

THE VOLITIONAL SELF-OVERCOMING PHENOMENON OF THE PERSONALITY: BACKGROUND AND DEVELOPMENT OPPORTUNITY



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This paper is devoted to the psychological phenomenon "volitional self-overcoming" and examines the key meanings of the will in system of personality. Shown the background for understanding phenomenon and structure of volitional self-overcoming operation, involving the active complex of a self-processes and highlighted components (personal, cognitive-behavioral, activity).

Key words: volitional self-overcoming, the will, self-processes, transcendence, subject, activity, personality

Статья посвящена психологическому феномену "волевого самопреодоления" и рассматривает ключевое значение воли в системе личности. Показаны предпосылки к пониманию феномена и структура механизма волевого самопреодоления, включая активный комплекс само-процессов и содержащих его компонентов (личностный, когнитивно-поведенческий, деятельностный).

Ключевые слова: волевое самопреодоление, воля, само-процессы, трансценденция, субъект, деятельность, личность.

Introduction

In today's society that is due to increased standards, people are often faced with the requirements associated with own overcoming. Society as the

personality surrounding reality sets identifies conditions whereby formation of self-actualizing man with ability to overcome himself become possible. However, under identical conditions, some people stop at reaching of result, others do otherwise: continue their path of development, self-realization, the formation of personality, in spite of the difficulties that encountered in implementing themselves through self-transcendence. In this context the study of changes that will undergo as a tool of personality's self-overcoming in the process of functional life activity seems to us the actual psychology subject today.

The self-overcoming process requires individuals greater effort, since it is connected with the inevitable overcoming "The Self" through faith. Consequently, to achieve a certain result, the human as a person must act as an active figure. This conceptual idea of the full and harmonious development of man can be traced in D. Feldstein's work [7], where the main method of personality's essence is development, that reflected in the basic needs of a constantly go beyond human limits.

Self-overcoming in their understanding to us appears as widely considered phenomenon, that in the complex mechanisms can be represented as a set of rational self-processes, such as self-determination, self-knowledge, self-control, self-awareness, self-actualization and others which have functions of the process and attributes, and also in certain conditions as a state [19].

Background research

The problem of volitional self-overcoming of the personality in activity was not a subject of special study in native psychology science during the XX century, but to date has been well studied in the philosophical literature by F. Nietzsche, F. Frankl, N.A. Berdyaev and others, as well as in the pedagogical by O.E. Machkarina and E.M. Shemelina [15;25] that can provide the background and foundation research from the psychological side.

A. Schopenhauer [24], F. Nietzsche [18], W. Dilthey [4] and many other philosophers who are representatives of the XIX century's "philosophy of life», in their works considered the process of self-overcoming by willpower through the prism of the freedom and constraints struggle. Absolutized will by german philosophers E. Hartmann [10] and A. Schopenhauer [24] gave it a cosmic force, defining its initial unconscious, from which all mental derivatives represented by humans manifestations. Later, under the authority of this variety of voluntarism in the deep analytical psychology was set ideas about the irrational nature impulses that guide human behavior.

F. Nietzsche [18] concluded that human without the will to overcome himself and who is not aspired in try to transcend - can not become a human. According to F. Nietzsche, human is something that exists in the mass, and after hard work and effort to achieve their potential, has the ability to escape from the

human origin. Austrian psychologist V. Frankl [8] stated his opinion on the subject of volitional self-overcoming considering that a person begins to be such only when he is able to overcome the stage of identity, not necessarily relating to confronting himself. This possibility of self-revelation he called "existence that is equated to regular extension beyond human boundaries".

In the development of the personal origin in the western philosophical science raises the question of understanding self-overcoming as a way to implement human's own potential. G.V.F. Hegel [11], I. Kant [12] impact a huge part of the man's spiritual component and noted the important role in personal self-fulfillment - the will to self-transformation and freedom of the human soul. According to G.V.F. Hegel, person who acquires education becomes higher in its self-becoming, because spiritual enrichment favors the attainment of control over the life strategy.

V. Frankl [8] paid attention, that for essentially direct self-existence there is a need of transcendence, to cross the boundaries of their own existence area. Consequently, the phenomenon of self-overcoming combines the struggle of opposites: freedom and constraints that allows us to consider this phenomenon integrative.

