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REFLECTION AND SELF-IDENTITY PERSONALITY

Abstract. In this article, we reveal the influence of the development of reflection on a change in the self-identity of a person. Because of a change in the reflection, beliefs and attitudes toward social and personal relationships also change. We have shown that psychodiagnostic methods that most fully diagnose the main characteristics of reflection can be used as methods for developing reflection.

Keywords: reflection, self-identity, psychodiagnostics of reflection, persuasion, attitude.

1. Introduction

Currently, the identity in research is treated as a self-evident phenomenon, but there are a huge number of diverse views and theories of identity. Due to this, concepts of identity, self-identity are not clear. When using these concepts, it is often understood different and even competing with each other. We hold the approach of V. A. Emelina, E. I. Rasskazova, A. Sh. Tkhostov, who consider, as generally as possible, identity means a phenomenological sense of oneself as a certain unity, identity with oneself in a cultural-historical chronotope, stemming from a particular source – belonging to a certain community, ethnic group, culture, nature, sex, or generation, experiences the needs of the organism, from the structure of vital drives, rational goal setting and cognitive abilities, beliefs, etc. [3, p. 27]. The theoretical analysis of problems of reflection and identity showed that so far in psychology there are few scientific works that are at the crossroads of the problems of reflection and identity. E. Yu. Mazur investigated the influence of reflection on professional identity and proved that the higher the level of reflexivity, the more intense is the type of moratorium (identity crisis) of professional identity, which leads to complication and inconsistency of the structure of professional identity [4]. N. Dmitrieva, S. Drozdova, adding the word reflection to the title of their article, actually considered the philosophical views on identity, apparently a priori believing that reflection is already represented in identity [1]. SA Drozdova conducted an experimental study of the influence of reflection on the identity of a person. She discovered the interrelations of the subsystem elements of the emotional-evaluative component of identity with the motivational-objective function of reflection. The following relationships are highlighted: life performance indicators are associated with an emotionally polar positive type of identity assessment, effectiveness in combination with retrospective reflection is characteristic of a balanced type of identity assess-

ment. These qualities are minimally expressed in respondents with a negative type of identity assessment. Social needs for recognition and understanding are associated with life goals and introspective reflection. The need for recognition is associated with the Life locus of control, and the group orientation is inversely proportional to the Locus of control. The professional component of identity is more related to the motivational-objective function – a high degree of development of prospective reflection has been revealed [2]. These empirical studies are of interest in the aspect of the relationship between types of reflection and its components with the development of various aspects of identity, mainly evaluations. Evaluation comes down to self-esteem. Our study posed the following task: to determine how the development of reflection affects the change in personal identity. Identity consisted of the beliefs of the individual and her relationship. Having highlighted the developing character of the “Questionnaire Focus of reflection” technique by T. E. Sizikova, we applied it as a means of developing reflection [5; 6].

2. Materials and Methods

In the experimental work, we applied psychodiagnostic methods as diagnostic and developmental. As a means of developing self-identity, we applied the “Unfinished sentences” methodology by Saks Levy, “The Method of Reflection of Relationships and Beliefs” by T. E. Sizikova, “Questionnaire Focus of reflection” by T. E. Sizikova, questioning. The sample size was 35 people (20 women, 15 men.) Aged 18 to 36 years.

3. Organization of empirical research

Stage 1. The subjects performed the “Unfinished sentences” technique by S. Levy and “The Method of Reflection of Relationships and Beliefs” by T. E. Sizikova, in which the subjects write three convictions for each of the 23 types of relationships. Processing of the results is the same for the two methods – assignment from 2 to minus 2 points according to the criterion of the positivity of the end of the sentence

and each conviction. The subjects independently processed their results and scored the positiveness of their beliefs and relationships on a scale.

Stage 2. The subjects performed the "Questionnaire Focus of reflection" by T. E. Sizikova without obtaining quantitative data and interpreting the results.

Stage 3. After 2 weeks, the subjects performed the tasks in the reverse order: first they worked with the methodology "Questionnaire Focus of reflection" by T. E. Sizikova, and then with the methods "Unfinished sentences" by S. Levy. The subjects independently processed the results of these two methods based on the criterion of positivity. The key to processing the results is the same for these two methods.

Stage 4. The quantitative results of the "Questionnaire Focus of reflection" by T. E. Sizikova were processed by the experimenter and presented to the subjects for self-interpretation. In two other methods, the subjects also interpreted the results themselves. As a result of self-analysis, the subjects formed a generalized view of their reflection, reflection of attitudes and beliefs, as well as their view of positivity.

