DOMINANT PROTECTION STRATEGIES OF STUDENTS' COMMUNICATION AND THEIR RELATION TO CHARACTER ACCENTATIONS

Dribas Svitlana Anatoliyivna
Candidate of Psychological Sciences,
Senior Lecturer of the Department of General and Age Psychology
Kryvyi Rih State Pedagogical University, Ukraine

Semenov Konstantyn Arnoldovych
Candidate of Medical Sciences, Associate Professor of the Department of Dentistry, Faculty of Postgraduate Education
State Institution Dnipropetrovsk Medical Academy of the Ministry of Health, Ukraine

Makarenko Nataliia Mykolaivna
Candidate of Psychological Sciences,
Associate Professor of the Department of General and Age Psychology
Kryvyi Rih State Pedagogical University, Ukraine

The development level of the modern higher education system highlights the problems associated with the structure of the dominant protection strategies in communication among students, and especially in those specialties that involve working with people (physicians, psychologists, social workers, etc.). Within the research of the above stated problem, the study of the degree of connection between the dominant protection strategies in communication and accentuations of character is of particular interest.

The main theoretical bases of the problem of character accentuations were determined in the middle of the XX century. K. Leonhard and V. Lichko not only highlighted the presence of accentuations in human nature, but also determined their direction and specific features [3,4]. Under the influence of their works, a traditional point of view was formed, which interprets accentuations as a phenomenon of excessive aggravation of certain characterological features that become extreme variants of the norm in the psychology and behavior of the individual [1].

Most researchers agree that individual’s traits change in the process of human life and a certain type of employee in relation to the process of activity (positive, neutral or negative) is formed as a result.
The traditional point of view is that accentuations are understood as excessive strengthening of certain traits of character, which is marked by deviations (which are extreme variants of the norm) in human psychology and behavior [1]. Accentuations are, in fact, the same individual traits, but they have a tendency to transition into a pathological state [3]. According to A. Lichko, these disorders can occur due to “biological disturbances during puberty, or more often under the influence of a special kind of mental trauma or difficult situations in life” [2].

Summarizing the conclusions of the presented research, we found that the variability of personality traits is manifested both in qualitative diversity and in quantitative terms. When the quantitative expression of a character trait reaches the limit values and thus crosses the norm limits, then an accentuation of character occurs [1]. In this case, these traits are so acute that “cause increased vulnerability of the person to certain types of influences and complicate their adaptation in specific situations” [4]. Thus, accentuated character traits cause a certain disharmony in the motivational-need and emotional-conative spheres of personality, hinder the successful process of socialization and do not allow to adapt properly in society, which potentially makes a person particularly vulnerable to frustration [5].

The main provisions of the theoretical analysis of the problem of the connection between character accentuations and dominant defense strategies in the communication of psychology students formed the basis of the organization of empirical research. The main purpose of the experimental work was to determine the level of interdependence between such parameters as the character accentuations of students majoring in psychology and the dominant defense strategies in their interpersonal communication.

The procedure of research and selection of participants was determined for implementation of this goal. The procedure of studying the peculiarities of character accentuations and dominant protection strategies of students majoring in psychology involved an empirical study using the method of cross-sections. This method is one of the most commonly used in psychological practice and involves one test of participants of the experiment at the same time intervals.

The classical research procedure was modified in accordance with the conditions of state quarantine, which affected the transition to the system of distance learning and the lack of opportunity to conduct an experiment in conditions where students were studying in full-time mode. In this regard, in order to obtain quantitative results using selected methods (V. Boyko, G. Shmishek, K. Leongard), a remote process was organized to collect the necessary statistics. The GoogleClass resource was used for this purpose. Using GoogleKlass system, which required pre-registration, the students gained access to the proposed methods and answered the tests. The total sample of the study was 25 students.

The method of studying the character accentuations of K. Leonhard's in modified version of G. Shmishek was used to diagnose the type of personality accentuations. To study the dominant strategies of psychological protection in communication, the method of V. Boyko was chosen, which best meets the goals set in this empirical study. This technique allows to identify three main strategies of psychological protection in communication: “peacekeeping”, “avoidance”, “aggression”. This division displays a direct movement from the most constructive to
the least constructive response to the circumstances of interpersonal communication.

The quantitative and qualitative analysis of statistical data was carried out in accordance with the stages of diagnostic techniques. At the first stage of interpretation of the empirical research data, the data obtained through V. Boyko’s method “Diagnosis of the dominant strategy of psychological protection in communication” were analyzed. In terms of data analysis within the frame of this technique, the total sample of students majoring in psychology (N = 25) was divided into three groups. The first group included students, who prefers a peacekeeping” strategy. The second group consisted of students, who mostly use “avoidance” strategy, and the third group is represented by students, who leans to “aggression” strategy.

The data was distributed in the following percentage groups as follows: the largest percentage of students majoring in psychology preferred peacekeeping” strategy (70%). “Avoidance” took the second place (20%); “aggression” was on the third place (10%).

We can explain this by the fact that the choice of a specialty related to psychology has a significant impact on the choice of the dominant strategy of psychological protection in communication. That is why the constructive models of behavior in a communicative situation dominate among students majoring in psychology. In fact, it is a psychological strategy to protect individual’s subjective reality, in which intelligence and character play a leading role. The intellect suppresses or neutralizes the energy of emotions in cases, where there is a threat to the “I” of the individual.

Peacekeeping is partnership and cooperation, the ability to compromise, yield and be pliable, the willingness to sacrifice some of their interests in the main thing — to preserve dignity. In some cases, this means adjustment, the desire to yield to the persistence of the partner, not to aggravate the relationship and not to enter into conflicts, so as not to test their “I”.

At the second stage of the empirical study, the data obtained from K. Leonhard - G. Shmishek questionnaire for determining the accentuations of the character were analyzed.

The general sample of students majoring in psychology displayed that such types of accentuations as hyperthymic (75%), exalted (70%), emotional (60%), cyclothymic (50%) have the highest level. It is typical that these types are most pronounced in students - future psychologists, who are characterized by increased rates of accentuation compared to students of other specialties.

The quantitative and qualitative comparison of data in different groups of students majoring in psychology (according to the level of the dominant strategy of psychological protection and communication) showed that the first group is dominated by high rates of hyperthymic (55%), emotional (65%) and exalted (70%) types, which are considered relatively constructive in their content and differ in such parameters as high activity, high mood, mobility, independence, cheerfulness, communication, emotionality, non-conflict, etc.

While the group of students with dominant strategies of “avoidance” and “aggression” showed high levels of such types of accentuations as “rigid” (70%),
“cyclothymic” (60%), which are characterized by a significant degree of secrecy, lack of trust in others, vulnerability to insults, vigilance, frequent mood swings, dependence on external circumstances, irritability, etc.

Thus, the results of the conducted methods showed that students majoring in psychology have a certain level of dominant strategies in communication and a corresponding set of accentuations of character, which are combined with each other by a system of close relationships.

References: