

Artículo de investigación

Self-Actualization and Life Purpose Orientations of An Individual at A Mature Age in The Context of a New Reality

Самоактуализация и Смыслжизненные Ориентации Личности Зрелого Возраста в Контексте
Новой Реальности

La autorrealización y las orientaciones de por vida de la personalidad de la edad madura en el contexto de la
nueva realidad

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Abstract

The paper presents an analysis of the results of an empirical study of the relationship between self-actualization and life purpose orientations of a person at a mature age. The methodological basis of the study consists of the following scientific principles: development and determinism; methodological provisions on the individual as an active subject of life. The theoretical basis of the study is as follows: provisions and ideas on the structure, development, and social determination of the semantic sphere of personality; concepts of values, value-based orientations, and meanings in Russian psychology; theories and concepts of self-actualization of personality; provisions and concepts regarding the characteristics of mature age. In the process of research, the authors used the "Self-Actualization Test" (SAT) method developed by E. Shostrom in the adaptation of Yu.E. Aleshina, L.Ya. Gozman, M.V. Zagik, M.V. Croz, the "Test of life purpose orientations" method developed by D.A. Leontiev, and the "Individual measure of reflexivity" method

Аннотация

В статье представлен анализ результатов эмпирического исследования взаимосвязи самоактуализации и смыслжизненных ориентаций личности в зрелом возрасте. Методологической основой исследования являются: научные принципы: развития и детерминизма; методологические положения о личности как активном субъекте жизнедеятельности. Теоретической основой исследования явились: положения и идеи о структуре, развитии и социальной детерминации смысловой сферы личности; концепции ценностей, ценностных ориентаций и смыслов в отечественной психологии; теории и концепции самоактуализации личности; положения и концепции относительно особенностей зрелого возраста. В процессе исследования нами были использованы методика «Самоактуализационный тест» (САТ) Э. Шострома в адаптации Ю.Е. Алешина, Л.Я. Гозмана, М.В. Загика, М.В. Кроз, методика

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developed by A.V. Karpov. Self-actualization is considered as a continuous process of self-expression, self-assertion, and self-development of the individual. Life purpose orientations are defined as the result of a person's own life awareness. The main components of life in men and women of mature age are the life goals, the process of life, interest and emotional intensity of life, the result of life, or satisfaction with self-realization, the "I locus of control", the "life locus of control". The practical significance of the study consists in the fact that the obtained results can be used in the diagnosis of life purpose orientations and self-actualization of a person of a mature age in the work of psychologists or acmeological services, as well as in group and individual counseling. The data obtained can be used as a basis for developing programs for psychocorrective and developmental work involving people of mature age in the formation of life purpose orientations, development of self-actualization, the achievement of their potential in all spheres of life.

Keywords: self-actualization, life purpose orientations, reflection, reflexivity, personality, activity, livelihood, self-regulation, maturity, mature age.

«Тест смысложизненных ориентаций» Д.А. Леонтьева, методика А.В. Карпова «Индивидуальная мера рефлексивности». Самоактуализация рассматривается как непрерывный процесс самовыражения, самоутверждения, саморазвития личности. Смысложизненные ориентации определяются как результат осознания человеком собственной жизни. Основными компонентами жизни у мужчин и женщин зрелого возраста являются цели жизни, процесс жизни, интерес и эмоциональная насыщенность жизни, результат жизни, или удовлетворенность самореализацией, locus контроля – Я, locus контроля – жизнь. Практическая значимость исследования состоит в том, что полученные результаты могут быть использованы при диагностике смысложизненных ориентаций и самоактуализации личности зрелого возраста в работе психологов, акмеологических служб, а также при групповом и индивидуальном консультировании. Полученные данные могут быть положены в основу разработки программ по психокоррекционной и развивающей работе с лицами зрелого возраста по формированию смысложизненных ориентаций, а также развитию самоактуализации, реализации своего потенциала во всех сферах жизнедеятельности.

Ключевые слова: самоактуализация, смысложизненные ориентации, рефлексия, рефлексивность, личность, активность, жизнедеятельность, саморегуляция, зрелость, зрелый возраст.