Background research of the self-overcoming of personality is also seen in the existential philosophy direction. From the perspective of existentialism, people initially exists in the unexamined world, and after, in its development defined within the scope of the true meanings. Nevertheless, the trend of freedom comparison to the need of self-overcoming in the existentialism is rejected in most cases. Instead, it is argued judgment about freedom, serving as an opportunity for self-realization and condition of human self-realization [19].

So, if we just try to determine the value of self-overcoming, then first of all it will be understood as overcoming himself. Jules Lachelier believed that person can remain himself solely in the event that he continually strives to rise above themselves. In other words, it can be interpreted as on the road to success in the process towards the achievement of human goals, everyone has one form or another to do the work on "Self", overcome difficulties, to rise above themselves, to exercise willpower. If self-development is closely linked to self-overcoming, it occupies a will dominant position. Volition is needed to implement a person's potential and rational division of needs. Though the will is formed of interest or person's desire, it is still not the same as them. Conversely, in the course of its historical formation, an ability to overcome one needs for certain has been developed. Exactly at this moments where a clash of different nature and aspirations of being - the will is implemented.

However, a general statement and understanding the transcendental person who is capable of spiritually rise above himself, gives a background research on the future understanding the system of self-overcoming in the psychology context, where the main part of the process is the volitional

beginning of personality. Importance can be given to the direction of humanistic psychology, where the topic of human self-perpetuating, self-actualization given the most attention in the outlined problem (A. Maslow [17], C.R Rogers [23] J. Kuhl [14]).

Different approaches to the study and determination of the will suggests the broad sense of its relevance. Associated with a conscious commitment on one hand, understanding behavior and human activities will also acts as a self-overcoming tool in the conditions of life and overcoming difficulties.

Possible ways of self-overcoming

Volitional self-overcoming of the subject of activity may occur in two main lines. The first direction in the form of self-affirmation has a social character, as the main prerequisites for self-overcoming forms by surrounding society. Thus the individual, according to N.R. Bityanova [2], understands self-development as a creative attitude to themselves, create themselves during the dynamic effect on the inner and outer world for conversion. Based on intrapersonal needs during activity, gaining some experience and volitional qualities, personality on this foundation gradually starts to regulate their activities, mutually improving and developing its own ability to implement it, as well as changing and overcoming itself; choose conscious aims and source of vigorous activity.

Sufficiently widespread belief that the pillar of self-development are human needs, including the most distinguished spiritual and social needs. They are represent the ultimate source of self-movement, need of self-identity.

The need for self-assertion or social recognition finds it's origin in the basic biological need to provide competitive coexistence of other individuals in the surrounding society. Self-assessment of significance in the individual spiritual development in the form of self-assertion occurs at the self-determination level, in an effort to be better and more confidence in their abilities. People who achieved the highest level, striving for self-affirmation goes in need for self-improvement through own self-overcoming. Social need due self-actualization generates the need for self-assertion, which sort with the individual's social status.

In the motivational model, the need for self-affirmation can be characterized by the following main elements: the need for education, training and the need for new knowledge. Element "education" and its manifestation degree stabilizes the need of the self-expression with the intellectual side of the personality [19].

Social recognition in the system of self-overcoming primarily operated by indicated criteria which is functioning in individual's specific group affiliation. Of course, there is a balance between these two elements, namely the need for social recognition and need for security with a share of the need for education

and development. And when the degree of social acceptance criteria is getting higher, than higher will vary adjoined to this need. Considering that key factor in comparison with others, it is possible to give an example of achieving sport results as one of many forms of satisfying the athlete individual's need for self-affirmation. Coach gradually trains athletes by required health parameters, which sort with specific criteria of achievement of equal recognition, and basically these criteria that set out in the training period are overstated.

Another aspect of the self-overcoming is self-improvement. Human, before setting a rational aim, will operate under the influence of public distinguishable from the beginning because at this trend the important value has a subjective human inner desire for self-development. This process of self-development or self-improvement we can describe as a process of conscious, self-regulation of human development, in which subjective interests purposefully formed and developed its specific qualities and abilities.

