

*Ерикова Камила Маратовна, магистрант кафедры психологии  
Карагандинский университет им. академика Е.А. Букетова*

## **ПСИХОЛОГИЧЕСКАЯ ХАРАКТЕРИСТИКА КАТЕГОРИИ ОТНОШЕНИЯ К БУДУЩЕМУ**

**Аннотация:** Статья посвящена теоретическому обзору категории отношения к будущему. Был проведен анализ теории концепций различных ученых, занимавшихся этой проблемой.

**Ключевые слова:** отношение, будущее, свобода, психологическое время.

**Abstract:** The article is devoted to a theoretical review of the category of attitude to the future. The analysis of the theory of concepts of various scientists involved in this problem was carried out.

**Keywords:** attitude, future, freedom, relation, psychological time.

Expressing the content of the definition of "attitude" in psychology, V. N. Myasishchev drew attention to the fact that the psychological meaning of the attitude lies in the fact that it is represented as one of the types of expression of the individual's surrounding life [1]. The formation of relations in the individual's personality system proceeds in the process of reflecting the content of specific social objectively existing relationships of society at the level of consciousness in the situations of its macro - and micro-existence in which it lives.

Thus, V. N. Myasishchev says that a person is not some kind of frozen, once educated and not transforming from a specific age period, but a mobile, transforming education that has been tested by various external and, mainly, social influences. The deep relationship between the individual and reality, V. N. Myasishchev has repeatedly mentioned in his own works, up to a specific moment are his potential

qualities and are fully expressed when the individual begins with actions in subjectively very important situations for himself.

Mike Cordwell says that an attitude is a theoretical operation (that is, something that is not directly measurable, but is deduced in a natural way), expressing a state of readiness built on a former experience that sends a direction, distorts or otherwise affects our actions [2].

The assessment of the category of attitude and its level in modern psychological science is, firstly, a reflection of certain methodological issues. The difficulties that begin in the process of understanding methodological factors in the modern world largely depend on both the logic of the development of science and the atmosphere of society, which itself has not established what goals it currently sets for itself before psychology, what it expects from it.

Therefore, it is important to combine different opinions and other scientific views with the social expectations of modern society and its ideas of science. One of the most important from this point of view is the consideration of the category of "relations", which has both historically and methodologically different essence that affects social attitudes [3].

Similar ideas were expressed by G. Allport, who, like Myasishchev, said that the individuality of an individual with his desire for the formation of integral and improving relations with society. The main achievement of Allport is also the fact that he was one of the first to begin to say that an individual, to begin with, is a social, not a biological being and therefore does not try to exist without connection with the people around him, society.

Proving that "personality is an open system", he seemed to highlight the importance of the environment for its development, the frankness of a person for people and the impact of the external world. The openness of the individual as a single system is precisely expressed in the development of these new relationships with others, with the human world. At the same time, he proved that this interaction of an individual with society is characterized not by a desire to equalize with the environment, but by the relationship between them, interaction [4]. Thus, in the

articles of the authors of various fields, there was an idea of the importance for the process of personal growth, for the creation of conscious activity of an individual, not just large contacts with society, but namely the relationship with the world, the consequence of which is both the attitude to oneself and the conscious motivation of activity. Also, a serious point is the integrity of the structure of relations with society, in which both past and present and even future relations are located.

This approach to the category of relationship specifically correlates it both with emotions and with a holistic being in society, a being whose equivalence is formed by the holistic nature of relationships. During the same period, the goals and meanings that arise in the process of relationships with society form the individual's personal field, his identity, the integrity of which is fixed by the unity of the structure of relationships — to the world and to himself [5].

Let's pay attention to this situation. For reasons of existentialism, the concept of "dasein" ("being in the world", "here is being") highlights the closeness of the individual and the world. The individual exists in this world, fulfilling the potencies of existence invested in him, and the surrounding world is realized, expressed through the individual, in his actions. In addition, being exists "here and now", and a person needs to strive for the breadth of living every moment of life. Another important aspect is the provision on the obligation to accept the essence of individual being, which anyone should have, since understanding this essence helps to truly exist. Therefore, it can be pointed out that both its individualization and the need for intentionality in relationships with it were embedded in the psychological side of being [6]. According to Husserl, the mood, the intentionality of the individual who knows the world around him, adds objectivity to the phenomena of consciousness. The relationship between the subject and the surrounding world is filled with goals and meaning, i.e. An abstract and precise, individual attitude to life. An assessment of the impact of relationships with the world on the emergence of goals and meanings is impossible without realizing that relationships with the world become relationships with different types of being.

In the field of problems of the psychology of cognition, which consider the individuality of a person with great interest, is the question of the specifics of a person's ideas about the future. This problem is also relevant at the student age, because in this age period, the individual is set goals and objectives for the future choice of a specialty, professional self-identification, structuring a plan and starting a career, creating family relationships. Questions directly related to the construction of an individual's own future are currently in the field of attention of various researchers.

