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FEATURES OF SUBJECTIVE VISION OF LIFE JOURNEY AS PREDICTORS OF PERSONAL POTENTIAL EXHAUSTION

The paper presents the results of the study of the peculiarities of life journey subjective vision as predictors of the development of personal fulfillment phenomenon. According to the author's concept, personal fulfillment is a mental model associated with negative experiences of subjective personal potential exhaustion in three time measurements: present, past, and future. The examination of personal fulfillment was carried out with the help of the author's Personal Fulfillment Scale, which contains three subscales: Retrospective; Current Time; Perspective. According to the results of the cluster analysis, it has been found that about 42% of the subjects have an average level of personal fulfillment by the general indicator and all dimensions, about 24% have a high level, and 34% - the low level of personal fulfillment. With the help of multiple regression analysis, it has been found that the most significant predictors of a high level of personal fulfillment are the following features of the subjective vision of life journey: fulfillment, negative past, positive past (reverse influence) and fatalistic present. The assessment of the richness of the past in events and the hedonistic present have moderate predictive value. The assessment of the richness of the future in events, the adulthood coefficient and the unconscious attitude towards the past and present have a rather weak effect. The psychological age, the expected life duration and "the future" time perspective in general are not predictors of subjective exhaustion. Indicators of the subjective vision of life journey in relation to the past are considered to be the predictors of personal fulfillment.

Keywords: subjective exhaustion of personal potential, personal fulfillment, subjective vision of life journey, psychological past, psychological present, psychological future.

Introduction

A prerequisite for the realization of the most important existential human need – the need for self-fulfillment – is the awareness and experiencing of personal potential as the driving force of self-development and self-improvement. At the same time, self-fulfillment and the achievement of important life goals are not always positive processes, and can lead to significant manifestations of psychological distress, which can be as follows:

- sense of purpose loss crisis associated with the destruction of positive self-development;

- realization of defective methods of satisfying the need for the sense of purpose: invalid, false life purposes that do not meet the internal needs and opportunities of a person;

- negative psychological consequences of achieving life success: "hedonistic vacuum" (success bringing no pleasure), "dead end success" (uncertainty about the following actions);

- pause in personal and professional growth, demotivatedness, weakness of volitional motives for personally and socially important activity.

In order to systematize the study of the totality of negative phenomena of the process and the results of self-fulfillment of the individual as a life journey subject in our previous works, the theoretical methodological substantiation and the empirical study of the phenomenon of personality fulfillment in ontogenesis were performed. The personal fulfillment concept is considered as a mental image, which reflects subjective ideas about the exhaustion of human personality potential, negative appraisal of the results, the course and prospects for self-fulfillment. This image is associated with the stagnation of processes of life self-fulfillment at three stages of life: past, present and future (Bolshakova, 2011).

Aim and Tasks

The research is aimed at studying personal predictors of subjective exhaustion of personal potential.

As an initial hypothesis, it was suggested that some peculiarities of constructing a life journey subjective vision could lead to experiencing personal fulfillment.

In accordance with the stated purpose and hypothesis of the study, the following tasks were set: to conduct a typological analysis according to the levels of personal fulfillment indicators; to identify peculiarities of the subjective vision of life journey, which are determinants of personal potential subjective exhaustion for different levels of experiencing.

Research Methods

The study involved 243 people aged from 21 to 49 years.

The examination of the level of personal fulfillment was carried out with the help of Personal Self-Fulfillment Scale (Bolshakova, 2010), which contains the following three subscales:

- "Retrospective" characterizes the subjective perceptions of a person about the low level of personal potential in the past: improper use of personal resources, ineffective

planning, low level of activity, dissatisfaction with the process and the results of self-fulfillment;

- "Current Time" characterizes ideas of a low level of personal potential in the present: dissatisfaction with personal resources and their use, lack of important events in one's life;

- "Perspective" evaluates negative predictions about availability and realization of personal potential in the future: resources exhaustion experiencing, lack of meaningful plans, weak desire for personal growth.

In order to examine the peculiarities of life journey subjective vision the following methods were applied: Semantic Time Differential (STD) - to assess the unconscious attitude towards the past, present and future (Wasserman, 2005); Zimbardo Time Perspective Inventory – for studying time perspectives (Syrtsova, 2007); The

methodology "Estimation of Five-Year Intervals" Test – for determining the conscious appraisal of the past, present and future (Kronik, 2003).

Statistical methods involved cluster analysis, multiple regression analysis, single-factor dispersion analysis, Levene's test, Duncan's new multiple range test.

