

Psychological research analysis of forming conditions and individual life plan formation during youth period

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Abstract: The results of psychological analysis of Ukrainian psychologists current research of life plan formation issue during youth period is unveiled in this article. It was discovered that previously only some specific aspects of life plan formation among young men and women, namely their individual lifestyle, life perspective, a future perspective and self-life factors had been investigated by the scholars.

Keywords: *project of life, life plan, lifestyle, personality, youth period.*

Life plan formation among young generation is mainstreamed in terms of relentless social and socio-economic transformation processes and current stage of state development in Ukraine. The need of solving the abovementioned issue is crucial during youth period, as this period is a period of personal and professional self-determination and therefore the necessity of youth life plan formation is particularly acute. In this regard, the issue of individual life plan formation during youth period is supposed to be a core element of psychological research which is really important for psychology in Ukraine, both science and practice.

Taking into account the above mentioned the aim of this article is to make a theoretical analysis of modern scientific works of local scientists that have been working on this issue.

A number of modern scientific works of local psychologists are dedicated to theoretical and empirical studies of individual lifestyle formation and project of life development during youth period. Notably the subjects of their researches were: in terms of age and pedagogical psychology: project of life development during early youth period (G. Rud, 2005); psychological characteristics of one's own future image during early youth period (O. Posazkiy, 2005); psychological characteristics of project of life during youth period (A. Levenez, 2006); gender bias as a tool of individual lifestyle determiner during youth period (G. Grytchuk, 2008); psychological characteristics of one's own individual lifestyle during adolescence and youth period (O. Malyna, 2009); social psychology – social and psychological characteristics of Internet addicted students life plan formation (V. Posohova, 2006); general psychology – psychological characteristics of students with disabilities project of life among (L. Tyshchenko, 2011) and others. Theoretical analysis of these studies is presented below.

G. Rud's work is dedicated to the analysis of the main characteristics and individual outlook on life forming factors during the period of early youth (ten and eleven-graders of secondary schools and university students of 1st and 2nd years). The psychologist uses the phenomenon «project of life» based on the ideas of V. Panka and N. Tytarenko which say that taking into account individual strong influence on one's own living circumstances, the potential of one's further development is project of life as a general focus of the most significant and predictable future events. She strongly believes that the period of early youth is critical to the development of life-giving processes and individual project of life. The main socio-

psychological factors of individual life self-determination and proper project of life empirically defined the following: effective communication in society, social achievements, success and recognition, upgraded social status, making decisions skills, professional self-recognition. It is established that the main psychological factors that allow the individual to feel fulfillment and create proper project of life during the youth period are the following individual-psychological characteristics: internality, sense of reality and strategy, flexibility of thinking, absence of conflict, emotional stability and sociality [6].

The study results of psychological characteristics of individual future image formation during the period of early youth (by a senior student) are represented in O. Posazkiy's work. The psychologist interpret the concept «future image» as a complex integrated formation, that contains individual system of values, one's own future plans, learned stereotypes and instructions, reflective and self-rating elements, one's own emotional attitude to one's own future. He believes that the criteria of youth successful socialization is their image of future, while the image of project of life (close, medium and long), ability of life plans, its correspondence with goals and values, combination of perspective and concretion, the ability to form one's own prospect of life, optimistic view on future are criteria. The researcher empirically found out that distant prospect which relates to their adult life dominates among senior students. Namely – their employment, creating a family unit when they are older than 30 years old. Future image mostly relates to youth personal life. The study results are different in big cities and little town which we found really interesting. Young people who live in big cities have definite and stereotyped future image. Their project of life is medium as it relates to the next year. Young people who live in little towns have more idealistic future image, they depend on society a lot, and their project of life is long.

O. Posazkiy determined the internal factors that show how much senior students are concerned about their future which are the peculiarities of their future image and the level of their “self-conception” being harmonized and positive. Thus, if the researches don't take their own future as a problem they have a high positive level of their «self-conception». As they are known to be hardworking, having adequate self-esteem, persistent and sociable, however, those students who take their future as a problem are known to be lazy, their self-esteem is low and they are not sociable. Moreover such students have a heightened level of anxiety [4].

The results of a study dedicated to project of life formation of psychological peculiarities among the senior school students (early youth period) and university students (late youth period) conducted by A. Levenez showed some results that can be of a significant importance for those researches that work on this topic. According to the psychologist, phenomenon «project of life», which is the individual image of a desired and well-placed image of the future, is a complicated psychic formation, that regulates the development of its path of life. This formation has time and semantic dimensions as a component of individual life world. The components of the first dimension are life goals, plans and programs that are graded according to the criteria of certainty, differentiation, sustainability and reality. The components of another dimension are personal meanings that are determined by the individual system of values, rational dispositions and constructions, that reflect one's own ability to carry out life choices. Coherence of individual project of life, which stands as individual life image is current and corresponds with its past experience and is caused by the above mentioned dimensions being harmonized. The project of life formation during youth period is determined by focusing on future. However, individual life goals determination, its ways and means of realization is a rather complicated process. Empirically having documented a low level of development and absence of realistic life goals at all, the researcher discovered the dominance of optimism and long project of life according to the criteria «emotional evaluation» and «timeline» among the senior school students, and anxiety, uncertainty and close project of life in particular among the university students.

