

# Self-Sufficiency of the Personality as a Psychological Condition for the Development of Their Neuropsychological Self-Regulation in the Context of Practical Psychology

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**Abstract:** *The article presents a theoretical and methodological analysis of the study of self-sufficiency as a factor in the development of psychological self-regulation of the personality. It is proposed to define self-sufficiency as a complex personal formation, personality-regulatory property that has an effective system of influence on the activation of psychological self-regulation of the personality in ensuring subjective function in activities. The self-sufficiency of the personality as a psychological condition for the development of their psychological self-regulation in the context of practical psychology is considered. Self-sufficiency can be considered as a factor in the development of the system of psychological self-regulation of the personality and as a regulatory-personal property in the manifestations of self-sufficient character traits and conscious human activity. Neurobiological mechanisms of self-sufficiency and self-regulation have been considered. Under psychological self-regulation we can understand the process of development of self-sufficiency of the personality as the regulation of their activity in personal growth from “real self” to “ideal self”. Self-sufficiency as a personal potential of psychological self-regulation can have a developmental effect in the following coping strategies: self-help; cooperation; personal and professional growth; autonomy; self-acceptance. In case of deformation and imbalance of the self-regulation system, neuro-psychocorrection is offered. Socio-psychological trainings have been proposed for the development of personal growth and development of self-sufficiency as a personal potential of effective psychological self-regulation.*

**Keywords:** *Self-development; values; self-esteem; personality-regulatory properties; meanings; goals; internal resource; self-concept; neurobiological mechanisms of self-sufficiency and self-regulation.*

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## **Introduction**

Crisis realities of the contemporary world can motivate a person to a meta-individual level of psychological self-regulation, which integrally (as the main function of consciousness along with the function of mental reflection) optimizes the mental state and ensures one's personal integrity in adapting to new conditions of the changing and unpredictable world. Among the important controlling mechanisms for psychological self-regulation are personal characteristics, in particular self-sufficiency as a personality-regulatory property, which is manifested in the purposeful regulation of conscious activity. The study of psychological control of behavior and activities at the personal level, in relation to self-sufficiency with goals, needs and values, meanings and self-fulfillment is a new subject of study in our scientific essence, and therefore relevant and in demand not only for general psychology but also for applied psychological industries.

The purpose of the article is to analyze the theoretical and methodological foundations of self-sufficiency as a factor in the development of psychological self-regulation of the personality. The novelty and practical significance lies in the study of the relationship between self-sufficiency as a developmental potential in the control of behavior and activities at the personal-motivational level. In addition, the problem of personal self-regulation is insufficiently studied in science. It is proposed to define self-sufficiency as a complex personal formation, personality-regulatory property that has an effective system of influence on activation of psychological self-regulation of the personality in ensuring subjective functioning in activities.

### **Theoretical and methodological analysis of the study of self-sufficiency as a factor in the development of psychological self-regulation of the personality**

Nowadays, the concept of "self-sufficiency" is often used synonymously with the terms independence, confidence, self-efficacy, self-understanding, autonomy, integrity, indivisibility, etc. The psychological approach to understanding and substantiating "self-sufficiency" as a scientific category is carried out mainly in the context of practical psychology, or to emphasize the importance of "self-sufficient personality" as a broader understanding than "self-confident" in psychological theories.

The most complete historical digression into the study of self-sufficiency, which demonstrates the epistemological complexity and

ambiguity, was made by Bihun (2017). The researcher understands self-sufficiency as a continuous process of formation of qualitatively unique personality traits that ensure its ability to fully meet the development needs, maximize the release and use of internal potential, and its optimal use for successful adaptation and productive life. The author concludes that, despite the widespread use of the term “self-sufficiency”, the long history of philosophical, religious, scientific debates on the phenomenon of self-sufficiency, at the moment it remains insufficiently studied: there is an issue of justifying the concept of “self-sufficiency” as a scientific category in general and “self-sufficiency of the personality” in particular; there is no single theoretical approach to its understanding; the criteria and indicators of personality self-sufficiency development are not defined; factors, conditions, mechanisms, age features of its formation.

