

ПРОБЛЕМА ВОЛІ В КОНТЕКСТІ ВИХІДНИХ ПОЛОЖЕНЬ НАУКОВЦІВ

У статті розглядається проблема волі особистості, яка на сьогоднішній день у сучасній психології є однією із найскладніших. Маючи ряд властивостей, зокрема таких як усвідомленість, активність, напруження, воля виступає специфічною стороною психіки людини, продуктом особливої функції мозку й характеризується наявністю особистісного смислу і є важливою детермінантою людської активності. Особлива увага автором приділяється вихідним положенням вчених в контексті різних психологічних підходів до проблеми волі, зокрема мотиваційного, регуляційного та підходу вільного вибору. На основі аналізу наукових праць вітчизняних і зарубіжних вчених здійснюється спроба охарактеризувати їх.

Ключові слова: *воля, особистість, поведінка, мотивація, регуляція,вольова регуляція.*

Formulation of the problem. Today "will" in modern psychology becomes one of the most complicated issues. It belongs to the personal level of regulation, which is characterized by the presence of personal meaning, as an important determinant of human activity. Thus, the formation of volitional qualities is essential in the behavior of the individual.

The purpose of the article is contained in a theoretical analysis of scientific approaches to the problem of will in psychology.

Presentation of the main material. Will is defined as a form of mental mapping, which manifests itself in the ability to choose the actions related to the overcoming of external or internal constraints [6]. Under the term "will" the researches also mean the decision of a man, his conscious purposeful actions, deeds, his perseverance, resoluteness, endurance [13]. Will forms subjective energetic factors of moral activity [11]. The transformation of social and moral requirements into certain motives, qualities that define its behavior is quite important for the psychology of will. Namely will, as an initial dynamic basis of mental life is the stage of mastering by a person of the own process of moral behavior. It develops from impulsive to purposeful, such movement corresponds intellectualization of personality's emotional sphere. Will interferes with the course of other mental processes by the same laws that meet these processes. Herewith, the changes undertaken by will characterize the

genetic aspect of the development of higher mental functions, including personal development [2].

The problem of will received very wide coverage both in national and foreign psychological literature. Our analysis of scientific sources indicates the diversity of approaches in determining the notion of will. The first approach is associated with human motivational and need sphere. Within its limits representation about the nature of will leads to either initial moment of motivating action, or combination of conscious goals, higher mental functions with motivational sphere, which initiates an active, controlled behavior of a person [3; 7; 9; 19; 21].

In scientific works of S. L. Rubinstein is traced the link between will and motivational processes. The author agrees that “the beginnings of will are laid in needs as the initial motivation of the individual to action”. Developed forms of will the psychologist also combined with motivation. The will on its highest levels, according to the scientist, is not just a set of desires, but their conscious organization. The psychologist emphasized that volitional action is focused and can be realized in simple and complex forms. He identifies four main stages or phases in a complex volitional action: 1) the emergence of motivation and previous statement of purpose; 2) reflection and struggle of motives; 3) decision to act; 4) performing of action [19].

Describing will, L.I. Bozhovych argued that it includes in its structure not only the deliberately put goals, but other higher mental functions (emotional memory, imagination, moral feelings, etc.), certain interrelation of which allows a person to manage his/her behavior. The researcher proceeded from the position that psychologically mature is a person who has reached a certain, sufficiently high level of mental development. As the main feature of this development, she marked the emergence of ability in a person to act independently from directly affecting her circumstances (even in spite of them), guided herewith by the circumstances and deliberately put objectives. The emergence of this ability substantiates the active behavior of the individual and makes him the owner over the circumstances and over himself. According to the above-described insight, L.I. Bozhovych was looking for regularities of specified capacity occurrence in the development of such functional system, which is called will. For this she investigated formation of motivational, affective saturated purposes, becoming of the “internal action plan”, which allows a person to organize his motivational sphere in the way to ensure victory of consciously put goals over indirect motives, though not desirable to a person in this situation, but nearly more strong. That is, were studied the actions of such functional system which provides conscious human control the own behavior [3].

