ВОЗМОЖНЫЕ Я И ОСОБЕННОСТИ САМОРЕГУЛЯЦИИ В КОНТЕКСТЕ СУБЪЕКТИВНОГО ВОСПРИЯТИЯ ВРЕМЕНИ

POSSIBLE SELVES AND FEATURES OF SELF-REGULATION
IN THE CONTEXT OF SUBJECTIVE PERCEPTION OF TIME

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Аннотация:

В статье рассматривается вопрос изучения конструкта Возможного Я в психологии личности. Приводятся подходы к определению механизма мотивационного и регуляционного влияния данного конструкта на деятельность. Рассматриваются перспективы исследования Возможных Я в контексте субъективного восприятия времени. Приводятся результаты эмпирического исследования связи факторов восприятия субъективного времени, параметров Возможных Я и компонентов саморегуляции ($n=50$, средний возраст 28,68). Результаты корреляционного анализа представлены на уровне значимости $p<0,05$. В исследовании получено, что развитые способности личности к регуляционной гибкости устойчиво связаны с более высокой оценкой способности к противостоянию воплощению избегаемой возможности. Факторы субъективного восприятия времени имеют значимые связи как с саморегуляцией деятельности, так и характером предвосхищаемых возможностей как результатов активности личности. Наиболее устойчивые взаимосвязи выявлены между регуляционной гибкостью и субъективной оценкой будущего времени, оценкой способности реализовать желаемое Возможное Я и интуитивным восприятием настоящего времени. В перспективе дальнейшего исследования предполагается качественный анализ Возможных Я в условиях той или иной деятельности. Результаты исследования могут

Abstract:

The article discusses the issue of studying the construct of the Possible Self in personality psychology. Approaches to the definition of the mechanism of motivational and regulatory influence of this construct on activity are given. Prospects for the study of Possible Selves in the context of subjective perception of time are considered. The results of an empirical study of the relationship between the factors of perception of subjective time, the parameters of the Possible Self and the components of self-regulation ($n = 50$, average age 28.68) are presented. The results of the correlation analysis are presented at the significance level of $p < 0.05$. The study found that the developed personality's ability for regulatory flexibility is consistently associated with a higher assessment of the ability to resist the embodiment of the avoided opportunity. Factors of subjective perception of time have significant connections both with self-regulation of activity and the nature of anticipated possibilities as results of personality activity. The most stable relationships were found between regulatory flexibility and a subjective assessment of the future tense, an assessment of the ability to realize the hoped-for Possible Selves and intuitive perception of the present. In the future, a qualitative analysis of Possible Selves in the context of a particular activity is assumed. The research results can be used in the further theoretical development of this topic.

быть использованы в дальнейшей теоретической разработке данной темы.

Ключевые слова:

возможные Я, саморегуляция, субъективное восприятие времени.

Key words:

possible self, self-regulation, subjective perception of time.

Currently, the field of the possible is being developed in personality psychology. D.A. Leont'ev says that the study of personality in the field of the possible allows to move from a causal understanding of the nature of psychological development to the study of an autonomous personality, independently determining the path of its development from the available possibilities and acting in conditions of uncertainty [1,2]. Thus, the interest in this topic is primarily due to the desire of researchers to go beyond the direct study of factors influencing the development of the personality and its activity at the current moment in time, and to trace how anticipated events and attitudes towards them are interconnected with the activity of the individual and with what personal the choice and implementation of this or that possibility is consistent with structures and properties.

The study of the connection between the personality and the possible is carried out through various constructs, the most promising of which is the construct of the Possible Self (hereinafter referred to as the PS). First introduced in 1986 by H. Markus and P. Nurius [3], it is defined as a part of the self-concept containing individualized ideas about oneself in the future and associated goals, hopes, fears, fears. Each of these ideas has a certain probability of realization or non-realization, which is reflected in the subjective assessment of the possibility of one or another event. Being a relatively flexible cognitive representation, this construct contains a subjective assessment of the anticipated future, which allows us to single out the hoped-for and feared PSs. In addition, PS includes the experience of experiencing oneself as a subject of activity in a potential situation, which delimits this construct from the awareness of a particular probability [4]. The PS construct is aimed at assessing the possibilities of action, personality development, personal resources of self-regulation and coping with difficulties [5].