We believe that self-sufficiency is closely related to the system of psychological self-regulation of the personality. Self-sufficiency can be considered as a factor in the development of psychological self-regulation of the personality and as a regulatory-personal property in the manifestations of character traits: independence, autonomy, flexibility and responsibility in the content of individual system of self-regulation of arbitrary and conscious human activity. Self-sufficiency is an indicator of independence in the implementation of regulatory processes, adequate emotional and motivational self-control in overcoming stressful situations or performing professional duties – depending on the autonomous goals, again due to the formed self-sufficiency. It can be predicted that with a low level of self-sufficiency, the self-regulatory system of deployment will have a low level of development. In the role of neurobiological mechanisms of self-sufficiency and self-regulation we can consider corpus amygdaloideum, prefrontal cortex, hippocampus and frontal part of the lumbar cortex, which explain emotional stress resistance in situations that cause self-regulatory processes.

In psychology, psychological self-regulation is understood as the basis for successful performance of work; arbitrary process aimed at managing behavior; integrative formation of goals, the ability to manage oneself, images of governing influences, meanings and values, personality traits and performance evaluation; self-management in the process of changing circumstances; arbitrary conscious activity, on the basis of which we consider self-sufficiency. Bowers et al. (2015) consider self-regulation in adolescence and argue that self-regulation is a fundamental process ontogenetic to development and it encompasses much more than self-

control or skills. Self-regulation is a process that can be of basic adaptive importance to human health. Baumeister et al. (2007) believe that self-regulation is a very adaptive, distinctly human trait that allows people to dominate and change their reactions, including changing themselves to live up to social and other standards. Neuropsychological methods, in particular systematic self-regulation exercises can lead to significant improvement in self-regulation (Demchenko et al., 2021; Kosholap et al., 2021; Palamarchuk et al., 2020; Sarancha et al., 2021).

Lovyagina (2020) notes that self-regulation is a person's influence on oneself through words and images in order to control one's activities, one's mental state and the development of one's properties, skills and abilities. At the same time, the functioning of an individual as a complex living system is ensured by three levels of regulation: humoral, nervous and mental. These levels form a single holistic system of self-regulation, in which mental self-regulation occupies a leading position. Its main components are: reflection of the surrounding reality and the bearer of the psyche; modeling of activity, behavior, state, development, etc. The process of mental self-regulation is characterized by goals, means for their achievement and results. Goals and results of mental self-regulation can be situational - optimization of the current state and remote - the formation of qualities and skills.

Obviously, the idea of scientific research on the phenomenon of self-regulation is borrowed by psychology from neuroscience, physiology, the theory of functional systems of the brain, etc. Thus, Anohin (1998) believed that the most characteristic of the process of self-regulation is that the deviation from the constant level of any function is a stimulus to return to the disturbed level. If we compare this formulation of how any system of mechanisms with automatic regulation is defined, we will see that the same regularity takes place. The researcher formulated a "golden rule of self-regulation", according to which the deviation of the system from the final adaptive effect stimulates the internal regulatory system to return to this effect.

The operational level of self-regulation is a regulatory manifestation of the development of stylistic features (planning goals, modeling conditions, programming, adjusting activity and its results). The second levels are subjective (or regulatory-personal) qualities: responsibility, persistence, flexibility, reliability, etc. Their severity in humans depends on the degree of development of conscious self-regulation and the uniqueness of ways to achieve goals (as an individual acts). In fact, personal structures determine what goals (by content) a person puts forward, why one acts and

how one relates to the world around. It is the subjective traits that determine the ability to overcome difficulties and are the basis for the development of individual styles of self-regulation and the resource of individuality. Conscious self-regulation can be considered as a process of initiation of arbitrary activity and its management (Morosanova & Bondarenko, 2015).

Important for revealing the theoretical and methodological foundations of self-sufficiency as a factor in the development of psychological self-regulation of personality are the provisions of personality traits as a meaningful component of conscious self-regulation of arbitrary human activity (Morosanova & Bondarenko, 2015); self-sufficiency as a regulator of the use of internal potential and its optimal use for successful adaptation and productive life (Bihun, 2017; 2020); cognitive, emotional-evaluative, action-creative and spontaneous-spiritual components of the conceptual self and their cyclical complementarity, parameters and principles of self-realization of the spiritual self in the viticultural space of educational developmental interaction (Humeniuk, 2004); about the components of the meaning-of-life sphere and values that perform the function of self-control in the self-regulatory processes, affect the formation and self-development of personality (Furman, 2017), the typology of personality activity (Abulhanova-Slavskaya, 1985).

