



Sumina N.E., Nichiporenko N.P.

Interconnection between anticipation consistency and personality properties

Using empiric material analysis an interconnection of anticipational consistency, personality properties and self-attitude characteristics is defined, nonlinear character of interconnection is revealed, anticipation consistency functions in context of personality health is examined.

Keywords: *anticipation, prognostics, personality, anticipation consistency, self-attitude.*

Introduction

By present moment, scientific surveys upon anticipation problem and probability prognostics are widely presented in psychological literature [2, 3, 4]. Most of those works are aimed at revealing general psychological regularities of anticipation activity. Several research institutes study different prognostics aspects – ontogenetic regularities of anticipation development [12], cognitive prognostic ability structure [11], neurogenesis anticipation mechanisms [5]. Publications, generalizing present disembodied anticipation abilities and prognostics researches, appeared [6, 8, 11].

Present research is devoted to anticipation abilities in healthy personality properties system study. This point of view allows better understanding of anticipation consistency functions, its' interconnection with other individually-psychological personality traits.

Anticipation in modern psychology is defined as a human ability to forestall event course, his own and others' actions results, construct his activity upon adequate probability prognosis. This definition nearly matches B. F. Lomov's understanding of anticipation as a subject's ability to act and make decisions with certain time-space preact with regard to expected future events. [4]. Anticipation consistency (prognostic competence) is understood as person's ability to forestall event course, forecast situation development and his own reactions towards it with high accuracy and act with a time-space preact [6]. Hereby, anticipation consistency characterizes a certain level of anticipation abilities development level in personality system. Three types of anticipation consistency (AC): personal-situational AC – ability to anticipate other people acts and different variants of event course; spatial AC – ensures motor preadjustment, spaceorientation; temporal AC – represents ability to allocate and adequately plan one's time.

Main aspect of our work is connected with personality understanding problem. From the diagnostic point of view, the most corresponding to the tasks of our research is the theory of leading tendencies and a typological approach based on it, which allows characterizing individually-personal properties system [13]. An important part in normal personality functioning belongs to inner mechanism of self consciousness,



including self-esteem and self-respect, which the level of assertions and actual behavior depend on [14]. Therefore, we included studying of personality anticipation abilities in correlation with self-attitude in the research plan. As an extra conception we used actual personality abilities conception by N. Peseschkian, according to which contents of actual abilities is closely connected with person's social and emotional relations, activity and behavior standards, accepted in one or another social group (family, work collective, friends, social institutes) [10].

The goal of present work is studying of anticipation consistency in correlation with personality properties and self-attitude characteristics. Research hypothesis is an assumption that this correlations are of nonlinear, mediated character. Following methodics were used to achieve selected goal: 1) anticipation consistency test by V. D. Mendelevich, which allows diagnosing level of personal-situational, spatial, temporal and general anticipation consistency; 2) standardized multiprofile personality research method (SMIL) by L. N. Sobchic; 3) self-attitude test by V. V. Stolin and S. R. Panteleev; 4) Visdaben test (N. Peseschkin) intended for esteeming actual abilities - personality characterical traits and it's relationship system.

150 people participated in experiment as test subjects, 75 of them were men, 75 were women. They are students and tutors of a technical university and economical sphere employees in the age from 20 to 53.

Result processing and analysis were done using two intercomplementing strategies: correlation analysis and difference search. Estimation of presence or absence of statistically authentic differences between average sample rates was done by t-Student method. Rate correlations were determined by means of correlation analysis (Pearson correlation coefficient).

RESEARCH RESULTS DISCUSSION

To reveal common tendencies we have counted average sample values for SMIL methodic and self-attitude test with two groups of test subjects: anticipation competent and incompetent (whose rate are accordingly above or below average sample rate $M=243,2$); after that, value of difference was defined by means of Student coefficient.

