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# STRUCTURE OF PROPERTIES OF THE SELF-ACTUALIZING PERSON OF STUDENTS

Starynska N. V.

## INTRODUCTION

The problem of the person self-actualization is considered one of the fundamental issues of the human existence, because it is the process due to which an individual joins the society, reveals his/her true form in a harmonious and balanced way by realizing the opportunities for the development of his/her identity.

In the concept by A. Maslow, the self-actualization refers to a primary need a person that becomes particularly important during the studentship. The self-actualization of students is one of the most important stages in the formation of the person, because it is associated not only with obtaining a large amount of knowledge, but it is also crucial in obtaining professional qualifications. Active development and realization of the opportunities during study in higher educational establishment helps a student to bring out own professional qualities, reach success and career growth.

Works by representatives of humanistic psychology – A. Maslow, R. May, G. Allport, V. Frankl and others are devoted to studies of problems of the self-development, self-actualization and self-realization.

In psychology, the problem of the development and formation of the person is represented by the concepts of B.G. Ananiev, A.N. Leontev, L.I. Antsyferova, K.A. Abulkhanova-Slavskaya, D.A. Leontiev, I.D. Bekh, I.S. Bulakh, E.I. Golovakha, L.N. Kogan, A.A. Kronik, A.D. Chaus, S.D. Maksimenko, I.P. Manokha, V.I. Mulyar, L.V. Sokhan, V.A. Tatenko, T.M. Titarenko, B.S. Bratusya, S.L. Rubinshtein and others.

The study of the features of the self-actualizing person of students was carried out by E.M. Gorodilova, E.F. Yashchenko, I.D. Egorycheva, I.V. Turkova, N.I. Petrova, L.N. Kobyl'nik, E.A. Lopatin, T.N. Solomka and others.

At the same time, the problem of the person self-actualization at such an important age stage as the studentship remains insufficiently developed, despite the theoretical and applied significance of this study. Modern works investigate certain aspects of the self-actualizing person, its specific features, however, the properties of the self-actualizing person of students, their

structure have not been sufficiently investigated, and this is the purpose for our research.

Thus, the social and practical significance of this problem and its insufficient study determined the purpose of our study – to study the properties of the self-actualizing person of students in accordance with the characteristics of self-actualizing people by A. Maslow; to make up the structure of personal properties of the self-actualizing person of students by A. Maslow.

### **1. Features of the self-actualization of the student's person**

Self-actualization is a complex mental activity that requires a clear goal-setting, significant volitional effort, directed self-activity, huge psychological and energy expenditures.

The most of authors define the actualization process as an “internal growth” coming from the personality intention to realize inherited and genetic inclinations, to fulfil one's capabilities<sup>1</sup>.

K. Rogers considers each of us has the endeavour to become as skilful and talented as it can be in terms of biology. The plant tends to be healthy, the seed tends to grow in a tree and a human reaches out for integrity, self-actualization<sup>2</sup>.

A. Maslow states the self-actualizing personality is one living to the fullest, a man with the personal growth level potentially present in all of us.

The following scholars (S.D. Maksimenko, G.A. Ball, M.B. Bondar, L.N. Kobyl'nik, U.G. Dolinskaya, V.A. Gupalovskaya) note every person has dormant faculties and potential, therefore it is crucial to have no doubts and fear realizing them, because it multiplies chances of success and self-actualization. So, S.D. Maksimenko points out the inappropriate nature of the statements that only a few (3% according to Maslow) are able to reach self-actualization, because actually everyone can do it. However, it is worth mentioning that a self-actualization is a complicated long-running activity requiring a target orientation, great willpower, target-specific independent activity, major contribution of psychological and energy resources. Self-actualization implies as well a personal and independent opinion on essential

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<sup>1</sup> Райгородский Д.Я. Психология личности: хрестоматия: в 2 т. Самара: БАХРАХ, 1999. Т. 1: Зарубежная психология. 448 с.

<sup>2</sup> Роджерс К.Р. Становление личности. Взгляд на психотерапию / пер. с англ. М.М. Исениной; общ. ред. и предисл. Е.И. Исениной. М.: Прогресс, 1994. 480 с.

management of own goals, convictions, guidelines and principles. The "spontaneity" factor (property "ingenuousness, simplicity, naturalness") determines the ability to express own feelings in the form of actions that were not prearranged in advance. The "orientation in time" factor (property "effective perception of reality") implies the focus of a person on the present, bringing into correlation of the past and present, as well as the realistic association of long-term plans with current tasks.

Thus, for 1-year students, the main driving forces of their self-actualization are naturalness in behavior, a certain freedom of choice and responsibility for their actions; management of values of the self-actualized person. It is important for 3-year students to focus on the present and bring it into correlation with the past and future; to be convinced that a person can manage own life and can freely make a decision. 5-year students build up a specific hierarchy of personal values that is a connecting link between the individual world of the person and society as a whole.

## CONCLUSIONS

In modern scientific terminology, the self-actualization is defined as the internal activity of the subject, the purpose of which is to identify potential opportunities, values and meanings. The result of such activity is the formation of a person as a subject of own life activities. A sense of purpose, intentionality, procedurality, effectiveness are considered as essential signs of the phenomenon of self-actualization, as a complex of personal properties.

A specific feature of the self-actualization of the individual during studentship is that it is carried out within the educational process at a higher educational institution. An indicator of the effectiveness of the process of students' self-actualization is the level of development of all the aggregate properties that determine the self-actualization of the individual.

The general structure of properties of the self-actualized students is sufficiently integrated. Its basic factor is "support" that combines such properties as: "autonomy, independence from culture and environment", "effective perception of reality", "personal adaptive potential", "self-acceptance, acceptance of others and nature", "freshness of perception", "differentiation of means and goals", "ingenuousness, simplicity, naturalness", "reflexivity: personal reflection". This means that the main self-actualization trend for students-psychologists is independence from

others and greater reliance on themselves, management of their own goals, beliefs.

The main driving forces of self-actualization for 1-year students are naturalness in behavior, a certain freedom of choice and responsibility for their actions; management of the values of the self-actualized person; interest in the future profession and the desire to improve, as well as free orientation in changing conditions, prediction of possible future outcomes. It is important for 3-year students to focus on the present and bring it into correlation with the past and future; to be convinced that a person can manage own life and can freely make a decision. 5-year students have their own opinions and stand up for it, relying on their hierarchy of personal values.

### SUMMARY

The article deals with the problem of personality's self-actualization; integral qualities of a self-actualized personality are analyzed; defining of the essence of "self-actualization" concept in line with humanistic psychology; discussion of the recent research of this phenomenon; the definition of students' self-actualization is under review from the position of motive, process and activity result; modern research of given phenomenon is discussed; qualitative and quantitative analysis of self-actualized personality's qualities of students is made according to A. Maslow's characteristics as well as their comparison with the peculiarities of student's age and the process of training at a higher school; characterizing of the features of self-actualization during the studying and professional activity; defining of the criteria and the structural components of the students' self-actualization, the most expressed characteristics are distinguished, such as "accepting oneself, others and nature"; "spontaneity, natural being"; "public interest; deep relations between people"; "concentration on a problem"; the general structure of the properties of the self-actualizing person of students is developed on the basis of the results of the study and depending on the course of studying at the university.

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