

Psychological Meaning of Photography in the Frame of Personality's Life Course

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Abstract: The purpose of this study was to show that photographs have a psychological meaning, as people basically print and store the most significant photographs. And depending on the hierarchy of one's own values, a person will store the corresponding photos. People choose those photographs where there are especially significant events or especially significant people. Therefore, in this way the psychological meaning is imposed on the photo. Learning person's way of life in psychology can reveal psychological implementations, which are connecting personality with its necessities, values, and world views in general. And these psychological implications can be found in photographs of special personal importance. The most precious photos people have been keeping throughout their lives can be psychologically meaningful according to their values. This article details the experimental methods provided by the quality analysis. Since we are pre-limited by 10 pictures, we already have a psychological sense of them. The hierarchy of the selected pictures and the individual differences between the people also take an important place within the study.

Keywords: Personality's life course, photography, 10 photos, psychological method, value.

BACKGROUND AND OBJECTIVE

Today, scientific and technological progress has reached its peak in such a way that there are a huge number of options to capture the most important moments for each person in her life. Starting from photo, audio and ending with video technologies that are available to many people today. However, I would like to put special emphasis on the photograph, since this option is the most widely used and favourite method of storing information in a temporary trans-perspective. There is a huge number of genres of photography, among which a special psychological burden lies on family and amateur photos. The beginning of the development of this type of activity dates back to the 30s of the last century, which is associated with the popularization of photography. It was during these years that photographing became widely available, moving from an elite area to popular culture. As a rule, family photos are arranged in family albums and tell about events within the family. Such albums perform the function of rallying the family, storing the family memory, constructing a family identity.

One of the first researchers who studied family photographs, namely, in the context of photo albums,

was A.L. Walker and R. K. Multon [1]. They identified 4 types of photo albums: family, event, autobiographical and an album about the hobby, analyzing more than 40 albums of American amateurs. Photo albums, since they are designed in connection with a certain subject, undoubtedly carry information about a particular event. Studying photo albums takes a huge amount of time and effort. Therefore, to facilitate the experiment, but nonetheless, to get more complete information through photos, we suggest using the author's "10 photos" technique to study the features of value for a given person of people and events throughout their life. 10 photos are a kind of 10 value ranks, but those ranks that no psychological method will determine when used in a single version. Selection from all the totality of his photos, allows a person to identify only those moments that played a crucial role in his development (at that time), respectively, helps the practising psychologist to analyze and put special emphasis on them because it is these events that will be scrolled in the human mind people.

To conduct this experiment, we need the correct interaction between the psychologist and the test people, as they will tell the story of their lives [2, 3]. According to Wiltshire, J. Canales, M. (1997) for professional interaction, where an open and non-judgmental exchange of information is required, which is achieved through mutual intersubjectivity [4, 5]. This implies active listening and empathy.

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Regarding the study of the photo itself, in the West, amateur photography as an object of study among sociologists, anthropologists became interested in the last third of the twentieth century. The first major publication should be the monograph by Pierre Bourdieu "Photography: Medium Hand Art" (1965), written in collaboration with Luc Boltanski, Robert Castel, Jean-Claude Chambordon and Dominique Schnapper [6]. The merit of P. Bourdieu is that he drew attention to the daily practice of photographing and displaying photographs, which before him were outside the attention of researchers, and showed that the choice of objects of photographing is socially determined. The French sociologist comes to the conclusion that photographic practices in society have, above all, a "family function," being an instrument of family integration.

American amateur photography is dedicated to the anthropologist Richard Chalfen's book "Amateur Versions of Life" [7], while the British one is dedicated to David Kenyon's monograph on cultural studies from the inside [8].

R. Chalfen considers amateur photography and home video, which is devoted to a separate chapter of the book, as a way of home - as opposed to mass - communication (homemade communication). He introduces the concept of "Kodakculture" (amateur photographic culture), which includes "everything that one should be able to know, or do in order to properly participate in homemade communication". Separate chapters of the work are devoted to plots of amateur photography, its functions, tourist photographs, and home communication in new contexts (for example, in professional cinema). The same approach to amateur photography, like R. Chalfen, is used by Christopher Muzello in the chapter "Family Photography" from the book "Informational images: photography in social sciences" [9]: he is interested in models and patterns in how people use amateur photography. An anthropological approach to the study of amateur photography and uses Heriberto Lozada in the study of Chinese photographic practice: in the article "As part of globalization: wedding, funeral and family photos in rural China" [10], he emphasizes that the use of photographs in a modern Chinese village is culturally determined.

