itself. Self-affirmation of this type is characterized by the fact that the goal has a brightly expressed and definite form, but extremely vague, abstract meaning. It usually occurs in situations where in the presence of a strong general impulse for self-affirmation in humans, there is no high specific potential. Therefore, the goal of self-affirmation, as a rule, is not related to the equally pronounced installation on how to realize this goal, and if it is related, then by very weak ties that can be easily broken apart and be replaced by others, equally fragile. In our opinion, this type is inherent in representatives of the dominant strategy of self-affirmation. In our opinion, this type is typical of the representatives of the dominant strategy of self-affirmation.

2. Purposeful self-affirmation. Unlike the previous one, a person, not only consciously makes self-affirmation for his or her purpose, but also decides by what means in which area of activity he or she will attempt to realize this goal. Such realization is the achievement of another – concrete – the goals of the activity. There are two subtypes of this self-affirmation: conservative and progressive. Conservative – it is self-affirmation, through which a person seeks to preserve the already achieved positions. In progressive self-affirmation an attempt is made to rise upward on the selected value steps, or to move to another – higher – value step that is typical of constructive self-affirmation.

3. Non-purposeful self-affirmation – a person does not set the goal of self-assertion. He or she simply receives a result that is positively evaluated by him or her or by other people. Thus, a person arbitrarily asserts himself or herself.

Goals of self-affirmation can be divided into constructive and compensatory. According to

N.E. Kharlamenkova [3], there are strategies for self-affirmation:

1) constructive (positive behavior aimed at self-realization);

2) dominant-aggressive strategy (actions at the expense of others and with expressed hostility and the desire to suppress others);

3) self-suppression (refusal of self-affirmation and self-expression).

The task of the study is to find out the relationship of self-affirmation strategies (constructive, dominant, self-suppression) with the time perspective of the personality.

Materials and Methods

In the process of exploring self-affirmation strategies, the questionnaire "Strategies for self-affirmation of personality" was used (N.E. Kharlamenkova & E.P. Nikitin) – designed for the diagnostics of self-affirmation strategies of the individual, which are the correlators of internal Ego-strategies – self-suppression, constructive strategies and domination [19; 20]. The strategy of self-suppression (uncertain behavior) is characterized by conformance or submission, depending on the group's opinion. It can be manifested in caution, obedience in high normativity and emotional sensitivity. Constructive strategy (assertive model) turns out to be independent of the group's opinion, autonomy, practicality, realism. Domination or an aggressive model of self-affirmation (aggressive behavior) is characterized by such categories as increased power, self-confidence, expressiveness, aggressiveness, predisposition to risk and adventures.

The questionnaire „Personality Time Perspective” (ZTPI) by F. Zimbardo (adaptation by A. Syrtsova, E. Sokolova, O. Mitin). P.G. Zimbardo and J.N. Boyd argue that the temporary perspective is the main aspect in constructing a psychological time that arises from cognitive processes, dividing the life experience of a personality into the time frame of the past, present and future [21]. Some individuals are more focused on the future, others are more focused on the present or the past. F. Zimbardo and his colleagues distinguish two aspects of the relation to the past: the negative past (the past seems unpleasant); and positive thoughts about the past (past experiences and times are seen pleasant, "through pink glasses", with a touch of nostalgia). Strong intensity of one aspect does not result in a weaker representation in the consciousness of another aspect. The authors also distinguish two aspects of the attitude to the present. Hedonist – it is a pleasure to appreciate the pleasure of the present moment, without regret about the further consequences of behavior and perfect deeds. Addressing the present fatalistic, people believe in fate and obey it, considering the changes impossible. In this case, the inability to influence the events of the present or future is manifested. In the attitude of the future there is only one

aspect – focusing on the future, characterized by the presence of goals and plans for the future, and behavior aimed at the implementation of these plans and goals. F. Zimbardo and co-authors also distinguish a balanced time perspective (orientation) – a psychological construct associated with a flexible switch between reflections on the past, present or future, depending on situational requirements, resource evaluation, personal and social assessments. The behavior of people with high rates in this structure is determined by compromise or balancing between the contents of the representations of past experience (experiences), the wishes of the present and adequate ideas about the future consequences. It is assumed that such a temporary orientation is the most optimal temporary perspective in terms of psychological and physical health, as well as the functioning of the individual in society [22; 23].