Resumen

El artículo presenta un análisis de los resultados de un estudio empírico de la relación entre la autorrealización y las orientaciones de sentido a la vida de una persona en la edad adulta. Las bases metodológicas del estudio son: principios científicos: desarrollo y determinismo; Posición metodológica del individuo como sujeto activo de la vida. La base teórica del estudio fue: las disposiciones e ideas sobre la estructura, el desarrollo y la determinación social de la esfera semántica del individuo; conceptos de valores, orientaciones de valores y significados en la psicología rusa; Teorías y conceptos de autorrealización de la personalidad. Disposiciones y conceptos relativos a las características de la edad madura. En el curso del estudio, utilizamos el método de "Prueba de Auto-Actualización" (SAT) de E. Shostrom en la adaptación de Yu.E. Aleshina, L.Ya. Gozman, M.V. Zagika, M.V. Croz, método "Prueba de las orientaciones del sentido de la vida" D.A. Leontiev, metodología A.V. Karpov "Medida individual de la reflexividad". La autorrealización se considera como un proceso continuo de autoexpresión, autoafirmación, autodesarrollo del individuo. Las orientaciones significativas se definen como el resultado de la propia conciencia de la vida de una persona. Los componentes principales de la vida en hombres y mujeres de edad madura son los objetivos de la vida, el proceso de la vida, el interés y la intensidad emocional de la vida, el resultado de la vida, o la satisfacción con la autorrealización, el lugar de control, el lugar de control, la vida. El significado práctico del estudio es que los resultados obtenidos se pueden utilizar en el diagnóstico de orientaciones de sentido a la vida y en la autoactualización de una persona en edad madura en el trabajo de psicólogos, servicios de acología, así como en el asesoramiento grupal e individual. Los datos obtenidos se pueden utilizar como base para desarrollar programas de trabajo

psicocorrectiva y de desarrollo con personas de edad madura en la formación de orientaciones de sentido de la vida, así como el desarrollo de la autorrealización, la realización de su potencial en todas las esferas de la vida.

Palabras clave: autorrealización, orientaciones del sentido de la vida, reflexión, reflexividad, personalidad, actividad, medios de vida, autorregulación, madurez, edad madura.

Introduction

In the modern information society, on the one hand, a person faces a large number of socio-economic and socio-cultural problems and increased demands placed on them, and on the other hand, they strive to meet the increased group expectations, such as being successful, competent, capable of innovation. At the same time, a person, regardless of age, strives to comprehend their essence, nature, self-development, and self-improvement. In the context of new reality of human life and in situations of uncertainty, traditional institutions and collective mechanisms of transfer of experience began to give way to ever-accelerating processes of constant adaptation of subjects to changing conditions, which determines the problem of the need for research, the development of new requirements and prerequisites for personality development. The psychological and pedagogical community is faced with the difficult task of finding adequate ways to incorporate the modern individual into this reality and to make changes in the system of the socio-cultural situation involving the development of a mature personality. Under current conditions, a person of a mature age should possess not only wide or specific professional knowledge, but also the ability to apply it, adapt it to the changing context of life activity, be aware of the changes that occur in the professional activity itself, be ready to interact with other people, which gives them opportunities for qualitative development, active search for meanings, values and awareness of the style of one's own life and profession.

During the period of maturity, as many researchers note, a person is most capable of creative activity, and achievement of their potential. This is a sensitive period for the full development of a person, because the person, in the process of self-actualization and implementation of their life purpose orientations, realizes the need for entry and successful integration into the life of society in the form of the educational route, professional activity, interpersonal relations. Self-actualization of a person presupposes, above all, the growth of their spirituality and morality, including everything

valuable in the life activity of an individual or a social community, which is especially important within the framework of the competence approach in the context of education standardization.

The study of psychological literature leads us to the conclusion that there are several points of view on the interpretation of this concept. They depend on the methodological approach that the researchers of one or another scientific field adhere to. The concept of self-actualization was proposed by K. Goldstein in the book "The Organism: A Holistic Approach". The author believed that any organism, and especially the human body, seeks to actualize the maximum possibilities that are inherent in it from nature. The scientist called the process of identifying these opportunities self-actualization, considering it the main motive and goal of human life. The scientist linked the fulfillment of the tendency to actualization observed in the individual with the inevitable conflict with the forces of the external environment (Leontev, 2008). A lot in common with the ideas of K. Goldstein is contained in the concept of "desire for actualization" proposed by C. Rogers. According to the theory of C. Rogers, the possible motive of a person's life is regarded as actualization, that is, the preservation and development of themselves, the maximal revealing of the best qualities of one's personality that are incorporated in it by nature. According to C. Rogers, the most necessary aspect of the trend of actualization is the human desire for self-actualization. In the context of this theory, the trend of self-actualization is the process of a person's fulfillment of their potential throughout their life in order to become a complete, functioning person (Ananov, 1997; Rogers, 1994). Thus, it should be noted that in the studies of C. Rogers self-actualization is viewed from two points of view, where, on the one hand, it acts as a motivating force, and, on the other hand, self-actualization is the main goal of life.

However, the concept of self-actualization was described in most detail by the outstanding representative of the humanistic personality

theory, A. Maslow, who viewed actualization as a continuous implementation (Maslow, 1982). We agree with A. Maslow that the desire for self-actualization makes a person look at what they can be, and this, in turn, gives their life interest and purpose. If a large number of people reached self-actualization, then the needs of humanity as a whole could change (Maslow, 1996).