Research Results

At the first stage of the research with the help of cluster analysis, the typological profiles of the subjects according to the personal potential subjective exhaustion level were examined. K-Means Cluster Analysis was carried out according to 4 variables: a general level of personal fulfillment of Personal Fulfillment Scale and the scores according to "current time", "perspective", "retrospective" scales. The results are shown in Fig. 1.
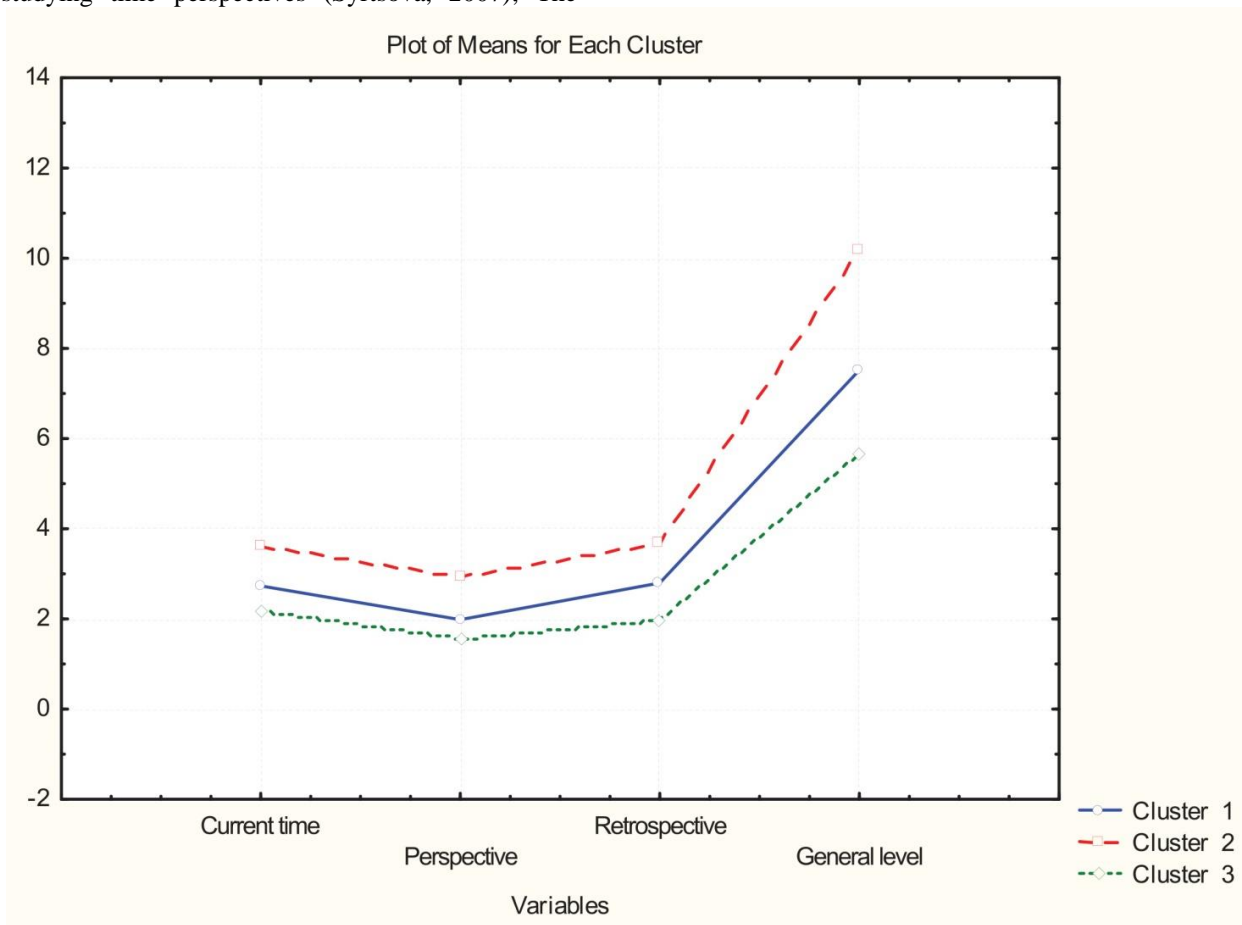

Figure 1. Indicators of Personal Fulfillment Levels

For the scores according to all scales and the general indicator of the Personal Fulfillment Score, One-way analysis of variance gave the most meaningful result, Duncan's new multiple range test helped to identify three groups that correspond to the three clusters, Levene's test (Levene Statistic) showed the homogeneity of the dispersions of these groups. Thus, according to the results of the cluster analysis, it was found that the subjects of the first typological profile (41.97% of the sample) have an average level of personal fulfillment by the general indicator

and all individual dimensions, the respondents of the second profile (23.46%) have a high level, and those of the third profile (34.57%) have a low level of personal fulfillment.

