

Psychological barriers in activities of a personality

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Abstract. The article deals with the conceptual model of the psychological barrier in the activities of a personality. The psychological barrier is a complex intense motivational and orientation mental condition that blocks the realization of the desired action. The main component of the occurrence mechanism is unfavorable anticipation towards the process or the consequences of activity; when the motive of the professional self-determination activity, the rational and emotional assessments of the probability of successful implementation of the action and conations affect on the formation of anticipation. By its nature, the psychological barrier this psychic state that takes into account a complex of psychological phenomena. Among them: mental state caused by the passivity of the motive of desired action; emotional distress; rational arguments; conations that are not able (with a help of mechanism of forming positive anticipation) to turn a motive into effective one. There are some states that related to the structural components of psychological barrier in professional self-determination. On the one hand they are connected with the passivity of the motive; emotions that are unfavorable for the conversion the motive into effective one; lack of rational arguments for the motive activation; inability to achieve the effectiveness of the motive with the help of the conation. On the other hand these states are associated with a high tension, emotional instability, overestimation or underestimation of own abilities, the uncertainty of motivation, interests and hobbies. Psychological mechanism of the overcoming the barrier covers such behavioral strategies as: mobilizing inner resources for the overcoming the barrier; the deferment of the action realization for the thorough preparation; the rejection from the action, or changing the purpose that makes the overcoming the barrier is no longer relevant. Inability to overcome the psychological barrier leads to frustration, emotional instability and so on. In this state a person may repeatedly make some actions aimed at the overcoming of the psychological barrier.

Keywords: *a psychological barrier, an anticipation, experience, subjective difficulties, an emotional estimation, a rational estimation.*

Among the difficulties of activities there is an important place for psychological barriers that significantly distort the process. The generalization of the various studies that are relevant to the issue of psychological barriers (G. Ball, T. Dembo, K. Levin, A. Leontiev, B. Lomov, S. Maksimenko, N. Povyakel, V. Ponomarenko, S. Rubinstein, V. Shadrikov, etc.) afford ground to ascertain the relevance of their in-depth study based on the integration of modern

ideas and achievements that have been accumulated in different fields of knowledge. Thus, recently psychological barriers are analyzed in relation to innovation processes in education, creative activities and, in particular, pedagogical creativity (R. Granovskaya, L. Korostyleva, Yu. Krizhanskaya, L. Podlesnaya, O. Sovetova, V. Yamnitskiy, etc.). Nevertheless, it becomes an urgent need to study fundamentally and systematically the general theo-

retical principles of the problem of the psychological barriers of personality that would reveal the nature of this phenomenon. In this context the studies that aimed at the study of the mental states and emotional stability of personality under extreme conditions are very important for understanding the genesis of the psychological barriers (F. Vasilyuk, E. Ermolaeva, N. Levitov, A. Prokhorov, O. Sannikova, A. Chebykin and others).

The purpose of the research are the theoretical substantiation of integral concept of psychological barrier in activities of a personality on the basis of system approach.

The chosen purpose has stipulated the common tasks of the research: 1. To define the theoretical and methodological foundations of perceiving the phenomena "psychological barrier". 2. To make a conceptual model of psychological barrier in activities of a personality.

On a scientific level psychological barriers have begun to be investigated in the twentieth century in the context of various theories of personality. This problem was indirectly analyzed when dealing with such mental phenomena as anxiety, frustration, activity, stress, fear, psychological conflicts, psychological readiness for activity and other internal obstacles that make the activity of individual complicated and break its mental balance. In this aspect the most famous were psychoanalytic theories of Z. Freud and his followers – A. Adler, K. Jung, K. Horney and others; humanistic conception of personality by K. Rogers; personality theory that were proposed by E. Byrne and K. Levin; the cognitive theory of personality by J. Kelly, as well as the studies of other scientists who have somehow researched the issue of subjective difficulties of the individual. A review of these and other psychological theories and concepts in foreign Psychology shows that, firstly, the psychological barriers can arise and develop only with the advent of certain adverse conditions for human development and its activities; secondly, they have their content and dynamic features; thirdly, there are different ways of overcoming psychological barriers.

Among native researches there was a great influence of the statements of activity approach (L. Vygotskyi, A. Leontiev, S. Maksymenko, S. Rubinstein, etc.) and system analysis of personality (P. Anokhin, L. Antsyferova, V. Hansen, B. Lomov, etc.) for the study of the problem of psychological barriers of a personality.

