

coby yntlich stoć še «politycznym nacyjům, kerům stoć še muszyny, jeli ny chcemy zaši zanurzić še we historycznyj Lete [mitycznyj rzeye przepłmnyńo]» (*Tam, przekł. włośny*).

Uostatnio podjynto uod Doncowa prība definiowańo nacyje, kero sam zacytujemy, była stworzōno we pisanyj wczos drugij śwjatowyj wojny roboće «Duch naszoji dawnyny». Na jeji strūnach ukrajiński filozof uokryślo nacyjo jak spłnota, kero kuplujōm «spłne mińūne trjumfy i sława prauojcōw, spłno teroźno wolo i byće fertig do delszych wjelgich czynōw; jedyn wjelgi cyl dlo wszyjskich we przyszłōści» (*Uñ, «Duch naszoji dawnyny». Wyd. druge. Mjunchen–Monreal: 1951., s. 255., przekł włośny*). Woźnym cechōm przywołanyj definičyje jes to, iże blank srywo uña ze materjalnymi elymyntami. Uo wjela cytowane wyžyj fragmynty «Pidstaw...» abo «Nacionalizmu» kładty durk na spłne terytorjōm (materjalny elymynt) jak faktūr, co formuje nacyjo, uo tela we «Duchu naszoji dawnyny» jes uñ pūmińynty. Jak pisze Charachasz, «pamjnyć, wolo i cyl przinoležōm do kategoryjōw ganc duchowych, a uokrēm nacyje we danyj definičyje ny kupluje ich ņic» (*B. CHARACHASZ, «Ideja...», wyž cyt., s. 134., przekł. włośny*).

Jeszcze jedna woźno cecha nacyje, kero mjeści še w tyj definičyje, to jeji pozaczasowość. Po prowǳe trefjała še uña już przǳij (*Por. D. DONCOW, «Nacionalizm», wyž cyt., s. 165*), nale we przywołanym fragmyńće mo najpołńyjszy klang, skirz tego co Doncow kŭnkretyzuje w ņim plac wszyjskich trzech tajli lŭnyje czasu. Mińūne gynceracyje gwarantujōm nŭm pamjnyć, rola teroźnych do walka uo spłny cyl, kery swjŭnzany jes ze przyszłymi gynceracyjami. Myśl podano na ta wykłodo Doncow na inkszyj strŭne «Ducha...», kaj mjanuje nacyjo «swjŭnzkyw wszyjskich pokolyń» (*Uñ, «Duch...», wyž. cyt., s. 263*), a tyž we artiklu «Do starych bohiw», w kerym definiuje nacyjo jak «wjelgo spłnota tych, co žyjōm, i tych, co żyli» (*Uñ, «Do starych bohiw (Z nahody studentskoho zjizdu)». «Literaturno-Nukowyj Wistnyk» 1922., nr 4., s. 263*). Te ausdruki nojsylńyj uobrazujōm rozumjnyj nacyje jak spłnoty ņyugrańczŭnyj w czaśe.

Przywołane prŭby definiowańo nacyje klarowŭy pokazujōm, iże jedna połno definičyje nacyje ņy powstała, a uosobne prŭby były zoleźne uod tymatyki tekstōw, w kerych były podyjmowane. We wjyncyj teoretycznych robotach, jak «Nacionalizm», Doncow bliźszy bŭł pokopjnyj nacyje jak ymanacyje wole, atoli we artiklach i broszurach swjŭnzanych ze politykŭm uodwołowoł še do spłnoty, przy tym wzywoł czytoczŭw do walki i dźwigoł jejich morale. Połnyj udanyj syntezy tych prŭb uokryślyōno nacyje ukrajiński idyjolog še ale ņy podjŭn.

Zdrzŭdla

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RESEARCH ON THE CHALLENGES AND SOLUTIONS OF MONITORING THE PHYSICAL HEALTH OF COLLEGE STUDENTS USING BIG DATA

This article reflects on the current situation of physical health monitoring of college students in China from the perspective of the theory of "involution" based on theoretical analysis and comprehensive application of research methods such as system analysis and comparative analysis. It analyzes the specific manifestations of the "involution" dilemma where policies continue to increase support while the physical health of college students continues to decline. This article aims to find solutions to physical health monitoring challenges and development paths, and construct an education incentive system, feedback system, and guidance system based on big data that is tailored to China's national conditions. Keywords: cracking, physical health, big data, involution.