It is worth noting that the sphere of the possible is associated not only with the period of the future tense, but is also included in the present and the past. By expressing certain ideas about the subjective future and about oneself in it, PSs have an impact on activities in the present and allow to rethink the experience gained in the past [6]. Some of the possibilities will appear to be quite probable, while others may be assessed as not being able to be realized. Evaluation of this or that probability will occur on the basis of previously made choices, goals achieved or not achieved, and experience gained as a result. For example, an

applicant, entering a university, can rather highly assess the likelihood of receiving a diploma and the realization of the opportunity to «become a professional». At the same time, another opportunity – «to be a professional athlete» – will be subjectively assessed by him as having a low probability of realization or not having it at all, since although the subject is present in the personal experience of the person, it does not receive proper development in the activity. Thus, a situation of opportunity will turn into a situation of «impossibility». At the moment, the construct of the «Impossible Self» is also being developed in line with personality psychology by researchers V.Yu. Kostenko and M.M. Grishutina [7,8].

Thus, expanding this definition, we can talk about PSs as representations of oneself that do not correspond to the current situation and are not realized at a given moment, but have a certain, including equal to zero, potential for realization, which is assessed by the personality and having personality significance for the person.

The construct of the «Possible Self» is at the intersection of three research paradigms: self-concept, of which it is recognized; time perspective, as it reflects the temporal aspect of personal development; the image of the future as a holistic idea of the result of a person's realization of his own potential [6]. The close connection of this construct as a structure of the self-concept with the temporal perspective and the attitude to time in general justifies the need to study the connection between the parameters of the PS and the attitude of the individual to time.

Time, not given directly in reality, is nevertheless perceived and experienced by the individual, being included in his ideas about his own time of life, leaving an imprint on the attitude to a particular period of life time [9]. If the image of the future is more a product of self-awareness [10], then the factors of perception of time include unconscious phenomena. A.L. Zhuravlev and N.E. Kharlamenkova, considering retro-telling as an appeal to the past, say that intuitive experiences and emotional mechanisms are the basis of its cognitive reevaluation [11]. Based on this, we believe that for a complete study of the relationship of a person to subjective time, it is necessary to consider the subjective perception of time, the factors of which reflect the quality of the conditions of activity, both directly perceived and anticipated by a person. In accordance with the anticipation, the personality develops and regulates his activity in the present, which justifies the consideration of the relationship between the components of self-regulation and factors of subjective perception of time. Perception of all three periods of time as interrelated and mutually influencing is subject to study.

Research of PSs is primarily associated with the study of their relationship with the components of behavior and influence on the activities, the study of their motivational and regulatory potential. In foreign studies, the theory of motivation based on identity is used for explanation, according to which self-improving and self-regulating PSs are

distinguished. They differ in content: self-improving PSs allow maintaining a positive self-esteem and emotional background without significant influence on behavior, while self-regulating PSs direct a person to achieve potential goals [12]. Some researchers propose to correlate the regulatory abilities of the PSs with the optimal ratio of the gap between the real and possible selves [13], others associate it with the concept of agency as a subjective space of the subject's potential activity [8,14], and still others conclude that a certain motivational potential is already embedded in the PSs themselves, which provides a link between behavior and motivation [6,15]. It is promising to consider the role of the mechanism of motivational mediation in the regulatory function of the PSs as a manifestation of self-regulation of the system of motives through endowing a certain object of internal or external reality with meaning [11]. In general, this issue is recognized as being discussed and is subject to further study.

The goals of activity are in one way or another always associated with the plan of the possible and future, the approach of that which does not yet exist in the reality of the present. Since the basis of semantic regulation is the transition from the actual situation as a condition for organizing activities to understanding the situation that lies in the context of the future and the possible [1], it seems relevant to consider the relationship between the components of the style of self-regulation and the parameters of the PS, which are subjective assessments of the achievement of a particular opportunity. In other words, the study is designed to answer the question: is there a connection between the subjective assessment of the achievement of a conscious possibility, not yet presented as the goal of activity, and the characteristics of self-regulation of the individual.

Aim

The aim of the empirical research was to study the relationship between the parameters of the PSs and the components of self-regulation in the context of subjective perception of time. It was suggested that the parameters of the PSs are related to the components of self-regulation, and there are also interconnections of the parameters of the PSs and the components of self-regulation with the factors of subjective perception of time.

