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PERSONALITY DEVELOPMENT MODELS

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The aim of the article is to conduct theoretical analysis of personality development models in psychological and psychotherapeutic approaches. The following personality development models, implicitly represented in psychological theories, have been identified: the model of personality development as the intensification of contact with one's own body by understanding its language; the model of personality development as overcoming infantile ways of presence in reality; personality development model as realization of personal potentialities; altruistic model of personality development; personality development model as broadening the conception about life and oneself to transpersonal level.

Key words: contact with the body, self-actualization, altruism, psychological maturation, transpersonal experience.

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Целью статьи, является теоретический анализ моделей личностного роста в психологических и психотерапевтических подходах. Выделены следующие модели личностного роста, имплицитно представленные в психологических теориях,: модель личностного роста как углубление контакта со своим телом, через понимание его языка; модель личностного роста как преодоление детских способов присутствия в реальности; модель личностного роста как реализация своих потенций; альтруистическая модель личностного роста; модель личностного роста как расширение представлений о жизни и о себе до трансперсонального уровня.

Ключевые слова: контакт с телом, самоактуализация, альтруизм, психологическое взросление, трасперсональный опыт.

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Метою статті, є теоретичний аналіз моделей особистісного зростання в психологічних та психотерапевтичних підходах. Виділено наступні моделі особистісного зростання, імпліцитно представлені в психологічних теоріях,: модель особистісного зростання як поглиблення контакту зі своїм тілом, через розуміння її мови; модель особистісного зростання як подолання дитячих способів присутності в реальності; модель особистісного зростання як реалізація своїх потенцій; альтруїстична модель особистісного зростання;

модель особистісного зростання як розширення уявлень про життя і про себе до трансперсонального рівня.

Ключові слова: контакт з тілом, самоактуалізація, альтруїзм, психологічне дорослішання, трасперсональний досвід.

Introduction. The problem and the notion of personality development itself is the topical problem of contemporary psychology. Polyparadigmatic character of psychology in the XX century found its reflection in a significant variety of theories, approaches, personality functioning and development models, which were formed within different schools of psychological thought. The multiplicity of descriptions and interpretations of personality is explained by its multifaceted nature. Taking into consideration the diversification and legitimization of earlier repressed individual manifestations in the modern society, the issue of personality development is sharply raised. Infantilism and consumerism of a modern person are accompanied by rejection of global experience of one's own life. The personality development is vitally important for every person regardless of the fact if he realized this or not. A person needs it to reach harmony in the relationships with oneself and the world, to find his place in life, to realize the meaning of life and to satisfy his profound need in self-actualization, which according to Maslow takes the highest position in the hierarchy of person's needs. Personality development or self-actualization is a voluminous notion, which comprises both the aspiration of the person to revealing and developing his personality and the very process of "self-development" to achieve this task. The personality development is the person's search of his own "Self", his authenticity, widening personal meanings and obtaining the "self". The personality development suggests psychological maturity, increase of adaptation potential, independence on the opinion of other people.

The aim of the article is to analyze the main personality development models in psychological and psychotherapeutic approaches.

The principal material statement. The model of personality development as achieving bodily charm, body grace, its softness and flexibility, strong inner pulsation, movement spontaneity is shown in the works of A. Lowen [7]. The more striking are these manifestations, the greater personality development achieves a person. A. Lowen, the founder of bioenergetic analysis, wrote that body-oriented psychotherapy, laying the foundation of client's personality development, triggers the powers inside the personality (which act both at the conscious and unconscious level) to increase or widen all aspects of oneself - self-consciousness, self-expression, and self-control. The path of healing and development lies through making the contact with one's own body more profound by understanding its language. The view on personality development of a person as a person who overcomes infantile ways of presence in reality, is shown in psychodynamic school. S. Freud states that a person, living under conditions of culture, is constantly under its pressure, which interferes with satisfying a lot of desires, including rather strong instincts – sexual and aggressive. The way out of this conflict, apart from improving the culture and compensation is the development of human mind. The mind is presented as the instance

of Ego, which, as the person develops, “subdues” Id. The function of Ego is brought to constant search of compromises between Id and Superego and the environment requirements. The representatives of Ego-psychology introduce the notion “power of Ego”, which implies the ability of personality to interpret reality without using earlier psychological defenses. Wherein personality development suggests the use of mature defenses. The developments of object relations school indicate that the personality development supposes the ability to create more mature and healthier object relations. Therefore from the position of psychodynamic school crystallizes the personality development model, connected to “mature” features such as: mind maturity, defense mechanisms maturity, positive sense of one’s own “Self”, satisfying object relations.