In order to find out the peculiarities of the subjective vision of life journey, which are personal predictors of subjective exhaustion of personal potential, at the second stage of the study, multiple regression analysis of the indicators of the corresponding techniques in the respondents of the second typological profile (high level of per-

sonal fulfillment) was performed. To determine reliable regression models, the following factors were taken into account: coefficient of multiple correlation (R) – to evaluate the dependence of personal fulfillment on the aggregate of indicators of the subjective vision of life journey (independent variables); standardized (β) and ordinary (B) regression beta coefficients – to assess the significance of the effect of each feature of the subjective vision of life journey on personal fulfillment; multiplicative determination coefficient (R2) – to determine the proportion of total variance of estimates of personal fulfillment, which is explained by a set of predictors (indicators of the subjective vision of life journey).

The multiple regression analysis was carried out by a direct step-by-step method. We constructed 4 equations, which helped to determine the peculiarities of the subjective vision of life journey, which are predictors of a high level of subjective exhaustion of the personal potential (personal fulfillment).

1. The regression model for the general indicator of personal fulfillment is represented by the equation (R = 0.963; F = 38.04; p = 0.00001), which included four predictors:

PF total = 11.91 + 0.74 Negative past by ZTPI + 0.25 Fatalistic current-level by ZTPI - 0.19 Estimation of richness of the present in events by EFYIT - 0.63 Future by STD.

PF general = 11.91 + 0.74 negative past by ZTPI + 0.25 fatalistic present by ZTPI – 0.19 appraisal of richness of the present in events by EFYIT – 0,63 the future by STD

The prognostic validity of this equation is high (R^2 = 0.927 – distinguished set of predictors explain 92% of the total variance of the general indicator of personal fulfillment). Consequently, for the prediction of a high level of experiencing personal exhaustion the following features of the subjective vision of life journey are of special importance: negative past (by ZTPI – general pessimistic, negative, repulsive attitude towards the lived through stage of life; β = 0.462; p <0.00198), the fatalistic present (by ZTPI – helpless, hopelessness to the future, lack of plans and life goals; β = 0.155; p <0.03766). Besides, low indices of the estimate of richness of the present in events (by EFYIT; β = -0.397; p <0.000239) and reduction in positively unconscious attitude to the future (factor "present" STD; β = -0.365; p <0.00898) have significant impact as well.

2. The regression model for the "current time" indicator of personal fulfillment is represented by the equation: R = 0.911; F = 14.72; p = 0.00001):

PF current moment = 5.3 + 0.48 Hedonistic present by ZTPI – 0.4 Positive past by ZTPI – 0.28 Estimation of richness of the past in events by EFYIT + 0.3 Fatalistic present by ZTPI – 0.22 Estimation of richness of the present in events by EFYIT - 0.19 Estimation of the richness of the future in events by EFYIT + 0.3 Fulfillment by EFYIT - 0.64 Future by STD.

The distinguished eight predictors describe 83% of

the total variance of the indicators of personal fulfillment in the dimension of the present (R^2 = 0.83). The most influential predictors of the experience of subjective exhaustion of personal potential in the present time is fulfillment (according to EFYIT there is a subjective feeling that most significant events in life have already occurred; β = 1.69; p <0.02417), the fatalistic present (ZTPI; β = 0.993; p <0.00957) and the hedonistic present (ZTPI – focus on searching for pleasures in the present, no worries about tomorrow; β = 0.505; p <0.01144). The reduction of personal fulfillment as a subjective exhaustion of personal potential is facilitated by the following specific features of the subjective vision of life journey: positive past (ZTPI - a pleasant reconstruction of the past, a warm, sentimental attitude to it; β = -0.618; p <0. 00031); estimation of the richness of the present in events (EFYIT; β = -0.915; p <0.000001); the future (EFYIT; β = -0.818; p <0.00897) and the past (EFYIT; β = -0.345; p <0.01425); positive unconscientious attitude towards the future (factor "future" in STD; β = -0.721; p <0.00094).

3. The regression model for the indictor "perspective" of personal fulfillment is represented by an equation containing seven predictors (R = 0.953; F = 29.66; p = 0.00001):

PF "perspective" = 2.51 - 0.34 Positive past by ZTPI +1.03 Hedonic present by ZTPI + 0.66 Negative past by ZTPI + 0.41 Fatalistic present by ZTPI - 0.44 Estimation of richness of the past in events by EFYIT + 0.14 Implementation by EFYIT - 0.251 Current time by STD.

