

**Astafieva I.N.**

The maintenance of components and personal determinants of career, matrimonial plans and the plan of personal growth of students-graduates

Given article is devoted revealing of the maintenance of components and personal a determinant of the life plans presented by an independent parity of career, matrimonial plans and the plan of personal growth of students-graduates in connection with their sexual differentiation. Substantial distinctions in leading motives, the purposes and means of a motivation-organizational component of life plans of men and women, features of an emotionally-estimated component, distinctions in subjects of plans at men and at women, distinctions in the personal features causing autonomy of female and man's variants of life plans are considered.

Key words: *motivation-organizational, emotionally-estimated components of the life plan, the subject of the life plan, personal determinants of an independent parity of career, matrimonial plans, the plan of personal growth.*

The high school termination is a turning-point in life of the young man when it faces necessity of acceptance of important decisions concerning the further personal and professional life, construction of new system of relations and mastering by new kinds of activity. Young men already estimate the possibilities and abilities more adequately, at them the certain system of values and senses which is shown in a situation of designing of the personal and professional future is generated. In this connection the considerable part of researches devoted to life plans, is connected with consideration of a stage of the termination of educational institution [1–10]. Mainly life plans of students are studied from the point of view of their personal features [2–4, 7, 8], however, there are no the researches devoted to studying personal determinant of structure of life plans.

That fact is doubtless that the life plan can't be shown to one sphere of ability to live. Because ability to live of the person is presented at least by three basic significant spheres – activity, dialogue and personal, components of the life plan should be correlated with these spheres. Proceeding from it, we understand life plan as set of decisions of the person, its concerning long-term purposes and ways of their achievement in significant spheres of life: personal, career, family.

The structure of life plans is presented by interrelation of career, matrimonial plans and the plan of personal growth. Theoretically this interrelation can be defined as the purpose-means, a part-whole, the reason-consequence and autonomy. Empirical indicators of interrelation are value judgment of each of these parities on which expressiveness the structure of the life plan was defined have acted. In this connection we have empirically allocated the life plan with domination of purpose in career sphere (the career plan), with domination of purpose in family sphere (the matrimonial plan),



with domination of purpose in sphere of personal development (the plan of personal growth). At overwhelming number of respondents these kinds of plans are established, however in separate group plans which have been estimated by respondents as untied among themselves in the life plan were allocated. We have defined such life plan of students-graduates as autonomy plan, containing rather independent, existing and realized independently from each other career, matrimonial plans and the plan of personal growth.

We assume presence of influence of sexual differentiation on structure of life plans of students-graduates and, proceeding from it, in the given research we put forward the following hypothesis: the maintenance of components and personal determinants of the life plans presented by an independent parity of career, matrimonial plans and the plan of personal growth of students-graduates, will be caused by their sex.

Revealing of the maintenance of components and personal a determinant of the life plans presented by an independent parity of career, matrimonial plans and the plan of personal growth of students-graduates in connection with their sexual differentiation became an objective of this research.

Research objective achievement was carried out by means of following toolkit:

- 1) the questioning directed on revealing of a parity of career and matrimonial plans in structure of life plans (Dzhanerjan S.T., Astafieva I.N.);
- 2) psychological testing (a questionnaire of the self-relation of Stolin V.V. and Pantileev S.R.; a technique «the Scale of the general self-efficiency» of Shvartser P. and Erusalem M. (the Russian version); «the Scale of differential emotions of Izard K.; «a 16-factorial personal questionnaire» of Kettell R. (form C); a technique «the Free choice of values» of Fantalova E.B.; a questionnaire of Prygin G.S. «Autonomy-dependence»; a questionnaire «STOUN» of Gordeeva T.O., Osin E.N., Shevjahova V.J.; the test of Kun «Who I am?» (M. Kun, T. Makpartlend; T.V. Rumjantseva's updating);
- 3) a method of the content-analysis for processing of answers on open questions of the questionnaire and answers by a technique «Who I am?»;
- 4) methods of statistical data processing (plural linear regression analysis and definition of a normality of distribution of indicators (Kolmogorov-Smirnov's criterion); procedure of binomial distribution).

Reliability of the received results was provided with the general logic of construction of research; a variety and adequacy of applied techniques; use of statistical methods of data processing; a sample representativeness.

As object of research 44 students-graduates – 33 women and 11 men have acted.

Further we will consider the maintenance of components of life plans of men and women.

The motivation-organizational component is presented by motives, the purposes and means of plans. The general leading motive and men, and women is the aspiration to a comfortable standard of living. For men development of own abilities, for women – stability also are significant.



Hierarchy of the purposes of the career plan of men it was not possible to reveal owing to individuality indicators of these purposes, women are aimed at the device for reliable work, achievement of a recognition from colleagues, professional development and comfortable conditions of activity. In the matrimonial plan the general are the purposes connected with maintenance of comfortable conditions of residing in a family, desire to feel protected and with family creation, however expressiveness of these purposes at men above. For women it is in addition significant aim to become the ideal wife, mother. The general at men and women of the purpose of the plan of personal growth – development of own abilities, for men leaders are also achievement of comfortable living conditions, for women – achievement of confidence of tomorrow.

