

THE PHENOMENON OF INTEGRATION-DISINTEGRATION IN THE DIMENSIONS OF DIALECTICS OF MODERN PSYCHOLOGICAL SCIENCE

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Abstract. This article is devoted to the analysis of the phenomenon of integration-disintegration in the dimensions of the dialectics of modern psychological science. It has been established that integration, integration processes are and certainly should be the main phenomenon of modern social development. In modern scientific literature, there are different directions and approaches to understanding the essence of integration processes. For the most part, integration is viewed as an objective, multifaceted, most complex phenomenon; as a process rich in contradictions, searches, significant financial, economic, social, legal, political and other experiments. The article analyzes the results of an empirical study of the possibilities of applying the resource approach to the study of personality in a situation of oncological disease. The origins of the concept of «resource», the peculiarities of its use in psychology are determined, the resource approach to psychological diagnostics and assistance to people in difficult life situations is outlined. We suggest that the problems of helping this target group are not so much in integrating the split between existentialism and biology, but in promoting our own ability to dialectically maintain the identity and coherence of the personality, despite its psychological and physical characteristics.

Key words: Integration, dialectic resources, crisis, psychological well-being, optimism, meaning of life, personality.

ФЕНОМЕН ИНТЕГРАЦИИ-ДЕЗИНТЕГРАЦИИ ЗНАНИЙ В ИЗМЕРЕНИЯХ ДИАЛЕКТИЗМА СОВРЕМЕННОЙ ПСИХОЛОГИЧЕСКОЙ НАУКИ

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Аннотация. Данная статья посвящена анализу феномена интеграции-дезинтеграции в измерениях диалектики современной психологической науки. Установлено, что интеграция, интеграционные процессы выступают и безусловно должны быть основным феноменом современного общественного развития. В современной научной литературе существуют различные направления и подходы к пониманию сущности интеграционных процессов. В большинстве своем интеграция рассматривается как объективный, многогранный, самый сложный феномен; как процесс, богатый противоречиями, поисками, значительными финансово-экономическими, социальными, правовыми, политическими и другими экспериментами. В статье проанализированы результаты эмпирического исследования возможностей применения ресурсного подхода к изучению личности в ситуации онкологической болезни. Определены истоки понятия «ресурс», особенности его использования в психологии, очерчен ресурсный подход к психологической диагностике и помощи людям в трудных жизненных ситуациях. Мы предполагаем, что проблемы помощи этой целевой группе не столько в интеграции раскола между

экзистенциализмом и биологией, сколько в содействии нашей собственной способности диалектически сохранять идентичность и согласованность личности, не смотря на ее психологические и физические особенности.

Ключевые слова: Интеграция, диалектика, ресурсы, кризис, психологическое благополучие, оптимизм, смысл жизни, личность.

Introduction. Theories of the development of self and personality processes have tended to focus either on structural or on dynamic processes. Different theoretical strands have dealt with two core aspects of self- and personality development in somewhat separate ways. One strand emphasizes structural aspects of the development of self representations – especially, their increasing differentiation, complexity, and eventual integration. However, nowhere is the fragmented state of psychology as obvious as in the empirical realm. The term «resource» is used in various studies related to the study of mental reality, and the resource approach in psychology is based on its humanistic paradigm, in the context of which an important place belongs to the study of constructive potential of the individual to overcome difficult life situations. In psychology in general, a resource means everything that belongs to the individual in psychological terms. The use of this term in relation to the individual implies the presence of different amounts of resources of different qualitative definition, so when describing a resource, it is necessary to determine its essential, psychological nature and assess how it is expressed in the individual and how well he uses it. The problem of resources is especially relevant in severe, disabling, life-threatening diseases, including cancer, which are becoming increasingly common in modern Ukraine.