Thus, based on the studied position of A. Maslow, self-actualization is not a process, but a result; a self-actualized person is someone who has achieved a more optimal, effective and healthy level of functioning. Thus, self-actualization can be described as the achievement of the highest level of natural personal growth. It is the concept of self-actualization that the scientist associated with people of mature age.

It should be noted that in the studies of psychologists belonging to the existential-humanistic school of thought there is a variety of opinions and some ambiguity in determining the characteristic qualities of a self-actualizing person.

Thus, the analysis of the concept of "self-actualization" in foreign psychology is represented by a variety of points of view. At the same time, foreign researchers of various psychological areas still have similar views on the problem of self-actualization. Self-actualization within the framework of foreign researchers' works is viewed as an internal activity of a person, actualization of an internal positive and creative desire for growth, development, psychological maturity and competence, and as a process of achieving one's own potential and purposes, translating them from potential to actual and implementing them in the real conditions of the existing environment.

Self-actualization has been and remains an important subject of study in Russian psychology. Russian psychologists turned to the phenomenon of self-actualization due to the development and application of the activity approach to the interpretation of the human inner world (A.N. Leontiev, B.F. Lomov, S.L. Rubinstein, etc.) (Leontev, 1975; Lomov, 1984; Rubinshtein, 1976). Later, the acmeological, system-genetic and integrative approaches (K.A. Abulkhanova-Slavskaya, B.G. Ananyev, A.A. Bodalev, and others) will become the theoretical and methodological basis for studying human capabilities (Abulkhanova-Slavskaya, 1980; Ananev, 1997; Bodalev, 1983). These

approaches are based on the principles of personal development, which indicate the continuity of the process of integrity formation in an individual. The conducted analysis of scientific research on the problem of self-actualization shows that there is a variety of interpretations of the concept of "self-actualization" in Russian psychology. Thus, D.A. Leontiev defines this concept the following way: "Self-actualization is the process of unfolding and maturing of the makings, potencies, and possibilities that are inherent in the organism and the personality" (Leontev, 2008). Here we observe a fundamental moment of humanistic history that states that nothing vicious or lowly is present in the individual from the beginning. On the contrary, human nature is initially good.

In their studies, E.E. Vakhramov and O.V. Gudimenko note that the latest trends in the study of self-actualization are associated with a shift in the interest of researchers to the study of the limiting moments of self-actualization that occur in cases where it is difficult to find positive solution for a problem or a conflict situation (Vakhramov, 2003; Gudimenko, 2009). The scholar E.E. Vakhramov notes that self-actualization is presented as the practical activities consciously carried out by the subject and aimed at solving actual problems in their life situation (Vakhramov, 2001).

Thus, based on the studied psychological literature on this issue, we can conclude that the theoretical approaches of psychologists to understanding self-actualization are based on development principles that indicate the continuity of the process of integrity formation in an individual, and that self-actualization is understood as a process that lets a person reach the top in their life and in their personal and professional activities. Self-actualization is inextricably linked with life purpose orientations as an integrated system of conscious and selective relationships reflecting the personality's orientation, life goals, meaningful personal choices and assessments, life satisfaction and the ability to take responsibility for it, thereby affecting its course.

Methods

An empirical study was conducted to determine the relationship between self-actualization and life purpose orientations of the individual. Forty-five people took part in the study, 17 of whom were men and 28 were women from 40 to 49 years of age. As a diagnostic tool, we used the "Self-Actualization Test" (SAT) method

developed by E. Shostrom in the adaptation of Yu.E. Aleshina, L.Ya. Gozman, M.V. Zagik, M.V. Croz, the “Test of life purpose orientations” method developed by D.A. Leontiev, and the “Individual measure of reflexivity” method developed by A.V. Karpov (Karpov, 2004; Leonte, 1999).

Results

To determine the level of self-actualization of a person in adulthood, we used 14 indicators of a self-actualizing person described in this methodology. The obtained results are presented in Table 1:

Table 1. Self-actualization manifestation levels in men and women of mature age (%)

Self-actualization indicators	Self-actualization levels (%)					
	High level		Average level		Low level	
	men	women	men	women	men	women
Temporal orientation	5.9	17.9	88.2	57.1	5.9	25
Support	0	3.6	100	89.3	0	7.1
Values-based orientation	47	14.3	52.9	82.1	0	3.6
Behavior flexibility	35.3	10.7	64.7	78.6	0	10.7
Sensitivity	5.9	14.3	76.5	46.4	17.6	39.3
Spontaneity	0	3.6	94.11	78.6	5.9	17.9
Self-esteem	35.3	7.1	58.8	67.9	5.9	25
Self-acceptance	23.5	17.6	70.6	50	5.9	32.1
Views on human nature	11.8	17.9	70.6	78.6	17.6	3.6
Synergy	11.8	35.7	70.6	53.6	17.6	10.7
Acceptance of aggression	17.6	0	58.8	64.3	23.5	35.7
Communicability	5.9	3.6	70.6	64.3	23.5	32.1
Cognitive needs	0	0	76.5	71.4	23.5	28.6
Creativity	0	0	70.6	67.9	29.4	32.1