Indicators of the importance of means of the career plan of men are individualized, women for achievement of the purposes development of new professional skills and own professional competence are inclined to use. For achievement of the purposes of the matrimonial plan of the men use any means, women are inclined to operate, using social contacts and own authority on a family, mastering new family roles. For students-men and students- women the general on the importance means of achievement of the purposes of the plan of personal growth is the recognition from others, women are ready to use social contacts also.

Substantially emotionally-estimated component of life plans of men and women reveals as optimistical, however emotional experiences of women are more differentiated.

The subject of all kinds of plans and men, and women are they, except for career plans of men in which as the subject of plans they can act, other people and circumstances.

Further with the help regression the analysis the personal determinants strengthening autonomy of a parity of career, matrimonial plans and the plan of personal growth in life plans, and the personal determinants interfering autonomy have been established.

In a role personal a determinant, strengthening autonomy of a parity of career, matrimonial plans and the plan of personal growth in life plans of students-men, such personal features as optimism in situations of failures and in success situations, a practicality-pensiveness (factor M +), sensibleness have acted of own potential positive strong-willed characteristics. The personal determinants interfering established autonomy – sensibleness of own intellectual features, intersympathy, intelligence (factor B -), sensibleness of own communicative qualities, optimism in sphere of achievements. In other words, for students-men in which life plans the career plan and the family plan exist and are realized independently from each other, are characteristic positive perception of events both in success situations, and in situations of failures, a preoccupation own ideas, high degree of sensibleness men of own potential positive strong-willed characteristics.

The independent parity of career and matrimonial plans in life plans of students-women is caused by their such personal features strengthening structure, as optimism,



shyness – boldness (factor H +), sensibleness of potential intellectual possibilities, low self-checking – high self-checking (factor Q3 +). Such personal features of women as self-efficiency, sensibleness women of own physical characteristics, emotional instability – emotional stability (factor C -), isolation – sociability (factor A -) are interfere with the established autonomy. Differently, to the students-women dividing in the life plans career and life life, the positive perception of events of own life, propensity to risk, high degree of sensibleness women of own potential intellectual possibilities, purposefulness is peculiar.

Scientific novelty of research consists that life plans as an independent parity of career, matrimonial plans and the plan of personal growth of students-graduates for the first time are considered; personal determinants of an independent parity of various plans in connection with sexual differentiation of students-graduates are revealed.

Results of the conducted research can be used for individual psychological consultation, in professional orientation work, vocational training of experts-psychologists, in practice of optimization of educational process of students of HIGH SCHOOLS.

The conclusions confirming the put forward hypothesis.

1. The maintenance of components of career, matrimonial plans and the plan of personal growth at men and at women are various. For man's and female variants of career and matrimonial plans of distinction were showed, in width of a spectrum of the purposes, the plan of personal growth – in the maintenance of the purposes. For each career, matrimonial plans and the plan of personal growth of distinction between their man's and female variants were reflected in width of a spectrum and the maintenance of means of achievement of the purposes, in width emotional experiences in connection with planning.
2. Personal determinants of structure of the life plans presented by an independent parity of career and matrimonial plans, at students-men act positive perception of events both in success situations, and in situations of failures, a preoccupation as own ideas, high degree of sensibleness of own potential positive strong-willed characteristics. At students- women – positive perception of events of own life, propensity to risk, high degree of sensibleness of own potential intellectual possibilities, purposefulness.

Research prospects consist in studying of structure of life plans in which the family and personal development represent itself as the leading purposes which achievement is carried out by means of the purposes and means of the career plan.

References

1. Abasov Z.A. Designing of students of pedagogical university to professional strategy // Sociological researches. – 2006. – # 4.
2. Ahmerov R.A., Prygin G.S. Psychobiographic characteristics of the subject with independent type of self-control of activity // Psychological magazine. – 2005. – # 6.



3. Besumova L.G. Socially-psychological factors of a parity and change of personal values and requirements of students: author's abstract of dissertation ... the candidate of psychological sciences. – Saratov, 2009. – 25 p.
4. Golovaha E.I. Life prospect and professional self-determination of youth. – Kiev: Scientific thought, 1988. – 144 p.
5. Degtjarenko T.A. Socially-psychological features of life plans of cadets of educational institutions of Ministry of Justice of Russia: dissertation ... the candidate of psychological sciences. – Yaroslavl, 2002. – 193 p.
6. Lissovsky V.T. Youth: Love, marriage, a family: sociological researches. – SPb.: a science, 2003. – 365 p.
7. Omelchenko E.L. Style of strategy of employment and their feature. M, 2002. 144 p.
8. Sagova Z.A. Target orientations in life plans of students of high school: dissertation... the candidate of psychological sciences: Stavropol, 2004. 156 p.