Stage 5. Subjects were asked to answer "yes" or "no" to 5 questions of the questionnaire: 1. Do you learn anything new about yourself as you completed the tasks of the methods? 2. Were the tasks of the techniques developing you? 3. Did you have to think long to understand the tasks of the techniques? 4. Have you ever wondered when answering questions? 5. Has the work with the techniques influenced the development of your ideas about yourself and those around you?

4. Results

4.1. The results of the survey:

When answering the first question, 77% of respondents answered positively, 63% of respondents answered positively to the second question, 60% of respondents answered positively to the third question, 54% answered positively to the fourth question; subjects and 71% of the subject's negative answer to the fifth question. In the questionnaire, the first, second and fifth questions are coordinated among themselves and from the different angles are considered the same. The questionnaires of the subjects who gave a negative answer to the fifth question were analyzed to determine if the answers to the first, second, and fifth questions were mismatched. In 84% of the subjects, discrepancies were revealed, which indicates the contradictory nature of reflection caused by emotional coloration and possibly frustration at the discovery of blocked, unconscious, unpleasant and unacceptable information about a person, relationships, beliefs, awareness, positivity. 14% of all subjects test all questions with positive answers and 6% of all subjects test all questions with negative answers.

4.2. The results of work with psychodiagnostic methods:

We have identified three types of changes:

1. Changing the self-esteem of positivity with the same beliefs of the first and second series of testing.

2. Changing the self-esteem of positivity and changing beliefs while maintaining the semantic commonality between beliefs (similarity principle) in two test series.

3. Changing the self-esteem of positivity and changing beliefs on the opposite of semantics in the two test series.

Counting changes was carried out in cases. The case is one subject in two test series with three beliefs in each type of relationship in two test series. Three convictions were compared with the positivity self-assessment scores in the first testing series and three convictions with the positivity scores of the second testing series. If the three beliefs of the first series of testing are identical to those of the second series of testing, and the self-assessment of positivity is different, then this change was related to the changes of the first type and was considered as one case. In a similar way, cases of the second and third type of change were distinguished. The peculiarity of counting on the third type of change was that if at least one pair of opposing beliefs stood out, and the other two pairs belonged to the second type of change, then this case was generally related to the third type of change. This approach is explained by the fact that three beliefs identified by the subject are in their personality structure a system that are interconnected and a change in any element of the system leads to a change in the whole system, therefore we considered the change in one pair of beliefs as a change in the whole system while maintaining similarity or the appearance of opposites, as well as a change in the element of the system – self-esteem of positivity. A change in the self-esteem of positivity was considered a change in points in the same beliefs for the two test series and an expert assessment of the change in positivity with the second and third type of change in beliefs. A qualitative change in the self-esteem of positivity was considered with reference to the following criteria, which are recognized in the cultural and historical stratum of our society as a "Russian idea" broadcast in mass communication and formulated by N. A. Stunzha. Based on the analysis of the history of the "Russian idea", its cross-cultural peculiarities, psychological content and determinants, the author singled out that the "Russian idea" is the content basis, the semantic and motivating force of cultural identity and national identity [7].

This is the measure from which each person takes a count-down and builds his own identity – "the image of himself" on the cultural foundations of the society in which he lives. The Russian idea initially recognizes the priority of the unity of the world in all spheres of life and the spiritual life of man. The Russian idea expresses the idea of a person as self-developing on the values of being – freedom, justice, solidarity, tolerance, beauty, love and others, a person self-fulfilling in

the professional – industrial, social and cultural – spiritual life of society. According to a study by N. A. Stunzha, 32% of the sample of subjects believe that in Russia there are opportunities for self-realization of everyone who does not trample and does not violate human values, does not act against man and humanity, 20% of subjects add to this peacefulness and unity, and 16% indicate mercy, tolerance and patience. Consequently, the positivity of the personality and the awareness of the personality of the positivity of themselves and the surrounding reality, settled in the system of values, beliefs and attitudes of the personality are the basis for self-realization of the self-developing personality and are supported by universal norms that have become “Russian idea”, i.e. the highest layer where ideas live that control the other strata to which reflection belongs. Accordingly, the criteria for change were: a basis for self-assessment of positivity on general cultural values, on self-development and self-realization of the personality and their opposite.

If self-assessment scores of a positivity of a belief changed and approached greater compliance with expert criteria, this was regarded as a change in a self-assessment of a positivity of belief positive, and in the opposite direction, a negative one.