A more detailed analysis of the data obtained revealed that among women 57.1% of participants had an average level of self-actualization. The average values indicate that these subjects live more in the present. A low manifestation of temporal orientation was found in 25% of the sampled population of female participants. They are less realistic about their future than others, focusing excessively on the past or the future, but not the present. At the same

time, among the women of mature age, only 17.9% had a high temporal orientation manifestation level. These subjects pay attention to real, current problems in the process of life. At the same time, they do not idealize reality, set adequate realistic goals for themselves, being aware of the activity needed to build their future. Significant differences in women of mature age are observed for the “support” indicator. 89.3% of the participants in our study were more

oriented towards social approval of their actions, actions, and behavior in general. When interacting with the social environment, these women are looking for support; they are not always capable of taking initiative and tend to lean more towards a conformal type of behavior. 7.1% of participants showed a low level of actualization on the "support" scale. A low score indicates a person's desire to seek external support, their inability to organize their life. Only 3.6% of the sampled population of female subjects are characterized by the independence of behavior when interacting with others. These women are relatively independent in their actions, striving to be guided in life by their own goals, beliefs, attitudes, and principles, i.e. they are free in their choice and not subject to external influence – they can be defined as personalities which are "guided from within".

As for the "value-based orientations", the majority equaling 82.1% of subjects demonstrate the average value for this self-actualization indicator. The subjects of this sampled population accept or reject the values of the self-actualizing personality, depending on the situation. Among the women of mature age, only 14.3% are characterized by having their own position, showing courage in expressing their personal opinions, and capable of spontaneous actions when confronted with difficulties. 3.6% of subjects may deviate from their principles in difficult or unforeseen situations, focusing on the opinions of others and external evaluation, preferring to act in accordance with established rules and regulations. High rates of self-actualization "flexibility of behavior" were found in 35.3% of the subjects. The women with high scores on this indicator are characterized by the ability to find their way quickly in a changing situation, manage their behavior, and show flexibility in the implementation of their tasks and plans. This, in turn, is associated with the desire to achieve their potential, show their abilities in their chosen educational route, which is characteristic of a self-actualizing person. Low values were found in 10.7% of the participants; this characterizes them as unable to respond quickly to changes in the situation and switch from one type of activity to another. For the "sensitivity" self-actualization indicator, it should be noted that the majority of the women who took part in our study equaling 46.4% demonstrated average values on this scale, which indicates situational sensitivity, i.e. depending on the specific situation or the presence of others, they can either show or restrain their feelings and emotions, being aware of their manifestations. Eleven participants (39.9%) have poorly

developed sensitivity. These subjects cannot experience their feelings deeply and can, therefore, act contrary to their needs, which can, in turn, lead to aggression and neuroses, and only 14.3% of the women participating in the study showed high scores, which indicates that they are sensitive, reflexive and able to be aware of their experiences, understand their needs and feelings and consciously regulate them, taking responsibility for their implementation. In terms of the "spontaneity" self-actualization indicator, the majority of the women equaling 78.6% showed average values, which indicates restraint in expressing their feelings, thoughts, and ideas because of the fear of making a mistake. We did not find any women who are not afraid to behave naturally in all situations and in any environment. We revealed low abilities in spontaneity in 17.9% of the respondents, which characterizes them as cautious, suspicious, and doubtful people. It should be noted that, in general, women show less spontaneity in their behavior, actions, and statements. The results in the "self-esteem" self-actualization indicator showed that only 7.1% of the participants have a high level of development of this quality. 25% of the women of the mature age of this sampled population showed low rates of self-esteem and 67.95% are characterized by an average level of self-esteem. In general, women in this age category are characterized by an adequate ability to assess their achievements and dignity, respect themselves for the qualities that they were born with or that they have cultivated in themselves. Other results were identified in terms of the "self-acceptance" self-actualization indicator: a half (50%) of the subjects show average values for this indicator, that is, they are characterized by a desire to comply with generally accepted personality traits, especially in professional activities. Only 17.9% of the respondents accept themselves as they are with all the qualities and shortcomings, skills and knowledge, and are characterized by independence from the external evaluation of those around them. 32.1% of the subjects who took part in our study reject certain qualities and shortcomings in themselves, i.e. perceive themselves inadequately, over-idealize themselves or, on the contrary, infringe upon their personal qualities, blaming themselves for the weakness of character. 78.6% of the women surveyed showed average levels of the "views on human nature" self-actualization indicator, which is expressed in the perception of people depending on whether they have socially defined qualities. Only 17.9% of the sampled population showed high rates, meaning that those subjects expressed tolerance to individual manifestations without categorical assessments. Low values for