The psychological approach to the study of photography today is little studied. Among the researchers is Paul Ekman [11], who, in turn, based on photographs, investigated emotions and ways of

recognizing lies. As well as the work of A.I. Kopytin [12], J. Weiser [13], J. Volcker [14], aimed at using photography as a psychotherapeutic agent. In this paper, we want to submit for consideration a photograph as a diagnostic tool in the study of the life course of a person.

Studying the life course of a person in psychology allows revealing psychological senses, which in turn are a link between a person and his needs, values, and world outlook as a whole. Each photo for the person has a certain psychological meaning. Accordingly, in order to reveal this hidden meaning contained in the photographs and the attitude of the personality, whose appearance it will be, it is necessary to begin to study the psychological meaning of the life path of the personality. The life path of the individual is investigated using the biographical method. When using this method, in addition to these interviews, other ways of documenting life stories were used: diary entries, official documents and photographs. For the latter, the essential role was recognized, but it was almost never possible to avoid reducing the photo to the function of research and diagnosis of the personality in the context of its life path. For example, a photo was placed on the cover, in the beginning, or in the course of a biographical sketch. And it had a strictly fixed meaning, the same for all. However, tracing the facts of the fact that each individual viewing his photographs, on a conscious level, explores his life in a time interval, draws some conclusions, or simply enjoys the events of her life, the climax moments. The memory mechanisms that allow you to fully appear in the event depicted in the photo work. Relive that moment. Find the nodes between the lived and the present. Accordingly, photography has a significant place in the diagnosis and study of the individual as a whole. In other words, it acquires the character of a representation that is subject to an interpretative understanding.

METHODS

Until now, the question of the influence of photography on a person remains the least studied. In this case, the subject is considered - object relations, where the person is the subject, and the object is its especially significant photographs. That is, we want to present a new method of narrative psychology. The word "narration", meaning "to give an oral or written report about something, tell a story" is a member of a family of words, which includes "cognitive", "gnosis", "diagnosis", "gnomon", "physiognomy" (art character

definition by facial features), "norm", "normal" (from the Latin "norm", which meant the measuring line). Miller rightly draws attention to the fact that "the concept of narration conceals the ideas of judgment and interpretation, temporality in its complexity and repetition." When telling, a person not only traces the sequence of events but also interprets it: "(d) narration is gnosis, telling to those who know. But it is also a diagnosis, an act of identification or interpretation through the discriminatory reading of characters" [15].

Coupled with other techniques, this projective method allows you to see those sides of the personality that are most relevant to the individual. And on which, accordingly, the practising psychologist must rely on to solve this or that psychological problem.

In our study, we used 3 methods:

1. Experiment with 10 photos;
2. Test "Meaningful Orientation" (method of LSS) D. A. Leontiev.
3. Methods of studying the system of vital meanings V.Yu. Kotlyakova

Experiment Procedure with 10 Photos

We conducted an experiment with each subject individually. In the course of which his personal data were recorded, or in other words, the variables between which we carried out the correlation. This correlation was carried out based on the regularity of the answers of the subject, and accordingly, no mathematical processing was given.

The experiment with 10 photographs of the conduct and processing is quite time-consuming. By the time it takes an average of 20-40 minutes to conduct and 30-50 minutes to process. The subject was asked to bring with him 10 particularly important photographs. During the story, it is necessary to record how he tells, in what mood and of course exactly what he says about this or that photo, what significance it has for her. Since we were interested in the question about the value of the subject to his photos, respectively, we recorded only 4 points, which were entered into a special table (examples are shown below). First of all, we were interested in exactly who is depicted in the photographs. That is, we wanted to see which people for our test have a special meaning. Secondly, the events allocated to the subjects. Third, what is meaningful photography? Sometimes the people or

