

LIFE STRATEGIES MODERN RUSSIANS



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**This work was supported by a grant of the President of the Russian
Federation MK-2431.2008.6 number**

The article presents an overview of a multi-year research experience of life strategies of contemporary Russians. Originally formulated methodological foundations of empirical research. Based on empirical data are described based components and types of life strategy of modern Russians.

Keywords: life strategy, structure, typology of modern life strategy Russians.

В статье представлен обзор многолетнего опыта исследования жизненных стратегий современных россиян. Первоначально сформулированы методологические основания эмпирического исследования. На основе эмпирических данных описаны основанные компоненты и типы жизненной стратегии современных россиян.

Ключевые слова: жизненная стратегия, структура, типология жизненной стратегии современных россиян.

У статті представлений огляд багаторічного досвіду дослідження життєвих стратегій сучасних росіян. Спочатку сформульовані методологічні підстави емпіричного дослідження. На основі емпіричних даних описані засновані компоненти і типи життєвої стратегії сучасних росіян.

Ключові слова: життєва стратегія, структура, типологія життєвої стратегії сучасних росіян.

Introduction. Relevance of research strategy in life is determined by the increasing needs of our society in the quest to create favorable conditions for the full development of the individual, the effectiveness of her life. Life Path person is the same for all "measure", but the way the problems arising, the construction of life, satisfaction with it unique. This question is particularly relevant for a person living in a period of social change, leading to a large variation in understanding individual personality demands of society. At different stages of their development person faced with the need implementation and adherence to social requirements imposed by parents, educators, teachers, employers, etc. In addition, each person in turn, has its own needs, desires and intentions. In connection with this, living in a society involves correlating the objective requirements of the individual reality with its needs and interests. The degree of integration with the personal life requirements needs, values, life strategy reflects personality. This integration is able to be implemented in different ways, reflecting a certain type of life strategy. An important property of the individual is its ability to be subject to their own way of life. For the higher level and optimal quality of life is the subject of a person's ability to regulate and organize their way of life as a whole, subordinate its goals, values. All people are different from each other in the degree of development of each of these properties of the subject activity. So, in reality they differ degrees of influence on the course of their lives, mastering the many life situations, dependence on external circumstances of life satisfaction. Exploring different character abilities to organize people's lives allow us to isolate certain types of people in terms of the method of constructing a life strategy .The problem of life strategies developed intensively in the works of foreign and domestic psychologists (Alfred Adler, Erich Fromm, Karen Horney, T. Kasser, R. Ryan, R. Pehunen, S. Rubinstein, K.A. Abulkhanova-Slavskaya). Scientists considered the notion of a life strategy distinguishes its types, describes performance indicators.

Formulation of the research problem. Ideal base there is the consideration of the individual in the context of his life and world, not as an isolated individual (Husserl, L. Binswanger, F.E. Vasylyuk). Physical and social world for a person has both objective and subjective content. Objectively, the world includes subjects and objects, people, social groups, social institutions, etc. But each person has their own subjective image and ideas about the world and their place in it, heir life-world. [4] Life world, firstly, formed on the basis of experience of a particular person, in this connection, characterized by the individual characteristics. Secondly, the content is subjectively meaningful reflection of reality. Third, under the influence of a particular life-world is formed life strategy.

As the second made the idea of considering the individual is an active subject, self-creating and self-determinate implicit in the work of S.L. Rubinstein. According to the erudite of "to exist is to act and exposed" [9]. In real life adult

person has the ability to function in both determination and self-determination [6].

Third base is a life strategy studies typological approach (S. Rubinstein, K.A. Abulkhanova-Slavskaya). This approach makes it possible to describe the typical and individual characteristics life strategy to reveal her as a holistic education. To construct a typology we consider life as a multidimensional strategy and multidimensional phenomenon. [1]

Theoretically, we have identified and empirically examined the following components life strategy [2]:

1. Life goal has informed person anticipates the result of life in general or a specific life span. Targeting performs life orienting and guiding function in life.

2. The meaning of life is the life conception of man, conscious and generalized principle of life. The presence of meaning in life gives a person the feeling of independence, the ability to create your life, involvement in various life structures. Lack of meaning leads to the alienation of life for a man of his deeds and actions lose their subjective significance.