this indicator. Such women are distinguished by their categorical behavior and tendency to condemn people for their weaknesses, together with the lack of empathy. They do not recognize the human right to make a mistake, they divide and perceive only bad vs. good, masculine vs. feminine, right vs. wrong, rational vs. emotional. In terms of “communicability” among women of mature age, the major part of the subjects (69.3%) can be characterized by average values on this scale. Such women are able to establish deep contacts with only a small number of people, most often with the people that they have known for many years. Only 3.6% are capable of establishing full-fledged, deep relations with other people and 32.1% reject such relations. They seek to distance themselves from close relationships with others, showing an inability to empathy and identification. 71.4% of the women of mature age demonstrated average values for the “cognitive needs” indicator. Most of the subjects do not express any desire to acquire new knowledge; they often prefer to use tried and tested methods. Low rates were shown by 28% of the respondents, which is reflected in the rejection of everything new, in conservative views in various spheres of life. We did not find any women who would be active in learning new things. We found similar results for the “creativity” self-actualization indicator. Most of the women participating in the study (67.9%) showed average values, which may mean their being cautious in independent activities and, in a way, escaping the responsibility for making independent decisions or implementing actions. Nevertheless, these women perceive situations in a non-categorical and non-unambiguous way and try to find a solution for them in fairly predictable but various ways. 32.1% of the women we studied showed low values for this indicator. It shows not only undeveloped creative abilities but also the unwillingness to take initiative in life or professional issues. No high scores were observed on this scale.

So, based on the analysis of the results of the self-actualization study of the individual in women of mature age, we can conclude that this phenomenon in women is manifested at an average level.

Indicators of self-actualization of men of mature age are also presented in Table 1. From Table 1, it can be seen that 88.2%, i. e. the majority of the sampled population of male participants, somewhat “escape” from the present, focusing excessive attention on the past or the future. Only 5.9% of men have a high score in terms of the “temporal orientation” self-actualization

indicator. That means that they live to a greater degree solving real, current problems arising in the process of daily life activities and actually perceive reality in unity with the past and the future. In terms of the “support” self-actualization indicator, all men of the mature age (100%) of this sampled population had the average score. The average level indicates that they are more focused on the social approval of their actions, actions, and behavior in general. In their interaction with the social environment, they need support, they are not always capable of taking the initiative. In terms of the “value-based orientations” self-actualization indicator among men of mature age, 52.9% are characterized by their own position, have courage in statements, and are capable of spontaneous actions in collisions with difficulties. 47% are characterized by the fact that in one way or another they are guided by the values of the actualizing individual, i.e. common values are important to them. Men who have a low level on this scale, that is, those who, in difficult or unforeseen situations, can deviate from their principles, focusing on the opinions of others, external evaluation, preferring to act in accordance with established rules and norms, were not found in our study. According to the “flexibility of behavior” self-actualization indicator, it has been revealed that among men of this sampled population only 35.3% show a high score and are characterized by the ability to quickly navigate in a changing situation, manage their behavior, show flexibility in the implementation of their tasks and plans, which, in its turn, is associated with the desire to fulfil their potential, their abilities. 64.9% of respondents show these abilities to a lesser extent, that is, these people have an average level. In terms of the “sensitivity” self-actualization indicator, we observed the following values: the majority of men in this sampled population, 76.5%, have an average score. They are sensitive to reality, they can show or restrain their feelings and experiences, be aware of their manifestation. In terms of the “spontaneity” self-actualization indicator, 94.11% of the interviewed subjects showed high scores. These men are not afraid to behave naturally in all situations and in any environment, they are able to take risks and demonstrate their emotions, to express their thoughts or ideas. Only one person (3.6%) had an average score. No respondents with low spontaneity scores were identified in our study. In terms of the “self-esteem” indicator, the following results were identified: 58.8% have an average level of self-esteem, being able to assess themselves, their achievements in work and in life adequately; 35.3% of the men of mature age

have a high level of development and are characterized by high self-esteem, giving a lot of value to their achievements and successes. 5.9% of the respondents had low scores. A low level on this indicator indicates low self-esteem. Similar results were found in terms of the "self-acceptance" indicator: 70.6% of the men, i. e. the majority, have average scores and are characterized by a desire to comply with generally accepted personality traits, especially in professional activities as employees.