The will, after V.A. Ivannikov, should be understood as an arbitrary form of motivation with creation of additional motivation (or deceleration

tion) to socially necessary or socially controlled action. Will - is the last step in learning the own processes - namely, in mastering the own motivational process. Will - is arbitrary creation of a call to action through an imaginary motive. Will is not only a special way of motivation, but its special form - an arbitrary motivation. Will belongs to the personal level of regulation, which is characterized by a personal sense - that is reflection in a human consciousness of the motive relation to the objectives and conditions of action [18].

With a help of will, as noted L. H. Dyka and V. V. Semykin, a person can act focusing at specific activation-energy processes, control his/her motivational and need sphere, regulate both emotions and cognitive processes, consciously control the own behavior and activity. The immediate object of volitional self-regulation makes organization of mental functions. In this case, one of the main functions of will can be self-governing of states [7].

O.V. Zaporozhets notes that: "The most significant for psychology of will is a transformation of conscious social, especially moral demands into the certain moral motives and personality's traits that determine its action" [8, p. 7].

Volitional formation, believes O.H. Kovaliov, depends on social relations and human worldview that directly affect its need and motivational sphere. Qualitative characteristics of human being's will depend on a coherent unity of motivation [17, p.11].

The second approach reflects researches of a number of scientists who investigated regulatory functions of will. Representatives of regulatory area believe that will, occupying a central place in the core of personality, regulate the own psychological processes. Strong-willed regulation combines mental functions into a single functional system, wherewith conditions the appropriate management of activity or any mental process. In other words, the will performs the role of regulator in activity of the individual, conscious creation of the state of optimum mobility, the best mode of activity and concentration of this activity in the right direction.

In understanding of M.Ya. Basov, will is a mental mechanism through which a person regulates his/her mental functions, integrating them with each other and rearranging according to the solving tasks. "Mastering of the own state of mind by a person is possible only in the presence of regulatory factor. This factor has always a healthy person in reality. And its name is will". According to the conclusion of a scientist, the regulatory function of will is manifested in attention, which is "an act of regulation". Volitional effort he regarded as a "subjective expression of regulatory volitional function" or attention, because it is "the same phenomenon which is named by different terms". Perception, thinking, emotions are governed by attention through changing the contents of consciousness

and through switching attention. The will is unable to generate action and reflections, it only regulates them, stated M.Ya. Basov [10].

Arbitrary regulation of behavior and mental processes regarded as the main content of the concept of will L.S.Vyhotsky. In his early research works the scientist tried to explain an arbitrary form of mental processes regulation and behavior in the aggregate through targeted organization of external incentives. Later, a scientist refers to a system of semantic structures of consciousness of a man, believing that if to change the nature of the action, it will change the motivation for it. Strong-willed regulation, emphasizes L.S.Vyhotsky, is made by combining various mental functions into a single functional system that regulates the activity or a mental process [4; 5].

L.M. Vekker identifies three forms of regulation: involuntary, arbitrary and volitional. Strong-willed regulation is the highest form of voluntary regulation of the behavior from the side of the individual if the regulation is made on the base of the criterion of “intellectual, emotional and moral, general and social values”. Need for volitional regulation a scientist linked to the transition of this regulation on a personal level, more precisely, on the level of personal self-regulation [10].

Strong-willed regulation, according to V.K. Kalin is a mechanism for fine regulation of human activity [12]. It acts as conscious enclosed by goals and motives formation of the state of optimal mobilization, the best mode of activity and concentration of activity in the right direction.

The most important aspect of volitional regulation, according to V.K. Kalin, is a quick analysis of the problem situations that require transformation of functional mental organization, the switch of consciousness of the subject of activity object to oneself with the aim to eliminate discrepancies between the own condition and requirements that are imposed to his/her activities. Strong-willed regulation provides self-governing of the functional structure of psyche and the level of resource expenditures in activities and behaviors, in individual actions and deeds. Volitional effort is the main mechanism of regulation and self-regulation of a man. The basis of voluntary efforts the scientist connects with the regulatory influence of second-signaling mechanisms.

