

that actualizes the determination of its status in the structure of training specialists of socio-economic sphere.

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**CHARACTERISTIC OF CORRELATIONS AMONGST  
INDICES OF SELF-SUFFICIENCY: THE RESULTS OF  
EMPIRICAL RESEARCH**

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**Abstract.** The article presents the results of empirical research aiming the studying of *correlations amongst various indices of self-sufficiency*. Author deals with different psychological individual parameters which are probably closely connected with the essence of self-sufficiency as personal characteristic. On the ground of analyzed scientific psychological resources the importance of task-oriented studying of the phenomenon is pointed. The problem of scantily investigated and diffused comprehension of the term is

mentioned as well. The test psychodiagnostic methods, which form practicable complex of empirical instrumentary for further research, are sorted out. As the result, the empirical research brought to light, that positive and negative correlations are present amongst different indices of self-sufficiency, and may render the basis for creating preliminary structural model with allotment of definite parameters in the capacity of aspects of self-sufficiency. Through the individualistic indicators, such as self-efficacy in activity and self-efficacy in communication, destructive overdependence, solitude, seclusion, joy of seclusion, resource of seclusion, positiveness of solitude, aspiration for perceiving by others, fear of rejecting by others, tension and aloofness in relationship, assertion of autonomy, general dependence, self-criticism and independence, the interaction of characteristics is shown. Author states the perspectives of the research and possibility of enlargement of limits in studying of self-sufficiency through the forming of structural model of given phenomenon, its typological classification and investigating of its structural elements.

**Keywords:** self-sufficiency, correlation, self-efficacy, independence, dysphoria of solitude.

In the conditions of contemporary scientific and technological advance, social and cultural upgrowth the notion of personality is undergoing great alternations. Psychological science following impetuous development of society, fixes the attention of world scientists on such dimensions of the person, which contribute permanent development, not only spiritual, inwardly directed, but also professional, expressed outwardly in definite models of behaviour and life strategies. The particular aspect in studying of diverse displays of a person is presented by individualistic psychological characteristics, which differentiate individuals as well as allot peculiar identity in society. Independence, autonomy, personal freedom, self-sufficiency might be ascribed to such complex of characteristics. According to our opinion, self-sufficiency can be considered as joining indicator of all other personal parameters.

In the general history of science phenomenon of self-sufficiency was scantily studied. Many works and theoretical elaborations of given psychological phenomenon are based on the philosophical sources of prominent figures of Aristotle, Socrates, Plato, Saint Augustine, M. Eckhart, M. Heidegger, Jacob Bohme, G. Marcel, etc. Nowadays the theoretical and empirical basis of phenomenon under discussion represent famous works of F. Perls, C. Rogers, C. Young, E. Erickson, C. Horney, R. Raskin, D. Lapsley, A. Salter, N. McWilliams, K. Vochs, etc.[1;2;3;4;5;6;].

*The aim* of the research is to elicit empirically the fact of close interrelation between diverse indicators of self-sufficiency represented by

various theoretical groundworks and psychological diagnostic instrumentary.

The empirical methods are presented by tests: “Purpose life orientations ” (D. Leontiev); “Relation Profile Test” ( R. Bornstein; adapt. O.P. Makushina); “Interpersonal Dependency Inventory” R. Hirschfeld; adapt. O.P. Makushina); “The General Self-efficacy Scale” (R. Schwarzer, M. Jerusalem, V. Romek); “Self-efficacy Scale” (M.Sherer, J. Maddux; adapt. A. Boyarintseva); “ Self-Report Scale of Achieving Tendency” (A. Mehrabian); test “COMO” (S. Dukhnovsky); “Personal Strivings Test” (R. Emmons); test “ДПО” (E. Osin); “The Existence Scale” (A. Langle); test “OCO” (V. Stolin, S. Pantelev); “Test of Hardiness” (D. Leontiev, O. Rasskazova); test “NPI-40” (R. Raskin, C. Hall); “Big Five Personality Test” (Adapt. A. Khromov); “СЭИ-тест ” (E. Soldatova). In the limits of the research self-sufficiency is displayed by the following indicators: self-sufficiency-independency (Ss\_Ind); self-sufficiency (Ss); self-sufficiency in the status of achieved ego-identity (SsA); self-sufficiency in the status of foreclosed ego-identity (SsF); self-sufficiency in the status of diffused ego-identity (SsC); self-sufficiency-self-criticism (Crt\_Ss). Correlation analysis was held on the ground of Spearman’s coefficient.