Researchers assume that the optimal profile of the time perspective corresponds to the following combination of indicators on the main scales of the methodology: the high point in the "Positive past" scale, a fairly high score on the "Future" scale, the average score on the "Hedonistic realities" scale and the low scores on the scale "Negative past" and "Fatalistic present" [24; 25]. The temporary perspective is one of the most important factors that determine our behavior. The temporal perspective is related to how people distribute the flow of life experience over certain time frames or time zones. It happens automatically, unconsciously. For each person, the past, present and future are different. The differences relate to how much time people devote to reflections on the past, present and future. The temporary perspective has a profound and wide impact on human behavior.

Results and Discussion

The research was conducted on the basis of:

1. Kyiv National University of Trade and Economics. 180 first year students took part in the research. The study took place during the 2011-2012 academic year. The age of the researched 17-18 years old.

2. National Pedagogical Dragomanov University. The study involved 82 students of the first-fourth year. The study took place during the 2017-2019 academic years. The age of the studied is 17-21 years old.

3. Drohobych Ivan Franko State Pedagogical University. The study involved 34 students of the first-fourth year. The study took place during the 2018-2019 school year. The age of the studied is 17-20 years.

In total, 296 respondents were interviewed, including 209 females and 87 males. The average age of the respondents is 19 years. The detailed distribution of the sample is presented in Table 1.

Table 1. Distribution of the group of the researched subjects by sex and age

Years of the conducting	2011-2012			2017-2019			Total N	Total %
	N	%	Average age (min=17, max=18)	N	%	Average age (min=17, max=21)		
Sex								
Women	103	57.2	17,5	98	84.5	19	201	67.9

Men	77	42.8		18	15.5		95	32.1
Total	180	100		116	100		296	100

The first one was a survey on the methodology "Strategy of self-affirmation of personality" (N.E. Kharlamenkova & E.P. Nikitin), which made it possible to identify among the investigated representatives of the three strategies of self-affirmation of the personality: self-suppression, constructive, domination. The distribution of the obtained results is presented in Table 2. Having analyzed the obtained results in detail, we must state that some of the researched subjects have indicators

that are at the limit of the boundary values of various strategies of self-affirmation. Taking into account that one and the same person in his or her life, depending on the situation, can potentially use different strategies of self-affirmation, and only the accentuation of one of them (on the background of reducing the other two) gives us the right to attribute the subject to one of the strategies of self-affirmation – self-suppression, constructive or dominant.

Table 2. Distribution of the results by the method of "Strategy of self-affirmation of personality"

Self-repression strategy		Constructive strategy		Domination strategy	
N	%	N	%	N	%
43	14.5%	101	34.1%	152	51.4%

Having analyzed the obtained results in detail, we must state that some of the researched subjects have indicators that are at the limit of the boundary values of various strategies of self-affirmation. Taking into account that one and the same person in his or her life, depending on the situation, can potentially use different strategies of self-affirmation, and only the accentuation of one of them (on the background of reducing the other two) gives us the right to attribute the subject to one of the strategies of self-affirmation – self-suppression, constructive or dominant. For further analysis, in order to obtain accurate results, we consider it expedient to select the results of only those researched who are bright representatives of one of the strategies of self-affirmation, that is, they have accentuation on strategies of self-suppression, constructive or dominant. With this in mind, for the further analysis, 21 researched subjects were selected with a self-rejection strategy, 52 – with the constructive self-affirmation strategy and 47 with the strategy of domination. Typical features of a person inclined to self-denial, self-suppression are: frustration, conformality, high sense of guilt, the search for a strong leader, poly-dependence, manifestation of hyper-responsibility. A high sense of guilt indicates a lack of self-confidence and a strong Super-ego. Students of this type of self-affirmation are prone to an increased level of control of desires and rarely act impulsively. Values I do not have a special individual, for this group the characteristic answers are "I do not know". The main emphasis is on the mechanism of introjection, but the necessary for the normal course of the process of self-affirmation of the personality, the interaction of the mechanisms of projection and introjection – is absent. The essence of introjection is the internalization of omnipotent objects, which become the value of the own self. The implementation of this process is based on the weakening of self-esteem, otherwise the competition of two objects – I and not-I will not allow the latter to be introjected. The weakening of self-esteem passes through the depreciation of the needs, interests, desires and noncritical (conformist) acceptance of the position of I am not an object. Under self-suppression of accession, the merger with the omnipotent object completes the process of self-affirmation of the personality. The rest is transferred into the domain of imaginations, fantasies, and dreams, that is, the

