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ПСИХОЛОГИЧЕСКИЕ ОСОБЕННОСТИ РАЗВИТИЯ В ЮНОШЕСКОМ ВОЗРАСТЕ: ТОЧНОСТЬ ВОСПРИЯТИЯ И ЧУВСТВО НЕПОЛНОЦЕННОСТИ

PSYCHOLOGICAL FEATURES OF DEVELOPMENT IN ADOLESCENCE:
THE ACCURACY OF PERCEPTION AND A SENSE OF INFERIORITY

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Аннотация:

В статье представлены результаты исследования психологических особенностей взаимосвязи точности восприятия и чувства неполноценности в юношеском возрасте. Указана актуальность работы, связанная с необходимостью развития инициативы, профессионального и интеллектуального потенциалов молодежи в рамках государственной молодежной политики. Чувство неполноценности связано с переживаниями ущербности и препятствует активной актуализации личности.

Дается обоснование необходимости исследования и развития точности восприятия как системного свойства психики, обуславливающего эффективность психического отражения и последующей саморегуляции в процессе адаптации к социально-культурному окружению; преодоления чувства неполноценности как механизма, запускающего комплекс когнитивных и эмоциональных переживаний, ограничивающих экзистенциальную и профессиональную состоятельность молодого

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Abstract:

The purpose of the article was to examine psychological characteristics of the relationship between the accuracy of perception and feelings of inferiority in adolescence. The relevance of the work associated with the need to develop initiatives, professional and intellectual potential of young people in the framework of the state youth policy. However the feeling of inferiority is associated with feelings of inferiority and prevents the active actualization of the person. The substantiation of necessity of research and development of accuracy of perception as the system property of mentality causing efficiency of mental reflection and the subsequent self-regulation in the course of adaptation to socially cultural environment is given; overcoming of feeling of inferiority as the mechanism starting a complex of cognitive and emotional experiences limiting existential and professional solvency of the young man. This study was carried out at Smolensk state University. The features of the study of the

человека.

Исследование проведено в Смоленском государственном университете в 2018 году. В эксперименте приняли участие студенты психолого-педагогического факультета, возраст – 19-23 года.

Описаны особенности исследования точности восприятия с помощью тензометрических измерений, обеспечивших высокую объективность исследования за счет того, что интерференция вербальных ответов испытуемых была исключена. Осуществлен анализ перцептивных ошибок ведущей и не ведущей рук испытуемых в состояниях активного бодрствования и психоэмоционального напряжения.

Выявлена высокая корреляция между точностью воспроизведения стимула левой (не ведущей) рукой испытуемого в состоянии активного бодрствования и чувством неполноценности. Установлены особенности ошибок восприятия и воспроизведения заданного образца правой и левой руками испытуемого в различных психических состояниях, а также их связь с чувством неполноценности.

Полученные результаты могут быть использованы в качестве экспресс-диагностики чувства неполноценности, особенностей психического состояния.

Ключевые слова:

восприятие, эталон восприятия, точность восприятия, чувство неполноценности, психическое состояние, состояние психоэмоционального напряжения, тензометрический метод.

accuracy of perception using tensometric measurements, which provided a high objectivity of the study due to the fact that the interference of verbal responses of the subjects was excluded. The analysis of perceptual errors of the leading and not leading hands of the subjects in the States of active wakefulness and psycho-emotional stress is carried out.

A high correlation between the accuracy of the stimulus reproduction by the left (non-leading) hand of the subject in the state of active wakefulness and the feeling of inferiority is revealed. The features of errors of perception and reproduction of a given sample of the right and left hands of the subject in different mental States, as well as their relationship with a sense of inferiority.

The results can be used as a rapid diagnosis of feelings of inferiority, especially the mental state.

Keywords:

perception, standard of perception, accuracy of perception, feeling of inferiority, mental state, state of psycho-emotional stress, tensometric method.