events depicted did not have a primary meaning, and the meaning of the value of this photograph was in the secondary object, for example, a smile, a joy, or an object became a "figure" and everything else was a "background". It is very important to follow the story of the subject without missing a single word. If there are handy recording tools, it is best to use them. And finally, fourthly, that we fixed, this is the date of the snapshot. Thus, we traced what stage in the life of the subject was the most relevant in his mind. I would like to emphasize the first 2 or 3 photos. These are the photos that the subjects selected from the 10 most significant for him. That is, these same 2, 3 photos are the most important and, accordingly, the objects depicted on it are the most valuable. When talking to a test subject, you can ask questions of a similar nature: "Tell me please, why are you among the 10 most important photographs for you, did you put this one in the first place?", "Can you tell more about your first, second and third photos?", "How do you think, how can this photo affect you?", "Are there any special memories associated with this photo? If so, please tell us more about them".

Research methodology meaningful life orientations, developed by D.A. Leontiev on the basis of the life goals questionnaire by J. Krambo and L. Makholik [16].

Initially, the authors sought to show:

- a) that the technique measures precisely the degree of "existential vacuum" in terms of Frankl;
- b) that the latter is characteristic of the mentally ill; and
- c) that he is not identical with just mental pathology. The "goal in life" that the method diagnoses is defined by the authors as an individual's experience of the ontological significance of life.

Interpretation of subscales:

1. Goals in life. The scores on this scale characterize the presence or absence in the life of the subject of the goals in the future, which give meaningfulness to life, direction and time perspective. Low scores on this scale, even with an overall high level of coolant will be inherent in a person who lives today or yesterday. At the same time, high scores on this scale can characterize not only a purposeful person but also a project designer, whose plans have no real support in the present and are not supported

- by personal responsibility for their implementation. These two cases are not difficult to distinguish, given the performance on other scales of life-support systems.
2. The process of life or interest and emotional richness of life. The content of this scale coincides with the well-known theory that the only meaning of life is to live. This indicator indicates whether the subject perceives the process of his life as interesting, emotionally rich and filled with meaning. High scores on this scale and low scores on the rest will characterize the hedonist living for today. Low scores on this scale - a sign of dissatisfaction with their lives in the present; at the same time, however, she can be given a full meaning of memories of the past or focus on the future.
 3. Effectiveness of life or satisfaction with self-realization. The scores on this scale reflect the assessment of the distance covered, the feeling of how productive and meaningful the part of it was lived. High scores on this scale and low scores on the rest will characterize a person who lives his life, who has everything in the past, but the past can give meaning to the remainder of life. Low scores - dissatisfaction with the lived part of life.
 4. Locus of control — I (I am the master of life). High scores correspond to the notion of oneself as a strong personality, possessing enough freedom of choice to build one's life in accordance with its goals and ideas about its meaning. Low scores - disbelief in your own strength to control the events of your own life.
 5. Locus of control - life or controllability of life. With high scores - the conviction that a person is given control over his life, freely make decisions and implement them. Low scores are fatalism, the conviction that human life is not subject to conscious control, that freedom of choice is illusory, and it is meaningless to make plans for the future.

Methods of studying the system of vital meanings V.Yu. Kotlyakov [17]. The method is based on the proposition that the meaning of human life cannot be reduced to any simple formula, but, most likely, is a complexly organized system of meanings. For example, L. S. Vygotsky considered a dynamic semantic system (DSS) as a unity of affective and

intellectual processes of consciousness, D. A. Leont'ev defined DSS as "... a relatively stable and autonomous hierarchically organized system that includes a number of different-level semantic structures and functions as a single whole" [18, p. 3], B. S. Bratus also speaks of a complex dynamic system that forms a special semantic sphere of the personality and causes all human activity [19]. In total, 8 such categories of vital meanings were distinguished. Within the framework of this classification, all vital meanings can be attributed to altruistic, existential, hedonistic, status, communicative, family, cognitive, self-realization. The subjects were offered a list of 24 statements. Then it was proposed to make a rating of the submitted list. To do this, select from the list 3 statements that occupy the 1st place in the system of life meanings of the subject, then 3 statements that he could put on the 2nd, 3rd, etc. up to 8th place. And write the sequence numbers of these statements in a table. The analysis of the data obtained was based on the calculation of the sum of the ranking values of each category of life meanings.