expectations that those achievements carried out by the omnipotent object will belong to the subject, who is introjecting [26].

The strategy of constructive self-affirmation, as a rule, manifests itself in the ability to solve problems, propensity to reasonable risk, dominance, non-frustration and control of the own desires. Dominance in combination with the optimal sense of guilt and frustration does not allow manifestation of aggressive forms of influence on people, reveals the desire to solve everything for himself or herself, means autonomy, propensity for leadership and the desire for power. Such people are able to communicate without limiting their own rights and the rights of another person. The feeling of Self, feeling of dignity – is the factor that is typical of a constructive personality. Such people rarely resort to joining or autonomy. It is in fact I am a source of development and self-development. As a rule, children who have always been valued by their parents more than the own adult ambitions and unrealized desires are inclined to constructive self-affirmation (confirmed by us during the conversation with the students). Exactly these maturation conditions the most conducive to the child. "Under favorable conditions (the adequate selective response of parents to the needs of the child in the response and participation in narcissistic exhibitionist manifestations of the grandiose fantasies), the child learns to accept his or her real limitations, divorce grand fantasies and rough exhibitionist demands, and at the same time they replace them with Ego synthonic goals and aspirations, receiving satisfaction from their own actions and functions, as well as realistic self-esteem".

Self-assertion of constructive personality is based on the mutual work of projection and introjection mechanisms and the mechanism of maintaining of self-esteem. This interaction provides an adequate verification of the value of Self, which is carried out in its projection to external objects with subsequent integration [27-29]. As an object of projection, either own achievements are chosen, or people are similar in their peculiarities to the self-affiliated subject. For such a subject self-affirmation becomes a way of adequate application of their abilities, values, needs, tasks and goals; this is the path to self-actualization through self-affirmation. Constructive personality reaches his or her goal not in fantasies and dreams, but in the realm

of achievements. For these personalities, the experience of moral problems is characteristic: the ability to defend their position, the desire for self-disclosure and self-expression is not always possible without feeling guilty of others. The third type of self-affirmation is the strategy of dominance. The type of personality with this strategy is open, expressive, demanding, persistent, usually brave, decisive, assertive. Dominant self-affirmation is accompanied by a desire for contacts without the establishment of special moral boundaries and the lack of sensitivity to the assessments of the people around, this is combined with a weakly expressed sense of guilt. Real achievements are not characteristic of this type, the mechanism of self-affirmation of the personality is based on increasing self-esteem by finding ways to devalue the values of another person. The self-assertion of the personality is carried out through the projection mechanism, which allows "to bear" unpleasant thoughts, feelings, and tension in general on the external objects.

The reverse process of integration of the designed content is not implemented. The object of self-affirmation is the external world: material things – objects of prestige, other people. In addition, not every person can become the

object of self-affirmation of the dominant person, but only that person whose humiliation will bring the greatest pleasure and satisfaction. The strategy of dominance as a strategy for compensating of hyper-needs in self-affirmation can be manifested in the form of verbal aggression, in the form of creating artificial obstacles and related frustration states to another person, in the form of hiding important information and emotional isolation. The given strategy is expressed in the great aspiration for dominance in interpersonal relationships. For such people, the average values of self-disclosure and high self-expression rates are typical.

