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**Self-sufficiency of personality:  
the nature of psychological  
phenomenon**

Given article describes the main results of the theoretical and methodological research of the nature of self-sufficiency. The author reveals the basic problems of understanding of self-sufficiency, the complexity of its categorical apparatus, and especially the definition of the phenomenon. As indicated the main nuances in the study of the given phenomenon, among which the ambiguity of the interpretations of the concept, the uncertainty of the criteria of self-sufficiency, its structural characteristics and aspectual classification. The historical inquiry of the investigation of the phenomenon from the standpoint of the representatives of the schools of philosophy and different approaches of scientific psychological areas is presented as well.

On the basis of the etymological approach the variations of definitions of self-sufficiency were analyzed. Also found identical with self-sufficiency psychological phenomena that are directly or indirectly indicate the term.

**Key words:** self-sufficiency, self-efficacy, self-support, independence, transcendence.

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**Тұлғаның толыққандылығы:  
психологиялық феноменнің  
табиғаты**

Мақалада толыққандылықтың табиғатын зерттеудің негізгі теоретикалық-әдіснамалық нәтижелері баяндалған. Автор толыққандылықты түсінудің, оның категориалды аппаратының, сонымен қатар феноменді анықтаудың ерекшеліктерінің негізгі мәселелерін ашып қарастырады. Сонымен қатар, осы құбылысты зерттеудегі нюанстар белгіленген, олардың ішінде ұғымды талқылаудың бірегей болмауы, толыққандылық критерийлерінің анықталмағандығы, оның құрылымдық мінездемесі және түрлік классификациясы бар. Философиялық мектептер және түрлі ғылыми психологиялық бағыттардың позициясындағы феноменді зерттеудің тарихи анықтамасы берілген.

Келтірілген теоретикалық-әдіснамалық зерттеудің нәтижелері толыққандылық феноменінің басқа тұлғалық мінездемелермен қарым-қатынасының қиындығы жайлы мағлұмат береді, ол толыққандылықтың құрылымдық бөлшектері жүйеішілік байланыстар құрастыратынын және ауқымды типологиялық және деңгейлік классификация құрыстыруға жол ашатынын болжамдауға мүмкіндік береді.

**Түйін сөздер:** толыққандылық, өзіндік эффективтілік, өзін-өзі қолдау, тәуелсіздік, трансценденттілік.

Бугайцова А.С.  
**Самодостаточность личности:  
природа психологического  
феномена**

В статье изложены основные результаты теоретико-методологического исследования природы самодостаточности. Автор раскрывает главные проблемы понимания самодостаточности, сложности ее категориального аппарата, а также особенности определения феномена. Обозначены нюансы в изучении данного явления, среди которых неоднозначность толкования понятия, неопределенность критериев самодостаточности, ее структурная характеристика и видовая классификация. Приведена историческая справка в изучении феномена с позиций представителей философских школ и различных подходов научных психологических направлений.

На основе этимологического подхода проанализированы вариации дефиниций самодостаточности и найдены тождественные психологические явления, которые прямо или косвенно обозначают самодостаточность.

**Ключевые слова:** самодостаточность, самоэффективность, самоподдержка, независимость, трансцендентность.

**SELF-SUFFICIENCY  
OF PERSONALITY:  
THE NATURE OF  
PSYCHOLOGICAL  
PHENOMENON**

Phenomenon of self-sufficiency was always of great interest for the scientific world. Having being the object of cognition of ancient philosophical and religious courses, the term had not lost its topicality even nowadays, but, on the contrary, achieved the new orbit of development in the dimensions of psychology and some particular fields of psychological knowledge. At the same time self-sufficiency as the notion is widely used in different spheres of human life, such as political science, economics, religious studies, ethics, mechanics, jurisprudence, cultural science, etc. Owing to variability of definitions the term of self-sufficiency now is conducted by characteristics of self-contained, independent, self-supported and effective object or subject, which is able to provide itself with all needed and doesn't require more than can accept.