In order to identify the localization of the psychological meaning of photography, which determines the overall level of meaningfulness of life, it is necessary to focus not on certain events of life, but on the attitude of man to life as a holistic phenomenon. In this regard, we agree with G.M. Andreeva and E.P. Belinsky, who propose to shift the focus of the study of personal time from the study of biographical events and their interrelations to the consideration of the problem of temporal aspects of self-concept/identity [20, p.20].

RESULTS

Experiment №1

During the experiment, emotions were observed in the story of a particular photograph. Most of the photos were associated with joyful events, and 10-20% of the photos that were associated with sad moments in their lives, due to the loss of their loved ones and animals. We proceed directly to the experiment itself. We give examples of 2 subjects.

Subject # 1.

Data: 19 years old, male, single, Russian.

To streamline the information, all data were entered in Table 1.

The coverage of the special value of the time span in the life path for the subject is 4 years. Among the significant people, he distinguishes his best friends,

Table 1: The Answers of the Test No. 1 by the Method with "10 Photos"

No	Who is depicted	Event	What is significant	Date
1	2	3	4	5
1	A bit scary and charming. The man I really cherish.	A trip to a friend in the countryside.	This photo depicts one of my favourite people, this girl I loved very much.	The end of summer 2011.
2	My best friend.	She simply sent me this photo via the Internet, showing what her hairstyle was.	This photo depicts a girl who is important to me, as a true friend and ally, intelligent and strong in spirit.	July 15, 2011.
3	Parents of the test.	They gave him a cell phone and he filmed his parents on him.	This photo depicts my favourite parents who always supported me.	Autumn 2008.
4	A friend and the subject himself.	Memories of the evening, when we were with a friend visiting my best friend, ate shashlik.	One of the funniest moments in life. Photos from the evening, when I last had fun from the heart.	November 2011.
5	Grandfather test.	Subject with his parents came to visit his grandparents	I love my grandfather and miss him a lot	-
6	Tree against the sky.	I walked with my best friend in the park before the start of the school year.	The tree is like a memory of a good day when I was walking with a friend and talking about everything.	The end of August 2011.
7	He and classmate.	There was a presentation and preparing different dishes; educational practice	One of the tense and interesting days.	February 2012.
8	Favourite cat.	Just a photo for memory.	This is the memory of my cat with the terrible name "Orbit", a cat who understood me perfectly.	Summer of 2011.
9	The head of the group in which the subject is studying.	Just a photo for memory was photographed at the end of the school year, offset by a machine gun in physics.	It is important to photo that shows a man who always supports me, a very kind and lovely girl.	May 2009.
10	Test subject and one guy from his job.	The last practice in college met a foreigner, found a common language.	The photo is significant due to the fact that it depicts a cheerful guy with whom we have become friends in a short time.	The end of January 2012.

parents, grandfather, cat and foreigner. Events generally accepted, such as birthdays, weddings, were not highlighted. The significance of the photographs for him is determined by who exactly is imprinted on it, as well as the symbols, which also remind of significant people.

The answers to the survey questions were as follows:

- the subject frequently views his photos;
- in his life, photos have a value, as a memory of events and people;
- the first thing he turns his attention to when looking at his photographs is on the depicted people.

LSS results, scales:

Goals = 20;

Process = 20;

Result = 18;

Locus of control — I = 12;

Locus of control-Life = 23.

Results Kotlyakov method, scale:

Altruistic = 5 (1);

Existential = 9 (2);

Hedonistic = 20 (6);

Self-realization = 16 (5);

Status = 21 (7);

Communicative = 14 (4);

Family = 13 (3);

Cognitive = 14 (4).