Under psychological self-regulation can be understood the process of development of self-sufficiency of the personality as the regulation of its activity in personal growth from “real self” to “ideal self”. In this case, self-esteem, value orientations, aspirations and “self-concept” can be considered as components of personal self-regulation. Humeniuk (2004) argues that self-esteem as one of the central components of the self-concept with self-esteem, level of demands, self-acceptance performs a regulatory function. Self-concept arises on the basis of the interaction of the personality with society, determines the current system of its self-perception and sets the moral and ethical boundaries of real behavior. Thus, as the central formation of ontogenetic development, it characterizes not only the peculiarities of self-vision, but also a potential action, action living and creation of the nearest society and one’s own self.

The self-concept participates in goal-setting, in the design of such goals that consciousness reconciles with the holistic self-image, which best corresponds to the integrity of the personality, its personal qualities and properties, including self-sufficiency. Thus, self-sufficiency as a conscious internal resource can play a motivating role and inspiration in achieving

goals, the effect of behavior while maintaining optimal levels of self-esteem and maintaining healthy relationships with others. The self-image of the coherence of real-self and self-ideal as I – self-sufficient person to be successful, is the most important, in our opinion, factor and personal strategy for the development of psychological self-regulation. Thus, self-sufficiency can be considered as a psychological mechanism of the phenomenon of self-regulation, as well as reflection, self-knowledge.

In our opinion, the functional structure of psychological self-regulation of the personality is actualized through self-belief, self-suggestion, introspection, self-programming and self-control - their switching according to significant needs, values, motives and priorities in choice, as well as the optimal level of development of the entire self-regulatory system depend on the mental and psychological characteristics of the subject of activity, one of the most important of which is self-sufficiency as a personal resource in achieving the expected results. Its psychological conditions of manifestation and mechanisms of self-regulation are at the same time self-esteem, values, level of claims, self-concept, subjective level of control, motivation to succeed in important areas of life. In this regard, Schwarzer (2015) also considers self-regulation, in particular the model of self-control in motivational, volitional and behavioral processes, in favor of self-acceptance and psychological support that strengthens human health.

Freund and Henneke (2015) state that goals are a key concept in self-regulatory models because they guide and direct cognition and behavior in time and in different situations and thus help to organize and structure perceptions, thinking and behavior - they are related to goals of development, which requires optimization of functioning and productivity at a young age, as well as compensation in the later stages of adulthood. Reed, Combs, and Segerstrom (2020) also investigated the relationship between self-regulation and psychological and physical health in the elderly.

Values represent the needs of a self-sufficient personality in mutual respect, self-understanding, self-acceptance and acceptance of others and are an important factor in the development of psychological self-regulation as the experience of their satisfaction and subjective self-realization in the self-development process in the context of motivational-value self-estimation and attitudes to the world. In this regard, Furman (2017) considers the sphere of meaning, in particular values as the basis for personal development, which is improved in the individual way of life, based on a clear understanding of one's own values and goals, priorities and values that harmonize its relationships with the environment in the semantic polyphony

of socio-cultural everyday life. Understanding of life from axiological-psychological positions is an assessment of one's own involvement in the surrounding reality, social-role activity, the level of self-realization, significant achievements that play the role of a significant accomplished event. Value-oriented personality in the reflexive interpretation of one's own claims tries to develop a personalized system of meanings, to understand the synergistic unity of the macrocosm and one's own self as a universum.

The optimal level of self-sufficiency as a criterion of self-development, self-determination, conscious subject activity and high-level self-regulation is another factor in the accumulation of creative potential of subjectivity, which "transforms" a personality into a subject of perception. At that self-sufficiency participates in self-regulation, determining activity through creativity as a vital realization of the values of self-actualization, self-fulfillment and use of resource creativity and is an internal means and simultaneously resources of personal self-development, successful life construction and self-realization of a personality. Thus, according to Maksymenko (2015), personality is a complex self-developing system, i.e., it models and realizes its own genesis and has the following semantic (key) features: integrity, uniqueness, activity, expression, openness, self-development and self-regulation, which are complex and internally contradictory. The integrity of the personality specifically covers all structural and dynamic manifestations of human life.