Materials and Methods

As part of the study, the participants were asked to undergo a series of psychodiagnostic techniques, among which were:

- 1) V.I. Morosanova' Questionnaire «Styles of self-regulation of behavior», which makes it possible to determine both the characteristics of the main regulatory processes (planning, modeling, programming, evaluating the results) and the regulatory and personal properties (flexibility and independence);
- 2) L.I. Wasserman' Questionnaire «Semantic time differential», used to study the cogni-

tive and emotional components in a person's subjective perception of individual psychological time, its activity, emotionality, size, structure and sensation [16];

3) K. Hooker' Method of diagnosing Possible Self (translation and modification by V.Yu. Kostenko): in addition to the qualitative features of feared and hoped-for PSs, the method allows the respondent to quantitatively assess his choice in terms of his ability to implement / hinder implementation, the likelihood of an event in the future outside of him participation, frequency and subjective significance of the implementation of this PSs. This method assumes both a quantitative analysis of the PSs and a qualitative one. At this stage of the study, the data of quantitative analysis were used, while the qualitative study is promising for further comparative analysis of various groups of persons and requires the expansion of empirical material [7].

The empirical study was conducted in 2019-2020 and assumed voluntary participation. The obtained data on the parameters under study were statistically processed, to analyze the nature of the relationships, correlation analysis was used using the Spearman rs-rank correlation test. Processing was carried out in the IBM SPSS Statistics Subscription program.

The total sample size was 50 conventionally healthy people, including 28 women and 22 men, the average age of the sample was 28.68 ± 7.5 years. All participants belonged to the same cultural and social community (Russians), different levels of education (mostly higher). There was no reward for participating in the study. Each subject was informed about the nature of the study and expressed their consent to participate in it. Accounting for sex differences at this stage of the work was not carried out, which is promising for further research on this topic.

Results and Discussion

As a result of the correlation analysis of the parameters of the desired (hoped-for) and avoided (feared one) PSs and the characteristics of self-regulation (Table 1), a relationship was revealed between the subjective assessment of the ability to prevent the implementation of the avoided PSs and the level of development of regulatory flexibility ($r_{\text{semp}}=0.311$, $p<0.05$), as well as the overall assessment of self-regulation ($r_{\text{semp}}=0.322$, $p<0.05$). It can be assumed that the presence of a conscious ability to adequately respond quickly to changes in the conditions of activity allows one to assess oneself ready for possible events, including undesirable ones. This awareness of readiness, in turn, underlies confidence in their own strengths, their development potential, which manifests itself in a high subjective assessment of their abilities. This assumption is consistent with the concept of flexibility as the ability to plastically change one's behavior depending on the situation and its possible outcomes. It is noteworthy that the relationship between the

parameters of the hoped-for PSs and the components of self-regulation, reaching the level of significance, at this stage of the study were not found.

Table 1

*Correlation analysis of the indicators of the scales of the method
 by V.I. Morosanova and research method by K. Hooker*

	Pl	M	Pr	ER	F	I	GLSR
AR(h)	-0.114	0.083	0.066	0.104	0.198	0.261	0.080
P(h)	0.032	0.246	0.275	0.133	0.000	0.234	0.096
F(h)	0.028	-0.105	-0.089	-0.102	0.034	0.187	0.025
I(h)	0.001	-0.060	0.188	0.159	0.066	0.007	0.061
AR(f)	0.231	0.194	0.020	-0.003	0.311*	0.076	0.322*
P(f)	-0.189	-0.276	-0.144	0.001	-0.036	0.074	-0.177
F(f)	-0.003	-0.166	-0.145	-0.035	0.050	0.054	0.053
I(f)	-0.100	-0.213	0.154	-0.145	0.103	0.029	-0.113

Pl – planning, M – modeling, Pr – programming, ER – evaluation of results, F – flexibility, I – independence, GLSR – the general level of self-regulation; AR (h) – the ability to realize the hoped-for PSs, P (h) – the probability of the hoped-for PSs, F (h) – the frequency of thoughts about the hoped-for PSs, I(h) – the importance of the desired PSs; AR (f) – the ability to resist the embodiment of the feared PSs, P (f) – the probability of incarnation of the feared PSs, F (f) – the frequency of thoughts about the feared PSs, I (f) – the importance of preventing the feared PSs

According to the results of the correlation analysis of the components of self-regulation and factors of subjective perception of time (Table 2), it can be seen that the greatest number of connections with factors of subjective perception of time is also observed in the component of flexibility and the overall assessment of the level of self-regulation. A high level of ability to restructure the program of behavior allows orienting person's activities to a variety of possible conditions, thereby increasing the likelihood of the success of possible outcomes. This, in turn, creates confidence in the effectiveness of behavior and influences a positive attitude towards the future: it is intuitively perceived as emotionally rich, generally satisfying, and positive. At the same time, the present is also experienced filled with events, to which one should adjust one's behavior. It seems that the awareness of oneself as capable of adapting to any future changes and active participation in activities at a given moment in time increases the quality of the general perception of the future.

