

DIRECTIONS OF DEVELOPMENT OF SPONTANEITY AS A FACTOR OF PERSONAL FREEDOM

Pavlin D.

Taras Shevchenko National University of Kyiv

Pavlin D. DIRECTIONS OF DEVELOPMENT OF SPONTANEITY AS A FACTOR OF PERSONAL FREEDOM // ФУНДАМЕНТАЛЬНЫЕ И ПРИКЛАДНЫЕ ИССЛЕДОВАНИЯ В ПРАКТИКАХ ВЕДУЩИХ НАУЧНЫХ ШКОЛ. – 2014. – № 5; URL: fund-issled-intern.esrae.ru/5-85

In the modern changing world a person has a need to develop the ability to approach problems from the perspective of the variety of existing options. Satisfying these needs becomes possible if freedom of choice, creative expression, willingness for change and openness to new experience are provided. At this rate, an individual develops a personality trait, such as spontaneity. Lack of spontaneity due to: the constant state of stress, the restriction of the range of experienced feelings and emotions, the formation of rigid patterns of behavior, and eventually to the inability to enjoy the life.

The purpose of the study: to investigate ways of development of spontaneity as a factor of personal freedom.

Methods:

- Bibliographical Method (literature study);
- Empirical methods: Questionnaire of Self-actualization by Lazukin (scale of: spontaneity, autonomy, creativity, flexibility in communication), Multiple Stimulus Types Ambiguity Tolerance-I (willingness for change); The Locus of Control by Rotter (for level of responsibility); Investigatory of will self-regulation by Zverkov.
- Mathematical methods of processing empirical data: correlation, factor, discriminant and regression analyzes.

Basic concepts of research. Freedom - a person's ability to manage his own development, which is closely related to self-awareness, flexibility, openness, willingness to change [May R.]. Spontaneity is behavior and feelings that are not controlled externally [Moreno]. Spontaneity also is a personal quality, which allows a person to find new ways to respond to the situation, express the emotional sphere in unusual ways and extend beyond stereotypical reactions. Spontaneity allows a person to act naturally, following his deepest feelings and

urges, being a natural human response to new circumstances, motivational tendency to seek his own solutions to the problem. It should also be distinguished between situational spontaneity as impulsive reaction, emotionally uncontrolled by consciousness, which occurs when a person is caught by surprise, and spontaneity as a personality trait that is closely related with the self-awareness and self-control [Grotowski]. High level of self-consciousness points to personal responsibility and awareness, and self-control indicates that a person can freely control his actions, feelings and emotions [Lowen]. The following interaction occurs: through self-consciousness a person is aware of his feelings and desires (needs), through spontaneity he can express them, and because of the self-control he chooses the intensity and method of expression. Without consciousness spontaneous feelings, emotions and reactions become unconscious, and without self-control they become unexpected to a person own surprise. Thus, the ability to be aware of own feelings, to express them and control is the basis for a filled experience (as a process) of one's life. An important component of spontaneity is the readiness for change. This means that a person is open to new experiences at any time, which will allow him to find more appropriate, natural and productive ways to respond to new situations, while avoiding cliché and stereotypes, as well as to avoid a stressful condition, which may occur in response to the changed environment [Dyachenko]. Considering that spontaneity is a personal quality, the process whereby this quality manifests, is - improvisation. The improvisation process is closely linked with creativity. Creativity is the process of expressing emotions, feelings and experiences of the individual, resulting in new artistic images. Creativity is an area where a person can get as close to his personal freedom, due to expression of himself through spontaneity [Moreno].

Sample.

Pilot research was tested on a random sample consisting of 37 people, including 22 women and 15 men. The average age of respondents is 23,4 years. The survey was conducted via the Internet.

Results. Indicators of tolerance to uncertainty higher in men, which may indicate a constant state of readiness of men to change the situation of the environment. The level of general internal reinforcement higher in women, which is why it can be assumed that women are aware of their responsibility for their actions and deeds more than men. Both women and men have the same level of willed self-regulation. This may indicate that the ability to keep their intentions, to feel confident and to control their emotions and actions is a sign that combines

both sexes. Indicators of creativity, autonomy, spontaneity and flexibility in communication not so much, but is dominated by women. Higher levels of creativity and spontaneity indicate that females are more creative natures than males. A higher level of autonomy confirming previous higher level of general internality of females as their awareness of freedom, related to independency from external circumstances and responsibility for their fate. Higher values for flexibility in communication indicate more advanced communication skills in women.

