

The Psychological Concept of Overcoming: Theory, Methods, and Diagnostics

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Abstract

Introduction. This paper (a) provides an overview of various theoretical and methodological approaches to studying the concept of 'overcoming', (b) presents terminological, semantic, and functional approaches to the analysis of the concept of 'overcoming' in the structure of athletes' self-consciousness, and (c) demonstrates associations between the phenomenon of 'will' and the concept of 'overcoming' from various perspectives. In particular, we examine philosophical, psychological, pedagogical, psychophysiological, and socio-psychological determinants that influence our approach to studying the phenomenon of overcoming. This study represents a first attempt to carry out the methodological, theoretical, and critical analysis of the issue of overcoming in psychology. We systematized previous ideas and concepts about the phenomenon of 'overcoming', formulated our working definition of this concept, and distinguished levels of overcoming. For the first time, the phenomenon of 'overcoming' is comprehensively studied in terms of physical and psychological regulatory determinants.

Theoretical Basis. We discuss in detail basic theories, principles, and concepts including the dialectical principle, the principle of transgressiveness, the principle of stable disequilibrium of living systems, and the principle of self-determination. This section (a) provides the main conceptual framework for the psychological theory of overcoming, (b) considers the impact of the concept of resilience, the extra-situational theory of activity, the idea of passionarity and liminality, and (c) concentrates on the psychology of extreme situations, psychological barriers, and risk issues. Explanatory determinants of the phenomenon of overcoming include the 'freedom reflex' and the 'goal reflex' by I. P. Pavlov, the 'principle of dominance' by A. A. Ukhtomsky, the synergistic ideas of the 'concept of nonequilibrium systems' by I. Prigogine, the 'concept of passionarity' by L. Gumilev, and conceptual perspectives of P. K. Anokhin, B. G. Ananiev, N. A. Bernshtein, E. S. Bauer and other scientists.

Results and Discussion. We elaborated a scheme for functional analysis of retrospective autobiographical questionnaire data and also developed an algorithm for semantic analysis of empirical data. The results of the content analysis enabled us to introduce a structural and dynamic characteristic of the phenomenon of overcoming and to clarify psychological parameters of the concepts of 'will' and 'overcoming'. We (a) carried out the semantic analysis of various concepts of the phenomenon of overcoming, (b) introduced a level-based concept of overcoming, and (c) attempted to conceptualize the concept of 'will' and its associations with the paradigm of 'overcoming'.

Keywords

will concept, overcoming phenomenon, overcoming levels, transgression, motivation, experience, coping, uncertainty

Highlights

- ▶ The issue of overcoming critical situations has theoretical, methodological, and practical perspectives.
 - ▶ The transdisciplinary approach to constructing the concept of overcoming includes the following principles: the principle of contradictions, the principle of transgression, the principle of potentiation, the principle of limits, the principle of subjectivity, the principle of self-determination, the principle of dissatisfaction, the principle of uncertainty, and the principle of danger.
 - ▶ The level-based model of overcoming helps to present the phenomenon of overcoming in the form of stages of overcoming ascension and transformation during transitions from one level of activity to another.
 - ▶ Psychological components of overcoming include (a) the motivational component of overcoming (motive as the primary result of overcoming addiction), (b) the behavioral component of overcoming (an act as a result of overcoming behavioral incompetence), (c) the cognitive component of overcoming (intellectual activity as a result of overcoming uncertainty), and (d) the affective component of overcoming (experience as a result of overcoming danger and anxiety).
 - ▶ The introduced overcoming criteria help measure the process of overcoming using the following variables: a cognitive measure of uncertainty, an affective measure of danger, a motivational measure of dissatisfaction, and a behavioral measure of incompetence.
 - ▶ The paradigm of overcoming various limitations in the course of activity enables us to analyze the developing, teaching, and training mechanisms of personal creative forces.
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Introduction

