

Жінкам з тенденцією до підвищення рівня сімейної тривоги можна порекомендувати наступне:

- Працювати над формуванням позитивної «Я-концепції», адже від її рівня залежить наше емоційне реагування на події. Із зростанням самоповаги, самоінтересу, аутосимпатії зменшуються прояви сімейної тривоги та нервово-психічного напруження.
- Важливо розвивати у собі цінність терпимості до інших, толерантності та довіри, таким чином можна зменшити негативні суб'єктивні переживання.
- Важливо проявляти інтерес до інших сфер діяльності, крім сім'ї, наприклад, цікава робота чи хобі, а також вміти відпочивати та розслабитись.

Перспективами подальшого дослідження може бути виявлення відмінностей в особистісній сфері жінок з високим і низьким рівнем нервово-психічного напруження. Для цього, імовірно, більш відповідною буде група досліджуваних різного вікового періоду, з різним типом гендерної ролі, жінок з обтяженим сімейним анамнезом. Цікавим може бути розкриття інших особистісних рис, зокрема, особливостей самореалізації та психологічного благополуччя жінок з різним рівнем сімейної тривоги.

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A SYSTEM OF VALUES IN THE CONTEXT OF A LIFE PLAN FORMATION DURING THE PERIOD OF EARLY YOUTH

У статті йдеться про психологічні особливості формування системи цінностей на юнацькому етапі онтогенезу. Розкрито теоретичні основи проблеми у контексті становлення життєвого плану особистості.

Ключові слова: життєвий план, самовизначення, ціннісні пріоритети, самореалізація, особистісне зростання, професійне та особистісне самовизначення, життєва перспектива.

В статье говорится о психологических особенностях формирования системы ценностей на юношеском этапе онтогенеза. Раскрыты теоретические основы проблемы в контексте становления жизненного плана личности.

Ключевые слова: *жизненный план, самоопределение, ценностные приоритеты, самореализация, личностный рост, профессиональное и личностное самоопределение, жизненная перспектива.*

This article is about psychological peculiarities of personal values during the period of youth. Theoretical bases of this issue in the context of life plan formation are revealed in this article.

Key words: *life plan, personal identity, value priorities, self-realization, personal growth, personal and professional identity, project of life.*

Setting of a problem. Modern Ukrainian society is characterized not only by the rapidity of changes, but also the lack of economic, political and social stability. The above-mentioned outlines the issue of a person being ready to make a conscious choice of its attitudes. Modern youth personhood achievement is going on according to the new criteria being in Ukraine and is characterized by a person's greatest desire of self-expression and self-actualization. Young people should acquire the skills of making their own decisions, defining their own personal positions during the process of life plan formation both according to their own life values and new Ukrainian criteria.

According to such social criteria the majority of young people are not ready for determining their value priorities, creating their own life programs according to their skills and abilities, evaluating the content and purpose of their self-conception and finding the personal meaning of existing at all.

Among a wide variety of issues related to the inward habits of young people, the issue of representation a psychological picture of a desired future life plan in its self-comprehension is a top-priority as it is tightly linked with the most essential problem of nowadays – the necessity of character education as a subject of its own vital function.

Analyses of the research studies. According to the research studies the period of early youth is of unique importance as some deep interpersonal transformations, the formation of some new psychological new formations which determines the future direction and content of personal development, its future life strategy and finally the complement of its self-integration and self-integrity are being originated. During the period of young youth some consolidation of definite basal life values and personal identity in different social and individual spheres of self-actualization are going on.

Object of an article. Upon investigating the above mentioned issues we considered being necessary to reveal the major psychological characteristics of young people, which are documented in the following research studies and scholarly works [1; 3; 4; 5; 6; 7; 9]. Determined psychological markers and young people's law of development will cause the revealing of the best mechanisms and ways of successful skill formation for senior students' personal self-fulfillment and own life plan selection.

Basic information. Taking into consideration the above context the period of early youth is of an extreme importance as quilt culture, psychological growth, which determines the future content and the personal development direction, its future views and finally the integrity of its personal integration and its self-realization are going on during this period.

During the period of early youth consolidation of certain basal life values and individual self-determination in various social-individual spheres of its self-actualization are coming round. Meanwhile, the early youth period is an extremely difficult and controversial stage of life journey. On the one hand, senior students are still concerned about the problems they experienced during their adolescent period. On the other hand, they are facing the issues of their personal growth and the implementation of their own life plans. That period a young person is mostly ready for picking out its own life plans and creating its social values, however, there is a great variety of problems related to their uncertainty, maximalism,

ambivalence and others. A number of studies are devoted to the problems of personal growth during the period of youth [7; 8; 9].