In 2019, the State Council of China issued the "Outline of Building a Sports Power" and listed the promotion of physical health as one of the important projects for building a sports power. It explicitly proposed to "promote young people to improve their physical fitness and cultivate healthy lifestyles, as an important content of school physical education, and comprehensively implement the youth sports activity promotion plan." The university stage is a transitional period for students to enter into society, and it is also a crucial period for shaping their worldview,

life philosophy, and values. Participating in physical exercise during the university stage has a great influence on cultivating lifelong sports concepts and whether individuals will maintain regular exercise habits in adulthood. However, the current situation of physical health testing among college students is not optimistic, with serious problems such as reduced lung capacity, obesity, overweight, nearsightedness, and so on. There is still a big gap from the target proposed by the "Healthy China 2030" planning outline – achieving an outstanding rate of student physical health standards above 25%.

In the era of the Internet, data is the most valuable resource, and big data is leading traditional industries, creating new vitality. The continuous progress of data capture, storage, and analysis technologies has allowed various sports-related data that exist widely in the field to be re-evaluated, changing people's understanding of various aspects of sports, such as sports policy, sports teaching, and sports management, causing changes in the entire sports ecosystem [1]. Big data and sports teaching/training/management are gradually merging together, and the data-oriented management of sports teaching has evolved from "experience-based" to "data-driven", bringing about changes in development. Using big data to improve the physical health and intelligent teaching level of college students is a trend that cannot be ignored. This paper analyzes the current challenges for improving the physical health of college students and combines the current application status of educational big data in sports teaching at the university level. Corresponding measures and suggestions are proposed for the current situation of college students' physical health, providing ideas for changing the thinking mode of school sports development and improving college students' physical health while solving current problems.

Reflection on the 'internalization' development dilemma of physical health monitoring in universities.

The dilemma of internalization and 'internalization' of physical health monitoring.

The concept of "internalization" was originally coined by American anthropologist Clifford Geertz to describe a cultural pattern where, after reaching a certain final form, there is neither a way to stabilize nor an ability to transform into a new form, resulting in continuous internal complexity. Since the restoration of the college entrance examination in China, the idea of "emphasizing humanities over physical education" has been spreading throughout society, and school sports, as one of the "three minor subjects," has not received recognition from society, schools, and parents. It has always been squeezed, and the physical fitness of young people has naturally declined year by year, causing concern and attention from national leaders. The party and state have issued a series of policies and systems and invested a lot of manpower and material resources to enhance students' physical health. However, the physical fitness of college students is still declining, which is far from what the "Student Physical Health Standard" hopes to achieve through physical health monitoring to promote students' participation in extracurricular sports and promote the development of students' physical fitness. In the field of sociology, the development pattern of various levels of management departments investing a large amount of manpower and material resources to improve the physical health of college students but not significantly improving their physical fitness level is called the dilemma of "internalization" of improving the physical health of college students.

Analysis of the specific manifestations of the dilemma of physical health monitoring in colleges and universities.

The national policies continue to increase their support.

Since 2002, the national standardized physical education curriculum has been implemented in all levels of schools after several years of practice and exploration. In 2007, the new standard was officially launched and implemented nationwide. In 2012, the General Office of the State Council issued "Opinions on Further Strengthening School Physical Education". The standard was revised again in 2014, and in April 2016, the State Council issued "Opinions on Strengthening School Physical Education to Promote Students' Comprehensive Development of Mind and Body", proposing to enhance students' physical fitness as the main line and promote their comprehensive development of mind and body. The "Healthy China 2030" plan outline also proposes for the first time a quantifiable indicator that at least 25% of students should reach the excellent level of physical fitness, fully demonstrating that the national goal of enhancing students' physical fitness and promoting the reform of physical education courses are important ways to achieve a healthy China [2].

The physical health and fitness of individuals have been declining year by year.

