

**Boyarin L.V. (ORCID 0000-0003-4636-5577),  
Zavatskyi Yu.A. (ORCID 0000-0003-1860-9503),  
Zavatska N.Ye. (ORCID 0000-0001-8148-0998),  
Pobokina H.M. (ORCID 0000-0002-5517-6754),  
Fedorova O.V. (ORCID 0000-0002-8254-7629)**

## **SOCIO-PSYCHOLOGICAL CHARACTERISTICS OF SELF-FULFILLMENT OF YOUTH AND ITS RESILIENCE: INTERNAL AND EXTERNAL DIMENSIONS**

*The article examines the socio-psychological features of youth self-realization and its sustainability in internal and external dimensions. The specifics and difficulties of studying the problem of self-realization of young people are determined by the growing mediation of the social realization of young people by socio-cultural factors. In this study of the problems of social and personal development of youth, it is appropriate to use a sociocultural approach, within which social processes are considered from the standpoint of their determination by elements of the cultural process (values, norms, models, beliefs, knowledge). It is the sociocultural approach that makes it possible to study the self-realization of youth through the analysis of the value orientations of the individual as the main motivational and meaningful mechanisms of self-affirmation that direct and regulate their life activities, which becomes especially relevant in the era of social changes and the complication of public life. The study of social and cultural factors affecting the process of self-realization of an individual creates opportunities for adequate generalization of disparate facts in the field of social development of youth and identification of trends in the implementation of social self-realization of modern young people. Realization of personal values is carried out in the process of life, the main spheres of which are educational and professional activity, socio-political activity, the sphere of family and household relations and leisure. Hierarchy of values-goals of the individual, concentrated in each of the spheres of life, determines the inequality of these spheres for its self-realization. The most significant spheres of self-realization of young people are the family-household and educational-professional spheres related to the vital needs of young people.*

**Key words:** youth, self-realization, hardiness.

**Problem statement.** The cardinal transformation of society is characterized by the growing uneven development of various subsystems of society, the densification of cultural flows, the growth of uncertainty and ambiguity of the phenomena and processes

taking place. A change in the basic principles of the functioning of society leads to a modification of human life, which causes significant interest in the problem of the value-normative characteristics of young people, issues of socio-cultural influence on their life, the problem of self-realization of the individual in a new socio-cultural environment.

Young people are the most dynamic social group, susceptible to external influences, which adapts to qualitatively new circumstances more easily than other age and socio-demographic groups, and, accordingly, is the vanguard of the process of transforming the life of Russians. In a situation of intensification of intercultural communications, young people learn new cultural patterns and stereotypes of behavior, as well as new values related to the field of education, politics, morality, and human relationships. In this regard, the manifested multidirectionality of behavior patterns in the youth environment requires the implementation of a deep, analytical study of the underlying values, orientations, self-realization strategies that underlie it.

**Analysis of recent research and publications.** The study of self-realization as an essential characteristic of the social and personal development of young people is one of the important tasks of psychology. In recent years, research interest in the problems of youth life has increased significantly: the motives for obtaining higher professional education, the structure of young people's free time, the problems of social self-determination, and others are being studied. At the same time, the results of these studies are not considered in the context of a more general problem - the problem of self-realization of young people. This circumstance is explained, first of all, by the lack of a holistic view of the very phenomenon of self-realization of the individual. The development of an integrative understanding of the self-realization of the individual will contribute to the disclosure of all the versatility, complexity, inconsistency of the life of young people in the modern socio-cultural space.

The specificity and difficulty of studying the problem of self-realization of young people is determined by the increase in the mediation of the social realization of a young person by sociocultural factors. In this regard, when studying the problems of social and personal development of young people, it is advisable to use a sociocultural approach, in which social processes are considered from the standpoint of their determinism by elements of the cultural process (values, norms, patterns, beliefs, knowledge). It is the sociocultural approach that makes it possible to study the self-realization of young people through the analysis of the value orientations of the individual as the main motivational and semantic mechanisms of self-affirmation that guide and regulate her life, which becomes especially relevant in an era of social change and the complication of public life. The study of social and cultural factors influencing the process of self-realization of the individual creates opportunities for an adequate generalization of disparate facts in the field of social development of youth

and identification of trends in the implementation of social self-realization of modern young people.

