

# The Importance of Professional Activity in The Reflexion-Axiological Mechanism of Life Successfulness of The Personality Police Officers

Deeva Nanalya Alexandrovna

*Department of psychology and pedagogics*

*The Krasnodar University of the Ministry of Internal Affairs of Russia*

*Krasnodar, Russian Federation*

natalya\_deeva@bk.ru, ORCID:0000-0003-0687-0472

**Abstract**—The article poses the problem of resource potential and understanding of life successfulness as a mechanism, characteristic and condition. The understanding of the reflexion-axiological mechanism of life successfulness is revealed. It describes its relationship with the significance of professional activity. The results of an empirical study of the reflexion-axiological mechanism of life successfulness on the example of the police officers are given.

**Keywords**— *psychological resources, life successfulness, life successfulness mechanisms, reflexion-axiological mechanism of life successfulness*

## I. INTRODUCTION

The relevance of the study by several interrelated problems is determined. First, these are the requirements of the realities of the modern world, where the "man-world" relations characterized by uncertainty, randomness, rapid variability, heterogeneity, and permanent extremity. Secondly, it is the search and study of such metaresources of personality, which represent a certain system, an interconnected set of personality characteristics, performing a regulatory function and ensuring the most effective human interaction with the "world of uncertainty". Thirdly, this is the problem of researching the significance of professional activity for an individual, as part of its psychologically healthy functioning. Fourth, the optimization of personal and professional development and the formation of the personality of extreme professions, in particular, an employee of the internal affairs bodies.

The purpose of the study is to study the mechanisms of life successfulness, identify their severity and features of the relationship, as well as determine the significance of their own professional activities as an indicator of the functioning of the reflexive-axiological mechanism of life success among police officers.

## II. LIFE SUCCESSFULNESS AS META-RESOURCES IN SELF-REGULATION OF THE PERSON

Psychological science develops the problem of the resource potential of the individual (Ananyev, Rubinstein, Druzhinin, Kaneman, Frankl and others) of the structural and functional organization of human psychological resources, identifying elements functional relationships, mechanisms

and processes, as well as the definition of meta-system characteristics that would define the vectors of functioning of the entire system of resources as a whole [3]. For example, it can be a meta-resource that ensures the effectiveness of the system of "mental management of behavior and personality development", "which shows the extent to which individuals were able to master the management of their internal and external resources for the purposes of maximum self-realization", in other words man manages to be successful and in general what is his life successfulness [5].

In modern psychology, there is the problem of the most holistic and deep understanding of life successfulness as a meta-resource, its essence as an integrative property, mechanism and state.

If we understand regulation as a subjective activity aimed at the development of integrity carried out through the electoral system [6], success is an integral structural and functional element of regulation [4], which contains a huge resource potential and realizes the main resource function - regulatory [1]. Life successfulness reflects and determines the basic value orientations and life strategies of both society and man and is a reference point for self-determination and a subjective choice of life coordinates.

In this regard, in our study integrated regulatory and subject-activity approaches to understanding life successfulness. Life successfulness - integrative metaresources in the self-regulation system, performs the functions of a reflexive comparison of social and individual perceptions of success in life in order to build and implement their own life program. This metaresource makes it possible the interaction of a person with the world, to realize oneself, to find one's true meanings and goals, a professional vocation to most organically organize. This prevents emotional burnout, professional deformation of the individual in extreme professional activities. Life successfulness as a complex formation manifests itself in a triad: mechanism, property, condition.

The mechanisms of life successfulness include the main components of regulation and reflect their specificity, which is expressed in certain properties and personal states.

### III. MECHANISMS OF LIFE SUCCESSFULNESS

The essence of the functioning of life successfulness mechanisms lies in the reflexion design of the value-meaning sphere: "goal - value - being". Based on this, we have identified three interrelated mechanisms: reflexion-technological, reflexion-axiological and reflexion-ontological.

Life successfulness mechanisms, on the one hand, ensure the achievement of goals of various levels and orientation (personal, social, professional, educational), bring them to a common basis, contribute to the preservation of the integrity of the individual, overcome the problem of "partial" person, and, on the other hand, include in the process of active interaction with the world, contribute to the most complete implementation in various fields.