Tab 1. Comparative analysis of the distribution derived indicators by gender

	Пол	N	Mean
Tolerance to uncertainty	female s	22	9,64
	males	15	19,87
General internality	female s	22	38,05
	males	15	30,73
Willed self-regulation	female s	20	12,60
	males	14	12,57
Creativity	female s	20	10,30
	males	15	9,87
Autonomy	female s	20	9,20
	males	15	8,40
Spontaneity	female s	20	8,85
	males	15	7,40
Flexibility in communication	female s	20	9,300
	males	15	7,100

Correlation analysis.

In the following table we can see that the index of gender has a positive correlation with the index of flexibility in communication, what confirms previous data on a higher level of flexibility in communication in females than in males.

Tab. 2. Correlations.

	Gender	Tolerance to uncertainty	Willed self- regulation	Creativity	Auto nomy	Spon taneity	Flex.in comm.
Gender	1	-0,24946	0,003196	0,09215	0,119169	0,212213	0,415947
Tolerance to uncertainty	-0,24946	1	0,418365	0,556672	0,493782	0,617136	0,418826
Willed self- regulation	0,003196	0,418365	1	0,295119	0,365367	0,306483	0,404662
Creativity	0,09215	0,556672	0,295119	1	0,604504	0,650256	0,321646
Autonomy	0,119169	0,493782	0,365367	0,604504	1	0,699811	0,571016
Spontaneity	0,212213	0,617136	0,306483	0,650256	0,699811	1	0,495995
Flex.in comm.	0,415947	0,418826	0,404662	0,321646	0,571016	0,495995	1
Internality	0,13244	0,244309	0,573755	0,309681	0,375162	444335	

Index spontaneity positively correlated with several indicators, such as:

- The index of tolerance to uncertainty. Connection is obvious: as more personality is ready to new unusual situations, as more she is spontaneous by nature.

- Index of creativity. Indicates that the more spontaneous is person, the more creative solutions she produces.

- Indicators of autonomy. This relationship can be explained by the fact that a free and independent person feels more spontaneous. And vice versa - the ability to act unpredictably, outside of stereotypes allows a person to feel more independent of external circumstances.

- Flexibility in communication. Spontaneity as the ability to act freely and unpredictably makes it possible to speak more relaxed and varied, without the use of stereotypes in the speech.

- General internality. Internal locus of control allows the person to be aware and take responsibility for all the events, actions and reactions of himself, also allows the individual to feel spontaneous and select by himself how he prefers to act.

Tolerance to uncertainty tightly correlated with indicators willed regulation, creativity, autonomy, spontaneity and flexibility in communication. It may be assumed that when a person finds himself in the new circumstances and accepts this with comprehension, he also develops his own strength of will and creativity, can act spontaneously and fluently communicate with different people.

Also flexibility in communication positively correlated with such indicators as:

- Tolerance of uncertainty, which can be explained as a necessary key to effectively function in new unusual circumstances. Therefore, the more is willingness to changes in the external situation, the greater should be flexibility in communication;

- Willed self-regulation. This is due to the fact that fluent communication with different people requires some effort from the personality as a control and observation of his own behavior and emotional expression;

- Autonomy. We can assume that the more separate and independent personality is, the more responsive he is in communication, and, consequently, the more holistic and truly he is revealed during the interaction with other people;

- General internality, which may indicate that internal locus of control, autonomy and responsibility related to freedom of expression, namely awareness of self-freedom allows personality to feel fluent in communication with other people.

Regression Analysis

Using regression analysis it is checked which factors affect the index of autonomy and general internality as components of the concept of freedom.

Constructed regression models indicate that with their help can be explained almost 48% and 33% respectively of the total sample and the reliability of the models is high ($R = 0,696$).

Tab. 3. A model of influence factors on autonomy

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate	Durbin-Watson
1	,696(a)	,485	,468	2,479	2,511

a Predictors: (Constant), Spontaneity

b Dependent Variable: Autonomy

Tab. 4. A model of influence factors on the general internality

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate	Durbin-Watson
1	,574(a)	,330	,308	23,957	2,101

a Predictors: (Constant), willed self-regulation

b Dependent Variable: general internality

Factor that affects the index of autonomy by built model is the index of spontaneity, what is confirming the hypothesis of the study.

Factor that affects the index of general internality is willed self-regulation, indicating the connection of freedom with spontaneity and self-control as indicated in the conceptual model.