The category of the future is being developed very quickly in both soviet and foreign studies, being the object of study not only of psychology, but also of other sciences, for example, philosophy, sociology, cultural studies. Studying the severity of the study of the current problem in literary sources, it can be noted that at the moment the problems associated with the study of ways to build representations of the future, its impact on the structure of the individual's life path are being actively discussed [7], individual determinants of the representation of the future are being studied, its correlation with the degree of achievement motivation, value attitudes, the level of self-perception is being investigated. Also, in principle, the problem of the features of the image of the future, depending on age characteristics, is poorly studied.

Studying the chronology of the problem, it is worth highlighting that the studies correlating with the formation of the image of the future arose initially in the field of studying the psychological time of a person and his life scenario. The principles for this approach were presented in the studies of S. L. Rubinstein, B. G. Ananyev [8]. A huge contribution to the study of this problem was made by k. A. Abulkhanova-Slavskaya, who proposed the concept of individual systematization of the individual's life path, his subjective time. The diversity of researchers express the idea of the future as an active education that fulfills the concreteness of an individual's being and is the result of highlighting the meaning of life in its motivational and target components. The representation of the future fulfills a certain

orientation of a person and can be revealed by looking at the tasks, plans, behavioral strategies that carry out their implementation.

Revealing the ideas of the future, it is necessary to distinguish 3 levels of analysis: functional, dynamic, and meaningful.

In the functional aspect, representations of the future are one of the means of structural determination, due to which the self-organization of the individual occurs, which is expressed in such manifestations as self-realization and life self-identification.

In the dynamic aspect, the representation of the future is the result of the individual's projective activity. Existing in the present, he binds the past and the future together.

Revealing the content side of the representation of the future, it is necessary to talk about the characteristics of the representation of the future, as which it is necessary to study truthfulness, breadth, integrity, abundance, concretization.

When studying the procedural and substantive aspect of the representation of the future, the problem of the factors that determine it is serious. The evaluation of literary sources demonstrates that the majority of scientists determine individual determinants such as the degree of motivation for success, the specifics of value orientations, the possibilities of self-realization of an individual, self-esteem [8].

The study of the problems of the future is connected with the study of psychological time, which is in science as the personification in the human psyche of the structure of temporary relationships between the incidents of his life path.

At a temporarily large stage, the category of time was considered a form of existence of being and therefore was studied by natural sciences, especially often by physics and philosophy.

The question of time as a subjective reflection of objective temporal relationships, psychological science began to investigate quite well in the late xix-early xx century. In accordance with the modification of basic psychological theories. Time as a dimension of an individual's life, the dimension of an individual's self-identification, was the prism through which a person considers the surrounding

reality not indifferently, not coolly, projecting into it his goals, values and views, visions and scenarios of life, unfulfilled plans and certain motives.

Describing the basic properties of time, it should be noted that they are associated with: turnover, certainty, irrevocability, the ability to organize reality, the differentiation of events into past, present, future, non-concentration of the future, a metamomentary system that says that the present, before it happens, correlates with its past and future. If the present returns to the past, one of the events of the supposed future will be the present [8].

The psychological category of time differs in its characteristics from objective time, it differs in the absence of a specific metric, linearity, inaccuracy and irreversibility. Psychological time is the subjective time of an individual, which highlights selectivity in understanding his own life path, an unfair attitude to the scenarios of his life and a free attitude to the time of his life.

Considering the properties of time, T. N. Kozlovskaya, as an example of an important property of time, highlights its value. Describing the category of time as a value, the author notes that it is definitely only a human structure that helps an individual to achieve goals, systematize the future, determine his life activity.

Kurt Levin was the very first to study the problem of psychological time, he formed a system of psychological time, as the areas of which he studied the past, present, and future. Expressing his attention to the correlation of these components, Kurt Levin argued that an individual's perception of the present has a connection with his expectations, thoughts and feelings in the past and future.

Temporal system aspects: the past, present and future mutually exist as a whole, but do not exist in relation to a linear, irrevocable sequence. Studies have shown that the beginning of psychological time is the future, not the past, which is not clear for physical time, the course of which absolutely moves from the past to the future [9].

A. A. Loginov explains this conditionality by the fact that in biological structures, as evolution progresses, there is a "splitting" of time into physical-biological and individual-sensed. For an individual, time stretches in two different

directions: ontogenesis is carried out in relation to the passage of objective time – from the past to the future, and individual progress goes in the opposite direction – from the future to the present through the past [9]. Since the future is considered the beginning of psychological time, it is transformable and changeable.

Experiments conducted in both soviet and foreign psychology prove that the future expresses an important role in the development of an individual, in determining his actions at various stages of life.

The definition of the future in the life of an individual was also studied by zh. Nutten. He assumed that the future is a "space of motivation" that determines the actions of an individual, selects the individual's goals, behavioral strategies for overcoming them [10].

The importance of the future in the life and development of the individual was also emphasized by V. Frankl, he said that a person is not able to live "without a fixed reference point in the future", "with the loss of the future, the individual loses his internal temporary goal, therefore his mindless existence occurs".