Averaged personal profile of SMIL test subjects with general anticipation consistency is realistically different (all rates are stably lower) from personal profile of anticipation incompetent test subjects by anxiety ($t=-1,87$, $p<0,05$), individuality ($t=-2,22$, $p<0,05$) and optimism scales ($t=-2,23$, $p<0,05$). Self-attitude characteristics of both test groups are nearly the same. Inconsiderable statistically import less differences certify, that anticipationy competent test subject demonstrate a bit more self respect, but are less autosympathetic compared to anticipationy incompetent respondents.

General tendencies analysis allows certifying, that averaged rates do not reflect but rather conceal these or other correlations of anticipation consistency and personality properties. That is why we carried out a detailed correlation analysis on each and every researched parameters. General data matrix was an array of 57 variables and



150 test subjects.

In researched sample general anticipation consistency correlates with individuality ($r=-0.22$, $p<0.01$) and anxiety traits ($r=-0.17$, $p<0.05$). According to the manual, emotional coldness, perception and assertions singularity, selectivity or formality of contacts and social communication distortions can cause absence of distinct conceptions of proper behavior in this or that situation and other people expectations. Alienability leads to difficulties in situation estimation and general world picture, which essentially decrease prognostic competence of personality. Analogically, inner tension, diffidence, anxiety, permanent readiness to something unexpected phenomena or threat, constant need in deep and firm contacts with people around – i.e. denominated symbiotic tendency – also match with anticipation inconsistency.

It is important to mark, that results of correlation analysis showed rather denominated *tendency* of correlation between general anticipation inconsistency and scales of so called neurotic triad of SMIL profile – hyper control ($r=-0.14$, $p<0.1$), pessimism ($r=-0.13$, $p<0.1$), emotional lability ($r=-0.14$, $p<0.1$), and impulsiveness scale ($r=-0.14$, $p<0.1$). These dependencies, despite not reaching lower 5% threshold level of importance, in our view, are significant and prove lawfulness of anticipation conception of neurogenesis [5, 6].

Negative dependencies between anticipation consistency and distinct self-attitude characteristics – auto-sympathy ($r=-0.20$, $p<0.05$) and self-acceptance ($r=-0.22$, $p<0.01$). At first sight they seem illogical. But if we accept nonlinear character of correlations, then they can be explained. Lack of sympathy and trust to one's own personality, rejection of some of it's sides, dissatisfaction with one's own self and discomfort and anxiety caused by it can be projected on environment, increase sensitivity to other's opinion towards one's personality, make that personality more vulnerable, thus activating anticipation mechanisms for protection purposes. In it's extreme exertion this phenomenon is very similar to suspiciousness, when a negative attitude to one's self forms a negative expectations towards others and stimulates prognostics of their behavior.

In actual abilities sphere, measured with help of Visbaden test, general anticipation consistency combines with unavailability to do intense and tiring job for a long time and showing enthusiasm (correlation with assiduity scale $r=-0.17$, $p<0.05$), activity deficit ($r=-0.16$, $p<0.05$), high sensitivity to bodily exertions ($r=0.16$, $p<0.05$) and positive relationship with father ($r=0.25$, $p<0.01$).

Person-situational anticipation consistency did not reveal statistically authentic correlation with either one of SMIL scales, but turned out to be connected with following characteristics: general attitude to self «pro or contra one's own "me"» ($r=-0.22$, $p<0.01$), expectation of others attitude ($r=-0.21$, $p<0.01$), self-assurance ($r=-0.19$, $p<0.05$), body / sensations scale ($r=0.25$, $p<0.01$), politeness ($r=0.20$, $p<0.05$), punctuality ($r=0.16$, $p<0.05$), activity ($r=0.16$, $p<0.05$).

As it can be seen, all dependencies between person-situational anticipation consistency and self-attitude characteristics are of inverse character, and between person-situational anticipation consistency and actual abilities are of direct character.



Inverse dependencies certify that deficit in accordable spheres of self-consciousness creates inner diffidence, dependence on others' attitude, discomfort, increases 'social' anxiety and actuates personality to apply considerable effort to anticipating other people behavior, which contributes to growth of personal-situational prognostics.