The paradigm of overcoming in science

Scientists have always been interested in the issues of overcoming. The analysis of previous theoretical and practical research in this field demonstrates that, the issues of increasing the ability to overcome crisis events remain important, as all the proposed methods, in our opinion, are ineffective. The issues associated with the phenomenon of overcoming extreme peak events indicate that the established practice of pedagogical activity underestimates this phenomenon. The following contradictions determine theoretical, methodological, and practical relevance of this study:

- Contradictions between the psychologists who believe that studying the concept of ‘overcoming’ cannot be a necessary and sufficient condition for explaining the specific character of the phenomenon of will and those ones who believe that a substantial analysis of the phenomenon of ‘overcoming’ is important for studying theoretical and practical issues of will.
- Contradictions between numerous research projects in the field of studying critical (stressful, conflict, crisis, risk, and extreme) situations and the absence of theoretical content-based

analysis of the process of overcoming such situations.

- Contradictions between well-studied behaviors in critical situations by means of two mechanisms: psychological defense (maintaining the psyche) and coping mechanisms (adaptation, adaptation of the psyche) and insufficient development of the concept of overcoming in terms of 'coping behavior' as a mechanism for training and developing personality.

The existing contradictions underlie key issues of studying the concept of overcoming in psychology, pedagogy, and sport.

In previous psychological and pedagogical research the phenomenon of overcoming is most accurately and correctly correlated with 'coping-behavior' (Lazarus & Folkman, 1984). The concept of 'coping' comes from the English verb 'to cope' (to overcome, to fight). In German-speaking psychology, the concepts of 'Bewältigung' (overcoming) and 'Belastungsverarbeitung' (processing exertion) are used synonymously.

The phenomenology of overcoming is adequately manifested when describing such human behaviors as 'assertiveness' (Hobfoll & Lerman, 1988, pp. 565–589), 'control of actions' in a situation of barriers and/or failure (control) (Kuhl & Beckmann, 1994; Kuhl, 1994; Kuhl, 1983), 'psychological defense' (Plutchik, Kellermann, & Conte, 1979), 'resilience' (Sapogova, 2009; Maddi, 2002; Maddi, 1965), protest behavior (Huseynov, 2017), liminality (Sapogova, 2009; Shipovskaya, 2013), extremity (Tomalintsev, 2007; Magomed-Eminov, 2008; Caplan, 1963), riskiness (Kornilova, 2003; Petrovsky, 1992), etc.

The struggle accompanies individuals' lives; they must make constant efforts for both external and internal continuous work. The intense life proceeds in such a way that the most important and significant moments depend on the stresses and efforts. Tension, effort and struggle in life mean that something is absent and cannot appear without considerable effort. It follows then that the whole subjective world is supported by psychophysical, spiritual, and moral efforts. "The degree of individual achievement will be determined by the number of efforts made by individuals" (Mamardashvili, 1997).

Paraphrasing M. Proust's favorite definition, which has become the conceptual slogan of M. K. Mamardashvili, we should say that "a man is an effort to be a man; life is a man's effort in time" (Mamardashvili, 1997). If individuals do not make efforts or take responsibility in situations of uncertainty, danger and risk for being alive, time is wasted. Life experience forces each person to be ready for intense activity, physical and mental efforts, the struggle against internal and external impacts. Professional result is not defined. However it depends entirely on our efforts. Individuals' success depends on their capability and willingness to make efforts" (Mamardashvili, 1997).

A man may be defined as an 'overcoming man', from our point of view. He exists in his entirety when overcoming himself, internal and external limitations, and physical and mental barriers; this allows him to take his place and achieve sports result. A real man is a person who seeks extreme ultimate situations (Ryan & Deci, 2002; Ryan, Deci, & Grolnic, 1995; Ryan & Deci, 2000). Then in extreme situations the person's behavior balances between success and failure. Then we may analyze risk (as a form of overcoming difficulties in life) as a point of instability, imbalance, bifurcation, a turning point in relations between luck and failure, success and defeat, loss and acquisition. In other words, this is a point of equal chances.

S. L. Rubinstein (1997) noted, "I constantly explode, change the situation in which I find myself, thus continuously going beyond myself. This is not a denial of my essence... It is its formation

and the realization. It is not self-denial, but becoming and realization. My present being, my completeness, and finitude are the only things that I deny”.