Thus, the relevance of the research topic is determined both by the need to develop an integrative concept of self-realization of the individual, and the need to determine and comprehend the features of self-realization of young people in new sociocultural conditions.

Currently, one of the key topics of modern social and humanitarian knowledge is the problem of self-realization (self-actualization), the foundations for studying which were laid in the works of representatives of American humanistic psychology K. Goldstein, A. Maslow, K. Rogers, J. Bugenthal; V. Frankl, R. May, I. Yalom. In their works, self-realization of the individual is presented as a socio-psychological phenomenon, the conditions and mechanisms of personal self-realization are identified, and the position of a person as a subject of his own life is substantiated.

Further study of the self-realization of the personality by researchers is associated with the consideration of certain aspects of this problem: self-consciousness; social and spiritual freedom, human individuality; the meaning of life; age parameters of human life; socialization and social adaptation; communication and dialogicity of human consciousness and being. The problem of self-realization of the individual is reflected in the studies of the life path of the individual.

The current state of the study of the problem of self-realization of the individual is characterized, on the one hand, by the predominant analysis of certain aspects of this problem, which is carried out as part of the consideration of related issues, on the other hand, by the predominance of theoretical developments over empirical research.

In recent years, attempts have been made to comprehensively study the self-realization of the individual within the framework of psychology. However, in psychological works, self-realization is considered only from the side of the inner world of a person, which leaves a wide social and cultural context outside the scope of study, and the results of philosophical generalizations, unfortunately, are not always used in empirical research. In this regard, a whole layer of information, which is often essential for interpreting the results obtained, unlawfully falls out of the sphere of analysis of the problem of self-realization of the individual. At the same time, when developing this problem, it should be taken into account that the determinism of the life path by external conditions significantly limits the freedom of the individual in choosing the prospects for life and self-realization. This circumstance makes it necessary to study the entire set of sociocultural factors that determine the process of self-realization of the individual, which has not yet been adequately reflected in social and humanitarian studies.

As a result, a significant variety of points of view and approaches to the study of this problem, we have to state the absence of a holistic concept of self-realization of the individual as a phenomenon that links the individual, social and cultural principles in the life of a particular person.

**The purpose of the article** – to reveal the socio-psychological features of youth self-realization and its sustainability in internal and external dimensions.

**Presentation of the main material and results of the study.** Personal self-realization is a fundamental problem of modern social science and the humanities. The current state of the study of the problem of self-realization of the individual is characterized, on the one hand, by an interdisciplinary nature, which makes it possible to synthesize various approaches to a person (philosophical, sociological, psychological, ecological, etc.) on its basis, and on the other hand, by the breadth and ambiguity of interpretations of the concept of self-realization of the individual, which reflects the complexity and multidimensionality of its content. The study of the problem of self-realization of the individual involves: firstly, the definition of the basic characteristics of the individual; secondly, the development of an integrative idea of personality self-realization as a phenomenon that links individual, social and cultural principles in the life of a particular person, and thirdly, the construction of a structural model of personality self-realization.

The personality appears as a multi-dimensional and multi-level system, the system-forming element of which is its potential. Self-realization is a fundamental trend of personal development, the disclosure of a person's personal potential. Personal potential is the so-called self, that is, the center, the source of conscious, purposeful activity of a person. In the realization of his personal potential, a person manifests subjectivity as the ability to improve himself and the world around him and resolve contradictions between the objective and subjective conditions of existence. At the level of the subject of life, activity is expressed in the form of life activity, the direction of which is determined by the goals and values of self-realization.

Personal self-realization is a complex structural formation, the main components of which are intentionality, procedurality, and effectiveness.