Realizing the importance of the past in the formation of a personality it is impossible not to take it into account when working with students. The theory of psychological determinism states that each of our thoughts, every our feeling, every our action is conditioned by the events of the past.

It was with the help of the ZPTI questionnaire by F. Zimbardo that we outlined the students' time perspective with different strategies of self-affirmation. Our assumptions will be checked by using correlation links between the obtained indicators (Table 3).

Table 3. Significant correlation coefficients between the indicators of self-affirmation and the time perspective of the personality

Indicators of the time perspective	Indicators of self-affirmation strategy		
	Self-repression	Constructive	Domination
PAST-	-884**	-547**	-670**
PRES H		475*	
FUTURE	760**	722**	840**
PAST+	867**	647**	
PRES F	-771**		-555**

Note: Indicators of the time perspective: PAST- – negative past, PRES H – hedonistic present, FUTURE – the future, PAST + – positive past, PRES F – fatalistic present.

Table 4. Correlation coefficients between self-affirmation indicators of self-suppression strategy and time perspective of the personality

PASTN	1.000	0.332	-0.712**	-0.776**	0.673*	-0.884**
	0.000	0.267	0.006	0.002	0.012	0.000
PRESH	0.332	1.000	-0.578*	-0.402	0.591*	-0.285
	0.267	0.000	0.039	0.174	0.033	0.345
FUTURE	-0.712**	-0.578*	1.000	0.876**	-0.561*	0.760**
	0.006	0.039	0.000	0.000	0.046	0.003
PASTP	-0.776**	-0.402	0.876**	1.000	-0.657*	0.867**
	0.002	0.174	0.000	0.000	0.015	0.000
PRESF	0.673*	0.591*	-0.561*	-0.657*	1.000	-0.771**
	0.012	0.033	0.046	0.015	0.000	0.002
CRS	-0.884**	-0.285	0.760**	0.867**	-0.771**	1.000
	0.000	0.345	0.003	0.000	0.002	0.000
	13	13	13	13	13	13

Table 5. Coefficients of correlations between the indicators of self-assertion of constructive strategy and the time perspective of the personality

	PAST-	PRES H	FUTURE	PAST+	PRES F	CS
PASTN	1.000	-0.075	-0.627**	-0.607**	0.544**	-0.547**
	0.000	0.738	0.002	0.003	0.009	0.008
PRESH	-0.075	1.000	0.283	0.498*	-0.013	0.475*
	0.738	0.000	0.201	0.018	0.954	0.025
FUTURE	-0.627**	0.283	1.000	0.376	-0.259	0.722**
	0.002	0.201	0.000	0.085	0.245	0.000
PASTP	-0.607**	0.498*	0.376	1.000	-0.270	0.647**
	0.003	0.018	0.085	0.000	0.225	0.001
PRESF	0.544**	-0.013	-0.259	-0.270	1.000	-0.302
	0.009	0.954	0.245	0.225	0.000	0.172
CS	-0.547**	0.475*	0.722**	0.647**	-0.302	1.000
	0.008	0.025	0.000	0.001	0.172	0.000

Table 6. Correlation coefficients between the indicators of self-affirmation of the strategy of dominance and the time perspective of the personality

	PAST-	PRES H	FUTURE	PAST+	PRES F	DS
PASTN	1.000	0.211	-0.588**	-0.201	0.109	-0.670**
	0.000	0.301	0.002	0.326	0.597	0.000
PRESH	0.211	1.000	-0.206	0.563**	0.244	-0.258
	0.301	0.000	0.313	0.003	0.230	0.203
FUTURE	-0.588**	-0.206	1.000	0.245	-0.504**	0.840**
	0.002	0.313	0.000	0.229	0.009	0.000
PASTP	-0.201	0.563**	0.245	1.000	-0.164	0.139
	0.326	0.003	0.229	0.000	0.423	0.500
PRESF	0.109	0.244	-0.504**	-0.164	1.000	-0.555**
	0.597	0.230	0.009	0.423	0.000	0.003
DS	-0.670**	-0.258	0.840**	0.139	-0.555**	1.000
	0.000	0.203	0.000	0.500	0.003	0.000
	26	26	26	26	26	26

Note: Here and below in the tables: CRS – self-repression strategy, CS – constructive strategy, DS – domination strategy.

