BOOK OF ABSTRACTS

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IMPLICIT CONCEPTION OF SELF-CHANGE IN EVERYDAY CONSCIOUSNESS

Natalia Grishina
Marina Avanesyan
Svetlana Kostromina
Saint Petersburg State University (Saint Petersburg, Russia)

Self-schemas, salient identities, implicit theory of personality are considered as significant factors of human activity regulation and effectiveness of difficult situations’ overcoming in various spheres of life [Markus, Nurius, 1988; Dweck, 1999, 2008; Lee, Jamieson, 2018]. The aim of this study is to identify which implicit concepts of human variability exist in ordinary consciousness of people and how they are related to personal readiness for changing. A semi-structured interview. Sample: N=62 (25 men, 37 women), average age is 35.3 years (SD =11.2, min = 21, max = 72). Implicit conception of changeability is characterized by a consistency of ideas about a possibility of fundamental changes in life ("start from scratch") and an opportunity of own changes (r=.29, p<0.05). The answers regarding a possibility of fundamental changes ("Is it possible to start life from scratch?") were distributed as follows: (1) recognition of possibility for changing (55%); (2) inability for fundamental changes, because a person can not forget his/her past, escape of environment and responsibilities towards his/her relatives (21.7%); (3) need for suitable circumstances (10%) (resources) or certain personal characteristics (10%). The more a person recognizes the opportunity to start his/her life from scratch, the greater the number of self-change situations in his/her life (reading literature, attending special classes, trainings) (r=.25, p<0.05). With age, a conviction about the possibility to start own life from scratch decreases (r=.30, p<0.05), a volume of statements related to personal obligations, primarily to family, children, etc. increases (r=.25, p<0.05). It turned out that men compared to women more often tend to believe that some people are able to change radically their lives, to start from scratch, and some people are not (r=.29, p<0.05). In the second study (N=30, 20 women, 10 men, average age 41.7), along with an interview, a projective test was used to explain the changes taking place in people’s life. The results of both studies have shown that the process of personal change is described by respondents as reactive process, as a forced response to circumstances, and not as a proactive changing of themselves. The study was supported by Russian Foundation for Humanities, project 18-013-00703/18.