Relevance

Youth is the main resource of the state development for the long-term period [1]. The main normative document regulating the development of youth state policy in the Russian Federation is the Order of the Government of the Russian Federation of 29.11.2014 № 2403-p "Fundamentals of state youth policy in the Russian Federation until 2025" [2]. This document defines the priority areas of work with young people, it

“... defines a system of principles, priorities and mechanisms to ensure the implementation of the state youth policy” [2, p. 2]. In various regions of Russia, the total number of laws and acts on youth policy is close to 100 thousand, given the broad base of municipal legal acts relating to youth and work with it, devoted to the implementation of the state youth policy [1].

All this testifies to the high demands of the state and society in relation to the training and education of young people. The problem is related to the fact that the community requires a socially proactive, self-sufficient and socially responsible change, capable of preserving and developing the vitality and development of the cultural and historical community [3]. However, the very existence of a large number of laws regulating work with young people suggests that there are a large number of problems and difficulties in managing this process on the part of the community. Difficulties are associated, among other things, with the fact that young people often replicate reactive rather than active behavior, indicating the inability/unwillingness to perceive themselves as an initiative and significant member of society, to take responsibility for their own actions.

The problem of perception has been widely studied in the works of B.M. Velichkovsky, V.P. Zinchenko, A.R. Luria [4], A.V. Zaporozhets [5], A.D. Logvinenko [6], S.L. Rubinstein [7], H.R. Schiffman [8] and other authors. These scientists have made a great creative contribution to the understanding of the relationship between the development of the psyche (including sensory-perceptual sphere) and personality.

At the same time, the problem of mutual influence of accuracy of perception and development of personality is outlined in sketches. It is established that this relationship exists, but the identification of its mechanism is under development and is described by researchers situationally. Examines the characteristics that influence the accuracy of perception is more a means of solving some other psychological or personal problems and acts as a diagnostic tool. For example, accuracy of perception is studied by identifying the objective parameters of situations of a different modality in the process of interpersonal communication [9], correlation with the characteristics of the disease [10], personality [11,12].

In other words, if we consider the accuracy of perception as a kind of automated skill assessment of compliance of parameters of the reflected object and its image, there is the issue of allocation of significant parameters of the object during perception, which is objectified in accordance with the goals and objectives of the subject, as goals and objectives, personal meanings transform the image of the recorded content, and a tendency to act in a particular way is generated in personality traits. Attitudes and meanings, as it is well known, lead to the development of the psyche, the automated skills, they affect the personality. In this paper, we study the mutual influence of the accuracy of perception and experience of self-sufficiency [11]. The experience of self-sufficiency is, in our opinion, the mechanism that triggers the accuracy of perception.

Accordingly, the feeling of inferiority hypothetically will reduce the accuracy of perception.

Under the accuracy of perception, we understand the degree of conformity of the image features to the parameters of the reflected object. Installation (in terms of D. Uznadze [13]) for accuracy or conformance and objective understanding of the parameters of the reflected object or phenomenon, in our view, reduces uncertainty and negative emotional experiences, specifies and regulates perceptual activity.

In the studies conducted by us in 2015-2018, we found out that the accuracy of perception “goes” to the “plateau” to 12-14 years and then is relatively stable. The experiments, which were attended by students, systematically (with teens) involved in sports maintain a high accuracy of perception in the situations of psycho emotional tension. This quality indicates the stability of consciousness, the ability to objectively assess the situation and maintain the standard level of performance. Students who did not go in for sports regularly, allowed more errors in the fidelity of a given stimulus. In these studies was established the relationship between the degree of accuracy of perception and neuropsychiatric stability, the level of self-regulation, features of self-esteem. In other words, errors in the exact reproduction of the sample given by the experimenter testified to a certain systemic “failure” in the features of mental reflection and self-regulation, that is, the difficulties in solving the tasks.

These include the so-called “growth and development challenges” of young people. They are associated, among other things, with the lack of life experience, training and education of young people, who are recognized and experienced by them as a complex and a sense of inferiority [14]. The feeling of inferiority is “... a set of psychological and emotional feelings of a person, expressed in the feeling of inferiority and irrational belief in the superiority of others over themselves” [15, p. 119]. It is clear that the experience of their own inferiority, insolvency, inability to properly cope with difficulties in one way or another characteristic of the life of any person. However, in adolescence they experience especially acutely due to, above all, age-related reasons and, representing a system of education, require special measures to study and overcome them in order to fully include young people in the social life of the community [3].