*The results of empirical research.* The received data of correlation analysis enable establishment of the fact of close interaction and interrelation between indices of self-sufficiency and other variables, which can be equated with the phenomenon. The significant coefficients are presented in the table 1.

Table 1. Significant correlations amongst parameters of 15 psychological tests

P	Ss_Ind	Ss	SsA	SsC	Crt_Ss
Crt_Ss	-300*	-306*			
SsF			-548**		
SsC			-640**		302*
Process		337*		-326*	
Result					-341*
Locus I		345*			
Locus Life					-508**
Is			-306*	296*	421**
SAw					400**
Est				388**	438**
GS				391**	467**
DS		-297*			

JSe					434**
RSe					357*
PS					431**
SEA		412**	379*	-361*	
SEC		298*		-367*	-328*
AP		311*			-338*
FR			-408**	523**	322*
TE	-297*				298*
AL		-302*		373*	292*
CR		357*			
SE			424**		
AA			-313*	327*	
GD			-464**	315**	
DO			-394**	426**	

Commentary: P – index; Process – indicator of process of life (interest, saturated emotional life); Result – index of productivity of life (satisfaction with self-fulfillment); Locus I – indicator of locus of control – myself (I am the master of my life) ; Locus Life – locus of control of life; Is – index of isolation; SAw – self-awareness; Est – estrangement; GS – general solitude; DS – dyshoria of solitude; JSe – joy of seclusion; RSe – resource of seclusion; PS – positiveness of solitude; SEA – self-efficacy in activity; SEC – self-efficacy in communication; AP – aspiration for perceiving by others; FR – fear of rejecting by others; TE – tension in relationship; AL – aloofness in relationship; CR – conflictness in relations; SE – index of self-efficacy; AA – assertion of autonomy; GD – general dependence; DO – destructive overdependence.

First of all it's necessary to examine the correlations between indicators of self-sufficiency and test of purpose life orientations. Distinguishing the index of self-sufficiency-independence, it becomes obvious that here occurs negative correlation on the 5% level of significance with the factor of self-sufficiency-self-criticism. The same situation occurs with self-sufficiency (NPI), where the negative correlation on the level of 5% of significance is displayed.

In its turn, the parameter of self-sufficiency or strength of ego demonstrates the correlation on the significant level of 5% with self-sufficiency-self-criticism. Typical negative connection of the 1% level of significance is obvious amongst parameters of self-sufficiency in the status of achieved, diffused, foreclosed ego-identity.

The parameter of process of life has connection on the level of 5% with index of self-sufficiency (NPI), and also negative correlation of 5% level with diffused status of ego-identity. The indicator of resultiveness of life has negative correlation of the 5% significance with self-sufficiency-self-criticism. The index of locus of control-myself is connected with self-

sufficiency (NPI) on the level of 5% significance. Factor locus of control-life reveals the negative connection on the level of 1% of significance.

The index of isolation demonstrates the negative correlation with self-sufficiency of achieved ego-identity on the 5% significant level, but has the same positive connection with diffused. Also positively correlated with self-sufficiency-self-criticism on the level of 1% of significance. Self-awareness has positive correlation on the level of 1% with self-sufficiency-self-criticism, at the same time factor of estrangement brings to light 2 positive connections: with self-sufficiency in diffused ego-identity and self-sufficiency-self-criticism it achieves level of 1% of significance. Corresponding correlations gets the index of general solitude. Factor of dyshoria of solitude makes negative 5% correlation. But factors of joy of solitude and positiveness demonstrate the positive connections on the level of 1% of significance with self-sufficiency-self-criticism, and resource of seclusion – positive correlation on the 5% significant level with self-sufficiency-self-criticism.

