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## Transformations of sense sphere at late age

*In native psychological science the period of an old age is studied much less, than a first third of human life. As one of the founders of native gerontology L.I. Antsyferova fairly marks, "psychological science has started to show growing interest to a problem of ageing of the person and his life at elderly and old age only at last third of XX century". What are the tendencies of sense of life changing during this age period? This question is an actual subject of the psychological analysis.*

**Key words:** *life way of the person, sense sphere of the person, age periods, transformations of sense sphere, sense of life, satisfaction in life.*

Periodization of life way of personality is a problem which during many decades involves experts: psychologists, sociologists, physicians. The basic researches, certainly, are connected with the periods of formation, childhood, adolescence, youth, – the periods when there are formed basic value orientations, the sense of life concept of the personality. However, it is not less obvious, that the further life, the further life changes, introduce the specificity in an individual picture of the world, in strategy of interaction with self and associates. They mark two boundaries of development of the mature person: in the age of  $30 \pm 2$  years in the form of reassessment of life way when the person thinks not only of correctness of his choice, but also corrects a lot in it ("crisis of average years" in the age of the Christ) and prepension crisis in the age of  $55 \pm 3$  years when there comes the period of pension life planning. At mature age the basic psychological problem becomes acceptance of self (i.e. objectivization of personality). More often than others identification of mature age is based on identification in the field of professional work, achievements and the status, and labour activity represents itself as a condition and a form of maturity's display.

At transition to elderly and to old age the person gradually restrains to that role and position which he has achieved during life. He is aimed at worthy end of life; he is guided by own health and universal values (for example, validity). Though ageing is the inevitable biological fact, nevertheless the cultural environment in which it happens, influences on it. There are data that, first, old people with healthy mentality more actively participate during dialogue, than insane persons; secondly, elderly women, on the average, have more social roles, they have more friends, than men and they complain of loneliness and lack of social contacts more often.

The ancient French proverb – "Everyone grows old, according to how he lived" – plans only one of the tendencies inherent elderly and old age. It does not reflect other laws of this age period. Actually the image which makes related even very not similar people is inherent in an old age.

It is considered, that the exit on pension is as though dividing line between age of active actions, health and vivacity and the period of old age when activity is replaced by passivity, life turns into struggle for health, interests become more narrow,



life flows as “family and household pictures”. It is considered that old age inherent in illnesses, and youth inherent in health.

From time immemorial old age and illnesses were associated with a situation of life deadlock, the inevitable end of way. Finally the majority of people considered that the age means inevitable transition to illnesses, powerlessness and immovability. Mark Twain in due time wrote: “there is no person who in an old age would not say, that his life did not succeed”. However, now it is not so. Today’s aged, for example the USA, Germany, the Great Britain, Japan and other economically developed countries, deny these ideas. Exactly half of people who are from 75 up to 84 do not have problems with health which would demand special treatment or limited their activity.

In our country position of people of late age gets special value and in connection with proceeding not for the first decade social and economic transformations which inevitably lead to instability of well-being of the elderly population of Russia, and, first of all, with that people of prepension and postpension age, to the greatest degree requiring support and protection of the state, every year it becomes more and more.

At a period, when the person should start to live in a new fashion (if he retires on a pension) or at least to understand that his age gives other vital status to him (if having reached a pension age, he continues to work), certainly there should be changes in sense sphere of personality, even in her steadiest components. Sense of life is one of such psychological phenomena.

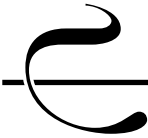
The problem of sense of life concerns to a number of interdisciplinary problems. By definition of D.A. Leontiev “the sense of life is the concentrated descriptive characteristic of the most pivotal and generalized dynamic semantic system responsible for the general orientation of life of the subject as of whole”.

Ideas about the sense as about a life task is developed in the theory of personality of V. Frankl. He considers the aspiration to search and realization of individual sense as the congenital motivational tendency which is inherent in all people and being a determinant of behaviour and development of personality. The sense is “the most human phenomenon as the animal is never anxious about sense of the existence” (Frankl, 1997). Absence of sense generates the state of existential vacuum, being the reason of specific to the present “noogenic neuroses”. In opinion of Frankl, for optimum existence of the person and his mental health it is necessary the certain level of pressure between the person on the one hand and the objective sense localized in external world which should be carried out, from the other (Frankl, 1990).

The sense should always be ahead of being, and its basic function, “sense of sense is to set the rate to being”.

The doctrine of V. Frankl is democratic in the sense that recognizes an opportunity of the person’s finding of sense irrespective of sex, age, creeds, intelligence or the social status. In human life the sense acts as an imperative demanding realization.

V. Frankl distinguishes special measurement in structure of the person, not reduced only to biological psychological existence. “Noethical measurement”, in his



opinion it is impossible to comprehend the sense by means of psychological methods, as the sense of life can't be expressed verbally or, in general, it is inexpressible.

Stating the idea about originality and uniqueness of sense, V. Frankl, at the same time, emphasizes, that not each being is meaningful. For example the hedonistic way of life, since pleasure cannot be sense, but is an internal state of the subject.

V. Frankl distinguished three groups of positive values: values of creativity, value of experience, and values of attitude.

The core way of realization of values creativity is work. The sense of work consists in what the person does over official duties. In native psychology this position is crossed with a category of "above normative activity" of V.A. Petrovsky. Among the values of experiences love occupies the special place, as mutual relations at a level of spiritual and sense measurement, knowledge of other person and his deep essence. Despite of the big sense potential of this experience, absence of love, in opinion of V. Frankl, is not an obstacle for person's finding of sense of life.

The person comes to values of attitudes in a case of occurrence of circumstances which he cannot change, but always can take the intelligent position in relation to them.

In modern psychology they distinguish four variants of attitudes between sense of life and consciousness: not realized satisfaction, not realized dissatisfaction, realized satisfaction, realized dissatisfaction.

It is separately distinguished a replacement of sense of life when adequate comprehension of objective life orientation carries threat for self-esteem. The typology of U.V. Aleksandrova have something in common with this typology; there are considered three variants of parity of the objective life sense, corresponding to supreme motivation, and subjective, accepted by the person. In the first variant they correspond each other, in the second, the objective sense is superseded from consciousness, leaving an experience of vacuum, and in third it is superseded from consciousness, being replaced with another, subjective sense which is not conterminous with objective. In the last case we deal with that V.E. Chudnovsky characterizes as senses-ersatz which create illusion of easy and fast achievement of satisfaction in life, passing difficulties of search of its original sense.

Transformation of satisfaction in life as a component of the integrated life sense has following tendencies at late age:

The phenomenon of satisfaction in life at late age can be considered as a set of its two components: satisfactions in life as a whole and satisfaction in realization of sense of life. The presented components are closely interconnected with each other, however cannot be considered identical.

Satisfaction in life of older persons is frequently connected with some of their objective characteristics, and also with their subjective judgments of various sides of life. So, elderly, satisfied in life, differ by a higher educational level, the most part from them, unlike unsatisfied elderly, at the desire is included in labour activity, have no non-realized desires concerning the employment.



Presence of matrimonial relations also is a characteristic for satisfied in life of elderly in a great degree. At the same time satisfaction in life is not connected with the age and sex in an old.

The older persons satisfied in life in a greater degree are satisfied in the health, they estimate conditions of residing and a level of satisfaction of the majority of the needs more positively, to the greatest degree it concerns needs for interpersonal relations and self-realization.

The quantity of the events included by the elderly person in a subjective picture of life way has connection with his satisfaction in life. The more events are included in a life picture, the above is a level of satisfaction in realization of sense of life.

### **The Literature**

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