In order to comprehensively understand and master the current situation and changing trends of physical fitness among Chinese university students, enrich and improve the national physical fitness monitoring system and database, develop and apply big data for monitoring physical fitness and health, and promote the construction of a Healthy China, the physical fitness test data of college students has always been an important focus of the country's attention. However, in recent years, due to the influence of online games and electronic products, the number of "head-down" users has increased rapidly, resulting in increasingly poor physical health among college students. In response to the declining physical fitness of college students year by year, the difficulty of the physical fitness tests has also been reduced, but it has not stopped the downward trend of data. According to a study by the World Health Organization, there are 600 million myopic people in China and teenagers with myopia rank first in the world. In 2018, the Ministry

of Education released data showing that nearly 65% of eighth-grade students have poor eyesight, and over 30% have severe eye problems. If middle school students have this problem, the situation for college students is even more worrying. In 2014, the detection rate of poor eyesight among college students had reached 86.36%, which means that at least 8 out of 10 college students wear glasses. In 2017, according to the "China Youth Sports Development Report," college students performed worse than middle school students on the endurance test of 800-1,000 meters, and many fainted or even died during the tests. According to the "Development History of Chinese Student Physical Fitness Monitoring" in 2017, the obesity rate among college students is still on the rise, increasing by 2%-3% every five years. The zero score rate on the pull-up test, sit-ups, and 50-meter run is also increasing year by year, especially on the pull-up test for male students. Although college students' physical development has improved, their lung capacity is decreasing, their eyesight is getting worse, they can't run or jump, and many will faint if they stand still for a long time during school opening ceremonies. The current situation of college students' physical health also raises questions about the rationality of the standards among sports practitioners.

Analysis of the predicament of monitoring physical fitness and health among university students.

The country has invested a huge amount of human and material resources, hoping to promote the comprehensive development of students' physical health through the implementation of the "standard", and to stimulate and educate students through its functions of feedback and guidance, encouraging them to actively participate in extracurricular physical exercise" [3].

The educational incentive function is ineffective.

The educational incentive function is to encourage students to actively participate in physical exercise, improve their physical fitness, and actively participate in extracurricular physical exercise [4].

This project's configuration has not achieved the intended incentivizing effect.

The effectiveness of incentive factors depends on two aspects: the expectation of the potential outcome of the incentive factor and the value of the incentive factor to the individual. Since the revision of the National Student Physical Health Standards in 2014, pull-ups for male college students have always been a difficult point, with a very low passing rate and a very high failure rate. Pull-ups require the development of balanced muscle groups as well as good back training. The difficulty of doing pull-ups often exceeds student expectations, as standards require using only the muscles of the back and arms without assistance from waist and abdominal strength. Students who are thin, obese, or who have extremely developed lower body muscles, or whose weight is concentrated in their lower body, all face great difficulties when taking the test. The proportion of students who truly meet the requirements for pull-ups is very small, and many overweight male students basically give up on this item of testing, leading to failure to achieve the intended incentives. Without a supporting progressive training program, pull-ups may not be suitable as an item for student physical fitness testing.

Regulatory system has not achieved the intended incentivizing effect.

According to the annual physical fitness testing data reporting process, the data submitted by schools needs to be reviewed by education administrative departments at all levels, and the approval of higher education management departments is required for both data submission and revocation. More importantly, the higher-level departments will also use the testing data to assess their own departments, so the accuracy of the data is questionable. Now many provinces have third-party testing for primary and secondary schools, but universities basically still rely on self-testing, self-reporting and self-monitoring. The supervision method is to conduct a comprehensive inspection of all universities in the province every few years. This supervisory deadlock has resulted in a large amount of false data and scores. Even if the Ministry of Education spends a lot of manpower and material resources to check the test situation every year, it cannot change the phenomenon of data fabrication, which challenges the authority of the 'standards'.

The reward system is unable to stimulate the intrinsic motivation of most students.