The results of the research on the "view of human nature" scale showed that most of the subjects (70.6% of the sampled population) are characterized by average scores. A high level indicates the recognition of the human right to make mistakes, the opportunity to categorically perceive individual characteristics of people without dividing them into "bad" and "good" and the actions of others into "right" and "wrong". 17.6% of men in this study had low scores. In our opinion, a low figure on this scale indicates a tendency to condemn people for their weaknesses, the absence of compassion. Only 11.8% of the sampled population has high scores, that is, showed tolerance to the individual manifestations without categorical assessments, perceiving the surrounding reality as an integral and interrelated single category. In terms of "communicability" among men of mature age, 70.6% of subjects showed average scores. Only 5.9% are capable of establishing full-fledged, deep, close relationships with people, but 23.5% reject such close and close relationships, seek to distance themselves from them, showing an inability to empathy and identification. In men of mature age, in terms of the "cognitive needs" self-actualization indicator, 76.5% had average scores, that is, their desire for knowledge extended only to a specific area, possibly related to their professional activities. 23.5% of men had low scores; they are distinguished by conservatism and a lack of cognitive interest. We did not find mature men seeking knowledge or wishing to discover something new in the framework of our research. Similar results were shown for the "creativity" indicator. 70.6% showed average values on this scale, which may mean caution in creative activity. Low scores were demonstrated by 29.4% of the respondents participating in the study, which speaks not only of undeveloped creative abilities but also of the unwillingness to take initiative and express their views, thoughts, ideas about life or professional issues. We did not find men who would score high on this indicator.

Thus, analyzing the results of the study of self-actualization of a person in adulthood, we can note that the phenomenon under study in men is at an average level of manifestation, which, in our opinion, reduces the desire for personal growth. In order to test the reliability of differences in the manifestation of self-actualization of women and men of mature age, we used the Fisher angle transform coefficient. By calculating the criterion φ^* , we obtained a result in which the differences in the manifestation of self-actualization indicators in several scales are significant, such scales being "orientation values", "self-esteem", "aggression acceptance" for the high level of self-actualization, "temporal orientation" for the average level of self-actualization and "self-acceptance" for the low level. By calculating the criterion, in these scales, we obtained a result in which $\varphi^*_{emp} > \varphi^*_{cr}$, which indicates a significant difference.

Thus, from the data mentioned above, we can conclude that the manifestation of self-actualization in both men and women of mature age is the same. At the same time, the significance of differences is observed only in the fact that men, with a high level of self-actualization, are time-oriented, have more self-esteem and are more likely to accept irritation, anger and aggression, as a natural manifestation of human nature, unlike women; in the manifestation of the "self-acceptance" indicator for the low level of self-actualization, they also revealed the reliability of differences. At the same time, self-acceptance in women is significantly higher than in men. Women are more able to adequately accept themselves as they are.

Based on the methods of D.A. Leontiev and E. Shostrom, we obtained empirical data that we subjected to correlation analysis, which revealed the existence of a close relationship between the indicators of life purpose orientations and the indicators of self-actualization, manifested in the "temporal orientation". In particular, a close correlation was found between the "temporal orientation" indicator and the "I locus of control" indicator ($r = 0.933$, $p < 0.01$), which suggests that the more opportunities a person has to live in accordance with their goals and the more pronounced the ability to control events of their own lives, the higher the ability to experience the present moment of their life in its entirety, and not just as a fatal consequence of past life experience or preparation for the future "real life" (Table 2).

Table 2. Matrix of correlation of self-actualization indicators and indicators of life purpose orientations in women of mature age

Self-actualization	Life purpose orientations				
	Life goals	Process	Result	The "I" locus	The "life" locus
Temporal orientation	0.871**	0.801**	0.839**	0.933**	0.743**

Legend: ** – the correlation is significant at the level of 0.01 ($p < 0.01$)

Table 2 shows the presence of a strong correlation between the "temporal orientation" self-actualization indicator and the indicator of life purpose orientations of the "life goals" ($r = 0.871$, $p < 0.01$), which means that women of mature age are correctly oriented in time, perceive the present in unity with the past and the future, and the presence of life goals gives their life direction and time perspective. The revealed close correlation between the "temporal orientation" and the "performance of life" ($r = 0.839$, $p < 0.01$) means that women of mature age are satisfied with the part of their lives they have lived. A close correlation between the "temporal orientation" and the "process of life" ($r = 0.801$,

$p < 0.01$) is quite natural. This means that the more a person is satisfied with their life and perceives the process of their life filled with meaning, the higher the level of their self-actualization. The correlation between "temporal orientation" and "life locus of control" ($r = 0.743$, $p < 0.01$) suggests that women of mature age control their lives, make decisions freely and implement them.

In the course of the analysis, we identified a number of correlations between the indicators of life purpose orientations, the indicators of reflexivity, and the characteristics of self-actualization in men of mature age (Table 3).