The predictive validity of the equation is high (R^2 = 0.908 – the explanation of 90% of the total variance of the indicators of personal fulfillment in the dimension of the future). As for the development of a high level of subjective sense of personal fulfillment, the following features of the subjective vision of life journey have a significant prognostic value: hedonistic present (ZTPI; β = 0.84; p <0.000001); negative past (ZTPI; β = 0.794; p <0.000001); fulfillment (EFYIT; β = 0.447; p <0.00022); fatalistic present (ZTPI; β = 0.392; p <0.00029). The following predictors contribute to the prevention of subjective exhaustion in the psychological perspective: evaluation of the richness of the past in events (EFYIT; β = -1.154; p <0.0001); positive unconscious attitude toward the present (factor "present" in STD; β = -0.341; p <0.00791), positive past (ZTPI; β = -0.319; p <0.0484).

4. The regression model for the "retrospective" indicator is represented by the equation (R = 0.949; F = 27.16; p = 0.00001):

PF retrospective = 4.09 + 0.92 Negative past by ZTPI – 0.4 Positive past by ZTPI – 0.1 Estimation of richness of the present in events by EFYIT – 0.11 Past by STD + 0.4 Adulthood Coefficient by EFYIT + 0.08 fulfillment by EFYIT.

The distinguished predictors explain 90% of the total variance of indicators of personal fulfillment in the dimension of the psychological past (R^2 = 0.9). Consequently, the following features of the subjective vision of life

journey have the most significant impact on the increase of the level of personal fulfillment in the dimension of the future: adulthood coefficient (EFYIT – an indicator of the psychological age increase, a subjective overestimation of the richness in events and the significance of the lived through period of life; $\beta = 1.971$; $p < 0.00094$), negative past (ZTPI; $\beta = 1.047$; $p < 0.000001$), fulfillment (EFYIT; $\beta = 0.55$; $p < 0.00065$). For reducing personal fulfillment

in the perspective, a positive unconscious attitude towards the past (the factor "past" in STD; $\beta = -1.622$; $p < 0.005$); positive past (ZTPI; $\beta = -0.571$; $p < 0.00002$); assessment of the richness of the present in events (EFYIT; $\beta = -0.409$; $p < 0.00096$) play a significant role.

Table 1 presents the regression analysis results for all features of the subjective vision of life journey, which were studied as predictors of personal fulfillment.

Table 1.

Peculiarities of Subjective Vision of Life Journey as Predictors of Subjective Exhaustion of Personal Potential (Personal Fulfillment)

Indication of personal fulfillment	Peculiarities of subjective vision of life journey														
	According to EFYIT							According to STD			According to ZTPI				
	Past	Present	Future	Fulfillment	Psychological Age	Adulthood Coefficient	Expected Duration Of Life	Past	Present	Future	Negative Past	Hedonistic Present	Future	Positive Past	Fatalistic Present
General indicator		–								–	+				+
Current time	–	–	–	+						–		+		–	+
Perspective	–			+						–	+	+		–	+
Retrospective		–		+		+		–			+			–	

Note: sign "+" is used for determining direct (the one which strengthens), "-" – inverse (the one which weakens) impact of a predictor on subjective exhaustion of personal potential

The results of the regression analysis presented in Table 2 make it possible to confirm the hypothesis that the features of the subjective vision of life journey are important predictors of personal fulfillment as a subjective exhaustion of personal potential. The most significant impact is performed by fulfillment, negative past, positive past (inverse effect) and the fatalistic present. The estimation of the richness of the past in events and the hedonistic present are predictors of moderate predictive value. The estimation of the richness of the future in events, the adulthood coefficient and the unconscious attitude towards the past and present have a rather weak effect. The psychological age, the expected life duration and "the future" time perspective (in ZTPI - optimism, the desire to plan and implement the chosen goals), cannot be considered as predictors of subjective exhaustion.

Discussion

The fulfillment concept has already been mentioned in some psychological works. In particular, it was applied within the framework of the event-biographical approach (Kronik, 2003) to characterize one of the indicators of a life journey subjective vision, which determined the ratio of subjective assessments of spent years' richness in events and life in general by a person. In this paper, the concept of personality fulfillment is used to denote the subjective experience of a personal potential exhaustion by an indi-

vidual who feels that he/she has not sufficiently applied his/her resources in the past, ineffectively uses them in the present and has pessimistic forecasts for the future. At the same time, fulfillment, as a feature of life journey subjective vision, according to the results of this study is a predictor of personal fulfillment as a subjective exhaustion of personal potential.