According to R. Nemov the period of young youth is the beginning of life plans and value realization, which is formed at the end of the adolescent period. Becoming a school graduate requires personal identity as young people are associated with finding the answers on two questions: "What should I be like?", "What job should I get?" [5].

According to I. Kon, senior students have an acute necessity of being an adult. This need is one of the forms of self-comprehension manifestation and serves as an individual specific innovation and essential dominance of the young youth period. Maturity determines a new boy or girl's attitudes to itself and society, strengthens its social activity, which is shown by more accurate adoption of the values, behavior and standards of a grown up. Being on the stage of becoming an adult catalyzes the necessity of taking some duties and responsibilities of adults, accepting their values and creating their own individual axiological system [4].

N. Tolstyh mentions that the object of some serious considerations of a young person is becoming its future plans, especially its professional choice, family focus and skills of interacting among different social groups. During this period the rights and duties which are in the social space of adults are of crucial importance, that is why a young person is good at acquiring the new social system of values. On the one hand, a person tries to be like others sticking to the entitlement of adult behavior in order to be acknowledged in different micro-communities. On the other hand a person is willing to become better than the others in some spheres, tries to have different kinds of relationship with other people [9].

A typical peculiarity of this period is a great enlargement of different role performance. But all these roles are not treated by a person seriously and permanently. That is why we can observe that a young person can suffer a disbalance of values and so called value gap.

Being a senior student at school a young person can realize its self-perception, build its self-identity and consider its future profession or occupation. That is why this age is a sensitive period for a young person due to formation its skills for self-realization and building its life values and future plans [6].

A life plan – has both social and ethical characteristics. It only appears when the final result is not the only subject of consideration, but the ways of achieving this result, the path which a person is going to follow, those necessary objective and subjective resources are considered too. Unlike the dream, the life plan is a plan of activity [4].

According to T. Tytarenko, a life plan is a way of your personal conscious attitude to what is going on during your individual life-sustaining activity, of promoting the individual role in it. This is the person's circumspect and considered choice of understanding the challenges of making this choice and taking a responsibility for it. It is evident that only a mature person who understands the values and mission, as well as the ways of its achievement can make this choice. Besides a mature person is a person who has a good project of life which helps to predict the future according to its life experience and life values. The above mentioned can help to implement the plans in reality.

On the one hand a life plan is a result of generating a person's targets and hierarchy of motives, on the other hand it is a result of concretizing a person's targets and motives. Anyway a purpose and a motive are the basic components of any life plan. According to P. Galperin the goal makes a person take action, but we should also consider different kinds of goals – rational and spontaneous, ambitious or contextual ones [3].

So, defining the target, a person can do it thoroughly or not. Nevertheless, we should remember that the inadequacy of targets can cause the person's disappointment, lack of confidence, and doubts about achieving anything in its life. In order to have adequate targets it is really important to consider real opportunities of its achievement.

Young people are more focused on the eventual outcome, which can cause an unwillingness of taking actions and daydreaming, not paying enough attention to the ways of achieving set goals. It is commonly known that a dream is not a reliable guide which can't be associated with an action, so it can

cause neither life plan nor real values formation. Meanwhile dream is that real image of desirable future that gets a person to take action. Due to a dream people can get a chance to become more motivated, be more focused on achieving their targets and goals. Dreams can be both active and passive and it makes us move ahead. Constructing its future youth is concentrated on its dreams and tries to achieve them.

Conclusions. To sum up according to the above mentioned basic components of the life plan, we need to define the mechanism of achieving person's targets and dreams. Generally speaking, there some mechanisms of formation life plans such as personal identity, self-actualization, self-direction and self-adjustment which help determine the level of psychological maturity and the way of forming the values of its own future.

Analyzing a person's life journey it is important to pick out the assumptions of one's life plan formation in the period of young youth:

1. Person's social development and its life path are of ultimate importance of its life scenario formation (L. Burlachuk).
2. The issue of personal identity is associated with the issue of professional identity (V. Rybalka).
3. A person takes an active part in its own life, so a possible way of individual development is its project of life (T. Tytarenko).
4. Life strategy is an art of its own lifestyle and its search (K. Abulhanova-Slavaska).

By all means early youth is the period when not only the system of values is formed, but also professional and personal identity are ground. The issue of identity formation is tightly connected with the global issue of life plan formation, meaning of life and those other values which can help a young person get over the phenomenon of self-actualization.

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