In addition, there is a correlation between the structure of future time and planning ($r_{semp}=0.371$, $p<0.05$). The data obtained are consistent with the ideas of L.I. Wasserman [16]: high scores on the structure of the time of the future show that the respondent has sufficiently accurate, thoughtful ideas about the future or a developed ability to anticipate his actions.

Attention is drawn to the stable inverse correlation of the ability to model the situation and the factor of perception of the future as active, intense ($r_{\text{semp}} = -0.336$, $p < 0.05$). Anticipating the dynamic development of events, their potential unpredictability, reduces the need to think over the conditions and details of activities, focusing more on spontaneous and unexpected decisions. The inverse correlation of independence and a sense of the past time ($r_{\text{semp}} = -0.321$, $p < 0.05$) may indicate the existence of age-specific features in this sample: the less the personality is intuitively associated with the experience of the past, in which many choices were made due to age under the influence significant adults, the more person is focused on making conscious, responsible decisions, which increases the assessment of the subjective perception of the present ($r_{\text{semp}} = 0.297$, $p < 0.05$).

In general, the most diverse connections with factors of subjective perception of the present and future are revealed in the subjective assessment of the ability to embody the hoped-for PS. In this case, the greatest contribution is noted in the factors of emotionality ($r_{\text{semp}} = 0.435$, $p < 0.01$), the general assessment of time ($r_{\text{semp}} = 0.473$, $p < 0.01$) and the value of the present time ($r_{\text{semp}} = 0.362$, $p < 0.01$). People who intuitively perceive the subjective present as positive, light, expanded, tend to evaluate their abilities to realize significant desirable opportunities higher. We associate this with the function of self-improving PS, that is, positively affecting the state of the personality [9]. This is also indirectly confirmed by the fact that the emotional factor of the present time has the most diverse correlations with the parameters of the PS, and if there are both direct and inverse correlations with the parameters of the hoped-for PSs, only feedbacks are observed with the parameters of the feared PSs. The more pessimistic the subjective present is perceived, the more confidence in the realization of an undesirable future, at the same time, the likelihood of the realization of the hoped-for PSs is estimated higher with the intuitive perception of the future and the present as emotionally favorable. The revealed interrelationships confirm the high significance of the construct of the PS for the emotional sphere of the personality.

The ability to resist the embodiment of the feared PSs correlates with the subjective value of the future time ($r_{\text{semp}} = 0.348$, $p < 0.05$): the longer and more open to various possibilities the period of the future is experienced, the higher the assessment of the results of their activities, the counteraction to directed undesirable probability.

The subjective significance of achieving the hoped-for PSs and its implementation is inversely correlated with the factor of the structure of present ($r_{\text{semp}} = -0.350$; $p < 0.05$), and the frequency of thoughts about it – with the structure of the past ($r_{\text{semp}} = -0.282$; $p < 0.05$). It seems that this is due to a decrease in the motivational potential of the PSs, oriented towards the future, in a situation of sufficient subjective satisfaction and absorption in the current state of its activity, as well as in a situation where the past is perceived not yet complete. This also explains the observed inverse correlation between the sensation of the present time and the importance of avoiding unwanted PSs ($r_{\text{semp}} = -0.355$, $p < 0.05$): involvement in present events

reduces the significance of anticipated opportunities, regardless of the sign of their subjective assessment. This indirectly indicates the action of the decentration mechanism as the basis for anticipating certain possibilities by the individual.