3. Value orientations have values that motivate a person to certain life actions.

4. The presence or absence of beliefs about ability and capacity control their own lives on a personal level determines the localization of forces capable of influencing a person's life.

5. Time perspective is the relation of the individual to his own psychological past, present and future, organizing and performing a regulatory function in life.

6. Willingness to self-overcoming the difficulties there is a belief in the individual readiness of the person to overcome the difficulties of life. This personality trait can increase or reduce the incentives for the implementation of active measures in difficult situations.

7. Independence / dependence of the individual person's ability to have an independent existence, manifested in setting their own goals and achieve them through their efforts.

8. Creative personality orientation indicates the effectiveness of the individual in society. According to the views of V. Frankl, namely the creative direction of the person determines the level of meaningfulness of the individual's own life [7].

9. Self-actualization is the degree of realization of the individual self-empowerment. Correlation with value orientations goals and indicators of self-actualization to determine the content side of life strategy, its activity or passivity.

10. Life satisfaction is a generalized sense, reflecting the extent to which the desired and achieved.

The combination of selected components forms a specific type of life strategy. Life strategy should also study how multi-level structure in which simple components are organized into more complex components. In reality, the individual differ degree of influence on the course of their lives, mastering the many life situations, depending on external circumstances, different life satisfaction.

Life strategy has quality, specific features. Theoretical overview of work allowed us to identify the characteristics of life strategy:

- Personality / typicality. This characteristic is vital strategy reflects how a person in his life realizes the demands of society, other people and their own desires. One man completely submits his own life requirements of society and desires of other people. Another man lives only by their own needs and interests, does not take into account the requirements of society. The third person in the commission of acts of life combines the requirements of society and their own interests, needs.

- Pattern / randomness reflect the causal relationship of life events. One person is weak relationship events of his life, recognizing the high importance of the role of chance in their own lives. Another person is clearly the relationship and interaction of some events of life on others.

- Integrity / discrete life strategy is the degree of how a person perceives his own life as a whole, or as life seems chaotic events.

- Timeliness / timeliness is a correspondence / matching life events and decisions of the individual requirements of age period. This characteristic is vital strategy notes how a person can make those or other actions at different life stages of life; it is important how they meet the requirements of its age period,

- Independence / dependence reflect whether a person floats "the flow" or capable of itself set the direction and content of their own lives;

- Productivity / effectiveness have unproductive life strategy, expressed in a certain social status.

The structure of empirical research. The aim of our research is the study of age characteristics typology of life strategies. Research tasks are the construction of a typology of life strategies in adolescence, the period of early, middle and late adulthood, age determination of singularities of types of life strategies. Sample consisted of 600 people (150 subjects adolescence, early, middle and late adulthood).

Research methods and data processing: a technique life orientations D.A. Leontiev [7], the general self-efficacy scale R. Shvartsera, M. Erusalema in V. Romeka adaptation [11], a technique of studying features Zimbardo time perspective [8], a technique of self-actualization Shostrema E. [2], the method of diagnosis of individual structure individual's value orientations S. Bubnova [3], the method of achievement motivation W. Mehrabian [2]. For statistical data used cluster analysis K-Means, analysis of variance.

Results of the study. As a result, the data obtained at each age revealed three types of life strategy. We describe their phenomenology. Structure type self-fulfilling life strategy includes six components generally make up 58,95% of the variance (Table 1).

Table 1

Factorial structure of a self-fulfilling type of life strategy

Title factor	Variables	Load Factor	% Of the variance
Factor "active life position"	self-acceptance "	0,89	19,2
	independence	0,89	
	flexibility	0,78	
	integrity of life	0,67	
	spontaneity	0,55	
	cognitive demand	0,54	
Factor "meaning of life"	handling life	0,88	10,2
	satisfaction with the present	0,87	
	locus of control-I	0,82	
	life goals	0,81	
	satisfaction with past	0,69	
Factor "Strong interpersonal relations"	values of love	0,63	9,3
	Sociability	0,58	
	the value of knowledge	0,53	
	value of respect	0,47	
Factor "self-actualization"	the value of self-actualization	0,77	7,7
	Aggression	0,74	
	Synergy	0,47	
	self-esteem	0,45	
Factor "Purpose "	motivation to achieve success	0,7	6,4
	Future	0,55	
Factor "Control of Life"	fatalistic present	0,62	6,2
	Spontaneity	0,53	
	the value of charity and helping others	0,45	