### **Self-sufficiency of personality as a psychological condition for the development of its psychological self-regulation in the context of practical psychology**

We believe that self-sufficiency as a personal potential of psychological self-regulation can have a developmental effect in the following coping strategies: self-help (independent search for psychological support for oneself in critical life situations, planning); cooperation (organization of effective interaction with the social environment while preserving autonomy, independence); personal and professional growth (the presence of values of self-development, openness to new experiences, expanding the experience of professional competence, which provides an opportunity to show self-efficacy in overcoming unpredictable problems); autonomy as the ability to resist social pressure (critical thinking, independence, self-assessment according to personal standards); self-

acceptance (approval of one's personal qualities with acceptance of negative ones, general positive attitude towards oneself and one's past).

Creating an arsenal of methods for diagnosing personality self-sufficiency, development and implementation of programs to optimize its development on the basis of sound conceptual approach, with due regard to age and gender specifics are related to the selection of effective methods of psychological influence, possessing powerful psycho-developing potential – art therapy, in particular bibliotherapy, fairy tale therapy, film therapy, which is useful to supplement with the methods of rational and cognitive discussion, elements of cognitive-behavioral therapy. The universal nature of art therapy methods and the possibility of updating the constructive resource of deep personality substructures allow to solve a wide range of important psychological problems: allow the clients to clarify their own current needs and unfinished intrapersonal processes; help in understanding the images of internal subjective and external objective reality of the client, optimizing the relationships between them; use the resources of the irrational component of personality; to activate the natural potential of the personality for self-development and self-healing; to model the processes of the past, present and future in the internal picture of the client's world in order to rethink them as a resource and experience; therapeutically work on the consequences of traumatic situations from the client's life, avoiding re-traumatization; to actualize the hidden potential of personal development, in order to achieve the highest possible level of functional integration of the personality, necessary for one's successful adaptation and management of one's life. Functional integration is a combination of basic functions of personal self-regulation, designed to neutralize the destabilizing effects of the environment and use the resources of its positive factors. The basic functions of personal self-regulation include the function of self-attitude, the function of self-defense, the function of self-expression, the function of self-management, the function of self-fulfillment. The higher the level of self-sufficiency, the more effective the system of personal self-regulation is. Consequently, the ability to maintain personal balance and integrity in the process of interaction with the outside world in all its manifestations (social, environmental, political, cultural, etc.) is growing (Bihun, 2020).

In our opinion, deformations and imbalances of the self-regulatory system can be associated with the production of hypertrophied images of a world unfavorable to humans, distrust of others and high anxiety, which often integrates with biological causes of psychological development and requires neuro psycho-correction. Therefore, in the neuro psycho-corrective



model it is possible to implement self-regulation of the individual as for the use of internal resources adequate to situation as a regulation of social contact through self-sufficiency in combination with neuropsychological methods.

Volkova offers the following methods and techniques to develop the functions of the mental self-regulation system: techniques of conscious control over the emotional components of the mental state, including breathing techniques (calming and toning effect, relaxation, psycho-muscular training or self-hypnosis, autogenic, meditative and free breathing); methods and techniques aimed at attentional, sensory-perceptual and mental characteristics of the state (method of systematic desensitization, management of mental state by switching attention, method of self-regulation using “anchoring” techniques, neutralization of experiences by visualization, etc.); motivational and volitional techniques (self-suggestion, self-programming, self-approval, self-help in acute stress, etc.) (Volkova, 2014).

To develop the optimal level of adult self-sufficiency as a personality-regulatory component of the system of psychological self-regulation, it is necessary to form a positive self-concept from childhood, positive attitudes of the child to oneself and the world, self-esteem and self-acceptance. In this regard, Humeniuk (2004, p.163) notes that the full-fledged formation of a positive self-attitude (emotional and evaluative component) of the student as a personality and a participant in normative-regulatory and organizational activities on an updated set of modalities of self-attitudes (real-self, subconscious-self, normative-reflexive self, ideal-self) is possible under the following conditions: a) critical-regulatory technology of modular-developmental learning; b) motivational mechanism of action; c) systems of social, fully basic and partially value attitudes. The effective result of this period of the modular development process is the rationing of socially oriented educational activities and the acquisition of appropriate characteristics by the personality (morality, discipline, mutual respect, etc.).

