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### Individual self-regulation and character of Human

**Abstract:** The problem of character of typology is considered, data of long-term researches of individual styles of self-regulation at the different types of personality accentuations of character are generalized. Regulator basis and style forming role of subjective internals of personality (to responsibility, persistence, independence, flexibility of and other) are described. A special place is occupied by anxious and dysthymic type of accentuation, since the average level of individual self-regulation in these groups is much lower than the other typologies. Even the alarm type selected two profiles of self-regulation: In the first case, the characteristic features of an autonomous identity (81%) at a low level of independence, in the second line operational style (17%) at a low level of flexibility. In subjects such as color features of dysthymic autonomous style, combined with low expression of reliability. It is shown that efficiency of individual self-regulation depends not only on the type of accentuation, how many from development of personality of subject internals combination of that is specific for the different types of character.

**Keywords:** individual self-regulation, line and type, character, individual style, subject properties.

A problem of character typology is one of traditional and most debatable problems of psychology.

In different periods of development of science research of typology both went out on the first plan or exposed to ostracism. At the same time the presence of psychological types it is impossible to deny, for this reason at all times there were different and simultaneously elusively their alike variants. It is enough to remember vitality of hypo rat's typology of temperament, the grounds of that only change depending on the level of development of knowledge about nature of man. And confession that types it is difficult to investigate by virtue of multiplicity of grounds of their selection and washed out of phenomenology, does not take off a problem. For this reason today we look after the return of interest in the problem of typology, to the attempts of combination of going near research of personality by the analysis of lines and types, for example, of development of variants of unginian typologies, widely used by practical psychologists. The problem of combination of typology and character traits decides the most natural and methodically strict methods in the factor theories of personality, when

lines and types are examined as factors of different order, describing the different levels of personality organization qualitatively. In the most known factor theory of G. U. Aizenko and his followers, as is generally known, distinguish two basic measuring, having the projections on three different levels: 1). primary reactions, 2). devil, 3). types. It is possible to argue about a technique at excretions of levels and their interpretation, but it is impossible not to confess that idea much.

It is special obviously at reviewing attempts of connection of typologies distinguished on different grounds. It is enough to remember such attempt, undertaken by G.U Aizenko. In his book «Structure of personality»[1] it is quite clear possible to see the displays of types at morphological (constitutional) level. It is possible also to remind the physiological and neuropsychological theories of display of temperaments, that once again confirms our idea about the system of display of typology on the different levels of individuality of man. And, finally, the psychological levels of typology are described with the difficult picture of the hierarchically organized lines heat-sink the typical for individuality methods of behavior and his adjusting in a norm and pathology.

One of most popular in practical psychology is a typology of personality accentuations of character, entered by K. Leongard, used presently in two values: in the first. as bright expressed of separate line, to being central for the type of character [2].

It should be noted. that within the framework of clinical study of accentuation basic support is however done into «weak places» of character, assisting forming socially of not acceptable or even pathological forms of behavior. It is thus underlined that the prognosis of development of personality depends first of all on biological and environmental influences, unfavorable social terms assist negative development of personality, and the types of accentuation are examined nevertheless as problem characters.

It appears us, that from position of the subjective going near research of psyche the problem of character typology can and must be considered differently- from the point of view of features of development of the realized self-regulation that we examine as a psychological mechanism of subject activity. The results of our researches give an opportunity to assert not only that individual self-regulation allows to control the displays of character, impedimental to the achievement of the putting aims, but also that she is related to this. No less important from the point of view of the individual going near the problems of educating and education there is a question about reverse influence. It is necessary to understand, in which measure the type of personality accentuation of character determines the features of individual style and efficiency of self-regulation of behavior of man in educational and professional situations. In this article we want to generalize and bring new results over of our long-term researches of individual styles of self-regulation for people with different accentuations of characters.

***Individual styles of self-regulation and subjective characters of human.***

Conception of individual styles of self-regulation suffices known to the specialists, and here is not a necessity on her in detail stopped. In this context interesting to mark that the idea of existence of styles of self-regulation arose up for the author of this article under influence of description of behavior of accentuate personalities in labours of K. Leongard. Exactly in these works bright individual distinctions are presented in possibilities of people on different to design and regulate the behavior. Depending on

the type of character accentuation they with the different degree of realized, independence, the aims of the activity pull out responsibility of and other, present and expose the terms of their achievement. set and use the different programs of actions, estimate correct the activity depending on attitude toward attained. We name typical the stylish features of self-regulation for a man and most substantial individuals.