The most important component is the "active life position", constituting 19,2% of the variance. The largest contribution to the component variables has "self-acceptance" (0,89) and "support" (0,89). Natively contribution to make this component variables "flexibility" (0,78), "orientation in time" (0,67), "spontaneity» (0,55), "knowledge" (0,54). proactive stance reflect the adoption of the personality itself, independent of the opinions of others, behavior flexibility and ability to respond to unforeseen life circumstances, the full

experience of this, the integrity of life, expressed the desire to know the surrounding.

The second component (10,2% of the variance) is the "meaning of life." Described component comprises a combination of a clear life goal setting (0,81), lived part of life satisfaction (0,69) and this period (0,87), the belief in the possibility of (0,88) and the ability to manage their lives (0,82). This component reflects the holistic perception of life and its meaning submission.

Component 3 (9,3% of the variance) is named by us " Strong interpersonal relationships " because the greatest weight variables that reflect the values of love (0,63), knowledge (0,53), respect (0,47). Considerable weight variable "contact" (0,58) describes the ability of the individual to establish strong interpersonal contacts, severity subject-subject communication.

Component 4 (7,7% of the variance) - "self-actualization" - combines self-actualization (0,77), the tendency of the person to take their anger, anger as natural occurrences of human nature (0,74), holistic perception of the world, other people, understanding connectivity opposites (0,47), self-esteem as the ability to appreciate its merits (0,45).

Component 5 (6,4% of the variance) was called "purpose " in connection with the severity of the following variables: the motive to achieve success (0,7), focus on the future (0,55). Focus on success indicates that personality, beginning to perform an activity, believes in achieving success. Variable "future" means that individual behavior is determined by the goals and aspirations of the Remuneration, characterized by planning and achievement of the past. Individuals are organized, ambitious, striving for goals.

Component 6 (6,2% of the variance) - "Control of Life" - includes a low severity "fatalistic present" (0,62), "spontaneity" (0,53), the value of charity and helping others (0,45). Belief in individual accountability, manageability life combined with a high level of self-control and self-control, the value of helping people.

On the basis of the content of the main components of a self-fulfilling type of life strategy describe its characteristics:

- independence and activity;
- expressed the desire for self-actualization;
- meaningfulness of life;
- a high level of self-acceptance and self-esteem;
- ability to communicate the subject-subject;
- controllability life.

These characteristics match those of fully optimal life strategy.

In the structure of fatalistic type of life strategy, we were allocated 7 components generally make up 57,2% of the variance (Table 2).

Table 2

Factorial structure fatalistic type life strategy

Title factor	Variables	Load Factor	% Of the variance
Factor "Conservative position in life "	independence	0,9	15,5
	sensitivity	0,72	
	spontaneity	0,72	
	flexibility	0,65	
	sociability	0,62	
Factor "On tsutstvie meaning of life"	handling life	0,85	11,6
	locus of control	0,81	
	satisfaction with the present	0,59	
	self-esteem	0,57	
	satisfaction with past	0,5	
	cognitive needs	0,46	
Factor "Living Targeting"	life goals	0,65	7,7
	the value of health	0,48	
	future	0,47	
Factor "passive"	value of new knowledge	0,88	7,2
	value of social activity	0,52	
	achievement motivation	0,46	
	value of communication	0,46	
Factor "Hedonism"	hedonistic moment	0,67	5,7
	value of the stay	0,54	
	the value of love	0,49	
	time	-0,43	
Factor "Low acceptance of oneself"	low acceptance of oneself	0,88	5,0
Factor "Hostility"	value of charity	0,48	4,5
	human nature	0,48	

Component 1 (15,5% of the variance) "Conservative position in life" includes the following variables "support" (0,9), "sensitivity" (0,72), "spontaneity" (0,72),

flexibility (0,65), contact (0,62). Scale "support" refers to the basic indicators self-actualization. Personality type fatalistic life strategy shows dependence on other people, lack of independence, external locus of control, combined with the inability of the individual to the establishment of stable interpersonal contacts. Poor knowledge of their own needs and characteristics, low lability behavior, willingness to standard situations, failure to respond to the changing circumstances of life reflects a conservative stance.