Literature review. Initially, the methodological and conceptual apparatus of the resource approach consisted in the field of modeling production in the economy. He came to psychological science through psychophysiology, where he applied it to the limited energy capacity of cognitive mechanisms [11]. Resource approach to study the features of mental activity developed by J.D. Brown, E.C. Poulton further improved M.J. Posner, D.A. Norman, D.J. Bobrow and a number of other researchers. On the example of the ability of drivers to drive well in densely populated areas, J.D. Brown, E.C. Poulton identified the role of cognitive resources. Twenty years later, E.C. Poulton as the main human resource noted the ability to self-control, in which the leading role is played by cognitive processes [4].

The problem of psychological stress from the standpoint of the resource approach is reflected in its resource model, according to which stress arises from the actual or imaginary loss of resources, including behavioral activity, somatic and mental and occupational capabilities, personal characteristics, autonomic and metabolic processes [10]. According to N. Vodopyanov, stress management resources are considered in the context of a dynamic approach to resource provision: depletion of some resources can stimulate the activation and reconstruction of other resources or contribute to efforts to invest spare resources. Depending on the subjective activity, resources are attracted, co-adjusted, developed, distributed in accordance with life challenges, activity requirements and situational conditions [1].

In the resource concept of stress, resources are defined as something that is important to a person and helps him adapt to difficult life situations. S. Hobfall's resources include: tangible objects (income, house, transport, clothing, object fetishes) and intangible (desires, goals); external (social support, family, friends, work, social status) and internal intrapersonal variables (self-esteem, professional skills, optimism, self-control, life values, belief system, etc.); mental and physical conditions; volitional, emotional and energy characteristics that are necessary (directly or indirectly) to survive or maintain health in difficult life situations or serve as a means to achieve personally meaningful goals. Based on the theory of

conservation of resources, a questionnaire (COR-Evaluation) was created, which reveals the level of losses and gains for each of the four groups of resources: objective or material (things a person owns), social (social status), personal (optimism, optimism). viability, locus of control) and energy (time, money, knowledge). The resource approach is based on the principle of «conservation» of resources, which provides the ability to obtain, store, restore, multiply and redistribute resources in accordance with their own values. With this distribution of resources a person has the opportunity to adapt to varying living conditions [5].

In general, the resources of the subject are understood as any internal and external conditions, real and ideal objects, individual qualities, relationships, attitudes, values that the subject creates or attracts, and uses to solve their own problems and achieve significant goals. Due to subjective activity (activity of different levels of psychological regulation) resources can be actualized, accumulated, distributed, spent, reconstructed and restored. Personal adaptive potential (A. Maklakov) is associated with the socialization of the individual, violation of which can lead to problematic interactions, reduced efficiency and deteriorating health, ie all components of personal adaptive capacity are important in assessing and predicting the success of adaptation to difficult and extreme situations, as well as in assessing the rate of recovery of mental balance [2]. In essence, resources are adaptive capabilities that are stable resistant characteristics of individual-typological and personal level of human individuality and provide the ability to successfully adapt to various demands of life, manifested in the physiological context (from biochemical level to level unconditional and conditioned reflex regulation of activity) and (most importantly) in the psychological, directing the behavior of the individual, his activities.