The synthesis of the approaches to the content of psychological barrier certified its different understanding in the context of mental activity. Thus, some experts (O. Barvenko, O. Belohvostova, A. Goncharova, V. Kazanckaya, Ya. Lup'yan, V. Stolin, etc.) attributed the psychological barriers to the features; others (H. Aliev, E. Ermolaeva, R. Nemov, N. Podymov, etc.) to a certain state. Analysis of various researches allowed the defining the approaches to understanding of the psychological barrier.

The first one, associated with the position of K. Platonov and his followers. He related a comprehensive basis of psychological barrier with a motive, noting that psychological barrier is a motive that interferes in certain activities or actions. The second is based on linguistic approaches about the understanding of the psychological barrier (V. Busel, M. Vasilega-Deribas, V. Dmitriev, G. Latnik, G Stepenko and others). In this aspect, his most successful expositor is V. Busel who notes that psycho-

logical barrier is the difficulty that associated with the mental state and prejudice. The third approach defines a psychological barrier as a mental condition that appears itself in inadequate passive condition of a personality and prevents acting (A. Petrovskiy, M. Yaroshevskiy and others). The fourth approach consider the barrier as an internal obstacle of the psychological nature (the reluctance, fear, uncertainty, etc.), that prevents a person from acting successfully (H. Aliev, R. Nemov, N. Podymov and others). The fifth approach describes the psychological barrier as the negative impact of past experience, that prevent the understanding and the proper assessment of the situation, facts, regularities, choice of modes of actions, strategies of problem solution, innovations (O. Barvenko, O. Belohvostova, V. Kazanskaya, and others). The sixth approach describes it as limitations that impose on their own individuality and philosophical beliefs and hold on the better detection (A. Goncharova, Ya. Lup'yan, V. Stolin and others). In these researches findings it can be noted that "an obstacle" is common to all approaches in the contents of signs of psychological barriers.

In constructing a conceptual model we relied on active (L. Vygotskiy, S. Rubinstein, A. Leontiev and others), system (L. Antsyferova, A. Leontiev, V. Hanzen, P. Anokhin and others), personal (G. Ball, I. Bech, I. Kon, A. Petrovskiy, B. Fedorishin and others) approaches.

Due to the finished research we constructed a model of psychological barrier in activities; we also revealed the mechanisms of its functioning, occurrence and elimination.

It was shown that the psychological barriers in activities as complex mental states. This is evidenced by a dynamic of set of mental phenomena that interact with each other, providing its appearance and functioning.

The structure of psychological barrier covers the mental states that associated with: the passivity of a motive; emotions that are unfavorable for the conversion of the motive into effective; lack of rational argument for the motive activation; the impossibility of realizing the motive with the help of conation.

The above is a consequence of the negative anticipation of probability of success of desired action that is forming on the basis of correlation of: the motive force; the intensity of the conations; emotional and rational evaluations. In this case, the anticipation acts as a determinant in the occurrence of psychological barrier.

Examples of psychological barriers in activities are: uncertainty in own interests; confusion due to ignorance of own possibilities; doubts about the correctness of the choice; fear to have opposite views; fear of liability, etc.

When constructing a model of psychological barrier in activities we relied on the concept of "critical point" that is used in logical and mathematical researches. The characteristic of the phenomenon changes at the critical point. This allowed presenting a model of psychological barrier in the form of logical expression:

$$(M \leq K_M) \text{ and } (E \leq K_E) \text{ and } (P \leq K_P) \text{ and } (B \leq K_B)$$

Description:

"M" is for the intensity of the mental state that associated with the motive force;

“KM” is for the critical point of the motive force; if the motive is below the critical point or equal to it then it is passive; if it is above the critical point then it is effective.

“E” is for the intensity of emotions connected with the possibility of its influence on the motive transformation from passive into effective;

“KE” is for the critical point of the intensity of favorable emotions; if the favorable emotions are below the critical point or equal to it then the emotions can not activate motive; if they are above then the emotions activate the motive due to the mechanism of the formation of a favorable anticipation about the desired action.

“P” is for intensity of the mental state that associated with the cogency of rational arguments that concern the possibility of converting the motive from passive into effective;

“KP” is for the critical point of the cogency of rational argument; if the rational arguments are below the critical point or equal to it then it is unable to activate the motive; if the arguments are above then it is possible to activate the motive (it is similar to the mechanism in the case of emotions).

“B” is for the intensity of the mental state that associated with the ability of converting the motive from passive into effective with the help of conation;

“KB” is for the critical point of the conation adequacy; if the conations are below the critical point or equal to it then it is unable to activate the motive; if the conations are above they assist the converting from passive to effective (it is similar to the mechanism in the case of emotions).