Table 3. Matrix of correlation of self-actualization indicators, reflection, and life purpose orientations in men of mature age

Scales	Life purpose orientations				Reflection				
	Goals	Process	Result	The "I" control locus	The "life" control locus	Retrospective reflection	Reflection of the present	Reflection of the past	Reflection of communication
Temporal orientation	0.850**	0.499	0.891**	0.817**	0.169	0.157	-0.487	0.266	-0.274
Values-based orientation scale	-0.309	-0.113	-0.077	0.027	0.270	-0.377	-0.281	0.160	0.729**
Sensitivity	-0.214	-0.599	-0.111	-0.150	0.133	-0.038	0.019	-0.236	0.670**

Self-esteem	- 0.611 **	- 0.376	- 0.171	- 0.136	0.15 2	-0.164	0.028	0.247	0.466
Views on human nature	- 0.644 **	- 0.254	- 0.466	- 0.463	0.46 4	-0.200	0.158	0.166	0.643**
Communica bility	- 0.181	0.229	- 0.043	- 0.059	0.39 9	-0.518	-0.235	0.107	0.623**

Legend: ** – the correlation is significant at the level of 0.01 ($p < 0.01$).

As can be seen from Table 3, in the sampled populations of men, as well as women, there is strong correlations between the “temporal orientation” indicator and the indicators of life purpose orientations, which manifest themselves in such subscales as the “result of vital activity” ($r = 0.891$, $p < 0.01$), “life goals” ($r = 0.850$, $p < 0.01$), and “I locus of control” ($r = 0.817$, $p < 0.01$). They show that the higher the ability of men and women of mature age to build their lives in accordance with their goals, the greater the opportunity to relate goals to the future, to live emotionally in the present, and be satisfied with the results achieved in the past. In the course of the analysis, we also found inverse correlations between the “goal in life” and “self-esteem” indicators ($r = -0.611$, $p < 0.01$), as well as between the “life goals” and “views on human nature” indicators ($r = -0.644$, $p < 0.01$). Thus, we can conclude that there is a close relationship between the main indicators of life purpose orientations and temporal orientation indicators.

For a more detailed analysis of life purpose orientations and the desire for self-actualization, men and women of mature age participating in the study were divided into two age groups: aged from 40 to 44 and from 45 to 49. We assumed that the indicators for these age groups would have significant differences. The use of the r-Pearson linear correlation parametric coefficient allowed us to establish the relationship between the indicators of life purpose orientations, indicators of self-actualization and indicators of reflection.

The closest correlation between the indicators of life purpose orientations is observed with the indicators of self-actualization in women of both age groups according to the “temporal orientation” scale. A significant correlation between the “life locus of control” indicator and the “temporal orientation” indicator was found only in the age group of women aged from 45 to

49 ($r = 0.862$, $p < 0.01$), which is explained by the fact that women of this age are more likely to control their lives and are able to assess the irreversibility of a life lived. In our study, significant correlations were obtained between the indicators of life-span orientation, the indicators of self-actualization and the reflexivity indicators of men aged from 40 to 44 and from 45 to 49. A significant correlation was found between the “temporal orientation” self-actualization indicator and the “life goals” indicator of life purpose orientations ($r = 0.995$, $p < 0.01$). Such an interconnection indicates that the more purposeful a person is, the more correctly time-oriented they are. A significant correlation between the “temporal orientation” indicator and the “performance in life” indicator ($r = 0.910$, $p < 0.01$) indicates that men aged from 45 to 49, unlike men aged from 40 to 44, comprehending the past, give an assessment of the life lived. If a person understands that they have lived productively and meaningfully over the past period of time, then they live richer in the present. There was also a strong correlation relationship between the “temporal orientation” indicator and the “I locus of control” indicator ($r = 0.861$, $p < 0.01$). This relationship indicates that the more a person has the freedom of choice, the more opportunities they have to build his life in accordance with his goals for the future. The relationship between the “temporal orientation” indicator and the “life goals” indicator ($r = 0.818$, $p < 0.01$) indicates that the more important the goals in life are, the more correctly a person lives: they interpret the past, make plans for the future, but live in the present. The revealed inverse correlation between the “temporal orientation” indicator and the “self-esteem” indicator ($r = -0.791$, $p < 0.01$) suggests that if a person has no goals for the future, life loses its meaning and, as a result, the self-esteem drops, which entails the loss of a person's faith in themselves. The relationship between the indicators of life purpose orientations and self-actualization

indicators in the group of men aged from 40 to 44. The established relationship between the “support” and “life performance” indicators ($r = 0.925$, $p < 0.01$) is expressed in the fact that the more a person is satisfied with the length of life, the more difficult it is to manipulate them and the more they believe in their abilities. The “support” indicator correlates with the “goals” indicator ($r = 0.878$, $p < 0.01$). This relationship can be explained by the fact that the more purposeful a person is, the more they are guided by their own convictions and principles.