A. Levenez has proved in his work that the main indicators of coherence of individual project of life during the youth period are: optimism, self-determination, life image diversification, maturity of axiological sphere and self-actualization need. Working on gender peculiarities, the researcher found out a higher level of project of life formation among girls of young youth period and boys of late youth period. Yet the content and structure of individual project of life among girls of the same age period turned out to be average, but boys showed it to be excellent. Project of life among girls can be characterized as: breadth of life goal settings, typical peculiarities of personal values hierarchy, maintenance of past and future life events and more pessimistic future views comparing with boys ones. Un-cooperation of project of life is more specific to the majority of boys of early youth period, but only half of them have it during late youth period [2].

G. Grytchuk empirically noted the influence of gender bias on the students while forming their individual lifestyle. The psychologist believes, that the individual lifestyle represents a unique combination of characteristics, motives, axiological orientation, cognitive styles, ways of solving some life troubles. She discovered the following gender peculiarities exploring formation of this individual style during late youth period. According to boys' lifestyle they aim for self-determination more, they have more reflexive self-attitude, their social and professional behavioral strategies are self focused (adaptable and maladjusted), system of realized social-professional life goals. Comparing with them, girls' lifestyle is characterized by the need of self-determination, which can be proved by

her aspiration to be active and independent, individual and reflexive strategies of their behavior, system of well-placed goals, which are related to their interpersonal interactions. According to the peculiarities of their lifestyle the content of gender identity reflects boys' focus on professional activity, welfare and social contacts and girls' focus on intimate and personal communication, self-determination in social and family spheres [1].

O. Malyna has worked on psychological peculiarities of life style formation among teenagers and youth. The psychologist takes individual lifestyle as the structure that guarantees the flexibility of its life-sustaining activity in society and as the form of self expression, self determination and self perfection as well. According to her beliefs, this style is a special individual way of that life journey implementation that was chosen by a young person. It is formed based on the skills and needs and is resulted in the processes of life goal and life plan achievement. Individual lifestyle during the period of adolescence an youth is a complicated and dynamic think that is reflected on its activity and orientation. The individual activity represents its correlation with environment and way of self-determination that lead to independency, integrality and self development. Individual orientation is a stable system of motives that determine the behavior in different life situations. Due to the demonstration of activity and individual orientation the psychologist flagged out and characterized the following lifestyles: passive-individualistic, situational and individualistic, active-individualistic, passive collectivistic, situational and collectivistic, active collectivistic, passive self rating pragmatic, situational self rating pragmatic, active self rating pragmatic. These changes are caused by age peculiarities of their development. Particularly active self rating pragmatic lifestyle is noticed only during late youth period that is why the processes of professional and personal self determination are successful during this age period [3].

V. Posohova has dedicated her study to the process of life plan formation among Internet-addicted youth. According to the psychologist, individual modeling its own future depends on having active purposes and dreams, which are the essential components of its life plan, and also on the following mechanisms (such as self identification, self-actualization, self-regulation and self-management), which make the process of achieving goals and dreams possible. She empirically found out that Internet addicted students are unable to make life plans unlike non Internet addicted ones. The reason of it is the fact that obsession with the virtual world causes non-realistic attitude to life and thus inadequate behavior. Moreover, it disturbs objective perception of reality, causing the transformation of system of life values among young people, the centerpiece of which is virtual reality and Internet-communications, also unrealism, abstractiveness, delusiveness and incoherence of their life plans [5].

L. Tyshchenko has worked on project of life psychological peculiarities among disabled students. The psychologist takes project of life as individual desired and real future image, as a complicated psychic notion that regulates life path development and leads to axiological views about oneself and its timeline, stable system of individual values, life philosophy and outlook. The psychologist believes, if a person is disabled, the process of

implementing project of life can be more complicated. It is imperially stated that these problems can not be solved when a disabled person enters university. These students strongly feel their disability due to their little physical opportunities. That is why they can often feel inferior, uncertain, they depend on social stereotypes a lot, critics, they tend to accuse social circumstances on their failures. Above mentioned peculiarities greatly complicate the process of life plan implementation, project of life implementation, both close and long. The psychologist has determined the mechanism of project of life formation among the disabled students. Self limiting – the student

creates its own project of life taking into account its own disability. And that physical disability creates the relevant image of its disease and inferiority. Compensatory – the student starts feeling his or her disability less when he or she is more socially successful [7].

However, the theoretical analysis shows, the issue of psychological peculiarities of life plans formation among young people hasn't been the subject of a special scientific research of Ukrainian psychologists. Taking into consideration its social significance we consider this topic worth to be investigated.

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