Within the framework of 6 different testing methods the following correlations are revealed: self-efficacy correlates positively on the level of 1% with self-sufficiency (NPI), self-sufficiency of the achieved ego-identity it is on the 5% level of significance. At the same time the index of self-sufficiency of diffused ego-identity has negative correlation on the level of 5% of significance with self-efficacy in activity. Another parameter – self-efficacy in communication – reveals positive correlation with self-sufficiency (NPI) with the 5% significant level, but also demonstrates negative connection with the same level with self-sufficiency of diffused ego-identity. The similar connection is obvious between self-efficacy and self-sufficiency-self-criticism.

The factors of Mehrabian's test the following correlations are shown: the tendency to be approved by others depicts positive correlation on the significant level of 5 % with self-sufficiency (NPI), but has negative correlation with the same level of significance with self-sufficiency-self-criticism. Fear of being rejected shows negative correlation on the 1% level with the self-sufficiency in the status of achieved ego-identity; one more obvious connection is between the same parameter and self-sufficiency-self-criticism on the 5% level and 1% significant positive connection with self-sufficiency of diffused status.

The indicator of tensivity in relationship reveals negative 5% significant correlation with self-sufficiency-independence, but positive connection on the same level it has with self-sufficiency-self-criticism. The parameter of

estrangement, which displays the striving for separation, is connected with 3 indices of self-sufficiency: negative correlation of 5% of significance with self-sufficiency (NPI), the same positive 5% connection with self-sufficiency of diffused status of ego-identity and self-sufficiency-self-criticism are marked out. The indicator of conflictness demonstrates positive correlation with self-sufficiency on the 5 % level of significance.

Self-efficacy Scale is presented by only one parameter – self-efficacy – and it brought to light the positive correlation on the level of 1% of significance with self-sufficiency in the achieved ego-identity.

Assertion for autonomy depicts negative correlation with self-sufficiency of achieved ego-identity on the level of 5%, and on the level of diffused – 5% significant negative correlation. General dependence manifests negative correlation on the 1% level of significance with the index of self-sufficiency of achieved ego-identity, but at the same time positive correlation with diffused ego-identity is present as well. The indicator of destructive overdependence shows negative correlation with self-sufficiency in the status of achieved ego-identity on the 1% level of significance, and the same positive correlation with diffused status of ego-identity.

To summarize given results of empirical research it is noteworthy to say:

1. The analysis of scientific literature disclosed the problem of short studying of self-sufficiency and great topicality and perspectivity in elaboration of this individual psychological characteristic of the identity.

2. Owing to method of statistic data handling, the significant correlations between indices of self-sufficiency and parallel parameters which may be probable structural constructs of phenomenon are fixed.

3. Subsequent investigating of problem of self-sufficiency is determined in the vector of giving the phenomenon an accurate definition, exposure of its limits, differentiation in typological classification, constructing of the model and elaboration more precise psychological instrumentary.

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## THE INFLUENCE OF COMPUTER ACTIVITY ON THE EMOTIONAL STABILITY OF STUDENTS

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**Abstract.** *The conceptual approaches to the problem of psychological influence of computer activity on a person are represented in the thesis. There have been analysed the aspects of implementation of information and computer technologies in educational activity and generalized psychohygienic requirements of such activity. The essence of the emotional stability phenomenon and personal determinants that cause it have been clarified. Characteristics of the influence of computer technologies on the emotional stability of adolescent individuals have been pointed out.*

*This thesis is defined as an integrative emotional stability property, which is determined by a set of characteristics associated with dynamic, to personal characteristics of the emotional sphere. Empirically established that the influence of the computer on students is both positive and negative. Emotional stability of the least experienced the negative impact of the students' computer activities, which are of 6 or more hours a day working at a computer in teaching and professional direction, compared with the students engaged infotainment activities on the computer. It is established that long-term (more than six hours a day) student activities at the computer affects the emotional stability: increased depression, aggression and self-regulation is reduced.*

*The system aimed at psychocorrection of negative emotional demonstrations and formation of emotional stability of students who are working at the computer actively has been developed and checked. It has been experimentally proved that implementation of the proposed system was effective in the field of formation of emotional stability and psychohygienic grounds of interaction with the computer.*