The striving to perceive the nature of phenomenon from the very beginning belongs to ancient philosophers, and in this way foundation of understanding of self-sufficiency as the unique phenomenon, characteristics, acquiring throughout life, was laid by Antisthenes, Chrysippus, Aristotle, Plato, Socrates, Plotinus and other outstanding figures of philosophical academies. At that time self-sufficiency was interpreted as the state, attainable only by sages, who had never hurt for anything, but felt thirst for knowing of themselves and world surround, out of material resources, aspired to independence for temporal affairs, were unbiased to the opinion of the people who were around.

Discussing approaches to studying of self-sufficiency from the direction of psychology, it is noteworthy to admit that many scientific schools both native and foreign touched upon the question of self-sufficiency, although it was not marked out as a separate topic for science-based debate. In this way the concept of self-sufficiency of a person could be found in the early researches of F. Perls, A. Adler, E. Fromm, K. Horney, C. Rogers, E. Erikson, C.G. Jung, S. Freud, A. Maslow, D.A. Leontiev, S.L. Rubenstein; and in the latest works of the following native and foreign authors: Ch. Wenar, P. Kerig, H. Guntrip, D. Riesman, N. McWilliams, A. Salter, X. Tarrega, M. Magomed-Eminov, N.F. Kalina, V.M. Melnikov, etc.

Nowadays, self-sufficient personality is a component of complex studying of individual, social and differential psychology. However, the notion of self-sufficiency is widely implied self-support, autonomy,

functional freedom, self-transcendence, self-efficacy, authenticity, etc. It cannot be said unambiguously that all these conjugated terms are applied poorly in the context of a self-sufficient individual. They are most likely further the formation of self-sufficiency as personal construct, perfecting its structural elements, and help eliciting interconnections with other compound substructures of a person.

Starting with the defining the essence of self-sufficiency it is noteworthy to emphasize existing grounds. Outstanding scientists M. Allaby and P. Bunyard assume that self-sufficiency is the state when no outside help, approval, interaction is needed; it is the form of personal and collective autonomy [1;187]. K. Devis, J.W. Newstrom point to the idea of self-efficacy for designation of inner conviction of individual in the fact, that he possesses indispensable potential possibilities and level of competence for working objective implementation, realization of the role expectations and chance to cope with the intricate situation [2;19].

Leaning on the etymological approach to investigation of phenomenon of self-sufficiency, it should be concluded that interpretation of the word comes from certain description «self –sufficient» or «self-sufficing», which must be considered synonyms, whereas «self-sufficiency» is not exposed enough as a lexeme. The term «self-sufficient» is more often treated as important, considerable enough in itself, having entirely self-dependent meaning. In the given context, two main features must be allotted: concernment by self-determination and adequacy, to put this other way, fullness in definite degree.

On the assumption of our early definition of self-sufficiency, it should be admitted, that person can obtain two specific characteristics (or criteria) – measure and significance: significant by himself (that is to say bearing denomination only for himself); integrate, complete with his own value (having measure, which is required for a personality, and it does not come out of the limits). It must be pointed out, that these assumptions cannot provide total ground for studying the nature of self-sufficiency. It is necessary to outline precise features for constructing the structure and further classification of the given phenomenon. With this aim, certain authoring works must be regarded.

Interrelation of self-sufficiency and independency was disclosed in the survey of X. Tarrega. It is taken into consideration, that ex facto self-sufficient individuals (as they treat themselves in such a way) cannot request or ask something other people. Independence and cooperation lose the intrinsic

importance for normal and health functioning of a person. These people can't formulate clearly in what they have need, but at for all that justify their condition by wish for recognition of their independence [6;87]. It is worth of mentioning the approach of researches of A. Modell and R. Ruskin [5;14]: self-sufficiency was treated as mechanism of narcissistic personality against the influence of outer resources of assertion. At that inadmissibility of vulnerability stinging from the direction of surrounding is extinguished by hiding into the cocoon, with all typical emotional detachment, etc. Well-known researcher D. Garfield found out that such called state of self-preservation led to the situation when in the close relationship potential for self-affirmation realized only in the object itself, narcissistic displays and vulnerability of «me, myself» is shown in interpersonal attitudes [3;163].