Intentionality (aspiration, need, motive, meaning, value) acts as a characteristic of the motivational basis of the process of self-realization. The paper substantiates the expediency of distinguishing two levels of motivation for human life. The lowest level characterizes the motivation for self-preservation and includes physiological and part of social needs, some social norms and values that have become personal values. Self-preservation orients a person towards the assimilation of values that correspond to the normal functioning of the body and ensure its biological, mental and social well-being. The highest level - self-realization is determined by the highest social needs, personal and social values that motivate a person to reveal his personal potential.

The complexity of the phenomenon of intentionality lies in the fact that this essential feature characterizes the self-realization of the individual both as a need (motive) and as a personal value. Needs and personal values are stable motivational structures of the personality. The need for self-realization is a meta-need (the prefix "meta-" is used in the meaning of "through", i.e. "following something"), manifested and satisfied through higher needs: the need for creativity, personal communication, socially transformative activities, in motherhood, etc. Personal values represent a specific form of existence of socio-cultural phenomena in the individual life of a person and are the main motivational and semantic mechanisms of self-realization of a person. Values determine the life of a person as a whole: terminal values (values-goals) appear as the general goals of life and self-realization of the individual.

Another structural component of personality self-realization is its processuality, which is characterized by individual-personal and social (self-affirmation) orientation. Individual-personal self-realization is associated with the internal significance of a person's self-realization, self-affirmation - with its social value. Self-realization of the subject in his inner world is a necessary basis for the social self-realization of the individual or self-affirmation, unfolding in the external world. Socialization and individualization appear as means of self-realization of the individual. The mechanisms of this process are identification and alienation.

In addition to intentionality and processuality, an important component of the structure of a person's self-realization is effectiveness, which characterizes the degree of productivity of this process and is a system of criteria for its evaluation. The paper defines two main cumulative criteria for the effectiveness of self-realization: social fulfillment and subjective satisfaction, reflecting, respectively, the quantitative and qualitative measurements of the productivity of self-realization of the individual.

When analyzing the problem of personal self-realization, the methodology of the sociocultural approach allows us to consider its structural components in their unity and interconnection. The sociological level of the study of self-realization involves the formulation and solution of problems related to the self-affirmation of the individual in a broad sociocultural context. The object of research at this level is society, a certain social group.

Youth is the subject of scientific analysis of many social sciences and the humanities: the term "youth" is included in the categorical apparatus and has its own specifics of consideration in sociology, psychology, pedagogy, demography, politics, law, history, juvenology. In sociology, various aspects of this concept are studied: special social status; youth subculture; the role and place of youth in social reproduction; youth as a certain stage of the life cycle. In general, the problem of self-realization of young people is an underdeveloped topic, and at the same time, its study opens up new prospects for theoretical and empirical research. The available works

reflect only certain aspects of this problem related to the study of the sociocultural orientations of young people.

The theoretical and methodological basis of the study includes the main provisions of social (cultural), socio-philosophical, psychological anthropology about a person as an object of external influences and a subject of self-development. The basis of the study is the following theories and methodological approaches: the subject-activity approach, which defines a person as a subject capable of improving himself and the world around him and resolving contradictions between the system, which is the person himself, and objective (social, technical, etc.) systems; studies of the life path of the individual and a biographical approach to the study of the individual, the general provisions of which are the interpretation of human life as a system of goals for the self-realization of the individual and the understanding of the life path as a process of its self-realization in social reality; concepts of semantic regulation of activity and dispositional regulation of the social behavior of the individual, based on the recognition of the predetermination of the hierarchy of levels of activity of the individual by the hierarchy of motivational and semantic mechanisms; the concept of quality of life, which includes both objective and subjective indicators (subjective well-being) of the standard of living of a person, which reflect the degree of satisfaction of the needs and value structures of the individual, is used to develop criteria for the self-realization of the individual; socio-cultural approach, which recognizes the interdependence of the social and cultural aspects of public life, which allows us to characterize the socio-cultural foundations of self-realization of young people in their unity and interconnection.