Markus and Nurius (1984), in turn, argue that the self-concept functions to mediate and regulate the stimuli provided by the environment. The self-concept is not the only psychological structure involved in behavior management, but it is central. Researchers have studied the development of the self-concept in early childhood, focusing on both the content of the self-concept – what children understand about themselves – and the functions of the self-concept – how it can control or regulate behavior. Opelt and

Schwinger (2020) examine the relationship between personality traits and self-regulated learning strategies by examining the role of attentiveness, awareness, academic competence, self-esteem, and self-control in self-regulation. Practical strategies to promote self-regulated learning through training and counseling are discussed. Duckworth and Carlson (2013) and Michaelides & Durkee (2021) also consider the positive association of self-regulation with academic achievement.

Peculiarities of psychological self-regulation under the influence of self-sufficiency as an important personality-regulatory property of conscious activity management may be due to the specifics of the situation - social, related to personality self-development; educational, in terms of cognitive activity; critical, when frustrated subjectively significant needs and goals and the realization of motives and values accordingly become impossible. In the latter case, self-sufficiency as a personal resource can lead to the development of new or actualize successful coping strategies for managing difficult life situations with the elimination of internal conflicts and formation of new meanings in life.

Abulhanova-Slavskaya (1985) considers the personality through the processes of self-regulation, which ensures its functioning through activity, eliminates contradictions and is the coordinator of multimodal personal qualities. Thus, a sign of loss of autonomy by the personality is the nature of initiatives, which manifest themselves in the form of striving for publicity and originality. The desire to express oneself turns into an inability to fulfill one's plan on one's own. Instead, maintaining autonomy manifests itself in the opposite trend: that responsibility can expand the space of activity by introducing new criteria and levels of complexity. Willingness to responsibly implement the plan in case of loss of independence leads to loss of autonomy at the stage of responsible implementation. Social stimulation of social activity can be more effectively organized taking into account the psychological knowledge of initiative and responsibility as important personality traits and ways of performing activities. Thus, Sassenberg and Hamstra (2017) presented a model of self-regulation of leadership behavior, considered the impact of motivation on leader behavior and social influence processes that underlie a successful leadership.

High-level self-sufficiency can be seen as an autonomous mechanism and an adaptive way of social regulation of a person with a spiritually rich inner world, even in extreme cases of ignoring the person by people around, loneliness and isolation from others. A self-sufficient personality has the best internal resource, as he / she is able to psychologically support oneself

with the appropriate level of self-understanding, self-acceptance, self-esteem, self-interest, receiving it from the parental family and in the process of self-development. For the development of personal growth and the development of self-sufficiency as a personal potential for effective psychological self-regulation, we offer socio-psychological training.

## **Conclusion**

A self-sufficient personality is able to successfully apply the methods of psychological self-regulation in accordance with the requirements of social reality. Proceeding from the analysis of the structure of self-sufficiency as a phenomenon of developmental psychology, it can be argued that self-understanding and self-acceptance, ensuring self-efficacy and autonomy of behavior, especially in difficult life situations, is a factor in optimizing internal resources, which, undeniably, provides personal self-regulation in the process of its successful adaptation to environmental requirements. Moreover, self-sufficiency as a set of personality-regulatory properties and qualities of human individuality that ensure its ability to fully meet the needs of development, use of internal potential for productive life, has ample opportunities for individualization, sovereignty, subjectivity in sociocultural and activity self-regulation as a criterion of adaptive interaction with the social environment.

The functional structure of psychological self-regulation of the personality is actualized through self-belief, self-suggestion, self-analysis, self-programming and self-control – their switching according to significant needs, values, motives and priorities in choice, as well as the optimal level of development of the whole self-regulatory system depend on the mental and psychological characteristics of the subject of activity, one of the most important of which is self-sufficiency as personal resourcefulness in achieving the expected results in activities and arbitrary regulation of activity in behavior. Its psychological conditions of manifestation and mechanisms of self-regulation are at the same time self-esteem, values, the level of claims, self-concept, subjective level of control, motivation to succeed in important areas of life. Self-sufficiency can be seen as an autonomous mechanism of social regulation, even in the extreme cases of ignoring the person by others, loneliness and isolation.

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