### IV. REFLEXION-AXIOLOGICAL MECHANISM OF LIFE SUCCESSFULNESS

In this study, the most studied in detail reflexion-axiological mechanism of life successfulness. The reflexion-axiological mechanism consists in the construction by the person of his interaction with social reality on the basis of values as social and intrapersonal formations in the implementation of significant socially assessed targeted activity. In this case, the outer and inner worlds of the personality unite, there is a "movement of values". Personality draws up and changes its value orientations under the influence of society, influences through its activities on the value orientations of society, creates and incorporates values in the social plane. The reflexion-axiological mechanism enables a person to realize the significance of his goals, results, life, and activity, understand why he in this world, evaluate and reflect on his success is needed. It should be noted that in this case, the scale of activities, contributions to the development of society are assessed both from the perspective of the person himself (purely subjective) and from the positions of society and culture (a more objective approach). This defines the two paradigms of life success often as opposing. In modern society between these paradigms begins to blur the line. Of particular importance is the awareness by the person of his constructive contribution and involvement in culture, the reflection of his value bases, the definition of the starting point of his life successfulness in his own being, the resolution of internal conflicts and the "task of meaning".

A true understanding of the significance of the goal of the activity and of the activity itself is impossible without a formed reflexive-axiological mechanism. In this case, the importance of personal professional activity for the individual is included in the system of life successfulness as a metaresource.

### V. RESEARCH METHOD "LIFE SUCCESSFULNESS"

Research methods: hypothetical-deductive, questioning, content analysis, qualitative and quantitative methods for processing and interpreting empirical data. The main research method is the author's method "Life successfulness" [2].

The technique explores the essence of the functioning of life success as a meta-resource in the system of self-regulation of personality. The study, including when creating the technique, applied a qualitative research strategy and a combination of qualitative and quantitative research

methods. The technique consists of several parts that for internal consistency, meaningful and constructive validity have been tested. The method of thematic analysis is the basis for creating the technique. The analysis of scientific and psychological texts devoted to the problems of life successfulness, as well as the texts of a structured essay on the topic "Life successfulness of modern man". One of the parts of the technique explores the formation and severity of life successfulness mechanisms and presents a written questionnaire. The questionnaire consists of thirty questions of a closed type, ten questions for each mechanism. Each question by the respondent on an eight-point scale is assessed.

### VI. THE DISCUSSION OF THE RESULTS

Research sample: police officers for aged 25 to 42 years, of which 30 men and 20 women.

- The mechanisms of life successfulness at the middle level: reflexion-technological (average score 6.72), reflexive-axiological (average score 6.1) and reflexive-ontological (average score 6.5) are expressed.
- The reflexive-axiological mechanism has the smallest index that reliably differs from that of the other two mechanisms. The averages for the mechanisms have significant differences (Kendall's W criterion is 0.148, with asympt. Sign 0.001).
- Correlation analysis (Spearman's criterion was applied) showed the absence of reliable correlations of the reflexion -axiological mechanism with the other two mechanisms.
- Correlation analysis (Spearman's criterion was applied) showed characteristic correlations between individual variables within a reflexion -axiological mechanism.
- The variables that characterize the awareness and acceptance of the significance of their professional activities for themselves, for society and for the close environment are interrelated (the correlation coefficient ranges from 0.745 to 0.426). However, these variables practically do not detect relationships with other variables of the mechanism.
- 17.2% of respondents have the lowest percentage, 57.5% - the average, 25.3% - the highest level of importance of professional activity.

In the studied sample, respondents have difficulties in realizing their own values in the sociocultural space. This can manifest itself in a lack of awareness of the importance of their activities for themselves and for the society in which the medium has a greater impact on a person than the person on the environment. The weakness of this mechanism may affect the functioning of the technological and ontological aspects of life successfulness, as if breaking them. This can impede technological construction and the achievement of goals, the understanding of one's own life and genuine success. Goals can be set based on "false" ontological principles that are not fully meaningful and genuine for the subject. Among respondents with a low level of professional significance, there is a certain "gap" between the importance of professional activity and the space of life success of the respondents. Although in the answers to the question of

what their success in life represents for them, the main part of them indicated the presence of their favorite profession. In this case, we can speak of an internal contradiction, when a particularly significant value is poorly realized. The reflexion-axiological mechanism of life successfulness is the resource potential, actualizing and, making out which, creating for itself points of support, a person can be most successfully oriented and realized in the “world of uncertainty”.

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