The special class of lines was secondly distinguished by us- regulator-personality (or subject) properties. They, from one side, come forward as descriptions of the integral system of adjusting, and with other- find out belonging to personality as subject of activity and are her lines. Regulator-personality properties- it is lines of individuality, characterizing her first of all as a subject of vital functions, from the point of view of individual possibilities consciously to pull out the aims of activity and manage their achievement, for example, it is such internals as independence, reliability, flexibility. It is an extraordinarily important moment, because exactly the selection of subject internals allows from totality of personality properties, from our point of view, to enter the operational divisions of concepts of personality and subject. Other no less important description is their style-forming nature. To find out this statement, we will go back to the concept of line, that is one of basic in psychology of personality and differential psychology of works of Galton. G. Olport in the first (in 1936) dissociated personality lines from other personality variables and defined them. unlike the states and actions. as determining tendencies are generalized- concerted and steady methods of individual adaptation to the environment. He also one of the first marked in psychology, that personality lines can be different degree of meaningfulness and community.

There is increased understanding of personal traits, which implies that certain traits are acquired styles and strategies. Thus, the psychological. G. Shmelev approach proposes to divide: cross-situational features-properties features-skills related to some classes of situations and policies that specify the features-some scripting behavior for specific situations [3].

. In our context more relevant is an experimental approach to the study of personality characteristics in terms of related ways of organizing activity of various kinds, i.e. individual styles. The phenomenon of individual style usually denote through personal

properties, either explicitly or implicitly recognizing their style of form features. Suffice it to recall the famous constructs «impulsivity-reflectiveness'», «self-flexibility». Individual – character lines, designating depending on a context the individually-original methods of not only reacting but also cognition of the world, and organizations of behavior, stand after them.

In our researches it was shown: there are typical on a structure (i.e. most often meeting) regulator profiles. So, for example, typical profiles with a specifically accentuated structure, skilled by us as basis autonomous and operative styles, were distinguished. Autonomous style has two variants of rule in the individual profiles of self-regulation: the first is characterized by high development of planning of aims of activity and subzero are designs and estimations of results. Operative style of self-regulation is presented also by two variants: for one high development of design and subzero are characteristic- planning, programming, the second differs in by high development of programming and more subzero- planning and designs. It is here appropriate to notice that operative style is characteristic for extraverts.

With regulator points of view ability of extraverts it easily to adapt oneself in new situations it is related exactly to high development for them processes of design of meaningful terms of achievement of aims, and the superficiality of extraverts known to all- with inability to plan the aims on a prospect. There is a turn in it, autonomous style is typical for introverts, that well comports with described in literature by their propensity to planning of the future, but by a monastic capacity for actions in new, unexpected situations. Thus, from the point of view of style of extraverts-operative, and introverts-strategical.

For the accentuated profiles described higher there can style forming be different properties. So, it was shown that operative style, different high efficiency of educational activity, is formed for students at considerable development of flexibility, and the same autonomous- to independence.

A question gets up: and whether formative style properties at harmonious profiles. Appeared, that for students with high development of responsibility and persistence the relatively harmonious profiles of self-regulation are characteristic. Responsible style is described by us in two varieties. The first is characterized by a profile with the high planning, programming and evaluation of results, a weak side

does not come to light thus, it is possible to mark only the insignificant decline of values on the index of design. The second variant is characterized by a high design, programming, estimation of results and tendency to the decline of planning. Persistent style is not so harmonious: high development of design of meaningful terms and programming of actions combines with a tendency to the less developed planning of aims and evaluation of results.

Specific regulatory profiles as pre-conditions of styles of self-regulation were distinguished and described also for such lines, as a confidence, anxiety, reflection.