Basing on the analysis of theoretical studies the complex investigation of self-sufficiency structure was arranged, which resulted in elaboration of aspectual classification. With the grounds of early mentioned definitions for the working out version the following statement was set: *self-sufficiency is ability of dispensing in somebody's vital activity by own strength due to the existing individual characteristic features of self-determination, independence, self-efficacy, purposefulness, without harm for proper development and with self-support*. Thus, in the structure of self-sufficiency following structural elements can be allotted: 1) self-determination (is accomplishment of activity by the individual only); 2) independence (is nonsusceptibility to outer influence); 3) Self-efficacy (is awareness of using self-resources in deed); 4) altruism (is supply of oneself and aiding others); 5) distancing (is moderateness in social contacts); 6) autonomy (is ability of living on one's own, without intrusion from outside); 7) purposefulness (is aspiration for the goal achievement); 8) self-understanding (is striving for cognition of oneself, searching one's own level).

Taking into account all the components of self-sufficiency, it is possible to design such a level organization of structural model of self-sufficiency, so the levels could be:

1. *Praxeological*. Activity of an individual is not complicated, directed to vital lower needs satisfaction. A person is content with all, which possesses, does not show interest to achievement of new goals. The wants are limited, quickly satisfying. This level of self-sufficiency is presented as the most primitive, as the person does not aim at personal enrichment through the intercommunication, helping other people.

2. *Acmeological*. Common needs are solved with no sizeable power inputs, vital wants are satisfied. An individual broadens the limits of the possibilities, needs, strives for personal growth, self-perfection, spiritual or cultural values. This level corresponds to dynamic person, loving movement forward, as the individual possesses resources enough to share them with the others.

3. *Transcendental*. The important goals are spiritual world, moral values, and for the achievement of these aims a person does not need social contacts, is eager for unity with God (the absolute, superior intelligence, etc.). That level sorts with closed, even secret lifestyle; interaction with environment is problematic, because the individual behaves in the manners, which are not recognized generally by society. The personality of this self-sufficiency level will look for his place in the world, enriching himself spiritually and occasionally disregarding of vital needs.

For the purpose of subsequent investigation of self-sufficiency, reasoning from the given concept, the questionnaire was elaborated. It included 40 non-finished phrases logically corresponding to 8 structural elements of self-sufficiency. The respondents were proposed to finish the statements in the way to characterize themselves. The statements were rather diverse, e.g.: «I always ... independently», «I don't care about...», «When I'm

on my own ...», «I worry much more about...» etc.

Conducted content-analysis of given empirical research gave the new impulse for structural designation of self-sufficiency. The data of the survey presented great body of criteria and aspectual diversity, and with the presence of attendant characteristics, which are set in the given tables.

From the given above table it must be noted that all these types corresponding to the special levels of self-sufficiency are peculiar and have logical connections. It is supposed, that on the conative aspect can be both types of outwardly and inwardly active and passive self-sufficiency. Reflexive-cognitive aspect provides the width of the ideation of an individual, and so we can conclude that on the praxeological level thinking would be more primitive. According to the voluntative aspect the most interesting for discussing is transcendental level because it is the matter of individual whether he uses all his potential and will for realization any achievements. Social aspect outline intrapersonal (directed on myself), interpersonal (directed towards others) and nonpersonal communication and interaction. Axiological aspect discloses egofilic (all the world exists for the only person) tendencies of praxeological level, self-transcendental (searching of the personal place among other people and analysis of life), existential (questions of high ideal categories and connection with the spiritual world).

**Table 1** – Aspectual classification of self-sufficiency by the levels

| Levels of self-sufficiency     | Type of self-sufficiency | Description  |
|--------------------------------|--------------------------|--|
| Praxeological (negative level) | Protective               | Becomes apparent basing on aggression, shame, own value, egoism, narcissism.   |
| Acmeological (positive level)  | Authentic                | Is shown by empathy, altruism, interpersonal interaction.  |
| Transcendental (neutral level) | Existential              | Is displayed by impartiality, non-interference, estrangement, indifference to outer world, insularity, emotional passivity |