The main purpose of the 'standards' as a means is to motivate students to actively participate in physical exercise. However, many schools have deviated from the monitoring objectives of the 'standards'. Who sees the data after it is measured and what kind of data is suitable may be the focus of attention for many school leaders. In 2019, the Ministry of Education issued the 'Basic Standards for Physical Education in Higher Education Institutions' (EduArt [2019] No.4), which stipulates that students' test scores should be included in their files and serve as an important basis for evaluating and awarding outstanding students, and also requires that physical fitness test scores be linked to graduation certificates. The purpose of this document is to make higher education institutions pay attention to students' physical fitness tests and strengthen supervision of extracurricular sports activities. However, outstanding awards and failing grades are ultimately rare, and have little incentive effect on most students. Moreover, the current physical fitness test scores are declining day by day and the data is abysmal. It is difficult to implement the linking of physical fitness test results with graduation certificates. This reward system is based on school assessment, and testing for the sake of testing cannot really help motivate students' interest in sports. Only through stimulating students' interests, promoting their intrinsic motivation for physical exercise, and attracting

them to the sports field, can students improve their physical fitness through regular physical exercise and thus improve their physical fitness test scores.

The feedback adjustment is ineffective.

The feedback adjustment function is an individual evaluation of students based on the data reported by national universities to the National Student Physical Health Standard Data Management System, which has statistical, analytical, and retrieval functions, and is regularly announced to the public [5].

The feedback function is ineffective due to data distortion.

Statistical data is an important basis for scientific decision-making at all levels of government. Data quality is the lifeblood and core value of statistical work. In the report of the 19th National Congress, Comrade Xi Jinping proposed important viewpoints such as 'whoever controls the data, controls the initiative' and 'the amount of information mastered is an important indicator of a country's soft power and competitiveness.' Accurate analysis of big data can help formulate policies favorable to government decision-making, and information technology can promote education reform. Due to the failure of regulatory systems, many universities have frequently falsified data, such as changing grades and cheating in exams, to meet standards for excellence and pass rates. If the source data used for statistics are distorted, it will affect the quality of statistical data, which in turn will affect the correctness and scientific nature of decision-making by governments at all levels.

Missing post-intervention measures resulted in the loss of feedback function.

The National Student Physical Health Standard Data Management System enables students to accurately understand their own physical health status and take timely and precise intervention measures through the uploaded information. The Ministry of Education has invested a lot of manpower and resources in testing, with the aim of discovering and solving problems by analyzing the collected data. However, many universities only focus on the test scores and do not provide targeted follow-up and interventions for students after the tests, which dissuades efforts to resolve the identified issues. This formality of testing just for the sake of testing leads to the loss of feedback function. [6].

Guidance function failure. As a guide, physical education teachers can choose teaching methods and exercise programs that are suitable for students based on their specific situations, and guide them in physical exercise. At the same time, students can access personalized exercise prescriptions with strong targeted guidance through the National Student Physical Health Standard Data Management System. However, after the physical tests, both teachers and students often feel exhausted as if they have just completed a strenuous physical activity. Many university leaders only emphasize the impact of test data on the school, without utilizing the data to guide students or developing personalized intervention plans. Without strong organization at the school level and limited motivation from both teachers and students, the guidance function for later interventions is basically ineffective.

Analysis of the Path to Break Through the Dilemma of Physical Health Monitoring.

Precision Policy Making Based on Big Data.

Realize the National Overall Coordination and the Dual-Track System of Special Tests for National and Regional Purposes.

Due to the impact of environmental climate and geographical location, physical advantages and weaknesses vary in different parts of the country. With the continuous revision of the 'Standards', the number of available test items is decreasing, and basic physical health tests are carried out uniformly nationwide with uniform requirements. This 'one-size-fits-all' approach completely ignores the individual differences of various colleges and universities across the country. By collecting and analyzing national data, developing multiple reasonable physical fitness test projects driven by data, local colleges and universities can choose test projects according to their own needs and replace unreasonable projects. For example, the characteristics of pull-up training are no longer suitable as an entry-level physical fitness test project, and we can replace it with other test projects that can exercise upper limb strength.

Change the regulatory system to achieve rapid, real, open and shared data.

To ensure the authenticity of data, we must change the illogical self-testing, self-reporting, and self-evaluation approach. Meanwhile, the testing data should be quickly shared with relevant parties such as students, parents, schools, administrative departments, and made public in a timely manner, with prompt analysis of the data. Through supervision, the authenticity of data can be ensured, and all stakeholders should participate in the physical testing process. When parents know about their child's physical test results and understand their health status based on the data, they will pay more attention to their child's physical exercise and encourage them to participate in physical activities. Only in this way can we truly strengthen the collaboration between schools and families to improve the physical fitness of students.