Back in the late 70’s, the theory of activity was analyzed through the concept of “barrier”. Unfortunately, this idea was abandoned. However, K. D. Ushinsky in his works associated activity with the concept of ‘obstacle’. He wrote that any activity is impossible without obstacles, means of overcoming, and the process of overcoming (Ushinsky, 1953).

Psychological knowledge treats the concepts of ‘restrictions’, ‘obstacles’, and ‘barriers’ in their ordinary senses – as something superfluous, disturbing, and undesirable. Therefore, it is assumed that from a theoretical, methodological, and practical point of view, these concepts mean nothing. These are not scientific concepts. From our point of view, the concepts of ‘limitations’, ‘obstacles’, and ‘barriers’ are not simply an attribute of pedagogical, sports, and creative activities. They exist everywhere where there is an opposition of forces. Thus, any material system consisting of various parts can only exist due to various restrictions that impede its existence. No physical object can exist without limitations and barriers. They determine the development of any system and the existence of humanity. Like a dam blocking a river bed, limitations and barriers stimulate, catalyze, and accumulate energy. They organize, regulate, correct, and organize various movements and energy flows. A man himself became a man because he learned to overcome the gravitational forces when walking and running, the resistance of water, air, atmosphere, as well as the spiritual and moral barrier – conscience, which represents a spiritual core of people and underlies the existence of the state and mankind.

The paradigm of overcoming opens new possibilities for obtaining psychological knowledge, relying on a single system-forming concept of ‘overcoming’. The analysis of activities that help overcome professional limitations and obstacles may enable us to study the main source for various mental neoformations, developmental factors, training in various functions of the human psyche and behavior and to understand their role in the achievement process, relying only on the concept of overcoming.

Studying the phenomenon of overcoming, which is often expressed in the form of mental stress (stress), mental effort (volitional effort) and the psychology of struggle (struggle of motives), may help determine the positive impacts of ultimate factors on the result in any professional activity.

It is generally accepted that will is an active aspect of consciousness, the highest level of consciousness. It performs functions of organization, managing, regulation, control, and coordination and represents the central mental phenomenon that retains all the other functions (sensory-perceptual and cognitive-emotional) in the field of consciousness. Will creates an effort and retains it as long as it is necessary for goal (result) achievement. This human ability, manifested in self-determination and self-regulation of his activity, is reflected in the works of Maslow (1967), Deci & Ryan (1991; 1985; 1986; 2002; 1995; 2000, etc.). This human ability that manifests itself in self-determination and self-regulation of human activity is examined in the works of Maslow (1967), Deci & Ryan (1991; 1985; 1986; 2002; 1995; 2000, etc.). The will directs, activates or inhibits individuals’ actions, and also is included in the processes of motivation and goal setting. Will directs mental activity to solve problems and represents an initiating, mobilizing, and internal factor of activity.

According to Tulchinsky (2002), the concept of will “only reflects the instinct of freedom” (p. 454) that denies determination. The word ‘de-termination’ originates from the Latin language and

means determination, limitation, restriction and is equivalent to 'limitless' which, on the one hand, reflects a negative attitude towards generally accepted social norms (cited in: Leont'ev, 2011, p. 67) and, on the other hand, emphasizes the relativity of limits.