Considering the question about the features of the functioning of a psychological barrier, we note that it becomes topical only when the person’s motive appears to carry out certain actions. The mechanism of formation of anticipation realizes using the emotional, cognitive, motivational, volitional regulators of activities. There are different variants of the interaction of these regulators (fig. 1). Because of its strength effective motive forms a positive anticipation for the action. If a passive motive interacts with a positive emotional or rational assessment of the situation of the achievement the desired action then this also leads to the formation of a favorable anticipation. There is also a variant that counteract the formation of unfavorable anticipation that connected with a possibility of a subject to show the conation for the creation of positive anticipation in spite of motivational, cognitive or emotional influences. In this case, the will acts indirectly through the activation of acceptable rational or emotional assessments to enhance the motive. If the conation turned out to be ineffective then the negative anticipation appears and as a consequence there is a psychological barrier in activities a personality.

Note. Symbols: "M +" is for the effective motive; "M -" is for the passive motive; "PO" is for the favorable and rational assessment of the probability of success, "EO" is for the favorable emotional assessment, "B" is for conation that can enhance the motive despite the negative rational and emotional assessments.

A person may refuse to realize the planned activities at the stage of forming anticipations. In this case the psychological barrier is not able to form to realize the corresponding activity.

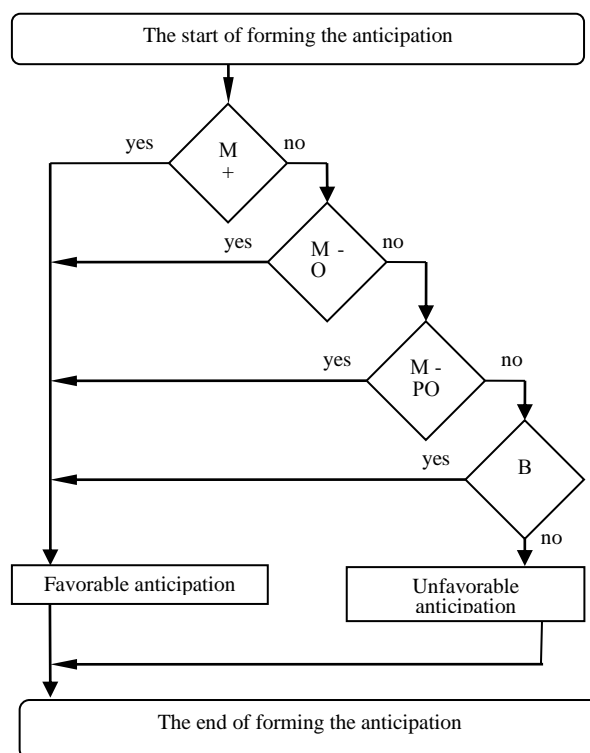


Fig. 1. The psychological mechanisms of forming the anticipation of the action success in activities of a personality.

Optimal power of the activity motive prevents the occurrence of psychological barriers. Accordingly, if a motive is low then even minor objective and subjective difficulties in the planned actions (that appear in the emotional and rational assessment) lead to unfavorable anticipation and to a psychological barrier. However, excessively strong motive appears as a stressor that complicates the implementation of action and assists the occurrence of a psychological barrier.

Mechanism of the overcoming of the psychological barrier covers the three strategies of individual behavior.

The first strategy is the mobilization of own capabilities for the overcoming of the psychological barrier. The second is the “delay” for making a profound preparation that includes improvements needed to overcome the barrier of abilities, knowledge, skills, etc. The third is rejection of these activities (or action), changing of the purpose. In this case the overcoming of the psychological barrier becomes irrelevant to the individual. If the strategies of the individual's behavior in the "barrier" situation were not useful for the overcoming then it may lead to frustration. In the future the question of how to get rid of it will be relevance for the individual. Thus, the overcoming of the psychological barrier by the subject happens at the level of the mechanism of changing the state experience of the barrier to the experience of the willingness to act. This leads to a transformation strategy of overcoming the psychological barrier in activities of a personality.

The strategy of the overcoming of the psychological barriers in activities is based on the fact that there are two ways of the achievement the optimal mental states during the activities. The first one is associated with self-education; this way is considered as the prevention of undesirable psychological barriers. The second one is associated with the expression of self-regulation in order to

eliminate the psychological barrier that has already occurred.

According to the researches the prevention of psychological barriers in the activities may be realized with the help of psychological and pedagogical tools that positively influence on the formation of rational and emotional evaluation in the process of creating individual anticipation about some activities.

The consideration of the main approaches to the analysis of psychological barriers in activities allowed us to state that the prevention of its occurrence or the overcoming can take place with the help of the formation of long-term or temporary psychological preparedness of the individual to the process. In addition, the creation of a common positive feeling prevents the expression of barriers and levels the existing psychological barriers.