During the correlation analysis, significant relationships were found between the indicators of the temporal perspective of the personality (Tables 4-6). The analysis of the correlation table shows the existence of negative correlations between the indices of all self-affirmation strategies and the indicators of the orientation of the negative past. Negative correlation relations (except the strategy of constructive self-affirmation) were also revealed with indicators of the scale "fatalistic present".

Correlation analysis confirmed the connection between the indicator "hedonistic present" and the strategy of constructive self-affirmation. Significant interdependence

at the level of 1% exists between the indicators of all self-affirmation strategies and indicators of the future orientation, as well as a significant relationship with the "positive past" (in addition to the strategy of domination). Thus, the analysis of Table 3 confirms the relationship between the orientation of the time perspective and the way of self-affirmation.

Figure 1 shows the obtained profiles of the indicators of the time perspective of the personality of the representatives of the groups with certain strategies of self-affirmation.

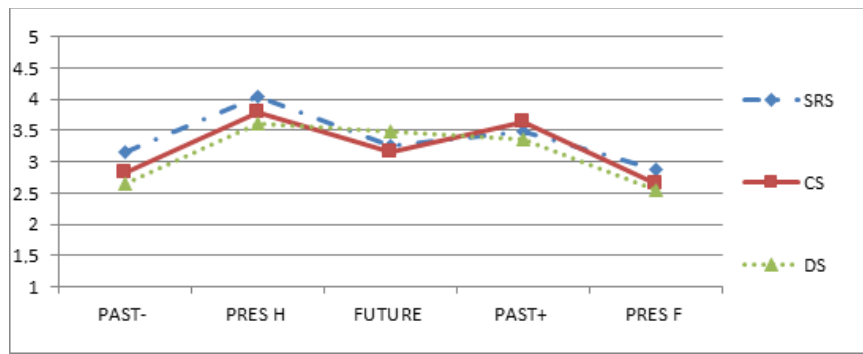


Figure 1. Profiles of indicators of the temporal perspective of the personality of the representatives of the groups with certain strategies of self-affirmation

It is visually noticeable that graphs of profiles (with minor differences) repeat each other. That is, we found that the time perspective for all groups that were studied is almost the same. As can be seen from Figure 1, all students got the highest figures on the "hedonistic present" scale. Taking into account the age of the young people, such indicators are regular. Young people aspire to novelty, acute feelings, have a high level of energy, are fascinated by various types of physical activity. But at the same time, they have a weak level of self-control and their impulses, unstable in their thoughts and actions, emotionally unstable. Other people are for them a source of stimulation, then until they get bored, next there is deterioration or breakup of relationships [30-33].

High scores on the "positive past" scale indicate openness and friendliness. A positive attitude to the past can reflect the pleasant experiences that a person really had or indicate a positive attitude that allows people to extract the best of the most difficult situations. What people think about their past influences their current thoughts, feelings and behavior to a greater extent than what really happened in the past. People who have experienced negative events, but remember them positively, can become cheerful and optimistic. Such people are characterized by high self-esteem, friendliness, feeling of happiness, patriotism, peculiar sense of gratitude, emotional stability [34-38].

Somewhat disturbing is the average level of focus on the "future". It is the future that contains our hopes, which is the basis for success. Believing in a positive future determines actions and feelings in the present. F. Zimbardo affirms that when a person wants to achieve something in the future and believes in what he can do, and makes more efforts [the same]. Our expectations affect our behavior. People oriented towards the future are less aggressive, disturbed and depressed, more conscientious, open, with a high level of self-esteem and strong self-control. They easily find a common language with peers and are stable in relationships [39-42].

