



Dynamics of life satisfaction as a result of photovisualization of life events

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Principal theoretical and methodological aspects of traced research are presented in this article. The research has been dedicated to investigation of dynamic changes in person's attitude towards life as a result of photovisualization of life events. The research program and methodological tools are presented. The first results are cited, the data of changes in life satisfaction in the course of photovisualization's program are presented.

Key words: *visual socially-psychological history, photovisualization of life events, attitude towards life, life satisfaction*

The postnonclassical stage of science's development is characterised by usage of humanities research methods, study of valuable aspects of Being and historical time. It has defined the tendency of activation and revival of researches of person's life course in home social psychology (E.J. Korzhova), psychological problems of time feeling (T.A. Nesitik), time orientation (A.Syrtsova) [1, 6]. But the problem of «visual turn» remains actual. So, V.A. Labunskaja [2] marks the importance of discussion of methodological questions of visual researches owing to their active penetration into psychology in general and in social psychology in particular. She also notices, that social psychologists have possibility to create visual socially-psychological history of the society, groups and person.

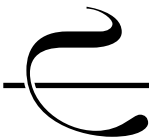
Thereupon we have defined the purpose of our work. We study the influence of photovisualization of life events and their interpretation on dynamics of the attitude towards life. Addressing in the given context to a photo, we are based on the researches considering a photo as means of reconstruction of feelings and life events, as research means of person's life course, as diagnostic aids (J. Weiser, V.V. Nurkova).

In turn, we consider a photo as the socially-psychological phenomenon, visual construct including kinesics and proxemics interaction parameters, the cultural and social symbols, carrying the information on those aspects of person's life as gender, age, status, roles, values and life meaning.

The research hypothesis. The intensity and the modality of the attitude towards life and life satisfaction variate depending on a combination of socially-psychological characteristics of visual signs (photos) and features of their interpretation.

The research program includes: 1) psychological diagnostics, studying respondent's attitude towards life and the attitude towards one's own appearance; 2) narrative conversation; 3) socially-psychological training with use the technician of photovisualization; 4) repeated psychological diagnostics, necessary for studying the dynamic changes in life satisfaction, the dynamic changes in assessment of one's own attractiveness [3, 4].

We represent the part of research in this work, only investigation's results of dynamic changes in life satisfaction as a result of photovisualization's procedure. We used The Index of life satisfaction Neugarten, adapted by N.V. Panina. We investigated life satisfaction, based on complex studying of the attitude towards life.



The results reliability was provided with use of statistics methods: descriptive statistics, Wilcoxon signed-rank test.

As empirical object 41 respondents at the age from 18 till 23 years have acted. Experimental group included 17 persons, control group included 24 persons. Respondents of the experimental group participated in total procedure of photovisualization. Respondents of control group only passed diagnostic test. The time interval between the spent diagnostic gaugings has compounded 75 days.

The descriptive statistics classified (lower and upper quartiles, finding a median and a standard deviation) the data obtained on our sample on intensity degree of life satisfaction: high degree; average degree; low degree. It has allowed us to trace dynamics direction of an investigated characteristic.

We have compared values of respondent's life satisfaction at the first and second gauging by Wilcoxon signed-rank test. So, differences among respondents of experimental group in intensity of life satisfaction (before and after photovisualization) have been found – $T = 33$ at $Z = 2,05$; $p = 0,03$. According to the statistics data the percent of respondents in experimental group with a low intensity of life satisfaction has reduced from 41,2 % to 23,5 %. The similar tendency is observed among respondents with a high intensity degree of life satisfaction. Their number also has increased from 17,6 % to 29,5 %. According to the data received in control group, differences in intensity of life satisfaction before and after investigation are not found – $T = 83$ at $Z = 0,48$; $p = 0,62$.

Thus analysis of dynamic changes in life satisfaction as a result of photovisualization of life events proves suggested hypothesis. Positive changes in an assessment of one's own activities and life achievements among those experiment's participants who has directly passed all program (conversation, socially-psychological training, directed on life experience reconsideration) are found.

The Literature

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