It should be noted that style the formative develop for a man not isolated, and, from our data, in appropriate combinations. So, at a high confidence strong parties are programming or design, and by a weak side- planning, a flair to bring in corrections or adjusting flexibility is developed to a great extent. At sure the middle level of the realized self-regulation is more often formed. A high confidence combines with a large persistence and low level of anxiety. that is pre-condition of development of sure style.

At persistent a design and programming are better developed, that help to compensate weak sides of planning aims of activity and evaluation of her results. At a high persistence more often the middle develops and rarer- high level of the realized self-regulation. The high level of development of persistence combines high development of confidence and low level of anxiety. There are strong parties at high reflectiveness - advancement of aims and programming of actions that allow to compensate weak side-design and to promote the level of individual self-regulation the same.

There is connection between developed with reflection and level of the realized self-regulation, but she is insignificant below, than at the developed responsibility, confidence, persistence. Reflectiveness often combines with the high level of responsibility and enhance able anxiety. At a high anxiety, planning, programming become strong parties, by a weak side- design. Thus there are not scary mechanisms between the components of profile, for this reason on the level of the realized self-regulation between groups the anxious and not anxious are not present distinctions. The responsible possess, as a rule, high reflectiveness and confidence, they have a tendency to the decline of independence, as a result- to dependence on the obligations. Specific for each of subject properties profiles appeared

comparable with distinguished before individually-by typical styles of self-regulation. For example, at a high confidence formed autonomic ally- operative or operative style. These styles are related to high development of flexibility and independence. Thus, we made sure not once, that style formative it is been exactly subject internals related to the instrumental side of personality of man, i.e. with lines, heat-sink the methods of actions or strategy, typical for individuality.

Then a question gets up about that, how style of self-regulation is related to the productive aspects of activity of man.

There is a classic point of view, that style of activity is always effective, that to his formed just and the increase of efficiency testifies as a result of being of methods of actions corresponding to temperament of man. By another character there is business with styles of self-regulation, being precondition of forming of great number of styles in the concrete types of activity. As numerous researches showed, than higher degree of the realized self-regulation and level on that the individual profile of stylish features is formed, the more effective self-regulation and wider than possibility of subject for a successful capture by the new types of activity. Thus, increase of general level of self-regulation-one of ways of achievement of high efficiency. this way is related already not to the instrumental side of personality, and with the sphere of personality orientation and consciousness, development of regulator role of that is, from our point of view, higher level of development of subject.

However forming of harmonious styles with high development of regulator all of the tools- destiny not many. We will remind that style formative internals for such styles are high responsibility, confidence, persistence in combination with a subzero anxiety. For example, in our researches we looked after such styles as the mass phenomenon is only in sport of higher achievements. Successful and high-professional management and politicians also often possess such style.

Nevertheless in most professions and vital situations styles are revealed with accentuated profiles that also allow to lab our for high efficiency in activity and work out different vital problems. Here- other way of forming of effective styles : creation of scary relations between the highly developed and less developed components of regulator profile, for example ability it is beforehand

good to think over difficult situation or even to create a necessary for gaining end situation (that testifies to high development of design of meaningful terms) compensates the lack of ability quickly to change the programs of behavior at the change of terms. Both ways directed the development of effective self-regulation styles require a high subjective activity, the development of (often conscious) of the subjective qualities, which is possible only with high motivation, and the youth, with support from a teacher or parent. It is interesting that one way of compensation (not the best, but possible) is to create a regular «crutch»-one of the transfer of regulatory functions (such as assistance in the form of full-scale debate in making responsible decisions) for the subject of an authoritative person. If the degree of subjective activity is high, even under the most unfavorable in terms of forecasting performance, the nature of accentuation possible to mobilize all the resources of individual and on this basis, the formation of highly effective form of self-regulation.

It should be emphasized that the resources can be not only internal but external. For example, in our experience was very significant case in which the highest achievements (the title of Olympic champion) won the athlete of character accentuation psychasthenic. It is known that unfavorable feature, the weak point in the character of the accentuation of the difficulty in the decision-making, avoidance of taking responsibility. In our case, the compensation of the lack of an athlete was found to rely on the advice of trusted people (coach, psychologist), is essentially an external resource, special creations of man as a «social crutch».