It was proved that the psychological preventive measures that were aimed at the prevention of the expression of psychological barriers in activities have to provide: the formation of knowledge about the nature of the psychological barriers of a personality; information about means of overcoming barriers, taking into account individual features; recommendations about the formation of different moods to normalize mental state; conditions for personal growth; development of self-confidence; mastering the techniques to overcome fear, etc.

Firstly, this was assisted with the mastery of techniques of influence on the own mental states and moods; secondly, the awareness of own interests; thirdly, the mastery of methods of analysis of complex life situations; fourthly, the improvement of emotional and volitional features of character and finding the ways of compensation the deficiencies of the individuality features.

These measures, in general, assisted the reduction of the expression of psychological barriers in activities and were the means of preventing the unwanted psychological barriers in this process.

Based on the theoretical research and empirical testing of the main theses we can formulate the following general conclusions.

It was proved that the psychological barrier in activities of a personality is a barrier in mental activity of a personality that is caused by both internal and external features on the way of achieving the goal in own activities. The psychological barrier is reflected at the level of psychological and emotional states that are characterized by tension, frustration, uncertainty, etc.

There are some states that related to the structural components of psychological barrier in activities. On the one hand they are connected with the passivity of the motive; emotions that are unfavorable for the conversion the motive into effective one; lack of rational arguments for the motive activation; inability to achieve the effectiveness of the motive with the help of the conation. On the other hand these states are associated with a high tension, emotional instability, overestimation or underestimation of own abilities, the uncertainty of motivation, interests and hobbies.

The mechanisms of the occurrence and overcoming of the psychological barriers in activities of a personality were described. The main component of the occurrence mechanism is unfavorable anticipation towards the process or the consequences of activity; when the motive of the activity, the rational and emotional assessments of the probability of successful implementation of the action and conations affect on the formation of anticipation. Psychological mechanism of the overcoming the barrier covers such behavioral strategies as: mobilizing inner resources for the overcoming the barrier; the deferment of the action realization for the thorough preparation; the rejection from the action, or changing the purpose that makes the overcoming the barrier is no longer relevant. Inability to overcome the psychological barrier leads to frustration, emotional instability and so on. In this state a person may repeatedly make some actions aimed at the overcoming of the psychological barrier.

The study of psychological barriers in activities of a personality and the using of the founded patterns have identified prospects for further development of the theory of the psychological barriers with respect to the various activities of the individual.

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Массанов А.В. Психологические барьеры в деятельности личности

Аннотация. В статье предложена концептуальная модель психологического барьера в деятельности личности. Психологический барьер это сложное напряженное мотивационно-ориентированное психическое состояние, которое блокирует выполнение желаемого действия. Основными компонентами механизма возникновения психологического барьера является неблагоприятное предвосхищение личности относительно процесса или последствий деятельности, при этом мотив действия, рациональная и эмоциональная оценки вероятности успеха выполнения действия и волевые усилия влияют на фор-

мирование предвосхищения. По своей природе психологический барьер это психическое состояние, которое вызвано тем, что мотив желаемого действия является пассивным, вместе с тем, эмоциональные переживания, рациональные доводы, волевые усилия не в состоянии посредством механизма формирования благоприятного предвосхищения превратить мотив в действующий. К структурным компонентам психологического барьера в деятельности личности относятся состояния, связанные с одной стороны с пассивностью мотива; эмоциями, неблагоприятными для преобразования мотива в действенный; нехваткой рациональных доводов для активизации мотива; неспособностью волевым усилием достичь действенности мотива, с другой – связанные с высоким напряжением, эмоциональной неустойчивостью, переоценкой или недооценкой своих возможностей, неопределенностью мотивации, интересов и увлечений. Психологический механизм преодоления барьера включает такие стратегии поведения: мобилизацию внутренних ресурсов для преодоления барьера; отсрочку выполнения действия для более основательной подготовки; отказ от действия, или изменение цели, что делает преодоление барьера уже не актуальным. Невозможность преодолеть психологический барьер приводит к фрустрации, эмоциональной нестабильности и др. В этом состоянии личность может повторно прибегать к действиям, направленным на преодоление психологического барьера. Программа профилактики и устранения психологических барьеров в деятельности личности включает приемы эмоционально-волевой саморегуляции, ориентированные на повышение эмоциональной устойчивости и методы формирования мотивации личности.

Ключевые слова: *психологический барьер, предвосхищение, переживание, субъективные трудности, эмоциональная оценка, рациональная оценка.*