Theoretical Basis

Principles of overcoming

Conceptual approaches to the study of the phenomenon of will as overcoming are based on general dialectical principles formulated by Hegel (1974), Mamardashvili (1997), and Rubinstein (1997). The transgressive theory of personality by Koziellecki (2001; 1997; 1995; 1987) and the psychological theory of overcoming by Shakurov (2003) are fundamental in this field. The resilience models by S. Maddi and D. A. Leontyev (Leontyev, 2011; Maddi, 2002; Maddi, 1965), the principle of self-determination (Leontyev, 2011), the ideas of passionarity (Gumilev, 2001), the phenomenon of liminality (Tulchinsky, 2002; Sapogova, 2009), studies of the overcoming adaptation (Pakulina, 2010) expand the understanding of our approach. The principle of stable nonequilibrium of living systems by Bauer (1935), the extra-situational theory of activity by Petrovsky (1992), conceptual perspectives of nonequilibrium systems by I. Prigogine, the development of issues of extremity (Magomed-Eminov, 2008; Razumovsky, 1988; Tomalintsev, 2007) represent an important addition to the study of the phenomenon of will as overcoming. The transdisciplinary approach enables us to concentrate on the theory of constraints in economics and management, the results of the study of psychological barriers in pedagogy: Shakurov (2003), Podymov (1999), Brehm & Weintraub (1977). Numerous studies of risk are presented in the works of Petrovsky (1992), Kornilova (2003), and Koziellecki (1987). The explanatory determinants of the essence of the phenomenon of overcoming include the 'freedom reflex' and the 'goal reflex' by I. P. Pavlov (Pavlov, 1951, p. 481–485), the 'principle of dominance' by A. A. Ukhtomsky (Ukhtomsky, 1966), synergetic ideas of the 'concept of nonequilibrium systems' by I. Prigogine (Prigogine, 1991), conceptual perspectives of P. K. Anokhin, B. G. Ananiev, N. A. Bernshtein, and E. S. Bauer.

1. The *principle of contradictions* enables us to present basic psychological categories – namely, reflection (as the basis of cognitive processes), relation (as the basis of emotional processes), and regulation (as the basis of volitional processes) within a single system of interconnected methodological principles, where motivational, cognitive, emotional, behavioral and somatic components of the human psyche represent its qualitative diversity. Thus, the fundamental theoretical and methodological framework for the concept of overcoming helps reveal its psychological meaning at a higher level of abstraction. We should note that the principle of contradictions underlies various psychological and psychotherapeutic concepts.

V. Frankl (1990) wrote that the essence of human life and development is determined by internal contradictions, the struggle of opposing processes of stability/variability, assimilation/dissimilation, activity/passivity; these contradictions force individuals search their solutions. When creating, individuals sublimate difficulties, transcend the boundaries of themselves, transcends the limits of existing possibilities, overcome uncertainty, danger, and passivity, accumulate their forces in goal-oriented systems and realize resources.

V. Frankl argued that a man is a subject who seeks to free himself and overcome all the factors that previously determined him. In other words, a man is a creature surpassing all the determinants (physical, biological, psychological, social, and spiritual) by defeating, transforming or obeying them (Frankl, 1990).

G. Allport emphasized the constructive nature of a man aspiring to solve difficult problems arising in the life course. The 'resistance to balance' is a necessary condition for personal development (Allport, 1937).

Arguing metaphorically, personality may be represented as a subject acting at different levels, capacities and speeds, when higher-order laws can overcome the effects of basic, universal laws. Thus, a stationary physical object (e.g. stone) only overcomes the spatio-temporal boundaries of existence and gravity laws; obeying gravity laws, a moving object (e.g. car) overcomes them through friction laws and, thereby, overcomes the spatio-temporal boundaries of the existence of a fixed object; obeying gravity and friction laws, a flying object (e.g. airplane) overcomes their effects through higher-order laws of aerodynamics; a flying rocket overcomes the laws of gravity, friction, and aerodynamics through repulsive force against atmospheric layers by using the power potential of rocket boosters.

Frankl (1990) believed that limitations at physical and mental levels of individuals' organization may be overcome at a higher, spiritual level. Then, the involuntary level of behavior passes to the voluntary one. With increasing loads, the quiet mode of functioning passes to the intensive one; the intensive mode of functioning passes to the mode of efforts; the mode of efforts passes to the mode of struggle.

2. *The principle of transgression.* When defining the process of 'going beyond the limits' researchers use the term of 'transition' or 'transgression' (from the Latin words 'trans' – through, behind, and 'gressus' – to approach, to cross, to attack). This concept reflects the situation of achievement and victory when individuals carry out their professional activities at their maximum capabilities, in situations of going beyond the boundaries of previous achievements.