The value of youth in the formation of “I-concept” defines, in particular, the degree of involvement of the person in society as it is determined by I.V. Slobodchikov “... adolescence – is the final stage of the degree of personalization: camerafixer, awareness of one's own individuality, the emergence of life plans, willingness to self-install on a conscious construction of his own life, a gradual growing into the various spheres of life” [16, p. 314].

As it is well known the formation and functioning of cognitive and emotional processes are interrelated [8]. The feeling of inferiority means not only the emotional experience of the absence of some kind of “parity” or equivalence of one's own status

with other people, it also includes cognitive processes. And, above all, perception, perceptual standards act as some mechanisms that trigger the process of reflection and behavior, they are known as the inferiority complex.

Aim and objectives

The aim of this study was to identify the relationship between perceptual accuracy and feelings of inferiority in adolescence. As a hypothetical, it is suggested that the accuracy of perception and the degree of expression of feelings of inferiority are interrelated. In this regard, it was necessary to solve the following tasks: to establish the features of the accuracy of perception of the examinees, to determine the level of expression of feelings of inferiority and to identify the correlation between the results.

Materials and methods

The study involved 19 students of 3 and 4 courses profile "Psychology in education" and "Preschool education" of psychology and education faculty of the Smolensk State University, aged 19 to 23 years, among them 2 boys and 17 girls. The study was carried out in 2018, the work was carried out jointly with the 4th year student of PPF K.A. Polyakova within the final qualifying work.

The study of the psychological features of the relationship between the accuracy of perception and the degree of expression of feelings of inferiority included several stages.

At the first stage, strain measurements of the examinees were carried out on a special device created for the study, with the help of this device the accuracy of perception was studied. The students were asked to reproduce a sample given by the experimenter with support (they could check if their efforts were correct by looking at the display of the voltmeter), and then without reliance on voltmeter readings. The use of this device was due to the fact that a single tactile reproduction of the sample has a minimal learning effect, which gives us the opportunity to obtain both a learning-free result and, to exclude verbal reports of the examinees. That made results more objective (so called first person results). To indicate the measured force to the body of the device through a special connector is connected to the switch voltmeter with a special notch in red, which is a given sample. The efforts of the subject into an electrical voltage, which was measured by a needle voltmeter a total of three seconds of holding down the pressing the sensor test, which he knew/declared as appropriate given the experimental design (students said: "Ready" and kept the playable sample until you hear a beep). The display showed the average result for three seconds of pressing [11]. Thus the data on the perception error were obtained. They showed how accurately the students reproduced the sample.

Strain measurements were carried out twice: separately with the right and left hand of the students. The need to repeat this procedure with different hands was due to the fact that the accuracy of perception is associated primarily with cognitive, and the feeling of inferiority – with emotional processes, in which the left and right hemispheres of the brain make a different contribution. In this regard, we intended to clarify the “contribution” of hemispheric asymmetry to the accuracy of the actions performed, so we needed to organize a study, first, in different psycho-emotional States, namely: the state of calm wakefulness and the state of psycho-emotional stress. And, second, different (separately leftist and right-wing) hands test examinees. The state of quiet wakefulness of the examinees we considered a situation in which we suggested to the examinees to reproduce a sample, at first, focusing on the red line on the arrow voltmeter, and then to reproduce the force, without reliance on the voltmeter. The state of psychoemotional tension was achieved due to the task to the examinees to perform jumps on the spot at the fastest possible pace, raising their knees high, for one minute. After intense physical exertion, the examinees were again asked to reproduce the sample given by the experimenter, first with the right and then with the left hand.

At the second stage, the technique “Adler Scale” was used, with the help of which the level of feeling of inferiority was established.