Great value among functions of will V.I. Selivanov provides to mobilization of efforts to overcome difficulties. “For all volitional manifestations - says a researcher – is characteristic one common feature - the conscious struggle of personality with difficulties, resulting in a meaningful regulation of the behavior and activities” [15]. However, R.M. Assadzholi, highlights the function of regulation of the other psychological processes. He believes that will is central in the core of personality and through it “I” directs thoughts, emotional feelings, desires, imagination and other mental processes [9].

R. May characterizes will as the category that determines the ability of the individual to organize the own behavior in a way to make purposeful movement to the planned target in the right direction. In contrast to desires, will appears as the ability to make choice, has the traits of personal maturity and is associated with developed consciousness. [10]

H.S. Kostiuk emphasizes that the will does not exist outside other mental phenomena. Human acts of will are always mediated by cognitive processes, ideas and thoughts. However, volitional act is directly connected with human emotions and feelings. Reflecting objects and phenomena of objective activity as purposes of human aspirations, the will thus exists in union with its mind and senses; it is a shift from thinking and emotions to work. In other words, the will is acquired by a man ability to set up consciously the goals, make decisions and subordinate them to their actions and deeds. Thus, because of the objective world the will represents some form of mind that consist in conscious regulation and self-regulation of human activity [13].

Strong-willed regulation, after I. D. Beh and I. S. Bulakh, manifests itself as a personal level of arbitrary regulation. The decision on the regulation comes from the personality, that is, the people use personal means, one of which is the intention to replace the meaning, the essence of actions that leads to motives changing. [22]

Ye. M. Penkov stresses, that the will is always connected with mental activity of a man, with intended purpose and consciously direct practical actions to implement it into life. The will, as a part of the mechanism of regulation is seemed to mediate consciousness and practice, resulted in producing the ability to form the individual behavioral settings [1].

The will, according to N.M. Apetyk, is a conscious self-regulation by human of a behavior and activity; it is the regulatory function of the brain, which consists in the ability to achieve actively the goal, overcoming internal and external obstacles [1].

Within the approach of “free choice” the will is manifested through conscious thought and action and is seen as an opportunity to choose the most appropriate option in realizing the plan. The function of choice S.L. Rubinstein recognizes in a volitional process. “In fact, as the scientist notes, any real volitional action is in reality an act, which includes the conscious choice and decision” [14].

The main function of the will William James considers in adoption of decision about the act in the presence in mind at the same time of two or more ideas of motion. The presence of competing idea slows the transition of predictions about the movement into action, so for implementation of action it is necessary to make choice among ideas and adopt a decision. A person makes a selection on the base of the interest, ending it with attention towards the selected object, and then starts the movement, as the impulse to move reports the idea that at present moment

capture the attention of the person. That's why, the willpower consist in directing by a man his mind to unsightly, but the desired object and focus on it his attention. The scientist considered will as an independent force of soul, which has the ability to decide on action [10].

In connection with the search for the meaning of life and the choice of life path V.E. Frankl considered regulation of mental states, as a manifestation of the will [9]. Focusing on vital senses, the scholar observed, allow maintaining of emotional stability even in adverse environmental conditions. His main point - a man is free to find and realize the meaning of his life, even if his freedom is limited by the objective circumstances. The important issue of V. Frankl's learning on free will is a question of what for a man is endowed with freedom. The scientist gives an answer: it is the freedom to take responsibility for the own destiny, the freedom to listen to his conscience and decide on the destiny, the freedom to change and become what you want. Thus, human freedom is not freedom from conditions but freedom to take responsibility. Freedom without responsibility creates arbitrariness [9, p.135].