Research Methodology. The empirical study involved 118 cancer patients (62 females and 56 males), primarily patients diagnosed with breast and intestinal Ca, all diagnosed with stage 1-3 disease, studied with distant metastases (stage 4) and terminal patients were not examined by us. In addition, we interviewed 118 people without cancer (60 females and 58 males), a total of 236 people aged 20 to 67 years participated in the study. To achieve the objectives of the study we chose such methods as the Scale of optimism and activity (N. Vodopyanova, M. Stein) [1] and the Questionnaire of psychological well-being EORTC QLQ-SWB32 (B. Vivat, T. E. Young, J. Winstanley) [9]. The scale of optimism and activity is aimed at identifying personal factors that contribute to stress. The structure of stress as a complex personal construct includes worldviews and guidelines, such as a positive outlook, cheerfulness, self-confidence and constructive activity in difficult life situations that require resilience, courage and faith in their positive solution. Positive worldview and cheerfulness are important attributes of human psychosocial health. This technique is a variant of the Scale of activity and optimism I.S. Schuller, A.L.Comunian (AOS, 1997) in the adaptation of N. Vodopyanova, M. Stein and aimed at assessing the dispositional resources of life position. Optimism by this technique is understood as a person's tendency to believe in their own strengths and success, to have mostly positive expectations from life and other people. Activity in this context means energy, cheerfulness, carefreeness and risk-taking. Passivity is manifested in anxiety, timidity, insecurity and unwillingness to do anything. The EORTC QLQ-SWB32 Psychological Well-Being Questionnaire consists of 32 statements that form scales such as Attitudes Toward Others, Attitudes Toward Yourself, Attitudes Towards Higher Powers, and Meaning of Life.

Analysis and results. Researchers have identified six main paradigms of modern practical psychology: biological, behavioral, cognitive, family-systemic, psychoanalytic and existential-interpersonal approaches, all of which need to be integrated even in the context of a client-specific psychological intervention program.

Accordingly, one can (a) choose a form of reductionism, trying to translate or reduce the provisions of other theories to their own, (b) argue that different theories are commensurate with each other and therefore subject to selection through scientific tests c) assume that, like many different religions, they relate to different views and are therefore disproportionate, (d) choose some form of eclecticism, (e) believe that different theories were intended to explain different states and phenomena, and therefore were referentially different, or (f) seek a final synthesis, a supertheory that would cover the findings of all the different schools and either synthesize or avoid the need for many points of view [6].

According to the results of non-parametric U-test, statistically significant differences in the optimism of cancer patients and healthy subjects were found, so the level of optimism is statistically significantly higher in healthy respondents than in those with stage 1-3 cancer ($U = 5701,0$; $p = 0,016$), but no differences were found in the level of activity ($U = 6802,5$; $p = 0,761$). Analysis of the results within each individual sample suggests that statistical differences between men and women, neither healthy nor cancer patients were found ($p > 0,05$). To determine the age differences in optimism and activity in the two study groups, we used the K-test, according to which the «optimism» scale revealed statistically significant differences between respondents of different ages for the whole sample ($p = 0,009$), instead of the activity scale. Such age differences are not observed ($p = 0,246$). Indicators of scales «optimism» and «activity» in groups of cancer patients of different ages do not differ statistically significantly ($p = 0,084$ and $p = 0,115$), the same trend is observed in groups of healthy subjects ($p = 0,140$ and $p = 0,461$).

According to the results of statistical analysis using the U-test, statistically significant differences were found between cancer patients and healthy subjects on the scale of «self-esteem» ($2,21 \pm 0,92$; $2,95 \pm 0,55$, $U = 3887,0$, $p = 0,001$) and «meaning of life» ($1,41 \pm 0,41$; $2,63 \pm 0,51$, $U = 480,0$, $p = 0,001$), on the scales «attitude to others» and «attitude to higher forces» statistical differences between groups of subjects are not observed $p > 0,05$. Thus, cancer patients, unlike relatively healthy ones, have a worse attitude towards themselves, feel guilty, insecure and, accordingly, often do not see their life prospects.

The sample of cancer patients revealed statistical differences between members of different sexes on the scales «attitude to others» ($2,30 \pm 0,83$; $1,83 \pm 0,54$; $U = 1148,5$, $p = 0,002$) and «attitude to self» ($2,97 \pm 0,72$; $1,52 \pm 0,40$; $U = 161,5$, $p = 0,001$), ie men with cancer are characterized by a more positive attitude towards themselves and other people, less prone than women to self-blame and accusations of others in their problems. In addition, there were statistical differences between the age groups under 30 and after 50 on the scale of «meaning of life», ie younger cancer patients, especially women are characterized by a better understanding of the meaning of their existence, seek to leave something behind and are particularly focused on raising children. have time to get on your feet, give education). In the sample of subjects without cancer diagnoses, statistical differences between men and women were found only on the scale of «self-esteem» ($2,85 \pm 0,56$; $3,35 \pm 0,50$; $U = 1019,0$, $p = 0,04$), ie women are generally characterized by a better attitude towards themselves than men. There were no statistical differences in the age of healthy subjects (at $p > 0,05$).