In concluding this section, it is logical to discuss the relation of subjective properties, and will. From the above it follows that the will power (which incidentally are also our perseverance, responsibility) undoubtedly belong to the subjective sphere of personality. As you know, the manifestation of the will is always associated with severe experience of overcoming difficulties. From our point of view, this indicates that there is not always really realize the conflict (eg , motivation) in the field of personality, an important role in overcoming the self-regulation which can't be overlooked. However, the subjective sphere, of course, is broader and includes not only such extreme manifestations of subjectivity as to overcome difficulties and achieve the regulation of most internal and external (to transform itself) goals of the individual human being. It should also

be noted that not all the subjective qualities are positive in teacher swept away, as often it seems. For example, the development of high anxiety disrupts and interferes with the activity, such as effective learning and development of confidence can become a destructive self-confidence. Apparently, there is an optimum combination of development and the subjective qualities of a person promoting the formation of effective styles of self.

Styles of self-regulation for different personality typologies.

The formation of effective styles possible with different typologies of personality and character accentuation. This provision on various types of activities (academic, athletic, professional) when considering the different personality typologies. In terms of effective learning styles (as harmonious as well as accented ) can be formed among students with different types of accentuation. Athletes achieve higher results and form effective self-regulation styles harmonious sports training, regardless of the type of character accentuation. Policy as an extroverted, introverted type and achieved success in the elections, provided a high level of individual conscious self-regulation [4].

The study involved 430 people, students of various educational institutions at the age of 16 to 19 years. To diagnose the type of personality accentuation used a questionnaire-Shmishek, which allows us to define 10 types of personality accentuation of character: demonstrative, pedantic, get stuck, excitable, hypertension, anxious, cyclothymiacs, emotive, dysthymic, affective and excited.

The prevalence of character accentuations according to different authors vary quite widely, from 60 to 98%. Apparently, the severity of the youth accentuations to a lesser extent masked by the socialization of the more in adulthood. In any case, our data, varying degrees of character accentuations were diagnosed among students in 82% of cases. So, more often these types of personal accentuation: cyclothymic, emotive, less-exalted, and very rarely demonstrative -dysthymic.

To determine the uniqueness of each type of self-accentuation of personality has been investigated separately. From the sample results have been excluded subjects with both high and low values of the general level of self-regulation, since these characteristics of the subjects of regulation related to their constitutional type, masked development

subjective activation. Clustering and data were analyzed only those subjects which are indicators of self-regulation in the area averages and, therefore, manifested most clearly.

It was found that the profiles obtained for all types of accentuations, have their own specifics to the development of individual indicators . This specificity has been analyzed and manifestations of self-regulation styles, isolated previously in our studies. In this way, we identified were not described, but their personal and conditions or stylistic features of self-regulation for different types of character accentuations.

Two types of profiles corresponding to the operational style varieties (84% of the cases in this group). Strength of regulation in these profiles is the ability to easily explore new situations and to make corrections in their actions, and the weak - to plan their activity goals. Most (66% of cases) found a profile that can be classified as a prerequisite for persistent style, which is characterized by a highly developed programming («lookahead») action against a background of relatively low monitoring and evaluation of the results.

For getting stuck like the most characteristic and two profiles (in 93% of cases): the first is a prerequisite for the formation of style (harmonious development of the middle tier of programming, simulation and evaluation results with the downward trend in the planning and assessment results with the downward trend of planning and higher self-30%), while the second has the features of an autonomous identity (the same average planning, programming and self-reliance and a tendency to reduce the modeling of significant conditions, 63%).

In 87% of people emotive, and 83% of the pedantic types of profiles observed in the responsible self-regulation style. In cyclothymic traits in our sample is dominated by an autonomous identity (91%) and less operational (7%). For members of the demonstrative type because of its heterogeneity profile of one of three styles: more-rapid (34%), less autonomous (21%), and very rarely \_ a mixed-operating autonomously (e.g operative , but with a high autonomy, 17%). In the excitable type, features mostly independent of style (85%) and less operational (17%).For the affective-exalted in most cases, the operational characteristic of the style.

A special place is occupied by anxious and dysthymic type of accentuation, since the average level of individual self-regulation in these groups

is much lower than the other typologies. Even the alarm type selected two profiles of self-regulation: In the first case, the characteristic features of an autonomous identity (81%) at a low level of independence, in the second line operational style (17%) at a low level of flexibility. In subjects such as color features of *dysthymic* autonomous style, combined with low expression of reliability.