Discussion

It can be concluded that significant correlations were revealed between the indicators of life purpose orientations and the indicators of self-actualization at a mature age in men aged from 40 to 44 and from 45 to 49. At the same time, the relationship between indicators of self-actualization and reflection was revealed only in men aged from 40 to 44. In our opinion, men of this age group pay more attention to how they are assessed and perceived by others, and for men of the older age group, it is more important to realize what they have achieved in life, how they live life “here and now”, what other goals they can achieve in their life. It can be stated that the manifestation of self-actualization in both men and women of mature age is reliably the same. Reliability of differences is observed only in the fact that men with a high level of self-actualization are time-oriented, more capable of respecting themselves and more tolerant of manifestations of irritation, anger, and aggression, perceiving them as a natural manifestation of human nature, unlike women. Reliability of differences was also revealed in the manifestation of the “self-acceptance” indicator with a low level of self-actualization. At the same time, self-acceptance in women is significantly higher than in men. Women are more able to adequately accept themselves as they are.

Based on the conducted empirical research, we have established the following:

1. Self-actualization in men and women of mature age is at the average level. However, it should be noted that significant differences have been observed in the “support” indicator. 100% men (17 participants) in our sampled population were capable of relying primarily on themselves and showing independence in solving important issues. At the same time, 52.9% (9 participants) were identified as men guided by the values of the self-actualizing personality, which differs

significantly from the indicators of self-actualization in women of mature age.

2. The analysis of the results using the r-Pearson linear correlation coefficient showed that there was a significant relationship between the indicators of life purpose orientations and the desire for self-actualization in men and women of mature age, which confirms our hypothesis. The greatest number of correlations in women aged from 40 to 49 has been established between the indicators of life purpose orientations and the “temporal orientation” self-actualization indicators, which confirms the dominant function of life purpose orientations.

3. A more detailed analysis of the correlation relationships between the indicators in the age groups of 40-44 and 45-49 years suggests that older women often think that the future already has its limits. Therefore, they live with real problems. Unlike women aged from 40 to 44, they are no longer afraid to freely make decisions and consciously control their lives. It should be noted that we have not identified correlations between the indicators of life meaning orientations and reflection indicators in the female age groups, while in the group of men aged 40 to 44 we have determined a relationship between the “value-based orientations” self-actualization indicator and the indicator of communicative reflection.

The relationship between the indicators of life purpose orientations and the “temporal orientation” self-actualization indicators for men aged from 45 to 49 is explained by the fact that when properly assessing a life lived, men set adequate goals for the future and live in the present.

Conclusion

Having analyzed the main theoretical approaches to the understanding of self-actualization and its psychological essence in the studies of Russian and foreign psychologists, as well as having interpreted the obtained empirical data, we have come to the following conclusions:

1. Researchers of different theoretical approaches to the understanding of self-actualization of the individual, including in areas important to us, treat this phenomenon ambiguously. Thus, if, from the point of view of representatives of the existential-humanistic school of thought, self-actualization is understood as the movement of the personality to the top in its development, then, from the point

of view of supporters of the activity approach, self-actualization is understood as the manifestation of human abilities, personality traits, and qualities.

2. In psychology, there is still no unambiguous understanding of the psychological essence of personality self-actualization. Despite this, the phenomenon in question is viewed from two positions, namely: from one position, self-actualization of a person is a process that takes place throughout a person's life, and, from the other point of view, self-actualization of a person is the result of personal development.

3. Self-actualization of the personality is a multi-level and multifunctional psychological phenomenon, by which we will understand the continuous realization of the potential, abilities, and talents of the personality, as the most complete cognition and acceptance of its original nature.

4. A more detailed analysis of the identified correlations between the indicators in the age groups of 40-44 and 45-49 years suggests that older women often think that the future has its limits, therefore, they live in the present, solving everyday problems. Unlike women aged from 40 to 44, they are no longer afraid to freely make decisions and consciously control their lives. It should be noted that the analysis did not reveal correlations in both age groups of women between the indicators of life meaning orientations and reflection indicators. In the group of men aged 40-44, the relationship between the self-actualization indicator "value-based orientations" and the indicator "communicative reflection" was determined. The relationship between the indicators of life purpose orientations and the "temporal orientation" self-actualization indicator for men aged 45-49 is due to the fact that, when assessing the life they have lived, men set themselves adequate goals for the future and live in the present.

Thus, the conducted empirical research has shown that, on the one hand, self-actualization and life purpose orientations of a person in adulthood are interrelated and characterize a person as active, purposeful, capable of setting achievable goals, working on themselves in terms of personal growth, responsible, and self-respecting. On the other hand, the study has confirmed that at present, education passes through the whole life of a significant number of people of mature age, who, having received a higher education, continue to further and

continuously study, improve their skills, which allows them to be competitive in the labor market, and for whom education becomes a lifestyle, in connection with which many universities offer a wide variety of educational programs for this age group. Under the current difficult context of the new reality in the life of a person of mature age, the result will be highly skilled and highly intelligent people who feel responsible for their actions, understand their consequences for others and themselves, their moral qualities and worldview correspond to the challenges and demands of real society.

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