Person's negative I-conception does not prevent, as it can be obviously supposed, but in some cases contributes to prognostics development in social relations and other people behavior sphere. This regularity can not be explained by a linear causal connection between given phenomena; understanding is possible only if we assume influence of some other factor that takes part in social and event environment prognostics. Such factors in our opinion can be mechanisms of psychological defense and cope behavior that mediate interconnection of person-situational anticipation consistency and self rejection. Vulnerability of a person with a unconfident and negative attitude towards himself, expectation of negative attitude from others cause constant anxiety, which in it's turn, activates defensive processes of different (conscious and subconscious) levels. Analogical cope function is apparently in this case done by anticipation consistency, allowing personality consciously or intuitively forecast circumstances that threaten its psychological integrity preact them in due time. Unlike cope-strategies, which activate after stressing event, anticipation consistency participates in personality stabilization before stress causing influence, making it more expected, during stress, allowing anticipating of situation development and conclusion, and after stress situation, when planning coping behavior.

Actual abilities correlate with person-situational prognostics directly, which certifies, that increased punctuality, aspiration to activity, politeness, which can host suppressed aggression, excessive attention to bodily exertions and predisposition to psychosomatic reactions act as compensatory formations that allow a person with negative self-attitude adapt to unsafe environment by means of escalated developing of anticipation abilities. As a result, person-situational anticipation consistency of diffident and self-rejecting people is more "loaded" compared to people with positive self attitude, which determines more intense development of this type of prognostic competence.

Carrying out **spatial** anticipation consistency and personality properties, we observe direct correlation dependencies with self-attitude scales. At large it can be stationed, that motive agility is connected with emotional stability ($r=-0.16$, $p<0.05$), which correlates with other research data [1, 6, 9], interest to one's own thoughts and feelings and confidence in one being interesting to others ($r=0.18$, $p<0.05$), self-control and self-sequence ($r=0.24$, $p<0.01$), ability to establish, support social relationships when problems arise ($r=0.21$, $p<0.01$), and possible ignoring of common norms and concepts ($r=-0.17$, $p<0.05$).

After more detailed analysis of 3 SMIL profile scale, the following can be stationed. Persons with high emotional lability, according to the manual [13], possess well developed ability to eliminate anxiety by means of excluding factors conditioning it from consciousness. However, overdevelopment of this trait troubles formation of stable



behavior, as it excludes material essential for efficient interaction with environment out of consciousness; in clinical case loss of ability to form stable aims and building and foreseeing behavior results based on previous experience may be observed. Apparently, conceptions and emotions forced out of consciousness make up stable background, if not a base for motive clumsiness. That is why people with expressed hysterical traits often have weakly developed ability to anticipate spatial characteristics of environment and their own motive activity. Appeared regularity correlates with other authors' research results in pathology [6, 15] and psychically healthy people [12].

Temporal anticipation consistency in common sample turned out to be connected with pessimism ($r=-0.19$, $p<0.01$), politeness ($r=-0.22$, $p<0.01$), and «We» scales ($r=0.16$, $p<0.05$). Hereby, person capable to anticipate time well, is characterized by self-confidence, cheerfulness, optimism, high achievement motivation, open and tolerate attitude of parental family towards the world. However, temporal prognostic competence, compared to other anticipation types, reveals the least amount of statically important correlations with personality properties (only one SMIL scale), actual abilities (2 scales in N. Peseschkin inquirer), and, significantly, no correlation with self-consciousness characteristics at all. Thereby, temporal anticipation consistency is less connected with personality and its relationship system than other types of prognostic competence. We can assume this type of prognostic competence to be more determined by intellectual characteristics, either than personality properties system.