In our study, we emphasize the unity of personal and social resources of the individual, which is especially evident in stressful life situations. A typical reaction to fragmentation in modern psychology is that each school views the psyche from a certain perspective or point of view. For example, biological psychology is considered to consider human behavior, cognition, and influence in terms of brain genetics and neurophysiology, while systems theory considers the same phenomena in terms of its place and function in the social sphere. structure. However, it is very



important to realize that the word perspective has a completely different meaning when used in relation to an object whose ultimate nature is a mystery compared to its more common use, for example in drawing and painting, where the object is fully known and understood, but simply depicted from one side or another. It is not clear what the psyche itself is. In fact, when making different decisions about the nature of the deep structure of the psyche, it is sometimes said that different psychological schools actually define their object of study differently. Solving the problem of perspectives in psychology would be the closest thing to do if we could show that our inability to understand the finite object is the result of our inability to create a corresponding metatheory of the psyche. Indeed, there are certain situations outside of psychology in which seemingly incompatible descriptions of one object become compatible when we move to a better point of view or meta-perspective. Determinism, materialism, reductionism, social criteria, individualism, factualism and cognition - agree together in what can be called a natural scientific view of reason. On the other hand, freedom of will, idealism, private criteria, collectivism, hermeneutics and unknowability - show a certain coherence in the formation of the humanistic point of view. Between these extremes there is a wide range of intermediate positions, which take some philosophical positions of each of the two more radical points of view. The classical discussion, although conditional and schematic, shows that in their deep, philosophical structure, different models of modern psychology are in fact interdependent. This is because the very philosophical principles that each model or theory considers axiomatic depend on very opposite principles, which each theory considers to be contrary to its own.

Conclusion/Recommendations. The paper outlines the structure and precursors of this metatheoretical inquiry, identifies the presuppositions of these logics, provides exemplary statements of their application, reviews the rise to ascendancy of the logic of disintegration, demonstrates its current prevalence, provides a critique of its operation and concludes with a re-assertion of the value of the logic of integration. We suggest that the solution here is not so much to integrate the rift between existentialism and biology as to foster our own ability to move dialectically between them and retain in our understanding the possibility that what appear to be opposing views are in fact complementary, interdependent, and mutually corrective. prospects. The origins of the concept of «resource», its peculiarities of its use in psychology, the resource approach to psychological diagnostics and assistance to people in difficult life situations are analyzed. The modern methods of determination of resource possibilities, in particular those successfully used in foreign psychoncology, are characterized. According to the empirical study, statistically significant differences in the manifestations of oncological and healthy subjects' optimism were found, so the level of optimism was statistically significantly higher in healthy respondents than in those with cancer, cancer patients, unlike those without cancer diagnoses, worse guilt, unsure of themselves and, accordingly, often do not see their life prospects, especially this tendency is characteristic of women over 50 years. In psychology, we must take seriously the concept of the object, that is, the human psyche, which retains its identity and coherence, despite the fact that it is subject to seemingly opposite descriptions. By the way, this is what clinicians often ask their patients in psychotherapy. In fact, patients are asked to expand their perceptions of themselves so that they can tolerate feelings of love and hate for the same person, so that they can acknowledge that they are driven by their past, but at the same time feel free to decide their future because they may tolerate a relationship (or life) that feels unreliable and secure at the same time, and therefore may adopt certain characteristics that they usually consider convicted, and so on. This is not a place for a detailed study of the idea, but the problem of the plurality of psychological theories is similar to the problem of the multiple «I».

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