The sample set was formed on the basis of a representative quota sample. The quota was based on such characteristics as age, gender, social status (employed in various sectors of the economy; students combining permanent employment with studying at evening or correspondence departments of universities; unemployed).

The work uses general scientific methods of research: methods of systemic, comparative, comparative analysis, the method of theoretical generalization, and others. The collection of primary information was carried out by the methods of analysis of official statistical documents and a survey (mass survey). One of the research procedures of the questionnaire was the methodology for determining significant forms of self-realization of the individual.

Personal self-realization is a fundamental trend in the personal development of a person and a system-forming factor in his life. The content of personal self-realization is revealed in the manifestation of a person's personal potential through various types of activity. In the realization of his personal potential, a person manifests subjectivity as the ability to improve himself and the world around him and resolve contradictions between the objective and subjective conditions of existence.

Intentionality (need, motive, meaning, value) are the components of the structure of self-realization of the personality; processuality (orientation - individual-personal and social, means - socialization and individualization, mechanisms - identification and alienation); performance (social fulfillment and subjective satisfaction).

The most important motivational and semantic mechanisms of youth life activity are the values of interesting work, material security, self-confidence, a good family, an active active life, intellectual development, health, and social recognition. The frequency of preference for values associated with self-realization is much higher than values that determine self-preservation, which indicates that the value system of young people is oriented towards self-realization of the individual, determined by higher social needs. The equivalence of the two blocks of forms of youth self-realization (the first: achieving social status, accumulating money and material values, familiarizing with information, continuous search; the second: personal growth and spiritual development, creativity) reflects the dynamics of the formation of a new worldview of society and confirms the relative stabilization of the value orientations of young people.

Modern youth demonstrates the desire to be the subject of self-realization: to productively implement significant personal values, to actively develop their personal potential. The priority areas of self-realization for the majority of young people are family and/or educational and professional spheres, which turn out to be both productive and “problematic” for self-realization of young people. The specificity of youth self-realization in significant social spheres is determined by low rates of social fulfillment and high rates of subjective satisfaction.

As the main contradictions of youth self-realization, the following was identified: the contradiction between the commercialization of all spheres of life, including the spiritual sphere, and the low level of material security of youth; the contradiction between a high level of socially necessary and a low level of production-necessary education; the contradiction between the growth of the educational and professional potential of young people and unemployment; the contradiction between individual capabilities and their social lack of demand. Resolving these contradictions turns out to be an elusive task for young people.

The choice of young people as an object of study as a special age and social group is due to the insufficient development of the problem of self-realization of young people in new socio-cultural conditions. The solution of this problem from the standpoint of the sociocultural approach involves, on the one hand, the definition of dominant personal values as the main motivational and semantic characteristics of the social self-realization of young people, on the other hand, the identification of the features of their implementation by young people in modern sociocultural conditions.

The specificity of studying the problem of self-realization of modern youth is determined by the increase in the mediation of the social realization of a young person by sociocultural factors. In the context of a radical transformation of Russian society, young people, due to their age characteristics, turn out to be the most dynamic and susceptible to external influences social group. In this regard, the inconsistency of the social situation of the development of young people predetermines the complexity of their personal development.

The results of our study showed that the most important motivational and semantic mechanisms of self-realization of modern youth are the values of an interesting job, material security, a strong family and self-confidence. The significant values-goals of young people also include an active active life, intellectual development as an opportunity for education and self-education, health, and social recognition. Significant forms of youth self-realization are such forms as the achievement of social status, the accumulation of financial and material values, access to information, continuous search, which reflects the dynamics of the formation of a new worldview of Russian society and confirms the relative stabilization of the value orientations of young people. At the same time, traditional forms remain attractive to the younger generation: self-realization through personal growth and spiritual development and in the process of creativity. The paper notes that today's youth is rethinking the importance of creativity for the self-realization of the individual. If for previous generations of youth creative self-realization was understood as an end in itself, then today's youth understand creativity as a universal and productive means of realizing other values. At the same time, the personal significance of the value of creativity remains quite high.