From the standpoint of self-development and deep personal competence improvement, it must be perceived as a self-overcoming tendency individuality potential; as a conscious process of self-improvement for the efficient realization, which based on significant internal and external circumstances, desires of maximizing the spiritual, moral, practical and active conversion, self-development and transcendence.

Particular manifestation of the self-processes complex appear as need for will-activity, self-overcoming as a full understanding of life, struggle selection and full realization potential itself. According to A.A. Ukhtomskii [26] who substantiated the fundamental principle of the dominant in the basis of human life activity, the most significant dominant permanent will be the moral perfection and the search for truth.

It is objective that these self-processes play an important role in the volitional self-overcoming, as they have in the structure: a semantic, cognitive, creative, governing, energetic volitional subject's origin, and provide mechanisms of life potential, qualitative conversion of individuality during the activity. Awareness of their capabilities during activity causes a person desire to realize their vitality potential, where this process of self-realization is manifested in new skills that tests on the limit of self-overcoming.

Paying our attention to the post-classical systematic approach of understanding self-processes, it is assumed that all units that require direct human conscious motivation to overcome, come from local, encourage and regulate constituent will. E.V. Galazhinsky [9] and V.E. Klochko [13] propose another way to overcome the external causes of human behavior that coupled with the consideration of relations within the system, the center of which is human himself. In combination, the human is a difficult psychological self-organizing system that can produce new conversion relies on its development. Of course, personality in the process of identity formation and development will

require volition's education without having an ability to consciously control his mind and actions, as it has the opportunity to go beyond its limits. Along with self-overcoming, consciousness as a attribute of regulating focused human behavior, play a key part of the person's structural formation.

In this way, self-processes - is human obedience to his own behavior, views and beliefs, where folding to motion in self-employment activities, improve their strength and ability to form not only to accept a consciously motivated decisions, but also to ensure their successful implementation in spite of possible difficulties using strong-willed concentration. The prefix "Self" - is an essential element in the system issue's review, namely, represent "The Real Self" as an indication of the creator's own life.

Volitional self-overcoming as a psychology object

Volitional self-overcoming can appear from the position of psychology object, as in it's understanding, we consider it as a very self-processes complex of subject (self-actualization, self-awareness, self-regulation, etc.). And above all, that self-processes complex can not be carried out without affecting the key management component of the personality - the will. The will of personality in this matter is considered as a "tool" to influence the subject in self-overcoming. Self-overcoming, as a manifestation of a strong-willed person contains an element of expansion, but the self-overcoming and its necessity includes the self-restraint of the human himself, by other words, acting as a restriction. Herewith a person has the ability and desire for continuous self-development to expand its capabilities, so this own borders extension can be directed to productive activity [19].

Interesting position about the problem of expanding human borders during volitional self-overcoming was outlined by N.A. Berdyaev [1], who noted that man is a creature who is emerging from itself, transcending, and the constant transcendence will be the implementation of individuality in person. It is worth repeating that under the self-transcendence we understand the process of stepping beyond the "present" and the barriers and boundaries to find perspective and meaning, which could be unnoticed (K.R. Ellerman and P. Reed [5] B. Palmer [20]). Further definition of this point can be shown by P. Reed: "Inherent, gradual, non-linear developmental process, resulting in increased awareness of dimensions greater than the self and expansions of personal boundaries within intrapersonal, interpersonal, transpersonal, and temporal domains" (V.L. McCarthy, J. Ling, R.M. Carini, [16, p. 179]).

A. Maslow lists 35 different meanings of "transcendence". These include loss of self-consciousness, mystical fusion, letting be, letting things happen, unselfish love, enjoying the cosmos, being self-determined surpassing one's limitations, being fully accepting of the self, doing one's duty, accepting death,

having intrinsic conscience, being absorbed in what one is doing, integrating dichotomies, and being metamotivated [17, p. 286-287]. None of these meanings is in any way controversial, although we need to note that Maslow understands the notion of "mystical fusion" phenomenologically, as an experience. This does not, therefore, necessarily imply the existence of a metaphysically transcendent reality to which we actually become fused [3].