Refine the reward and bonus point system to cultivate students' lifelong awareness of physical education.

Currently, many universities link physical fitness test results with physical education grades, honours, and graduation certificates to encourage students to participate in physical exercise and prioritize physical testing. However, this incentive system is oriented towards the school and administrative units, and only a small portion of

students are motivated, which goes against the goals of the 'Standards'. Therefore, schools should develop a detailed reward and bonus point system that rewards participation in sports clubs, extracurricular physical activities, and all activities related to physical exercise. By encouraging students to enter the sports field first, allowing them to experience the fun of physical exercise, sparking their interest in physical exercise, and eventually cultivating lifelong awareness of physical education.

Based on big data, a precision feedback system.

Integration of sports and medicine to promote students' initiative in physical exercise through medical means.

With the development of medical equipment and advances in medical technology, many medical instruments used for testing are becoming more convenient and accurate. By adding some healthy indicators and setting up an early warning system in physical testing, the results can reflect students' physical health conditions in the form of a laboratory report. Students and their parents can learn about a student's health status through this physical testing data and receive corresponding exercise prescriptions. An early warning system is established to transmit the data immediately to the school, parents, teachers, and students themselves when a red alert signal appears due to abnormal physical data. After the early warning, the consequences and remedial measures will be clearly reflected on the physical examination report if intervention is not taken on time. Having data is like having a hospital laboratory report. Everyone cares about their own health, so students and parents will pay attention to the physical tests. They will not only focus on whether the test results are qualified but also care more about the underlying health signals behind them. Under the supervision of their parents, students will also perform targeted physical exercises in accordance with the exercise prescription to promote their physical health levels.

Implementing a tiered teaching mode to improve the physical education environment and enhance students' physical fitness.

In today's era of big data, the results of physical tests quickly reflect the problems that students may have, providing a basis for physical education and giving direction to physical education teachers. The tiered teaching method is a dynamic and stratified teaching method which cleverly integrates "tiered" and "upward and downward movement". According to the physical test results, students are divided into several different teaching levels, and corresponding teaching goals and requirements are proposed for each level. After a period of targeted learning, students can move up or down to another level according to certain requirements based on their learning situation. This tiered teaching mode meets the requirements of sports learning for students with different levels, abilities, grades, and interests, and truly implements the basic principle of teaching students in accordance with their aptitude. This teaching mode fully stimulates students' interest in learning, mobilizes their enthusiasm for physical exercise, and effectively improves their physical fitness.

Based on a precise guidance system supported by big data.

Schools aim to accurately improve students' physical health primarily by proposing reasonable and effective late intervention policies, and the specific implementers of these policies are the physical education teachers who directly interact with the students. Based on accurate physical analysis of big data, schools formulate precise policies and encourage and supervise physical education teachers to pay attention to students' psychological needs, flexibly use incentives, and actively care for students in order to establish a good classroom atmosphere and enhance students' autonomous learning motivation. Physical education teachers focus on cultivating students' interests in class based on data, which ensures a significant improvement in both the pass rate and excellence rate of students' physical health tests.

Conclusion. From the development of small sample data to big data, data-driven decision-making is an inevitable trend, and data has become a hot topic in various fields of research. In today's society, as long as one can obtain more effective data, they can take initiative. The era of big data has arrived, and physical health monitoring that is closely related to data has also rapidly become a new research hotspot and application of big data. Through the Internet, the Ministry of Education collects and analyzes physical fitness data to accurately identify problems, find solutions and methods, and propose policy guidelines and theoretical basis to achieve the goal of "excellent rates of students' physical health standards reaching 25% or more." However, we must be aware of the challenges faced in the era of "big data". It is necessary to ensure the authenticity of physical health testing data, select effective data, accumulate databases, analyze and deeply mine data, and address issues reflected by big data, proposing accurate and effective policies for implementation. All of these require joint efforts from sports workers.