In part 2 (11,6% of the variance) - "The lack of meaning in life" is biggest contribution variables "locus of control life" (0,85), "I-locus of control" (0,81), satisfaction with the present (0,59), "self-esteem" (0,57), satisfaction with the past (0,5), cognitive needs (0,46). Meaningfulness of life from the foundation of this type of personality is handling life. Thus, the personality type of fatalistic life strategy typical conviction that life is not subject to management that the person herself can not, change anything. This attitude toward life and his role in it combined with low satisfaction with life and lived part of her present period. Said attitude to life combined with low self-esteem and low desire for knowledge. Is low self-esteem is a cause or consequence of low meaningfulness of life to be seen in our further studies. The contents of this component indicate a lack meaningfulness of life fatalist.

By entering variable component 3 (7,7% of the variance) was named "Living Targeting", "goal" (0,65), "health value" (0,48), the "future" (0,47). This component indicates the importance for persons fatalistic type of life strategy of having goals in life, which are closely linked to the health of the individual.

Component 4 (7,2% of the variance) - "passivity" - includes a number of variables: the value of "new knowledge" (0,88) and social activity (0,52), "achievement motivation" (0,46) and the value of communication (0,46). Contents identified variables indicate that the personality type of fatalistic life strategy is not interested in new knowledge in the world and itself, manifests social passivity, focused on avoiding failure, limit contact with others.

Component 5 (5,7% of the variance) - "Hedonism" contains the following variables: "hedonistic moment" (0,67), the value of rest (0,54) and love (0,49), "time" (-0,43). These variables reflect the more fatalistic personality type life strategy carefree and careless attitude to his own life, the more focused on leisure and love, the greater the moment of life is perceived as a fatal consequence of the past, or as a feeling of preparing the "real" future discrete perception own way of life.

Component 6 (5,0% of the variance) "Low acceptance of self" includes low adoption personality itself (0,88). Fatalistic personality type low life strategy evaluates its own features and capabilities, characterized by lack of confidence in their strength.

Component 7 (4,5% of the variance), "Animosity" includes the value of charity (0,48) and the variable "nature of man" (0,48). Value of helping people and

charity combined with the conviction of the person that people are vicious, aggressive.

Thus, for a person with a fatalistic type of life strategy characterized by the notion that life is governed by fate or event, dependency, low self acceptance, passivity.

The structure type conformist life strategists allocated 6 components (56,4% of the variance) (Table 3).

Table 3

Factorial structure conformist type life strategy

Title factor	Variables	Load Factor	% Of the variance
Factor "Dependent life position"	sociability	0,84	17,4
	independence	0,83	
	spontaneity	0,71	
	human nature	0,7	
	senzitivnost	0,7	
	adoption aggression	0,7	
	flexibility	0,57	
	value of charity	-0,54	
	value of respect	-0,5	
	the value of love	-0,49	
Factor "meaning of life"	handling life	0,86	11,3
	locus of control I	0,76	
	satisfaction with past	0,63	
	satisfaction with the present	0,5	
	life goals	0,5	
Factor "Living Targeting"	future	0,92	8,9
	the value of self-actualization	0,61	
	self-esteem	0,47	
	achievement motivation	0,46	
Factor "Knowledge surrounding"	human nature	0,96	8,0
	synergy	0,55	
	cognitive demand	0,48	
Factor "Value achievements"	value of achieving social status	0,71	5,6
	value of material well-being	0,64	
	value of the stay	0,58	
Factor "Low self-acceptance"	self-Acceptance	0.88	5,2
	flexibility	0,47	
	hedonistic moment	-0.46	

Component 1 (17,4% of the variance) - "Dependent life position" - consists of a large number of variables. Have the highest weight variables "contact" (0,84) "support" (0,83), "spontaneity" (0,71), "human nature" (0,7), "senzitivnost" (0,7). The relationship on others for their own actions and values combined with the developed ability to establish stable interpersonal contacts. The larger the person makes sure that other people are angry and aggressive, the less pronounced the opportunity to deliberate, purposeful actions. ariable "flexibility" (0,58) et reflect that dependence on others is defined by an inability to respond rapidly to changing conditions of life, low self-acceptance. The growing importance of the values of love (-0,51), respect (-0,49), Mercy (-0,48) indicates that with age dependence and lack of independence conformist personality type life strategy is increasing.