A quantitative calculation showed that for all 23 types of relationships, changes of the first type occurred in all cases of the same beliefs of the two series; self-esteem of positivity was closer to adequate. Cases of “mirror reflection” of beliefs and the sameness of self-esteem of positivity were not identified in the two test series. Changes of the second type in 36%, changes in the third type 41%. The subjects (4 people – 6%) who answered all the questions of the questionnaire negatively observed changes in beliefs and an assessment of positivity, it is more close to adequate, but at the current moment in time this new knowledge may not have been accepted and caused frustration.

The analysis of the degree of differences in the data of subjects by two methods in two test series gave the following results (Table 1):

Table 1. – T – criterion for sampling the first and second test series

Variable	T-criteria for dependent series (significant changes $p < 0.05000$)							
	Average	Standard deviation	Difference	Standard deviation of difference	t	p	Confidence interval –95%	Confidence interval +95%
Unfinished sentences 1 series	40.10	24.34						
Unfinished sentences 2 series	43.43	25.14	–3.33	14.34	–1.45	0.15	–7.98	1.31
The Method of Reflection of Relationships and Beliefs 1 series	47.56	24.69						
The Method of Reflection of Relationships and Beliefs 2 series	53.23	30.01	–5.66	17.46	–2.02	0.05	–11.32	–0.00

As follows from the data in the table, significant changes were identified by the “Method of Reflection of Relationships and Beliefs” by T. E. Sizikova, which confirms the conclusion that changes in the content of beliefs and self-assessment of their positivity occurred as a result of the implementation of the “Questionnaire Focus of reflection” by T. E. Sizikova, thereby confirming the developmental nature of the questionnaire. The average value of self-esteem of positivity increased in the second test series, the difference between the data from the two test series is significant at the significance level of $p < 0.05$, t -test = -2.026 . Standard deviation, i.e. the spread of data also increased in the second series of testing. The expert assessment did not show any destructive changes in beliefs and their self-esteem, therefore, it is logical to assume that the changes in the second series of testing approached the subjects

more adequately, to the real idea of themselves. The scatter of data is due in some cases, the psychological overcoming of guilt feelings that was inherent in the beliefs in the first test series, which increased the positivity in the beliefs both quantitatively and qualitatively in the second test series.

Persuasion is a stable component of the personality and the effect of beliefs in relationships can be observed using the data of the “Unfinished sentences” by S. Levy. Significant differences in the self-assessment of ideas about the positivity of relations diagnosed using this technique have been identified. Contrary to quantitative results, qualitative results show a different picture. For the same three types of changes, we conducted an analysis of the completion by the subjects of the sentences given in the stimulus material of the method. Qualitative analysis showed that changes in the second type

of changes make up 28% of cases and in the third type of changes – 34% of cases.

As a result, such data were obtained that show that beliefs, or more precisely, the ideas about their beliefs and their positivity, are more variable under the influence of the “Questionnaire Focus of reflection” by T. E. Sizikova compared to ideas about relationships. Relationships are more stable and ideas about them, like themselves, in reality, change more slowly, but these changes follow changes in beliefs, which corresponds to the provisions of the generalized theory of personality, prevailing in psychology and psychological counseling.

The conducted correlation analysis confirms this conclusion: the correlation relationship at the significance level $p < 0.05$ in the first test series between the data of the two methods “Unfinished sentences” and “Methods of Reflection of Relationships and Beliefs” $r = 0.494$ ($p < 0.05$) and in the second test series $r = 0.687$ ($p < 0.05$). The strength of the correlation connection between the completion of sentences and convictions has increased, has come to a more adequate form, and the connection between attitudes, beliefs, their aware-

ness and the notion of their positivity has been restored in the subjects’ awareness.

5. Conclusions

In our study, we showed that the development of reflection affects the adequacy of self-identity. Under the influence of reflection, such stable components of self-identity as beliefs and attitudes towards social and personal relations are intensively changing. In our study, changes occurred in the direction of positivity. The guiding lines for self-identification were the ideas of tolerance, peacefulness, self-development and self-sufficiency, which were set in the reflection using the criteria for self-assessment of the results of projective psychological methods of psychological diagnostics the “Unfinished sentences” methodology by Saks Levy, “The Method of Reflection of Relationships and Beliefs” by T. E. Sizikova and the norms that underlie the methodology “Questionnaire Focus of reflection” by T. E. Sizikova. We have shown in our study that psychodiagnostic methods can be used not only as a means of psychological diagnosis, but also to a greater degree as a means of development.

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