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СТАВЛЕННЯ ДО ЖИТТЯ І СПРИЙНЯТТЯ СВІТУ З ЖІНОЧОЇ ЕКЗИСТЕНЦІЙНОЇ ПОЗИЦІЇ

Стаття розкриває ставлення до життя в екзистенційному досвіді жінки. Екзистенційна позиція формується у вільному самовизначенні на основі особливої інтуїції. Жіноча екзистенційна позиція виявляється в здатності розрізняти важливе і не важливе, інтуїтивному знанні духовних практик, особливому ставленні до смерті й почутті краси, а також втілюється в архетипі розімкненості, який структурує духовне життя. Ключові слова: екзистенційна позиція, інтуїція, андрогін, смерть, краса, архетип.

Вступ. Питання про жіночу екзистенційну позицію вже містить внутрішню суперечність, бо екзистенційна позиція формується у вільному самовизначенні й не має бути зумовленою біологічною або гендерною природою. Хоча дослідження жіночого екзистенційного досвіду передбачає опис низки притаманних жінці якостей, було б помилкою протиставляти жіночі й чоловічі якості як такі, що притаманні їхній субстанційній гендерній природі. Це – редукціоністський підхід щодо людської особистості. Протилежний підхід – розкриття різноманіття екзистенційного досвіду з різних позицій, які доповнюють одна одну. Можна провести таку аналогію. Якщо екзистенційний досвід можна символічно вподібнити до світу, який відкривається нам у спогляданні, то гендер – це пагорб, з якого його можна краще бачити. З різних пагорбів може відкриватися різна перспектива, але краса навколишнього світу зовсім не є набором незмінних якостей, які притаманні пагорбу.

Екзистенційна позиція – це таке ставлення до життя, до себе, до інших і до світу загалом, яке розкривається в ціннісному самовизначенні й світовідчутті. Жіноча екзистенційна позиція відкриває ставлення до життя з такого боку, який не до кінця зрозумілий з позиції чоловіка, проте це нерозуміння визначене не стільки відмінністю в біологічній природі чи в соціальних ролях, скільки тим, що чоловіки дуже часто абсолютизують свою позицію як єдино можливий погляд на світ. У китайській традиції незрозумілість жіночого світовідчуття асоціювалася з такими якостями інь як темне, пасивне, нестійке, тобто як непарне тощо, на противагу активному, світлому, стійкому характеру ян. Гармонія ян та інь виявляла інтуїтивне прагнення до цілісності, якої чоловік окремо від жінки не має. Це прагнення виявляється і в інших культурах. Наприклад, в індійській традиції за чоловічим аспектом божества виявляли інше, жіноче начало (Шива і Калі, Криша і Радга). Жіночий аспект сприймався як інакшість сутності чоловіка. Ця інакшість незрозуміла і тому лякає. Дуже часто в нав'язливому прагненні чоловіка самоствердитися перед жінкою виражається саме цей страх. Відбиток цього страху можна знайти в гностичних текстах, які заперечують цінність матеріального світу, який Софія – жіночий бік вічного еона – створила помилково без свого чоловічого аспекту. Відчуття небезпеки, яке викликає неприйняття жіночого начала, характерне для багатьох дуалістичних ересей, з якими завжди боролосся християнство. Вічну жіночність світу починають оспівувати поети-символісти початку ХХ століття, а у філософії всеєдності вічна жіночність відкрилася вже в позитивному аспекті, а саме в образі Софії – Премудрості Божої. Але, попри те, що від першого явлення Софії Володимирі Соловйову минуло близько півтори сотні років, питання про Софію в християнстві все ще залишається невирішеним.

Отже, саме жіноча екзистенційна позиція, а зовсім не біологічні особливості й навіть не соціальні ролі визначають унікальність екзистенційного досвіду і насамперед особливу жіночу інтуїцію.

1. Природа жіночої інтуїції. Інтуїція – це здатність схоплювати одразу, без попередніх міркувань, тобто протилежність дискурсу. Існує побутова, наукова, релігійна, етична, філософська інтуїція. В основі жіночої інтуїції закладена здатність відчувати свої емоції осмислено, а не просто як переживання, які протистоять розуму. Будь-який акт волі людини вже передбачає свою внутрішню осмисленість ще до того, як ми починаємо аналізувати його розумом. Коли людина робить вчинок, то вже до будь-якого аналізу і міркувань відчуває, поганий чи добрий цей вчинок. Це означає, що дія волі вже має свою внутрішню