Y. Kozeletsky argued that regardless of the future prospects of his concept of transgression individuals will remain the same. They will always be subjects overcoming the boundaries of their achievements and forming new values and meanings. Human basic transgressive essence will not disappear. Otherwise a human being will not exist at all (Kozielecki, 1987).

Analyzing the psychology of creativity, Ponomarev (1994) stressed the need to go beyond the peaks achieved in creativity. Speaking about the development and formation of a moral personality, Chudnovsky (2006) emphasized the need to go beyond the limits of personality. Going beyond the real situation was the conceptual basis for Petrovsky (1992) theory of 'extra-situational activity'.

Most often, contradictions may arise in the human psyche and consciousness in the following forms: (a) physical obstacles (barriers); if we imagine that a human being is only a physical body, then overcoming physical restrictions (obstacles) leads to his/her physical development; (b) biological constraints (stresses); if we consider a human being as a biological being (individual), then overcoming biological constraints strengthens the defense systems of the organism by means of starvation, hardening, exposure to extreme temperatures, and pressure; (c) social constraints (conflicts); if we consider a human being as a social being (personality), then overcoming social constraints leads to improvement in interpersonal relations, to the formation of a favorable psychological climate in the sports team, and to the solution of social problems; (d) in the form of spiritual and moral constraints (crisis), if we study a human being as an individuality or a microcosm, then overcoming spiritual constraints lead to the development of personality and the acquisition of new meanings, ideas, and creativity.

G. Gurdzhiev, argued that difficulties in our lives are our teachers necessary. Analyzing, studying, and overcoming (struggle) the main shortcoming (contradiction) should be understood as a process

of self-actualization, which is the basis for personal structure (Uspenskii, 1992). Overcoming the contradictions (shortcomings), which transforms itself into achievements, successes, and victories, may be considered as a fundamental criterion for the formation of an 'overcoming man'. In other words, contradictions in the phenomenon of will carry out a determining function, which can be considered as the cause of the process of overcoming. The phenomenon of overcoming represents the field of the psychology of overcoming conscious or unconscious contradictions that function as self-determinants and self-regulators.

Levels of overcoming

The general scientific level of the methodology of overcoming theory includes (a) the general philosophical dialectical concept of development (laws of reflection, determination, the unity and struggle of opposites, the transition from quantitative changes to qualitative ones and vice versa, and negation of negation); (b) views of overcoming as a developmental mechanism determined by the opposition from the external environment; (c) views of overcoming as an active, individual process of interaction with the environment.

The phenomenology of overcoming has its representation in extreme peak events that are associated with various spheres of human activity (physical, biological, social, and moral). Peak events may be considered as the limiting case of a person's disequilibrium state, which develops because of the instability of the system. The concept of overcoming should be organized hierarchically, where the quality and levels of overcoming depend on the uniqueness an individual, his/her professional specialization, the level of independence and responsibility (measurements of personal self-determination) and also his/her values, motives, and meanings in the process of overcoming extreme situations. Shipovskaya (2013) noted that a multi-level model of overcoming allows us to represent the phenomenon of overcoming as a stage of overcoming ascension and transformation in the process of transitions from one level of activity to another.

1. *The level of psychomotor (psychophysical) activity* is aimed at overcoming external and internal physical limitations. To date, much research on the human psychomotor activity has been done in psychological science. Psychomotorics is the objectification of all forms of mental activity through muscle movements. "Whether a child laughs at the sight of a toy, or Garibaldi sneers when he is persecuted for his unbounded patriotism, whether a girl trembles at the first thought of love, or Newton proclaims universal laws and writes them down on paper – everywhere the ultimate factor is muscular motion" (Sechenov, 1953, p. 174–179). In other words, in the process of overcoming physical limitations (obstacles), individuals develop and improve themselves.