The orientation towards the negative past and the fatalistic present turned out to be low. Not only the events of the past, but our attitude to them, affect the present and future. The representatives of the strategy of self-suppression are the most focused on the past, therefore, they pay more attention to the negative experience that affects the outlook, to the further actions, deeds. Negative attitude may be connected with the real unpleasant experiences. But it may also be due to a later negative reconstruction of the initially favorable events. These

people feel a constant sense of guilt, remember past mistakes, often feel depression, rarely respect themselves.

The focus on the fatalistic time perspective is the lowest, which indicates the faith of the researched subjects in their own forces. After all, the students-fatalists have low self-esteem, high anxiety, aggressiveness, emotional instability. They often believe in the doom of their future, which, accordingly, is reflected in their activities, thoughts, expectations

Obtained during the study of the profile of the students' time perspective are close to the optimal ones: a high index on the scale of "the positive past", low scores on the scales of "the negative past" and "fatalistic present", a rather high indicator on the scale "the future". In our case, the optimal profile does not correspond to the high figure on the hedonistic present scale, but as noted above, we regard it as a temporary orientation, which is associated with the age peculiarities of the researched subjects.

Conclusions

Significant correlation relationships (mostly at 1%) were established between the indicators of self-repression strategy and the orientation towards the future, negative and positive past. The indicators of the strategy of constructive self-affirmation have significant correlations with the indicators of the negative and positive past and the future. Indicators of the strategy of self-affirmation of domination have significant correlations with the indicators of the negative past and the future.

It was determined, with the help of qualitative (method of profiles) analysis of the obtained results, psychological peculiarities of time perception of the young people with different strategies of self-affirmation. So, orientation to the negative past is typical of the students with a strategy of self-suppression, therefore, they pay more attention to the negative experience that affects the outlook, the future actions, deeds. The researched ones with a constructive self-affirmation strategy, often turn to the positive past, believe in good luck, feel responsible for their own actions, their own lives, realize the significance of their actions for a further meaningful result, to achieve success in life. Students with a dominant type of self-affirmation are characterized by a desire for results, they are the most oriented to the future.

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None.

Conflict of Interest

None.

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Взаємозв'язок стратегії самоствердження особистості з часовою перспективою

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Анотація

Актуальність. Самоствердження є невіддільною частиною розвитку людей, які є соціально активними, мають чіткі погляди та можуть відстоювати свої переконання. Розуміння взаємозв'язку між стратегіями самоствердження та часовою перспективою має вирішальне значення для психологічних втручань.

Мета. Дослідження мало на меті вивчити взаємозв'язок між різними стратегіями самоствердження (конструктивними, домінантними та самопридушенням) і часовими перспективами індивідів.

Методологія. За допомогою опитувальників "Стратегії самоствердження особистості" (Н.Є. Харламенкова & Є.П. Нікітін) та "Часова перспектива особистості" (Ф. Зімбардо) ми проаналізували відповіді студентів різних навчальних закладів та років навчання. Цей порівняльний аналіз дозволив нам класифікувати студентів за домінуючою стратегією самоствердження та дослідити зв'язок між цими стратегіями та їхніми часовими перспективами.

Результати. Результати показали чіткі кореляційні зв'язки між стратегіями самоствердження та різними вимірами часової перспективи. Студенти, які використовували конструктивну стратегію, часто орієнтувалися на позитивне минуле та майбутнє. На противагу цьому, ті, хто використовував домінуючу стратегію, були більш орієнтовані на майбутнє, але менш позитивно ставилися до минулого. Ті, хто використовував стратегію самопридушення, як правило, мали більш негативний погляд на минуле.

Висновки. Результати дослідження підкреслюють важливість адаптації психологічних втручань до домінуючої стратегії самоствердження та часової перспективи людини. Такий індивідуальний підхід може підвищити ефективність програм, спрямованих на розвиток здорових практик самоствердження серед молодих людей.

Ключові слова: конструктивність; домінування; самопридушення; часова перспектива; особистість; ZTP1.