According to the data obtained as a result of the methods, the following can be concluded. Low indicators on LSS scales indicate that the subject is not satisfied with his life, neither the present, nor the past, nor the future, there is disbelief in his abilities. Among the categories of vital meanings, it is dominated by altruistic, then existential. The data obtained in the experiment for the subject serve as a consequence of their position. The need for communication and understanding, as well as accepting it as a person, it satisfies when dealing with friends. It can be noted that in no one photograph of the subject is a male friend, although one is only mentioned in context. A foreigner, in our opinion, he singled out not just among particularly significant people, or in other words, a person with whom he could find a common language in a short period of time, and a cat who, in his opinion, understands him from a half-word, which can be concluded that it is difficult for the subject to have social contact with people. He rarely communicates, and he needs to be understood at once. Since women are more inclined to talk about spiritual issues, to listen to and relieve emotional tension, respectively, the subject more easily converges with the female sex. Also among the significant people, he singled out the elder, who, according to him, repeatedly helped him, this can be compared with the fact that he has dominated altruistic meanings. Therefore, clearly, we see that the photographs for this subject have value as a reminder of especially significant people who will always be close at a difficult moment. He values them very much, respectively, and the photographs with their image are of great value in comparison with other photographs. The personal meaning of his life journey will be to help other people, he will feel most happy in the environment of relatives and friends who can support him at any difficult moment.

Subject # 2.

Data: 27 years old, female, married

To streamline the information, all data were entered in Table 2.

The span of the special value of the time span in the life path for the test subject is 8 years.

The answers to the survey questions were as follows:

- prefers to photograph more;
- photography matters in her life;

- Often looks through your photos;
- in her opinion, a photograph, undoubtedly, can influence a person psychologically. It can make a person believe in himself, in the world around him, or else be disappointed in everything that happens. May change life completely. If the photo shows that a person has been afraid all his life and suddenly he will see this fear of his own in some form, it can drastically affect the psyche;
- the first thing she turns her attention to is emotions, atmosphere and colours.

LSS results, scales:

Goals = 23;

Process = 35;

Result = 31;

Locus of control — I = 22;

Locus of control-Life = 30.

Results Kotlyakov method, scale:

Altruistic = 20 (7.5);

Existential = 19 (6);

Hedonistic = 14 (5);

Self-realization = 7 (2);

Status = 14 (4);

Communicative = 9 (3);

Familial = 5 (1);

Cognitive = 20 (7.5).

According to the data obtained as a result of the methods, the following can be concluded. Kotlyakov's technique showed that the subject's marital status and self-realization prevail. The experiment with "10 photos" also clearly shows that for the subject it is important, firstly, her family - 1 photo that she chose among the rest, this is her family, that is, she, husband and child. And, secondly, self-realization in life is important for her. In three places, mention is made of the importance of photography, which cause a sense of pride in one or another activity. Judging by the descriptions of photographs it is clear that the person is creative, respectively, with the dominant right hemisphere. The subject very well remembers these days, right down to the smallest details, such as the weather that day, why this or that photo was taken. There are no generally

Table 2: The Answers of the Test No. 2 According to the Method with "10 Photos"