The study of a number of cultural attitudes revealed the desire and willingness of young people to be the subject of self-realization: to productively use the opportunities provided by society for self-realization, to overcome emerging obstacles to self-realization, to actively develop their personal potential. In general, today's youth is dominated by a focus on self-change in the process of self-realization, which is due to the high importance of the value of individuality for this social and age category. A negative trend in the personal development of young people is the lack of ideals of self-realization among the majority of young people. This fact indicates the dominance of the mechanism of alienation in the external plan, which violates the optimal ratio of the mechanisms of identification and alienation in the process of self-realization of the individual.

**Conclusions.** An analysis of the main performance indicators of youth self-realization in these areas showed that a number of features of self-assertion (low material income, low socio-professional status and other characteristics) are a consequence of the beginning of a person's life path, determined by internal and



external factors. However, contradictions in the self-realization of young people, which have a sociocultural nature, were discovered: a contradiction between the commercialization of all spheres of life, including the spiritual sphere, and the low level of material well-being of young people; the contradiction between a high level of socially necessary and a low level of production-necessary education; the contradiction between the growth of the educational and professional potential of young people and unemployment; the contradiction between individual capabilities and their social lack of demand. The resolution of these contradictions turns out to be an elusive task for young people, requiring significant mental and personal costs. In this context, the revealed contradictions of self-realization acquire the character of social problems of youth.

Therefore, it is necessary to explore not only optimal, creative, but also non-optimal, passive, scarce forms and ways of self-realization of the individual, to identify social and personal reasons for the social unfulfillment of young people. Accordingly, the urgent task of modern sociology is to point out the social problems of youth self-realization in order to develop effective ways to overcome them at the level of youth policy and socio-economic policy in general.

Significant values of self-realization of young people are revealed - interesting work, material security, self-confidence, a good family; the preferred forms of self-affirmation of youth are determined - the achievement of social status, personal growth and spiritual development, creativity, accumulation of money and material values, familiarization with information, continuous search. The specifics of youth self-realization in the modern socio-cultural space are revealed: priority social spheres of self-assertion of young people are identified, the main criteria for the effectiveness of youth self-realization are analyzed. The socio-cultural nature of the main contradictions of youth self-realization in modern conditions is shown.

The possibilities of the proposed approach to the study of self-realization of the individual are much broader than the study of the social self-realization of young people carried out in this work. The integrative approach gives way both to generalizing research in the field of the social development of young people and to the search for specific empirical material to identify patterns of self-realization of young people. In this regard, it seems promising to further study the procedural aspect of self-realization of young people, associated with clarifying the specifics of the processes of socialization and individualization of young people in modern sociocultural conditions, identifying the features of self-realization of young people in various spheres of life.

### **References**

1. Bakhshi S., Montazeri N., Nazari B., Ziapour A., Barahooyi H., Dehghan F. Comparing the self-esteem and resiliency between blind and sighted children and

adolescents in Kermanshah City. *Middle East Journal of Family Medicine*. 2017. Vol. 15. Issue 7. P. 46-51.

2. Butler M.A., Katayama A.D., Schindling C., Dials K. Assessing resilience in students who are deaf or blind: Supplementing standardized achievement testing. *Journal of Educational Research*. 2018. Vol. 111. № 3. P. 352-362.

3. Halian I., Popovych, I. Nesin, Y., Zavatskyi Y., Vashchenko I., Muliar O., Marchenko A. Experimental Research of the Sense-Value Regulation of Future Teachers in Academic and Professional Activity. *Revista Romaneasca pentru Educatie Multidimensionala*. 2021. Vol. 13 (4). P. 509-523.

4. Harrison G.M., Vallin L.M. Evaluating the metacognitive awareness inventory using empirical factor-structure evidence. *Metacognition and Learning*. 2018. Vol. 13. №. 1. P. 15-38.