Going beyond its own subject's borders is nothing like a real human's self-transcendence. This step of self-overcoming involves serious and intense activity, in relation to what take place an experience and rationalization as real and imaginary action.

The human's will is developing during overcoming obstacles and difficulties. Activity as a challenge to man has an objective and subjective side, from reason of its definition reflect not only overcome external obstacles, but also those that people finds in themselves on the road to self-improvement when action is conceived. Such internal barriers may have a different character: fear, laziness, affection, attitude, and other habits. Summarizing, we can emphasize that when the human is facing to any failure - he faced with himself. This conclusion proves that self-overcoming is impossible without a strong-willed work on "The Real Self" out of practice activity. This phenomenon can be called self-criticism, but the main feature will be that it does not stop at the stage of self-examination, other way it continues to go into action.

Volitional self-overcoming in its structure consists of a contingently allocated components which combine a full range of productive interaction between different spheres of human activity. So, we can be roughly divide it into three key components: personal, cognitive-behavioral, activity. In it's turn, each component performs its function conducive enhancing the volitional self-overcoming structure. Briefly we can give a characterization of each of them [19].

The work of the personal element inherent human willpower and basic self-processes, the number of which can include self-efficacy, self-esteem and so on. Cognitive-behavioral component in its understanding defines the interaction and transformation of behavioral activity of subject at hand previously learned knowledge of volition self-overcoming in achieving a positive result, spheres of manifestations volitional qualities which goes into the personal significance that leads to responsibility for the results and consequences of actions.

The final conditionally highlighted component in the system of volitional self-overcoming designated as activity. Under activity component provides the integration process of the knowledge and information on the implementation of the planned actions. This level is one of the key in reason that the direct implementation of volitional self-overcoming is realized from internal to external actions.

A person during the process of self-development constantly challenge himself, self-overcomes - transcends. Thus, the process of self-overcoming, we

can imagine as going beyond the abroad of "The Real Self" and acquisition "The Ideal Self" that is graphically can be illustrated in Figure 1.

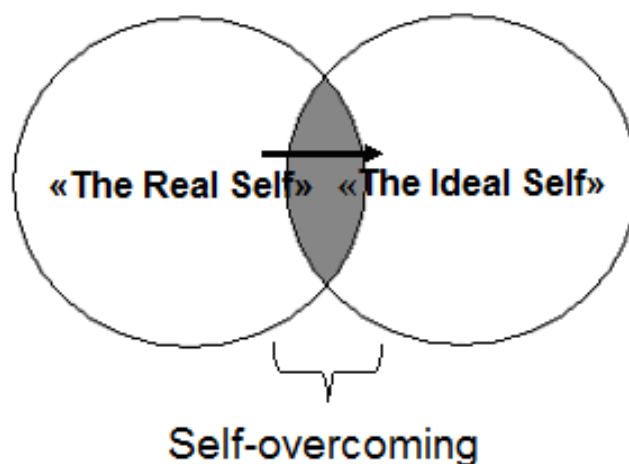


Figure 1 - Transition to the ideal image of the "Self" through the self-overcoming process

Analyzing the act of transition to the ideal image through the self-overcoming process, we can see a similar position of D.B. Elkonin [6], V.A. Petrovsky [21], where "The Real Self" is the position of the human condition. The perfect image - the individual's ultimate goal as a result that requiring intensity activity. Boundary that connect the self-overcoming act is the mark of transcendence, transformation of one state to another. Hence that the overcoming phenomenon exists only at a certain point, namely in the transition act's shift. In this self-overcoming is not necessarily associated with a fracture above the internal "Self" but together, a mandatory component is necessity of transforming one state to another, which change the pattern of behavior.

Sufficiently established that the temporal characteristics of human reactions in behavior during the work are subjective and individual, as in its manifestation depend on personal experience, abilities, characteristics of the nervous system, motivation and volition source. Thus, to form an ideal model of human beings in life is not possible today. But somehow it becomes more objective that psychological elements such as individual human ability, attitudes, character, qualities in intensity activity form an integral system, the complex, which is implemented in the final action.