Tab. 5. Impact of spontaneity index on score autonomy

Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.	Collinearity Statistics	
		B	Std. Error	Beta	Tolerance	VIF	B	Std. Error
1	(Constant)	3,249	1,138		2,855	,008		
	Spontaneity	,680	,126	,696	5,404	,000	1,000	1,000

a Dependent Variable: Autonomy

Tab. 6. Score impact of willed self-regulation on the general index of internality

Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.	Collinearity Statistics	
		B	Std. Error	Beta	Tolerance	VIF	B	Std. Error
1	(Constant)	-10,302	12,600		-,818	,420		
	Willed self-regulation	3,667	,939	,574	3,907	,000	1,000	1,000

a Dependent Variable: General internality

Program of development of spontaneity

These data confirm the relevance of developing a program of personality's spontaneity. A feature of this program is that it includes elements of Playback Theatre. This is an improvisation theater where the audience tells their stories, and the actors without preparation and arrangements playback these stories. First Playback Theatre was established in 1975 by Jonathan Fox in U.S.A. Since then, Playback Theatre is widely spread throughout the world and every year it becomes more and more popular. In Ukraine, the first Playback Theatre appeared 12 years ago, currently in Ukraine there are about 10 Playback Theatres, in Kiev

there are 4 of them. Thus, the use of Playback Theatre practice can promote development of spontaneity of personality.

Program aims to develop spontaneity to achieve her or his personal freedom. Through the development of spontaneity person will be able to create and develop his own traits, such as: personal responsibility, self-regulation and self-esteem, creativity, empathy, etc.

This goal requires solving the following tasks:

- To increase the level of creativity;
- To develop communication skills;
- To develop self-regulation and self-control skills;
- To improve self-esteem;
- To form responsibility and independence in their own choices;
- To develop creative thinking.

The program is designed for mentally healthy individuals aged 17-65 years who are in need of spontaneity development or wish to achieve their personal freedom. Also participating in the program may be recommended to individuals with low self-esteem, low levels of responsibility, communication skills, self-regulation, creativity and a high level of external locus of control.

Program duration: 60 hours, 30 meetings for 2 hours or 40 meetings for 1.5 hours.

Steps:

0. Introduction. Conveying program. Clarifying meaning of basic concepts, establishing goals of participants.

1. Development of flexibility in communication. This component includes the greatest need for communication and dialogue with other people, what, in addition to the impact on the level of spontaneity, will also affect the establishment of trusting relationships in the group. On this stage will take place the development of skills of self-expression, communication skills, development of emotional sphere - empathy, understanding of oneself's emotions and their expression. There will be the development of self-regulation and self-control.

2. The development of tolerance to uncertainty. This step allows to free up internal clips, to liberate freedom, to be ready for new experiences and changes. The development of mental processes takes place here: attention, thinking, memory - to see new options and opportunities.

3. Development of internal independency and responsibility. At this stage, the work will go on the self-esteem of program's members, on the reflection of their own thoughts and actions, on self-regulation.

4. The development of creativity. On this stage will take place the release of creative energy. Drawing, dance, improvisation, sketches, actor's exercises.

5. The development of autonomy. The conscious combining of previous stages during rehearsals in the format of Playback Theatre: best way to see flexibility in communicating (how participants change their style of speech depending on the story of narrator); tolerance to uncertainty manifests itself in readiness to playback any story; internal independence and responsibility is to follow all the rules, rituals, traditions; it is also awareness of what, why and how an actor acts, what and why is happening on stage; developing creativity evident in the level of development of acting skills. The combination all these as a result gives spontaneity.

6. Completion. Reinforcing of all obtained knowledge and skills through rehearsal and performance in the format of Playback Theatre.

CONCLUSIONS

1. Theoretical analysis of the concept of spontaneity of personality and his existential freedom was made.

2. Constructed conceptual model of the study was approved by basing on operating model; resulting hypothesis was confirmed by the relationship of personality's spontaneity and his freedom. Connections were identified between indicators of general internality and spontaneity, which is a measure of internal responsibility; autonomy as part of the concept of personal freedom and creativity as an indicator of human creative activity. It was found that on the index of autonomy affects exactly index of spontaneity, and on the index of general internality affects willed self-regulation, confirming the hypothesis of our study and that may indicate a direction of design of forming program. On the basis of the data three factors were determined that explain the interaction of the studied components and their distribution.

3. Considering the importance of spontaneity in the life of the individual, we developed forming program aimed on the development individual spontaneity, which consists of successive stages and has elements of Playback Theatre.

Perspectives of research include:

- Conducting cross-cultural research on the basis of the Hungarian University;
- Testing and conduct the program in previous and subsequent testing.

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