5. Kononenko O., Kononenko A., Stynska V., Kachmar O., Prokopiv L., Katolyk H., Popovych I. Research of the factor structure of the model of world view settings at a young age. *Revista Inclusiones*. 2020. Vol. 7, № 3. P. 98-116.

6. Popovych I., Borysiuk A., Semenov O., Semenova N., Serbin I., & Reznikova O. Comparative analysis of the mental state of athletes for risk-taking in team sports. *Journal of Physical Education and Sport*. 2022. Vol. 22 (4). P. 848-857.

7. Popovych I., Hoi N., Koval I., Vorobel M., Semenov O., Semenova N., & Hrys A. Strengthening of student youth's mental health using play sports. *Journal of Physical Education and Sport*. 2022. Vol. 22 (6). P. 1384-1395.

**Боярин Л.В., Завацький Ю.А., Завацька Н.С., Побокіна Г.М., Федорова О.В.**

## **СОЦІАЛЬНО-ПСИХОЛОГІЧНІ ОСОБЛИВОСТІ САМОРЕАЛІЗАЦІЇ МОЛОДІ ТА ЇЇ ЖИТТЄСТІЙКОСТІ: ІНТЕРНАЛЬНИЙ ТА ЕКСТЕРНАЛЬНИЙ ВИМІРИ**

*У статті розглянуто соціально-психологічні особливості самореалізації молоді та її життєстійкості в інтернальному та екстернальному вимірах. Специфіка та труднощі вивчення проблеми самореалізації молоді визначається зростанням опосередкування соціальної реалізації молоді людини соціокультурними факторами. У цьому дослідженні проблематики соціального та особистісного розвитку молоді доцільно використовувати соціокультурний підхід, у межах якого соціальні процеси розглядаються з позиції їх детермінованості елементами культурного процесу (цінностями, нормами, зразками, віруваннями, знаннями). Саме соціокультурний підхід дозволяє вивчити самореалізацію молоді через аналіз ціннісних орієнтацій особистості як основних мотиваційно-сміслових механізмів самоствердження, що спрямовують та регулюють її життєдіяльність, що стає особливо актуальним в епоху соціальних*

змін та ускладнення суспільного життя. Дослідження соціальних та культурних факторів, що впливають на процес самореалізації особистості, створює можливості для адекватного узагальнення розрізних фактів у галузі соціального розвитку молоді та виявлення тенденцій у здійсненні соціальної самореалізації сучасних молодих людей. Реалізація особистісних цінностей здійснюється у процесі життєдіяльності, основними сферами якої виступають освітньо-професійна діяльність, соціально-політична діяльність, сфера сімейно-побутових відносин та дозвілля. Ієрархічність цінностей-цілей особистості, зосереджених у кожній із сфер життєдіяльності, зумовлює нерівнозначність цих сфер для її самореалізації. Найбільш значущими сферами самореалізації молоді є сімейно-побутова та освітньо-професійна сфери, пов'язані з життєво важливими потребами молодої людини.

**Ключові слова:** *молодь, самореалізація, життєстійкість.*

**Боярин Лілія Володимирівна** – кандидат психологічних наук, доцент кафедри педагогіки, психології та теорії управління освітою Інституту післядипломної педагогічної освіти Чернівецької області, м. Чернівці;

**Завацький Юрій Анатолійович** – доктор психологічних наук, доцент, завідувач кафедри здоров'я людини та фізичного виховання Східноукраїнського національного університету ім. В. Даля;

**Завацька Наталія Євгенівна** – доктор психологічних наук, професор, завідувач кафедри практичної психології та соціальної роботи Східноукраїнського національного університету ім. В. Даля;

**Побокіна Галина Миколаївна** – кандидат психологічних наук, доцент, доцент кафедри практичної психології та соціальної роботи Східноукраїнського національного університету ім. В. Даля;

**Федорова Олена Вікторівна** – кандидат економічних наук, доцент, доцент кафедри практичної психології та соціальної роботи Східноукраїнського національного університету ім. В. Даля.