In other words, the activity is nothing but a condition that may require going beyond the commonness and the specified circumstances by volitional perseverance and creativity. Along with this, there is a manifestation of human creativity in setting new goals, that giving personality a control and regulation of the intrapersonal process activities that is called a self-realization.

Giving personality characteristics of a successful leader in individual flow of life, the ability to achieve high goals despite obstacles and countering internal and external forces, will include only the highest level of personal development that will probably an ideal of person belonging to one's own life.

Pretty much interesting conceptual idea about the structure of the psychological system of human as a subject in the process of development activity can be introduced in L.M. Popov [22] concept. Developed on the systematic approach basis, the concept of human as a subject's self-development currently appears sufficient intellectually-activity model of "Self" and human development. Under this view, the primary source for the man's development as an activity subject is the surrounding and the inner world that through the process of interacting acts development is exchanged.

The self-overcoming process of subject in the dynamic component of intellectual-activity self-improvement and human development is presented by occupying an intermediate position between the system characteristic bidirectional process (internal and external). Therefore, functioning of the intellectual-activity mechanism may be supplemented by a volitional self-overcoming, that is represented as a rational position of a man in the world. Particular attention should be paid to the transition phase in achieving the self-overcoming, where it can be described as follows: after setting the path and means of overcoming activity, at the time of transition from external to internal and inverse proportion, the subject performs an active conscious volitional actions that aimed at achieving results in the set of his goals. Person as a subject at this border selects the most likely and effective means, methods, skills, resources, considering their experience in achieving self-overcoming.

In this system, formed by subject of activity reveals his creative side of character. For self-overcoming subject applies meaningful for him the values of life, events, experience, that transforming his aspirations in the surrounding reality. Person as a subject of activity is incomplete system, open to new barriers and opportunities for transcendence. Subject activity manifested itself in the process of volitional self-overcoming is represent a purposive activity, the author of which is the subject himself.

Strong will is require to person for practice activity. This begs the question: if the personality implementation through self-overcoming requires a willpower, where it is come from, on what volition, it's strength, it's energy depends on?

From the above it is known that self-overcoming is meaningless as an aim in itself. It will be defined to a particular purpose that sets incentive fulfillment, and than more significant it is, the higher results of self-overcoming will be. If the person does not have a specific aim or attitude for which he needs to overcome himself, then he probably will not be stable to this commitment and vitality. Attitude that appear as a vital goal in the human need for constant growth is closely linked with its subjective desires.

Thus, the analysis of the psychological literature allowed to designate understanding the process of volitional self-overcoming mechanisms for its implementation. The will in the process of self-overcoming is a fundamental tool in this phenomenon.

Conclusions

Through the systematic review of volitional self-overcoming process of the personality, we can identify that modern industrial society is increasingly imposes challenges to the individual self-overcoming, complicating the task in the implementation of activities, changing views on their potential rights in the active position. In this structure, the analysis of self-overcoming through the will, contribute to conclude that this phenomenon is a complex system, a certain set of elements, most of which are sufficiently mobile. Education, personality development through self-processes is a fundamental principle of conscious human activity and precisely because of the fact that becoming a personality must involve a number of conditions, that not any human individual may fall under this concept.

Significance of volitional self-overcoming phenomenon of the subject of activity is the ability to transcend itself to be "Self". Particular attention should be paid to the fact that the definition of the phenomenon of self-overcoming is nothing like "going beyond its borders" but as we can see deeper - it's not limited by overcoming something, the will contribute to human self-overcoming towards meaning and activity values to "The Ideal Self". At the moment self-overcoming, namely, the transition abroad person's own being "The Real Self", the boundary changes its position, and the subject is set again on the border of the original state.

Self-overcoming of the person as a subject of activity occurs depending on the internal prerequisites position and role of human will in the normal course of life. The will perform independent tasks in the organization of the action regulation where one of the tasks will be the communication with purposeful formation of self-overcoming process with the inclusion of human rights in the process of the activity itself. Volitional self-overcoming as a psychological phenomenon suggests that people implements it with responsibility and freedom of fulfillment, which is a way of the action, deed, that synthesizing a holistic person who freely and responsibly implements its meaning in the activity. This formation primarily focused to be preceded by mastering certain knowledge about a holistic approach of the self-overcoming process in life.

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