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## Content parameters of a person's attitude to activity

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## **Content parameters of a person's attitude to activity**

The understanding of a person's attitude to activity as its essential characteristics formed during the activity and, as a whole, live and revealed in it, makes certain demands to its (attitude) study and diagnostics. In our opinion, the most adequate theoretical approach to reveal subjective and objective parameters of a person's attitude to activity will be subject-action approach. It has been confirmed in our researches.

The idea of a person's attitude to activity as the essence of a personality demands bringing up and proving the principle of what makes „nucleus” of a person's attitude or, otherwise, what should be referred to „internal conditions” of attitude – person, and also to the basic parameters describing attitude – a person from the subjective and objective sides.

The study of a person's attitude to activity in view of subject-action approach opens wide prospects to the development process analysis of the subject of activity, his\her social self-determination, interiorization of the objective forms of activity into subjective. The processes of motivation, self-esteem, goal setting and goal realization, personality qualities closely connected with the mechanism of activity regulation, are components of the integrated attitude of the subject of activity to his/her object – a public (social) form of activity [Зобков 2011].

In subject-action approach while analyzing a person's attitude to activity the latter acts as an integrated system, as a „semantic formation of a person”, hierarchically represented by content-dynamic characteristics corresponding to functional levels of activity: motive – attitude, self – esteem – attitude (goal, tasks, confidence), result – attitude.

Based on the theoretical analysis of works considering the category of attitude, it is possible to say that attitude is recognized as a special mental formation directly connected with the personality and expressed in his/her actions and experiences, formed and realized in work as a special kind of a person's activity [Илюпохова 1974]. Though it is underlined in psychological and pedagogical researches that the phenomenon of attitude emerges as a form and a content of a person's manifestation in activity, his/her (person) diverse communications with the social reality, however personality formation (content) of attitude, man-

ifested outside as his/her form, parameters of the attitude on subjective (internal) and objective (behavioral, externally observable) levels are insufficiently analyzed from our point of view.

Reasoning his/her behavior and activity, setting short-term and long-term goals and implementing them during the vital activity, a person is constantly carrying out reflection and organization of actions, in which his/her attitude to reality is displayed. The attitude in this plan, becoming a personality characteristic, penetrates through the whole vital activity of a person. Depending on the content of a person's „internal conditions”, he/she constructs his/her personal relations with the social reality in his/her own way.

Understanding the attitude to activity as an intrinsic characteristic of a person, it is possible to use such concept, as *self-attitude to activity*, as well as a correlating concept *attitude – person*. The *attitude – person* is formed during interaction with the social reality, in activity, being fixed in a person's consciousness first in various forms of behavior, and further – as substantial characteristics of a personality: motivation, self-esteem, set of personal qualities, listed above determining subsequently the form and content of a person's attitude to activity, to life, to the objective reality as a whole.

The external influences, refracting through psycho-dynamic and neuro-dynamic features of a person, form those „internal conditions”, which subsequently begin to regulate interactions and interrelations of the person in social environment.

The attitude to activity, becoming the content characteristic of a person, his/her essence, makes the personality capable of carrying out a role of organization and self-organization, regulation and self-regulation of self-behavior and self-activity as well as behavior and activity of others. Self-attitude is an internal basis of a person's attitude to reality ensuring his/her communication (relation) with the reality, and in this sense, speaking about a person's attitude to activity, it is probably necessary also to speak about *self-attitude to attitude*. The self-attitude to the attitude comprises sense of a person's attitude to activity, to the objective reality as a whole, caused by him/her, depending on the needs and opportunities, that proceed from the content „of internal conditions”.

On the basis of the theoretical analysis, further confirmed on an empirical level, we have put forward a hypothesis that a person's attitude to activity is determined, first, by a set of „internal conditions”, to which we have attributed motivation and self-esteem, and which, in turn, determine structure-content organization of features of a person describing him/her from organizational-active, intellectual, emotional-willed and communicative sides.

Motivation and self-esteem are dominating factors of a person's attitude to activity. Breadth, volume, intensity, generalization, consciousness and other parameters determined by the psychologists, studying the problem of a person's attitudes to separate objects and phenomena of reality, entirely depend on the

content characteristics of motivation and self-esteem and will be defined, in B.F. Lomov terminology, as „subjective space” of a certain person [Ломов 1984].

The motivation, as well as self-esteem, from our point of view, develops in the process of education and training through the system of interrelation and interactions of a growing person with social environment. As stated above, at the very beginning a person acquires social norms and rules of behavior via attitudes, or, in other words, interrelations with the social reality, and further these acquired attitudes act as a basis in the formation of dominating motivation and corresponding self-esteem. Structure of motivation includes all steady stimulus-motives to ability to live, in which dominating motives, subordinate all others and create conditions for formation of self-esteem, adequate to motivation, determine a social position of a person in ability to live [Капнова 2007]. The self-esteem is closely connected with motivation. The given fact is also specified by S.L. Rubenstein [Рубинштейн 1940]. Self-esteem, in S.L. Rubenstein’s opinion, is related to social motive – aspiration to execute a public duty, to show one’s worth, to deserve recognition of members of a community, society as a whole.

We determine self-esteem as a personality’s internal plan of an integrated regulation of action, behavior integrating in itself features of goal setting an initial level of claims, interrelation and divergence („bridge”) between real (satisfying) and ideal goals of action, dynamics of the level of claims in situations „success” and „failure”, probability rating of goal achievement (degree of reliance – doubts in goal setting, determined on a 100-percentage self-esteem scale), rating of the achieved result. Thus, the self-esteem is considered by us as a systematic personality formation including a number of major mechanisms of regulation of action and activity in their interrelation.

Urgency of study of a self-esteem problem, according to S.L. Rubenstein’s point of view, is that, first, this moral-psychological mechanism is connected with the formation „of one of most valuable characterological qualities of a person” – responsible attitude to activity [Рубинштейн 1940: 472], and in this sense the self-esteem can be considered as a moral regulator of behavior and activity; second, it is a universal, revealing itself in every person in various spheres of his/her activity. „The success or failure of an acting person can be clear in different ways – either as a personal success of an individual, or as a success of a certain public affair” [Рубинштейн 1940: 474].

The self-esteem as a major component of self-consciousness of a person is also a major „link” in the structure of attitude-person. The study of the self-esteem – attitude at the level of action has allowed to find out some of its variants: adequate, adequately high, adequately low, underestimated, overestimated, adequate with the tendency to overestimation, adequate with the tendency to underestimation, not generated (unstable), not generated with the tendency to overestimation, not generated with the tendency to underestimation.

Essential aspect, describing the level of the self-esteem, is the changes both in goal setting, and in emotional sphere, in experiencing confidence in achievement of goal of action. The content aspect of a self-esteem is revealed through the analysis of features in short-term goal setting, and also emotional experiencing of confidence-doubts correlated with goal setting and achieved result. The effective and reliable level of achievements is typical, as a rule, to persons with an adequate self-esteem and is characterized by objectivity, awareness, activity, morals, self-regulation.

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## **Abstract**

Definition of a person's attitude to activity is given on the basis of author's theoretical and empirical researches. The structural-content characteristics that ensure preserving and development of the subject of activity are presented.

**Key words:** attitude, personality, activity, motivation, self-esteem, self-attitude.