We emphasize that in the above Research, we did not associate with the accentuation of the personal efficiency of self-regulation, we have been important as the specific structure of the profiles of the potential formation of a particular style of self-regulation, behavior, and life in general.

### **Effective development of styles and subjective qualities for different personality typologies**

On the material of educational, sporting and professional in our studies proved the feasibility of building an effective style of self practice in all types of character accentuations. To answer this question, it was necessary to first examine the actual ratio of each personal character accentuation of effective and ineffective styles of self-regulation, and secondly, to understand the development of any subjective properties and characteristics of the profile of self-regulation.

Summarizing the results of this study can say the following.

With pedantic style of an inefficient type of accentuation develops much less frequently. For the effective style is characterized by a high level of planning, programming, evaluation of results, in combination with high confidence. When alarm type accentuation effective style is much rarer.

In cyclothymiacs inefficient style developed more than effective. For the effective style is characterized by high programming or modeling, and high persistence.

With an emphatic accentuation inefficient style of type is more common. Effective style of self-regulation ensures high planning, programming, faithful and drive. In dysthymic type of accentuation effective style of self-regulation is extremely rare for him.

People excitable type often develops an inefficient

style. Effective style of self-regulation ensures high planning, programming, and high confidence and assertiveness. In dysthymic type of accentuation effective style of self-regulation. Extremely rare, it is characterized by a high programming and evaluation of results, in combination with a high development of reflexivity.

### **Findings**

Our studies suggest that there are stylistic features of self-regulation that is specific to different types of character. These methods have bestowed upon the nature of the regulation. That is why the natural formation of effective styles so diverse with different accentuations character. But there is another regulation associated with the development of a human subject activity, crystallized in the subjective qualities. The development of these properties allows you to create styles for the effective achievement of vital goals. It gives a person the subject of his life as a possibility to overcome the limitation of his temperament.

In our view, recognition of the existence of a regular basis and study the character and temperament allows, on the one hand, to understand the causes of the creation of psychological typologies, as a manifestation of the types in «wash out» the phenomenology of subjective activity. On the other hand, the addition of a picture of the regulatory basis for the typology and the concepts of subjective qualities, able to develop a person's character, opens the way for a differentiated approach to education and training.

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Н.С. Жубаназарова, С.М. Жакыпов, Б.С. Жуманова  
**Жеке адамның мінез-құлқы және өзін-өзі реттеуі**

Мақалада мінез-құлық типтерінің мәселесі қаралады, әртүрлі мінез-құлық тұлға акцентуациясының типтерінің жеке өзін-өзі реттеудегі ұзақ мерзімді зерттеулердің нәтижелері жалпыланған. Акцентуация типтерін зерттеуге арналған түрлі психологиялық әдістер пайдаланылады. Мақалада жасалынатын негізгі тұжырымдардың бірі, өзін-өзі реттеу типтерінің тиімділігі тек акцентуациядан емес, көбіне тұлғаның субьет ретінде дамуынан тәуелді екенін көрсетілген. Тұлғаның ішкі түрлі типтерге сәйкес өзгеше құрылымдары әсер ететіні дәлелденеді.

**Түйін сөздер:** жеке өзін-өзі реттеу, стратегия және тип, мінез, жеке стиль, субъективті портрет.

Н.С. Жубаназарова, С.М. Джакупов, Б.С. Жуманова  
**Индивидуальные саморегулирования и характер человека**

Рассматривается проблема человека с характером обобщенные данные долгосрочных исследований отдельных стилей саморегулирования на различные типы личности акцентуаций характера. Используются различные психологические методики, которые адаптированы для исследования типологии акцентуаций характера. В статье выводятся основные выводы проводимых исследований, которые свидетельствуют, что эффективность отдельных типов саморегулирования зависит не столько от типа акцентуации, сколько от развития личности субъекта, сочетания внутренних психологических структур, свойственных для различных типов характера.

**Ключевые слова:** индивидуальная саморегуляция, стратегия и тип, характер, индивидуальный стиль, субъективный портрет.