The conducted research, to a certain extent, is a continuation of the study of the life journey subjective vision (Kronick, 2003; Buhler, 1968), psychological time (Abulkhanova, 2001) and time perspectives (Boyd, 2005; Zimbardo, 1997), since it confirms the regularity of the intercorrelation of the psychological present, past and future. In particular, the obtained results show that the predictors of the indicators of personal fulfillment in the present involve the peculiarities of the life journey vision (time perspectives) relating to the past or the future; the predictors of the indicators of fulfillment in the dimension of the future involve the specificity of the present and past, in terms of the past – present and the future.

Conclusions

Features of the subjective vision of life journey are predictors of personal fulfillment as a subjective exhaustion of personal potential. The analysis of the research results helps to make the following conclusions:

1. The average level of personality fulfillment accord-

ing to the general indicator and all individual dimensions is peculiar for about 42% of the respondents, the high level – for 24%, and the low level of personal fulfillment – for 34% subjects.

2. All indicators of personal fulfillment (general and according to three dimensions: past, present future) are influenced by the features of the subjective vision of life journey.

3. Such specific features of life journey as fulfillment, positive past (reverse influence), negative past and fatalistic present have the most prognostic value regarding the development of a high level of subjective exhaustion of personal potential.

4. The assessment of the richness of the past in events and hedonistic present have the moderate predictive value for subjective exhaustion.

5. The psychological age, expected life duration and "the future" time perspective have not fallen into any regression model, and therefore cannot be considered as predictors of personal potential exhaustion.

6. The indicators of life journey subjective vision regarding the psychological past are considered to be the predictors of personal fulfillment. Consequently, the attitude of a person to the lived through life stage has the most significant meaning for predicting the subjective exhaustion of a personal potential.

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ОСОБЛИВОСТІ СУБ'ЄКТИВНОЇ КАРТИНИ ЖИТТЄВОГО ШЛЯХУ ЯК ПРЕДИКТОРИ ВИЧЕРПАНОСТІ ОСОБИСТІСНОГО ПОТЕНЦІАЛУ

У роботі наведено результати дослідження особливостей суб'єктивної картини життєвого шляху як предикторів розвитку феномена особистісної реалізованості. У відповідності до авторської концепції, особистісну реалізованість вивчено як психічний образ, пов'язаний з негативними переживаннями суб'єктивної вичерпаності особистісного потенціалу у трьох часових вимірах: теперішнє, минуле, майбутнє. Діагностику особистісної реалізованості було проведено за допомогою авторської методики «Опитувальник особистісної реалізованості», яка містить три шкали: «ретроспектива»; «поточний момент»; «перспектива». Для діагностики особливостей суб'єктивної картини життя використовувалися методики: Семантичний диференціал часу (СДЧ) – для оцінки неусвідомлюваного ставлення до минулого, теперішнього та майбутнього (Вассерман,2005); Опитувальник ZTPI – для вивчення часових перспектив (Сырцова, 2007); Методика «Оцінювання п'ятирічних інтервалів (ОПІ) – для визначення усвідомлюваних оцінок минулого, теперішнього та майбутнього (Кроник, 2003). Статистичні методи: кластерний аналіз, множинний регресійний аналіз, однофакторний дисперсійний аналіз, тест Левена, тест Дункана. У дослідженні взяли участь 243 особи віком від 21 до 49 років. Близько 42% досліджуваних мають середній рівень особистісної реалізованості за загальним показником та всіма окремими вимірами, близько 24% – високий, 34% - низький рівень реалізованості. За допомогою множинного регресійного аналізу визначено, що найсуттєвішими предикторами високого рівня особистісної реалізованості є такі особливості суб'єктивної картини життєвого шляху: реалізованість, негативне минуле, позитивне минуле (зворотний вплив) та фаталістичне теперішнє. Показано, що помірне прогностичне значення мають оцінка насиченості подіями минулого та гедоністичне теперішнє. Оцінка насиченості подіями майбутнього, коефіцієнт дорослості та неусвідомлюване ставлення до минулого та теперішнього мають досить слабкий вплив на особистісну реалізованість. Психологічний вік, очікувана тривалість життя та часова перспектива «майбутнє» взагалі не є предикторами суб'єктивної вичерпаності особистісного потенціалу. Більшістю предикторів особистісної реалізованості є показники суб'єктивної картини життєвого шляху щодо психологічного минулого.

Ключові слова: суб'єктивна вичерпаність особистісного потенціалу, особистісна реалізованість, суб'єктивна картина життя, психологічне минуле, психологічне теперішнє, психологічне майбутнє.

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