**Table 2** – Characteristics of driving forces of self-sufficiency on different levels

| Level          | Driving forces   | Subtype of self-sufficiency  |
|----------------|--|--|
| Praxeological  | <i>Egocentrism</i> . Directedness on the satisfaction of proper needs.   | <i>Operational</i> – automatized routine actions, lack of initiative, passivity.                                 |
| Acmeological   | <i>Perfectionism</i> . Striving for improvement of «myself» and people around, alteration of living conditions, personal growth.   | <i>Conventional</i> – preservation of values, improvement of quality of life according to own beliefs and views. |
| Transcendental | <i>Self-actualization in spiritual and creative aspects</i> . Aspiration for obtaining virtues, better qualities, which are hard to acquire in society, searching for the ways of harmonization of life. | <i>Creative</i> – creation of new conditions of reality, in which the individual feels himself comfortable.      |

**Table 3** – Classification of self-sufficiency types by the levels and aspects of vital activity

| Aspects of vital activity  | Types of self-sufficiency on the levels |                         |  |
|--|---|-------------------------|--|
| <i>Conative</i><br>(the parameter of activity or passivity in the accomplishment of functioning)   | Praxeological                           | Acmeological            | Transcendental                           |
|  | Outwardly passive                       | Outwardly active        | Inwardly/ outwardly passive              |
|  | Inwardly passive                        | Inwardly active         | Inwardly/ outwardly active               |
| <i>Reflexive-Cognitive</i><br>(the parameter of depth of reflections and ideas about world around) | Primitive                               | Concrete                | Abstract                                 |
| <i>Voluntative</i><br>(realization of energies in achievement of results)                          | Not energetically intensive             | Energetically intensive | Energetically intensive or not intensive |
| <i>Social</i><br>(directedness towards social contacts)  | Intrapersonal                           | Interpersonal           | Nonpersonal                              |
| <i>Axiological</i><br>(moral views, values, general ideas)   | Egofilic                                | Self-transcendental     | Existential                              |

**Table 4** – Functions of self-sufficiency on the different aspect of vital activity

| Aspect              | Functions          | Description of the functions  |
|---------------------|--------------------|---|
| Conative            | Signal             | Defines the specificity of conditions in which it is displayed  |
|                     | Organizational     | Contributes alignment of particular tactics in behaviour for accomplishment of activity   |
| Reflexive-cognitive | Reflective         | Testifies to definite depth of self-analysis, self-criticism, self-valuation from the outside and attitude to the world in tote |
| Voluntative         | Motive (Incentive) | Contributes to increasing of motivation and new inducement to actions for achievements  |
|                     | Purpose-setting    | Appoints vector of directedness to these or those aims  |
| Social              | Definitive         | Means degree, measure of involvement of a person in social relationship   |
|                     | Adjusting          | Facilitates establishment of connections and limitation in the interrelation  |
| Axiological         | Regulatory         | Regulates self-sufficient behaviour in compliance with beliefs and moral values   |

From the given table it can be seen that on every aspect of vital activity has its own function concerning self-sufficiency. Despite of the such diversity of functions it is considered to be various interconnections between all these aspects of vital activity and the very functions, which can substitute or change each other.

### Conclusions

In the result of the arranged analysis of theoretical and methodological scientific literature on the issue of self-sufficiency as psychological characteristic of a person, and taking into consideration the empirical investigation, we can state following conclusions.

1) Self-sufficiency is the complex psychological phenomenon with diverse nature of display and exposure, is more precisely to define is ability of

dispensing in somebody's vital activity by own strength due to the existing individual characteristic features of self-determination, independence, self-efficacy, purposefulness, without harm for proper development and with self-support.

2) In the structure of self-sufficiency can be allotted 8 forming elements: self-determination; independence; self-efficacy; altruism; distancing autonomy; purposefulness; self-understanding.

3) Self-sufficiency is better to examine through the levels praxeological (when a person strives for satisfaction of his own needs), acmeological (is eager for self-development and self-opening, interaction with others) and transcendental (appears in focusing on achievements of high ideals, virtues, absence of interest in outer material world and social relations). All the levels differ from each other and present special number of characteristics of lifestyle of an individual.

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