

PERSONALITY IN A SITUATION OF UNCERTAINTY. THE CURRENT STATE OF THE PROBLEM

Lyzen Dmytro Ihorovych

Graduate of the Faculty of Biomedical Engineering
Kharkiv National University of Radio Electronics, Ukraine

Academic supervisor: Korobkina Tetyana Volodymyrivna

Associate Professor, Doctor of Philosophical Sciences,
Professor of the Department of Philosophy
Kharkiv National University of Radio Electronics, Ukraine

A sense of uncertainty about the future, psychological instability - this is what characterizes the transitional state of society from a totalitarian political system to a democratic system.

In transitional periods, when the uncertainty of life in society increases, a person needs additional internal strength to overcome various difficulties and problems. The unpredictability associated with unemployment, the impossibility of obtaining a decent education, finding a job, and moving from one field of activity to another prevents people from living fully.

Tolerance - as a factor that stabilizes the system (personality) from the inside and outside, a factor that conditions interpersonal relations in society on a peaceful course and connects individuals with traditions, norms, culture, etc., is very important, extremely necessary today there is also readiness for change. That is why, when dealing with the problem of education of tolerance in society, one should also remember about the formation of one of its important aspects - tolerance for uncertainty. However, until today, this problem has not been given sufficient attention in the domestic psychological literature, while tolerance for uncertainty is an important personality quality that opposes stereotyping and authoritarianism and is considered necessary for successful adaptation to new unexpected conditions [1].

In Ukraine, studies of tolerance to uncertainty in psychology have been going on for a relatively short time and are characterized by being directed in certain directions. The most common studies concern the formation of tolerance to uncertainty in the spheres of activity (Gusev, A. I., Pichurin, V. V.); Consideration of tolerance to uncertainty as a factor of human well-being (I.M. Yushchenko, P.V. Lushin) and a factor of effective counseling and adaptation of scientists to social changes (R. Kochunas, Prykhodko A. I.); frustration tolerance (Mitina L.M., Popyk I.G., Kholodova O.A.).

The formation and development of the problem of uncertainty in the field of psychological knowledge are determined by a number of theoretical and empirical prerequisites, such as the reflection and development of the categorical apparatus of modern psychology, the introduction of the principle of uncertainty and its consideration as a worldview setting that determines the formation of new schemes for explaining mental phenomena; solving tasks of studying personal identity, professional and personal maturity, socio-psychological characteristics; ethnopsychological studies, etc.

The need for scientific justification and practical development, the study of human behavior in a situation of uncertainty is an urgent problem of modern psychological science.

The main goal of this work is to carry out a theoretical analysis of the psychological phenomenon "tolerance to uncertainty" in foreign and domestic research.

The concept of tolerance in general is relatively new for domestic psychology. Because of this, it remains difficult to explain the content and genesis of the concept of "uncertainty tolerance" [2], [5].

It was determined that long-term military trauma can lead to both negative (PTSD, a decrease in the level of psychological health of the individual) and positive (post-traumatic growth, activation of life) consequences. It is shown that the negative consequences of trauma are manifested at the socio-psychological level of creativity as a decrease in the tendency to cooperate, the ability to empathize, as a decrease in trust in the world; At the value-semantic level - as a loss of the ability to find new life perspectives, a deterioration in the understanding of experience, a decrease in the ability to get pleasure from everyday life; at the individual psychological level - as an experience of splitting, a violation of integrity, destructive changes in identity, a decrease in the need for self-realization, a decrease in balance, adaptability.

Among the strategies for promoting post-traumatic growth, the following are highlighted: development of the ability to positively interpret war traumatization; rethinking the spatial characteristics of the life world by reformatting likes and dislikes, increasing empathy; Restructuring of a life time by restoring the ability to create meaning; a change in attitude towards oneself thanks to the mobilization of self-preservation and self-restoration resources.

Life trials do not always lead to traumatization - sometimes they become a catalyst for positive changes, strengthening of relationships, changes in life position, and identification of personal strengths. A study of survivors of the "Herald of Free Enterprise" ferry disaster conducted three years later found that 46% had changed their outlook on life for the worse and 43% had changed for the better.

The term "post-traumatic growth", introduced into scientific use by R. Tedeschi and L. Calhoun, denotes positive changes that a person experiences as a result of overcoming the consequences of a traumatic event. The prevalence of the phenomenon of post-traumatic growth, according to 39 empirical studies analyzed in a review article by British authors P. Linley and S. Joseph, varies between 30 and 70% of victims of various types of trauma.

Post-traumatic growth occurs primarily in the following aspects:

- 1) In a deeper relationship with the environment;
- 2) In self-understanding, when the Self itself becomes both sensitive and strong;
- 3) In one's own philosophy of life, which involves the ability to experience gratitude for every day lived.