Will as an energy which is governed by consciousness determines K.G. Jung. The development of will, from the perspective of a scientist, is associated with assimilation of cultural values, moral standards and social imperatives, etc. Will takes effect only through conscious thought and action and it cannot purposefully influence on the instinctive or some other processes, but has a real, albeit indirect power over them through consciousness [23, p.106].

Will creates the internal conditions for the implementation of the act or action, says M. V. Savchyn, and in this sense it takes part in creation of subjective values [20].

According to I.D. Beh, the will indicates a mental side of life, which is manifested in the conscious commitment of human action. Strong-willed action is always free, independent of the circumstances; hence, it is based on an active intervention in the situation. In result of a conscious adoption of decision a person feels the inner freedom. Just the experience of human free volitional process distinguishes volitional action from other actions. This is the essence of the constructive principle on which it is based [2].

Will is a real psychological phenomenon, observed T.B. Partyko, which is characterized by a clear focus on consciously determined goal, need, freedom of action and responsibility. The need for action consists in its dependence on the objective circumstances in which the person is, and in conscious adherence to the rules and norms of society behavior. The essence of the freedom of action – in impossibility of implementing self-selected goals and desires. If a person acts voluntarily and without external pressure, he has to take responsibility for the consequences of

actions. The more enforcement to performance of actions is, the less is the sense of responsibility in humans [16].

Conclusions. So, the will, combining certain properties in it, serves as a specific side of the psyche and is characterized by personal meaning. It is manifested both in mental regulation, and in the personal self-regulation. Depending on the direction of the research problem we highlighted the most significant positions of scientists: some of them point that the will acts as a step in mastering the mental processes and it is manifested in mastering of the own motivational process that is the attention focuses on motivating function of the will; while others argue that the will is a mental mechanism through which a person regulates the own mental functions and acts indirectly as a conscious mediated by goals and motives of the objective activity formation of the state of optimal mobilization, the best mode of activity and concentration of activity in the right direction; others stress that will have close links with the functioning of cognitive processes and it is regarded by them as spontaneous, not determined free choice and behavior.

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Чижма Д.Н. Проблема воли в контексте исходных положений ученых

В статье рассматривается проблема воли личности, которая на сегодняшний день в современной психологии является одной из самых сложных. Имея ряд свойств, в частности, таких как осознанность, активность, напряжение, воля выступает специфической стороной психики человека, продуктом особой функции мозга и характеризуется наличием личностного смысла и является важной детерминантой человеческой активности. Особое внимание автором уделяется исходным положениям ученых в контексте различных психологических подходов к проблеме воли, в частности мотивационного, регуляционного и подхода свободного выбора. На основе анализа научных работ отечественных и зарубежных ученых осуществляется попытка охарактеризовать их.

Ключевые слова: *воля, личность, поведение, мотивация, регуляция, волевая регуляция.*

Diana Chyzhma. The problem of will in the context of original provisions of scientists

The article covers the problem of individual's will, which today in modern psychology is one of the most complicated issues. With a number of properties, in particular, such as awareness, activity, effort will becomes a particular side of the human psyche, a product of particular functions of the brain and is characterized by a personal sense as an important determinant of human activity. Particular attention is given by the author to the original provisions of the scientists in the context of various psychological approaches to the problem of will, in particular, motivational, regulatory and approach of a free choice. Based on the analysis of scientific works of the national and foreign scholars is made an attempt to characterize them.

The analysis allowed to identify the most significant positions of scientists: some of them indicate that the will stands as a step in mastering the mental processes and it is manifested in the own motivational process development i.e. the attention focuses on motivating function of the will, on its motivational component; while others argue that the will is a mental mechanism through which a person regulates the own mental functions and acts as a conscious mediated by goals and motives of the objective activity formation of the state of optimal mobilization, the best mode of activity and concentration of this activity in the right direction; the third emphasize that will has close links with the functioning of cognitive processes and it is regarded by them as a spontaneous, not determined free choice of activity and behavior.

Key words: *will, personality, behavior, motivation, regulation, strong-willed regulation.*