In part 2 (11,3% of the variance) - "The Meaning of Life" - included the following variables: "Locus of Control Life" (0,86), "I locus of control" (0,76), "result" (0,63), "process" (0,5), the "target" (0,5). This component indicates the importance for conformal personality sensations handling her life, satisfaction with present and past, faith in our own strength.

Component 3 (8,9% of the variance) - "Life's goal-setting" - includes "future" (0,92), "self-actualization" (0,61), "self-esteem" (0,47), "motivation" (0,46). Such a person of Blood is low self-esteem, lack of confidence, landmark to any avoiding failure. This person is faced with the complexity of setting life goals and realizes its potential. Thus, for a person with type conformist life strategy a high level of self-esteem and motivation to achieve success and setting goals in life and self-actualization.

Component 4 (8,0% of the variance) - "Knowing others" includes "human nature" (0,96), "synergy" (0,55), "knowledge" (0,48). The need for knowledge and the ability to perceive the world and people define attitude toward other people.

Component 5 (5,6% of the variance) "The value of achievement" reflects the value structure conformist personality type life strategy: the value of achieving social status (0,71), material well-being (0,64) and recreation (0,58). Thus, for a given individual is a significant achievement of high social status and material well-being at the same time the value of rest. Achieve a high social status and material well-being by means of others.

Component 6 "Low self-acceptance" (5,2% of the variance) includes three variables: "self-acceptance" (0,88), "flexibility" (0,47) and "hedonistic moment" (-0,46). Low level of self-acceptance related to the inability to navigate the changing circumstances. Possible low level of self-identity leads to fear to look into tomorrow, targeting only the present. On the other hand, the lack of goal-setting and life planning lowers self-esteem of the individual.

Conclusions. Investigation age peculiarities of life strategies outlined the following scientific perspective. First, there is the need for more detailed

phenomenological description of the types of life strategies at various age levels for a detailed understanding of the content life strategy and its specific manifestations. Secondly, the question why this or that person sells a certain life strategy, the question of the role of certain personality characteristics that define life planning, self-regulation and personal productivity. Thirdly, there is the prospect of significant study of the specifics life strategy in representatives of different social groups, with different religion, atheists to conform life strategy as a subjective education with objective measures of functioning of the individual in society.

The study of age and gender-specific life strategies marked the presence of problematic issues that may be the prospect of an area for further study. One of the most difficult issues of vital strategy study is the question of its components. Unconditional is the statement multicomponent life strategy and the various roles of a component as a whole life strategy. There are common components of life strategy as cognitive- evaluative, regulatory, motivational and effective. Thanks cognitive- evaluative component life strategy identity forms an idea of life in general, about myself and about other people. Regulatory component life strategy reflects "means" the person to achieve life goals. Motivational component performs orientation and guiding function , setting benchmarks for the life of the person acts . Score vital component of the strategy involves life satisfaction at different ages.

Besides components vital strategy is a key issue its determination. According to S.L. Rubinstein, "the question of determination of mental phenomena is that of their controllability" [9, p.209] . Speaking about the determination of life, it is necessary to distinguish between external circumstances, conditions of human life , which can create the conditions for the formation and change of its life strategy , as well as internal psychological conditions that determine the effect of external influences. As determinants of life strategy can serve the objective conditions of a person's life, such as her age, sex, education, marital status, occupation, etc. In addition, the strategy can determine a person's life, such as the quality of its optimism, perfectionism, self-control features, etc.

In conclusion it should be noted the lack of study on the issue date of the dynamics and mechanisms of formation of the individual in a particular life strategy, its variability in times of crisis and life under the influence of stressful life events.

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