As empirical studies have shown, post-traumatic growth does not have an unequivocal relationship with gender, age, education, and wealth. Positive correlations are traced with the ability to assess threats, focus on a problem, reinterpret it positively, and reinterpret traumatic memories. Personal growth is certainly facilitated by a person's optimism and his religiosity [2], [4].

Most foreign scientists consider TN as a personality trait. Thus, R. Hullman suggests that TN should be considered as "the ability to understand the conflict and tension that arise in a situation of duality, uncertainty and are manifested in the acceptance of the unknown, the ability to resist in a contradictory situation...". R. Norton suggests considering ITN as a personality trait associated with a number of behavioral phenomena, for example, reluctance to analyze problems in specific terms and preferring clear, understandable situations. The scientist defines TN as "...the tendency to perceive ambiguous information as a kind of psychological discomfort or threat" and singles out eight different categories that determine uncertainty: 1) multiplicity of judgments; 2) Inaccuracy, incompleteness and fragmentation; 3) probability; 4) unstructuredness; 5) lack of information; 6) unreliability; 7) incompatibility and contradiction; 8) incomprehensibility (Leonov, 2014).

E. MacDonald, S. Badner and U. Sidanius consider TN as a basic personality trait. S. Budner, from the perspective of psychology, formulated the idea of a threat perceived by a person as the basis for identifying trends in relation to uncertain stimuli. According to him,

TN is a tendency to perceive uncertain situations as desirable. In turn, ITV is the perception of ambiguous, contradictory situations as a source of threat. S. Budner singled out the following signs of an uncertain situation:

- Novelty (absolutely new situation, the experience of living in which does not exist);
- Complexity (a complex situation with a large number of components);
- Unresolved (different elements of the situation give rise to conflicting interpretations).

The scientist also singled out 4 indicators of individual perception of a threat, acting as an experience of a threat (individual reaction) or behavior in a threat situation (operational reaction):

- Phenomenological subjugation (discomfort);
- Phenomenological denial (regression, suppression);
- Operative subjugation (avoidance behavior);
- Operational denial (destructive or reconstructive behavior) (Budner, 1962).

In contrast to the intolerance, the authors defined individual tolerance as "the tendency to perceive uncertain situations as desirable."

The problem of tolerance to uncertainty has also found its place in the research of Ukrainian scientists. Thus, P. Lushin, researching the leading condition of personal support in the conditions of the transition period, determines the tolerance for uncertainty, non-directiveness and non-deficits of the psychologist's professional position. In addition, the scientist considers the types of attitudes towards uncertainty, including intolerant and tolerant, which makes it possible to distinguish the following types: "active", "passive", "utilitarian" and a special "non-deficit" type, the essence of which is an attitude towards chaos and uncertainty as a source of personal growth and development (Lushin, 2017).

According to A. I. Gusev, tolerance for uncertainty is a personality trait that allows it to withstand crisis manifestations related to the uncertainty of the semantic foundations of one's existence, which arise during the transition to a new identity. Tolerance for uncertainty is a multi-level and multi-dimensional personal construct that can be attributed to integral personality characteristics. In addition, the scientist investigated tolerance to uncertainty as a factor in the development of personal identity, applying for this purpose: the "Tolerance to Uncertainty" method (S. Badner, adapted by G. Soldatova), the "Tolerance to Uncertainty Scale" method (D. McLane, adapted E. Lukovytska), the methodology "Personal readiness for change" (Rolnik, Heather, Gold, Hull, adapted by N. Bazanova and G. Bardier) and other methods of identity development research (Gusev, 2007) [4], [5], [6].

References:

1. Дуднік О.А. Психологія особистості: досвід минулого-погляд у майбутнє. "Наука і освіта", № 5-6, 2005. С. 48-56.
2. Томаржевська І. Феномен «Толерантність до невизначеності» і його психологічний аналіз. УДК 159 9.01. С. 1-7.
3. Титаренко Т. М. Психологія війни і миру. Соціально-психологічні стратегії адаптації особистості і спільноти до умов та наслідків воєнного конфлікту Київ: ISSN 2411-1449 ББК 66.07+88.8. С. 3-8
4. Гусев А. І. До проблеми формування та розвитку толерантності до невизначеності / А.І. Гусев. // Науковий часопис Національного педагогічного університету імені М. П. Драгоманова. Сер. № 12, Психологічні науки. - К., 2007. - № 17 (41), ч. 1. - С 101-113.
5. Гусев А. І. Практичні аспекти формування та розвитку толерантності до невизначеності / А.І. Гусев. // Психологічні перспективи. - 2008. - Вип. 11. -С. 58 - 70.
6. Гусев А. І. До питання побудови експериментальної моделі вимірювання феномена толерантності до невизначеності / А.І. Гусев. // Наукові праці МАУП. - К., 2008. - Вип. 2 (18). - С. 257 - 262.