

то есть – соответствующих его ценностям, смысловым установкам и побуждениям.

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ROLE OF REFLECTION IN OVERCOMING CRISIS SITUATIONS

Analysis of research literature shows that the crisis situation gives each person the opportunity to make a choice in the form of an act, action, or inactivity. The underlying idea of this choice is the meaning of life or its absence. The sum total of the achieved and actualized choices forms the person's «past» that is unchangeable. As for the future, it is a set of potential, expected results of efforts made in specific situations. In this regard, the future is fundamentally open-ended, and various options for the expectation of the future have different motivating attraction [1].

Time is one of the important, but very little used reserves of mental organization of personality, his/her self-realization in society. The problem of «man and time» is apperceived in difficult life situations,. In a situation of instability, a person is differently experiencing the time of his own life, redefining the past, present, and future, sometimes loses a sense of time, and hence the goals of his own being, which may be one of the symptoms of a life crisis. The notion of self is never completed, it is the basis of the process of self-knowledge, constant changes in self-consciousness. One's self-concept becomes particularly sensitive in problematic situations [2].

The idea of our investigation is to compare concepts about one's future (quantitative and qualitative indicators) between two groups of people – those who work stably and those who are in a state of experiencing a life (professional) crisis associated with possible loss of work. One of the objectives of our study was to identify variables that allow individuals to shape their future in a qualitative and optimal manner, notwithstanding the crisis conditions.

Analysis of the results shows that people who are in a situation of uncertainty and possible loss of work do not tend to have long-run plans, and experience of their own life is significantly different from those who have a stable job. For some, planning for the future is totally blocked, which may be a sign of a life-long crisis that is taken seriously.

Thus, in a situation of instability, a person is differently experiencing the time of his own life, redefining the past, present and future, sometimes loses a sense of time, and, therefore, the goals of his own being, which may be one of the symptoms of a life crisis.

The ability to more or less objectively assess the situation that has arisen, see it instantly, but also in the expanded time perspective and find the possibility of setting real goals becomes a necessary and important vehicle for the development of personality [4]. In this process, personal factors play an important role. Personal characteristics such as flexibility, openness to new experiences, and resilience contribute to a successful solution to the problem of job loss.

The next stage of our study is to find personal preconditions that affect the timing of the future planning and help a person to successfully exit the crisis. We have studied the personal characteristics of the subjects: the level of subjective control (J. Rotter), the meaning of life orientation (D.O. Leontiev), and the level of development of reflectivity (A.V. Karpov).

The calculation of the r-Pearson correlation coefficient allows us to find correlation between the planning term of the future and the level of development of reflectivity (statistically significant differences at the level of $p \leq 0.01$) as well as internality and some indicators of meaning-of-life orientations.

The obtained results show the existence of a positive relationship between reflexivity as an integral mental property and the planning of the future in a professional crisis. Investigators, who have a high level of reflexivity, have a higher degree of self-awareness in a crisis situation, which allows them to understand the temporal nature of the events taking place, not to lose self-control and plan their future.

Thus, we can say that among the personal preconditions that allow individuals to optimally plan their future and survive life crises, reflectivity occupies a significant place.

The reflexive mechanisms of experiencing and overcoming crisis situations can be disclosed in two aspects: on the one hand, they appear as a property of the individual, which allows to trace his mental qualities and conditions in difficult life situations, and on the other hand – as a cognitive process that allows you to evaluate properties and processes of varying complexity and, as a consequence, to develop them.

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