No	Who is depicted	Event	What is significant	Date
1	2	3	4	5
1	I am with my husband and son, who is 4 days old.	This photo was taken almost before discharge when waiting for a taxi. The weather was very warm and sunny.	Causes a sense of pride and warmth.	September 4, 2011
2	This is my mother.	She came from work, everyone was in a good mood, so we started taking pictures. It was cold that day, so mom has red cheeks.	-	It was 2009.
3	Here are my sisters.	We then moved to a new apartment. On this day I bought a record player and made a lot of cool photos.	On the photo I like the hairstyle of my sister very much; then her mom made a spikelet and looked up.	It was summer.
4	Our family legs are depicted: mom, dad and little Eloth, son	We have this photo in the form of a story, we wanted to somehow capture how small it is now and so what was there to see when it grows up.	It was very funny to make this photo because we set the stopwatch and we could not get a clear picture.	The photo was taken in the fall of 2011.
5	This is me, the photo was taken by my friend.	This is me in Stockholm, standing on the bridge and holding coffee and frisbee. In fact, I do not like coffee, but everyone goes there with glasses of coffee. Behind is my school, where I went to learn Swedish.	That day a friend came after me after class, and we went to play Frisbee. The weather was overcast, at times the sun was shining and it was cool.	That was in 2010.
6	This is New York.	This photo was taken by me when I was on the observation deck of the Empire State Building.	I am very proud of this photo because not everyone can get there. It was just an incredible view, and I wanted to capture it. I like how I processed it. Recalls the time when I was in New York	The photo was taken in 2007.
7	This is me in Almaty.	The first course of the academy after college.	I loved to collect boxes, and that day I saw one. I remember, I came and immediately started putting my disks there. The photo was taken in the spring because I am here in my favourite jacket and sweater.	It was 2005.
8	The photo was taken on film. At that time, the film was shot where I worked.	That day I arrived at the site with my boyfriend and showed him everything, then we took a lot of photos and here is one of them. And I chose her because I like the colour and in general how it is processed.	I could ride around the set, and they built the whole Dzhungar empire. The film was shot by Americans, called "The Nomad".	The photo was taken in 2003.
9	I made this composition myself. American car of 1957. And these earrings brought me a friend from Turkey.	One of my favourite from my collection of machines, I brought it from America.	I really liked the colour combination. I myself love to photograph and process them later. The very same photo reminds me of my good friend from Brussels.	The photo was taken in autumn 2010.
10	Berries.	It was on the Charyn canyon, then my mother and I went on a tour and there were many such berries that I decided to take them.	Reminds the day when it was good then. Rested. And why this photo reminds grandmother's house, as always she has a lot of berries.	The end of the summer of 2009.

accepted events, such as birthdays, and the subject has no wedding. All photos were taken in connection with capturing a good mood or a significant object. She perceives this world through the prism of the aesthetic

principle in it. The emphasis is not on people, but on the objects of admiration that surround her and which she finds everywhere and in everything. For a given person, the use of art therapy techniques would be

most appropriate for therapy. Judging by the answers about the significance of this or that photograph, it can be concluded that for the subject a photograph is, above all, a subject that causes positive emotions and a sense of pride in a particular cause. Thanks to the photos, she can show her friends her vision of this world. And also the products of her creative activity. Also, photography serves as a fact confirming an event or a product of creativity. The subject assesses the photo through colours and processing even more than the image of an object. First of all, emotions, atmosphere and colours are important for her. Accordingly, if she is offered a creative activity that will interest her, she can fully plunge into it and it will bring her great pleasure. The personal meaning of her life journey will be to creatively satisfy her needs.

CONCLUSIONS

Thus, on the example of 2 subjects, we see that it is possible, through the narration and fixation of certain moments in a special table, to derive some pattern that can be traced with respect to the life course of the individual. What kind of people the subjects identified, or vice versa. On the example of the second test subject, the fact that photographs can be not only an assistant as a selection of especially significant people or events. But also the inner world of man. Freud, in his experiments with free associations, made an analogy of our experiment, however, we decided to go further and more accurately objectify the subject's actual meanings. Since the subjects had no restrictions on their choice, however, he needed to select only particularly significant photographs. Accordingly, their psychological meaning is already superimposed. But to find the laws of a certain choice, to be able to find a link between 10 photos. That is, to single out several clustering clusters that, in a compartment, would describe a person, his personal meaning of his life path, this is a subjective approach. Which is not mathematically calculated. Accordingly, we placed greater emphasis on the interpretation of the experiment, rather than on a mathematical calculation using criteria. "10 photos" should be attributed to the projective techniques and used in the difficulty of clarifying the personal meaning of life.

Concluding, we want to note that today there are already techniques with photographs, but photographs are taken by absolute strangers and the imagination is taken as a basis as a projection of the inner world of the person being studied. We propose to consider exactly your photos as a diagnostic tool since this

material is in our opinion more informative. And not all photos, as their viewing, story and interpretation take a huge amount of time. Namely, 10 particularly significant photographs. These photographs will accordingly carry a psychological meaning since they are most significant for the individual. The hierarchy of selected photos can be viewed as a hierarchy of distinguished vital meanings precisely at that moment, at which the given personality is diagnosed.

CONFLICT OF INTEREST

The authors do not report any financial or personal links to other persons or organizations that might negatively affect the content of this publication and/or claim rights thereto.

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