Results and Discussion

The results of strain measurements revealed differences in the accuracy of reproduction of a given sample by the examinees. The accuracy of reproduction of the right (leading) hand in a state of quiet wakefulness was on average 16% higher than similar indicators of the left hand: 0.19 and 0.22, respectively. This meant that in a non-emotional situation, students could reproduce a sample with up to 80% accuracy. Five students (representing 26% of the total number of participants) made up a group with high accuracy of results (up to 0.05 inclusive) and one student did not make mistakes in accuracy (5%). It should be noted that the accuracy rates of the left hand to this group were also high.

The state of psycho-emotional stress radically changed the nature of the distribution of the results of accuracy: the results as if changed “hands”: the accuracy of the left hand increased, and the right decreased (0.21 and 0.22 respectively). In other words, psycho-emotional stress reduces cognitive accuracy, and the “emotional” component (the left hand) becomes more accurate. That is, we found a kind of inversion results the accuracy of sample left hand in a state of emotional arousal is higher than in a state of quiet wakefulness, the accuracy of the right hand, on the contrary, higher in the state of quiet wakefulness. The state of stress seems to reduce the cognitive component of perception [17]. We obtained similar results in other

experiments of the students [11]. The mental state, in our case, is the regulator of the accuracy of perception.

Especially it should be noted that the error in the accuracy of perception of the examinees in both emotional states differed, but slightly in relation to the left hand. It can be interpreted as a kind of emotional stability (weakness/strength), but in our case, as it turned out later (after determining the level of severity of feelings of inferiority), the showed low emotional endurance.

Since the value of the error of perception of the right hand of the examinees in a state of quiet wakefulness is lower, and in a state of psycho-emotional stress is higher, we introduced the concept of correlation coefficient. This is a number obtained by comparing the average errors of the right and left hands in quiet wakefulness and psychoemotional excitement (the average error of the left hand was divided by the average error of the right hand; further, the value of the correlation coefficient was considered, it could be either up to one, which meant a state of calm wakefulness, or exceed one, if it is a state of psycho-emotional stress). It seems that this coefficient can be used as a rapid diagnosis of mental state in situations where the subject either does not give a report in his own state, or hides it.

A study of the level of severity of feelings of inferiority by using the method "Scale Adler" revealed a moderate severity, 22%. Two of the surveyed (10% of the total number of participants) had no feeling of inferiority, three had a low degree of severity (15.7%), most of the participants (14 people, 73.6%) had an average and high degree of feeling of inferiority. Evaluation of the result lies in the plane of mediocre result, because we are talking about students-psychologists-teachers and educators DOE senior courses with acute exaggerated experience of their own weakness and imperfection. It seems that the slight differences in the accuracy of the left-hand sample, which were revealed in the course of strain measurements in both mental States of the examinees and exaggerated experience of their own weakness and imperfection are interrelated. Stable results (high, medium or low error) of the left hand were associated with stress resistance [9].

At the third stage of the study, the results were processed using methods of mathematical statistics. The results of the examinees obtained in the first and second stages of the ascertaining experiment were checked by means of the Pearson correlation coefficient. There was an average direct positive relationship ($0.6; p < 0.01$) between perception accuracy and feeling of inferiority in all cases: before and after stress, and it was high when the results of the left hand were correlated in a state of calm wakefulness ($0.7; p < 0.01$).

Thus, the hypothesis put forward at the beginning of the relationship between the accuracy of perception and the feeling of inferiority is correct. A high correlation was found between left-hand error in a state of calm wakefulness and feeling of inferiority. Or, in other words, an error in the accuracy of the sample with the left hand in a state of calm wakefulness (from 0.20 and above) indicates an average degree of

feeling of inferiority.

Conclusions

A significant number of students of teachers and psychologists of senior courses experience a sense of inferiority associated with the experience of their own inferiority and imperfection, the superiority of others. It is clear that this fact affects, among other things, their health, adaptation and development, reducing their academic performance and the formation of key professional competencies.

In this regard, it is necessary to specially organized educational work to overcome the identified problems. Among them: training, the formation of a global attitude to the accuracy of performance, conscious control of a particular result, the development of stability of consciousness and coordination of the motor sphere.

The results can be used as a rapid diagnosis of feelings of inferiority and modality of mental state.

There is no conflict of interests.

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