SUMMARY

1. Anticipation consistency, defined as a subject's ability to forestall event course with high probability, forecast situation development and his own reactions is connected with personality properties, self-attitude characteristics, and behavior features in different social interactions.
2. In personality properties system, emotional coldness, perception and assertion singularity, selectivity or formality of contacts and social communication distortions, alienability, inner tension, diffidence, anxiety, expressed need in deep and firm contacts with people around combine with general anticipation inconsistency.
3. Dependencies of personal-situative anticipation consistency with self-attitude characteristics are of inverse character, and certify that deficit of positive attitude to one's own self creates inner unconfidence and discomfort, dependence from other's attitude, increases 'social' anxiety and induce a person to put up considerable effort to anticipating other's behavior.
4. Spatial anticipation consistency is connected with emotional stability, interest to one's own thoughts and feelings and confidence in one being interesting to others, self-control and self-sequene, ability to establish and support relationships when problems arise, possible ignoring of common norms and concepts.
5. Connexion between general and personal-situative anticipation and self-attitude characteristics is ambiguous: anxiety induced by threat of unstable I-con-



ception can cause affective destabilization and generally reduce efficiency of prognostic activity, and on the contrary can facilitate anticipation consistency development, actualizing adaptive processes, connected with increased sensitivity to environment behavior and 'sharpening' prognostic abilities.

6. Person capable to anticipate time well, is characterized by self-confidence, cheerfulness, optimism, high achievement motivation, open and tolerate attitude of parental family towards the world.. However, temporal prognostic competence, compared to other anticipation types, is the least connected with personality properties and it's relationship system.

CONCLUSION

Hereby, research carried out allowed specifying the connection between anticipational consistency, personality properties, self-consciousness characteristics, person's relationship system features. Appeared interconnections, their intensity and directivity can not always be explained by simple causal arguments or obvious statements. Understanding of place and function of anticipation consistency in personality properties and relationship system demands using additional constructs which allows speaking of nonlinear, mediated character of revealed connections. Taking into account theoretical view upon the nature of personality derivations [7] and the results of latest research [6, 9, 15], we assume that elements like personality stabilization systems, psychological defenses and cope-behavior strategies are among factors that mediate interference of anticipation abilities and personality properties.

Literature

1. Bernstein N.A. About agility and it's development. M.: Physical culture and sport, 1991.
2. Brushlinski A.V. Thought and prognostics (logic-psychological analysis). M.: Though 1979. 230 p.
3. Probability prognostics in human activity / After I.M. Fayegenberg, G.E. Juravleva. M.: Science, 1977. 391 p.
4. Lomov B.F., Surkov E.H. Anticipation in activity structure. M., 1980. 279 p.
5. Mendelevich V.D. Anticipation mechanisms of neurogenesis // Psychological magazine. 1996. #4. p. 107-115.
6. Mendelevich V.D., Solovieva S.L. Neurosology and psychosomatic medicine. M.: MEDpress-inform, 2002. 608 p.
7. Myasishev V.N. Relationship psychology. Sel. Psychol. works / After A.A. Bodalev. M. – Voronej, 1995. 356 p.
8. Nichiporenko N.P., Mendelevich V.D. (2006) Anticipation abilities phenomenon as a subject of psychological research // Psychological magazine. 2006. T. 27. # 5. p. 50-59.
9. Nichiporenko N.P. Prognostic competence in personality properties system // Psychology questions. 2007. # 2. p. 123-130.
10. Peseschkian N. Psychotherapy of everyday life. Training in developing partnership and self-assiatance : Germ. trans. M.: Medicine, 1995.



11. Regush L.A. Prognostics psychology: success in cogniting the future. SPb.: Speech, 2003.
12. Sergienko E.A. Anticipation in early ontogenesis. Diss. ... PhD in psychology in form of scientific report. M., 1997. 138 p.
13. Sobchik L.N. Standardized multiprofile personality research method. SPb., 2004.
14. Stolin V.V. Personality self-consciousness M.: MGU, 1983.
15. Uzelevskaya A.E. Interconnection between anticipation (prognostic) competence with clinical forms, expression and compensation level of psychic disorder. Autoref. Diss.... cand. of psych. Science. Kazan, 2002.