Psychological theories, which in this or that way postulate the idea of personality development, as the opportunity to become oneself, are presented in the works of F. Perls [11], K. Rogers [4], A. Managetti [9] et al. In the works of F. Perls the becoming oneself is conjugated with identifying oneself with one’s own forming self; in the works of K. Rogers it is the movement of a person in the direction, chosen by his whole body; and in the works of A. Managetti it is the ability to correspond to one’s own perpetual calling, the presence of contact with one’s own In-se. The way of person’s becoming himself, described by F. Perls, has in its basis self-consciousness, and this consciousness should be realized at three levels: fantasies, words and actions. K. Rogers, creating the model of personality development acts on the premise that this is the person living a “good life”, which he determines, in the first place, through what it is not. A good life is not a static state. It is not a state of virtue, satisfaction, nirvana or joy. It is not the conditions, to which the individual adapts or in which he accomplishes and actualizes himself. Using psychological terms, it can be said that this is not the state of decreasing drive, tension or homeostatic balance. A good life is the process of movement along the way chosen by the human body when it is internally free to move in any direction. In the course of movement in his direction a person acquires three main features: the openness to experience increases, the desire to live in the present rises, confidence in one’s own body increases. The openness to experience describes the growing ability of a person to experience feelings and accept them as those belonging to him without resorting to defenses. The desire to live in the present shows the ability to be the participant of life processes and not the person who controls them. The confidence in one’s own body indicates that the person has access to all the possible factors contained in the situation, upon which he will base his behavior.

A. Managetti shows the way of personality development in the form of three stages. At the first stage a person learns how to use such instruments as body, feelings, time and instincts. At the second stage a person acquires meaning and the controlled existential tranquility and delight in all motivations set in. At the third stage we just exist; at this stage a person acquires contact with his inner nucleus, his In-se. The models of personality development centered around the idea of opening oneself to the outer world are shown in the works of E. Fromm [3], V. Frankl [2], A. Adler [1]. E. Fromm

defines personality development as a character, of which any person is capable if he does not have any emotional or mental deviations. This character E. Fromm marks as fruitful, and under fruitfulness he understands “ability to use one’s own powers and realize a person’s inherent possibilities”. The fruitfulness is realized and achieved by certain forms of fruitful activity: fruitful love, fruitful reasoning, and fruitful work. Fruitful love regardless of love’s object, its depth and quality, has major elements, intrinsic to all forms of fruitful love: responsibility, respect and knowledge. One of the goals, underlying person’s personality development models, suggested by V. Frankl is in the necessity to serve. V. Frankl stated that in serving some cause or love a person accomplishes himself. The more he devotes himself to a cause, the more a person gives himself to his partner, the more he is a person and the more he becomes himself. Thus, he, in essence, can accomplish himself only to that extent to which he forgets about himself and does not pay attention to himself. Personality development in A. Adler’s concept is shown as a socially-useful type of personality. This is a personality in the lifestyle of which there are two major guidelines: the guideline for social interest and the guideline for a high activity level. Such person is able to successfully solve three main life problems: work, friendship, and love.

The personality development model, based on the idea of person’s broadening ideas about life and of himself to transpersonal level is shown in the works of S. Grof [5], A. Mindell [10], K. Wilber [6]. The personality development, according to S. Grof, is connected to achieving interaction between the biographical and transpersonal modi of consciousness. The first modus represents the existence as a separate material essence; the second modus includes perinatal and transpersonal layers of mind. A. Mindell states that reality potentially includes a divine source and it can only be revealed by tracking absurd and incidental things. We need to change the normal state of consciousness, reject determinism and give the opportunity for the process to take place, which will allow to set the connection with something transpersonal. The concept of K. Wilber includes into a single continuum of personality development spiritual, mystical dimension as integral and higher stages of such development. If to take into consideration that now more and more attention is given to the issues of values, value orientations and their fundamentally determining influence on the individual and society’s formation, then such breadth and completeness of scope of all human experience in the model of K. Wilber seems rather well-timed and promising.

Conclusions and perspective of future research. At the first approach we can distinguish the following personality development models, implicitly presented in psychological theories: model of personality development as the intensification of contact with one’s own body by understanding its language; the model of personality development as overcoming infantile ways of presence in reality; personality development model as realization of personal potentialities; altruistic model of personality development; personality development model as broadening the conception about life and oneself to transpersonal level. The perspective of further research in this area is connected to the development of psychometrically justified diagnostics method of personality development features.

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