In soviet psychology, L. S. Vygotsky turned his attention to the role of the future in human development. He noticed that it is impossible to fully realize the human personality if you study it statically, as a sum of manifestations, actions, without the slightest life scenario that turns the history of an individual's existence from a kind of incoherent and disparate scenarios into a coherent single biographical process. L. S. Vygotsky believed that for a psychologist it is considered necessary to realize the personality of a person as a whole, not only along with the individual's past, but also with its future.

Highlighting the meaning of the future for an individual, K. A. Abulkhanova and T. N. Berezina say: "the future is unknown, but people are not able not to talk about it, but thinking, not to fantasize about it, its goals, dreams, anxieties, expectations. Consequently, the future is also assumed to live in the images of our inner world. In the inner psychic reality, there are several different variants of the future equally, some of them will occur sequentially, while others will remain in

virtual form. But the existence of most of these options in our psyche, as well as the years we have lived, determines our present-our intentions and actions" [7].

E. I. Golovakha, A. A. Kronik, considering the role of the future in human life, believe that along with the determination of the past, there is a determination of the future [9].

T. N. Kozlovskaya, studying the problems of psychological time and highlighting the meaning of the future for a person, proves that " the system personification of orientation to time as a value is the representation of the future." she believes that the representation of the future does not come out unchanged, it is re-evaluated in stages at the end of external events and the development of the individual himself.

F. Zimbardo, studying the attitude to the future, believes that there are differences in the relationship to the past, which can be both negative and positive, as well as the relationship to the present, which becomes hedonistic (pleasure is valued by real events, without grief about the consequences of actions, committed actions) or fatalistic (a person trusts in fate, obeys it). The attitude to the future characterizes only one area – this is a general orientation towards the future, which is distinguished by the presence of intentions, plans, actions aimed at their implementation.

The representation of the future can also be studied in the field of categories of the possible, the possibilities of the individual [11], the phenomenon of temporary orientations, time perspective.

Thus, V. Ivanchenko, choosing the aspect of the possible as a relatively constant structure of interrelated tasks - values of an individual, believes that the construction of tasks and their implementation strongly correlate with the development of personality. Exploring this process in a time perspective, the author identifies such concepts as:"the life path of a person, life tasks, programs, events". Also, he thinks that the possibility of achieving recognition and the fascination of the goal can be fulfilled based on the yu model. Kuhl, his awareness of the category of "personal standard", according to which for people with lowered standards, the claim of avoiding difficult tasks is positive (Kuhl, 1978).

Thus, the same chances may be felt as excessive for one individual and insufficient for another. The realm of the possible is presented as a perfect, anticipated prototype of the life world. In the process of goal-setting, an individual goes beyond the responsibilities of events, tries to highlight the boundaries of his own capabilities. The main stage in this process is played by images of the possible, which can be studied as a representation of the future [11].

The realm of the possible is at the heart of the individual's life systems. The basic aspect of the "optimality of life strategies", according to V. Ivanchenko, is the aggravation and enrichment of the life world, in other words, an increase in the boundaries of the possible. The reverse path is a simplification that can be comprehended by reducing the level of claims, "curtailing" life relationships, directing to changing specific responsibilities, to established generally accepted examples of life strategies [11].

#### **Библиографический список:**

1. Myasishchev, V. N. Psychology of relations: elected. psychologist. tr. / V. N. Myasishchev; edited by A. A. Bodalev. - M.: Publishing house of Moscow. Psychological and Social Institute; Voronezh: Modek, 2003. - 363 p.

2. Cordwell, M. Psychology. A-Z: dictionary-reference / Mike Cordwell; translated from the English by K. S. Tkachenko. - Moscow: FAIR PRESS, 2002 -- 448 p.

3. Marcinkovskaya, T. D. (Marcinkovskaya, T. D.) On the problem of paradigms in modern psychology / T. D. Marcinkovskaya (T. D. Marcinkovskaya) // Methodology and History of Psychology. — 2007. — № 3.

4. Methodological problems of modern psychology — a paradigmatic and interdisciplinary aspect. - Moscow: Smysl, 2005.

5. Category of experience in psychology and philosophy: monograph / edited by T. D. Marcinkovskaya (T. D. Marcinkovskoj). - Moscow: Prometheus, 2005.

6. Marcinkovskaya, T. D. (Marcinkovskaya, T. D.) On the problem of paradigms in modern psychology / T. D. Marcinkovskaya (T. D. Marcinkovskaya) // Methodology and History of Psychology. — 2007. — № 3.

7. Abulkhanova-Slavskaya K. A., Berezina T. N. The time of personality and the time of life. - St. Petersburg: Aleteya, 2001. - 304 p.

8. Razgonyaeva E. V. Personal conditionality of the process of building the image of the future: dis. ... cand. psychological sciences. Barnaul, 2004. 175 p.

9. Razgonyaeva E. V. Personal conditionality of the process of building the image of the future: dis. ... cand. psychological sciences. Barnaul, 2004. 175 p.

10. Nyutten Zh. Motivation, action and the prospect of the future. - M.: Nauka, 2004 – - 608 p.

11. Ivanchenko G. V. Representations of graduate students about the possible: regional and gender differences / / Psychology. Journal of the Higher School of Economics. 2008. T5. No. 1. pp. 32-63.