Table 2

Correlation analysis of the indicators of the scales of research methods

	FT (Pt)	StT (Pt)	AT (Pn)	ET (Pn)	ST (Pn)	FT (Pn)	StT (Pn)	OET (Pn)	AT (Fr)	ET (Fr)	ST (Fr)	StT (Fr)	OET (Fr)
PI	-0.060	0.027	0.119	0.224	0.185	0.077	0.070	0.206	-0.105	0.264	0.104	0.371*	0.252
M	0.133	0.007	-0.260	0.250	0.043	0.223	0.198	0.149	-0.336*	0.092	-0.097	0.142	-0.005
F	0.099	-0.130	0.321*	0.145	0.124	0.047	0.097	0.199	0.254	0.287*	0.222	0.253	0.342*
I	-0.321*	0.001	0.241	0.258	0.216	0.049	0.125	0.297*	-0.027	0.173	0.091	0.200	0.148
GLSR	0.016	-0.108	0.257	0.359*	0.155	0.181	0.143	0.338*	-0.076	0.249	0.074	0.303*	0.243
AR(h)	-0.024	-0.075	0.303*	0.435**	0.362**	0.124	0.318*	0.473**	0.118	0.296*	0.292*	0.152	0.279*
P(h)	0.103	0.007	0.218	0.366**	0.174	0.144	0.273	0.357*	-0.005	0.326*	0.121	0.150	0.220
F(h)	-0.098	-0.282*	0.175	-0.034	0.044	-0.051	-0.166	0.011	0.047	0.130	0.182	0.216	0.138
I(h)	0.121	-0.154	0.156	-0.026	-0.073	-0.255	-0.35*	-0.143	0.092	0.142	0.085	0.151	0.088
AR(f)	-0.082	-0.170	0.076	0.239	0.139	0.025	0.134	0.190	0.252	0.166	0.348*	0.228	0.276
P(f)	-0.113	-0.157	0.062	-0.425**	0.105	-0.129	-0.032	-0.191	0.177	-0.214	0.001	-0.098	-0.120
F(f)	-0.018	-0.091	0.086	-0.338*	-0.125	0.024	-0.249	-0.224	0.142	-0.184	-0.035	0.003	-0.054
I(f)	-0.016	-0.087	0.059	-0.298*	-0.044	-0.355*	-0.198	-0.274	0.073	0.039	0.048	0.076	-0.039

AT is the activity of time, ET is the emotionality of time, ST is the size of time, FT is the feeling of time, StT is the structure of time, OET is the overall estimate of time; (Pt) – past, (Pn) – present, (Fr) – future (other designations remain)

The findings are consistent with past research in this area. Thus, in the study of the connection between the temporal perspective in the form of temporal orientations and stylistic features of self-regulation, the presence of inverse correlations of the processes of self-regulation and orientation towards the negative past, direct correlations of the processes of self-regulation and orientations towards the future and positive past was shown [17]. In our study, this is manifested by the presence of a direct correlation between the structure of future time and planning, an inverse correlation of self-regulatory's independence and a sense of the past time. Attention is drawn to the presence of an inverse correlation between modeling and intuitive assessment of future tense activity: presumably, this indicates a more complex relationship between the peculiarities of the style of self-regulation and subjective perception of time in comparison with temporal orientation. The significant connections between the assessment of the ability to realize the hoped-for PSs and the factor of emotional perception of the present and the future obtained in the study are consistent with the conclusion that the awareness of the desired opportunities prolongs the experience of positive emotions [8]. This is also consistent with the data obtained in the study by O.N. Molchanova and E.Yu. Vasilevskaya: in

conditions of a more pronounced passage of the growing up crisis, respondents tend to assess the probability of realization of feared PSs higher, while the state of crisis is associated with the urgency of the problem of self-regulation and self-determination [18].

Conclusions

Thus, in the course of the study, the hypothesis about the relationship between the parameters of the PSs and the components of self-regulation was partially confirmed: the developed abilities of the individual for regulatory flexibility and self-regulation are consistently associated with a higher assessment of the ability to resist the embodiment of the avoided opportunity. However, in general, the connections between these two constructs in the study can be characterized as weak, which requires further consideration of them in more differentiated conditions: for example, in the future research perspective, the study of PSs and their qualitative analysis directly in the conditions of a particular activity is considered.

Factors of subjective perception of time have significant connections both with self-regulation of activity and the nature of anticipated possibilities as results of personality activity. The most stable relationships were found between regulatory flexibility and a subjective assessment of the future, an assessment of the ability to realize the hoped-for PSs and the intuitive perception of the present, as well as between the factor of emotionality of the present time and the parameters of the hoped-for and feared PSs.

The revealed patterns can be used in the further theoretical study of this topic, including in the development of a construct of self-improving PS.

There is now conflict of interests.

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