2. *The individual level of overcoming* is directly related to overcoming stressful situations. At the individual level of overcoming, individuals not only use various psychological defenses, but also various types of biological and physiological constraints (stresses) such as (a) going beyond the norms of consumption of vital substances due to dietary restrictions (starvation), (b) going beyond the limits of temperature norms (bath, sauna, hardening, cryotherapy) due to the influence of extreme high and low temperature environmental factors, (c) going beyond the limits of gravity norms (pressure chamber, where various atmospheric pressure conditions are simulated), etc.

Experience as the process of overcoming stressful life situations increases stress tolerance. Therefore, studying the structure and dynamics of current stressful experiences in the past and present, the phenomenology of specific experiences, and also the methods of working with

stressful feelings may help increase individual stability and personal development.

3. *The socio-psychological (personal) level of overcoming* is determined by the conditions of human life and is associated with overcoming conflict situations. The study of professional, social, and psychological determinants of conflict situations, the structural and dynamic parameters of behavior in a conflict, conflict behavior skills and methods for getting out of conflict situations may increase individuals' socio-psychological literacy, and resistance to conflicts and develop skills of using the energy of conflict situations for personal growth.

4. *The spiritual and moral (individual) level of overcoming* is associated with overcoming crisis situations and is aimed at overcoming constraints in the structure of values. Overcoming crisis situations can contribute to personal development. Knowledge of the algorithm for overcoming crises and ways of transforming the negative energy of the crisis into personal growth may be used in teaching students the skills of effective behavior in situations of a personal impasse.

The individual level of overcoming is determined by a person's life-meaning crisis – the inability to live as before and the lack of understanding a further life strategy (experiencing an impasse). Such a crisis should lead to the understanding of main internal goals and the choice of means of going beyond self-limits in terms of transgressive behavior. This level is characterized by a creative approach to professional activity, pronounced value and motivational involvement; it is aimed at solving individual problems, overcoming inefficient behavior strategies, and overcoming intrapersonal resistance. Going beyond the limits of spiritual constraints (crises) requires continuous efforts in realizing all the 'unique' things that individuals need at the moment, which leads to the development of personality and the acquisition of new meanings, ideas, and creativity.

Psychological components and parameters of the process of overcoming

The process of overcoming is complex and manifests itself in four dimensions:

1. 'Need' as the basic determinant (limiter) of individuals' motivational activity (desire to overcome). This component represents the dynamic processes of the emergence and disappearance of personal motives, an increase and decrease in their intensity and contributes to the emergence of anti-motives, anti-desires and anti-needs, leading to the struggle of motives, desires, and needs, as well as going (overcoming) beyond the boundaries of existing 'inefficient' motives towards other motivational attitudes, which actualize human resources and help achieve success.

2. 'Uncertainty' as a necessary component (limiter) of individuals' cognitive activity (cognition as overcoming uncertainty). This cognitive component of the process of overcoming is determined by life problems that form individuals (activate, launch, catalyze, and determine the human thought process).

3. 'Danger' or 'anxiety' as a key parameter of individuals' emotional activity (experience as overcoming anxiety). The emotional component of the process of overcoming enables us to consider experience as the process of overcoming that contains certain psychological parameters.

4. 'Deficiency or insufficiency' of skills and abilities is a necessary and explicit component of individuals' behavior (coping-behavior). This component is aimed at overcoming the physical, technical, and tactical shortcomings in their professional activity and affects the optimal course of activity, caused by characteristics of extreme situations in this type of professional activity and the characteristics of individuals. The behavioral component of the process of overcoming is presented in various coping strategies, techniques, and methods.

Results and Discussion

Our empirical study of the phenomenon of will as overcoming involved students of Lesgaft National State University of Physical Education, Sport and Health. The issue of will is complex; it may be represented at 4 levels of mental activity and is determined by the contradictions that appear in students' consciousness in the form of various restrictions including physical barriers, mental stress, socio-psychological conflicts, and individual crises. The phenomenology of will has four variables that correspond to the cognitive, affective, motivational, and behavioral components of this process.

Undoubtedly, knowledge of the phenomenon of overcoming, the ability to overcome various psychological contradictions, the systematic and complex nature of the impact of restrictions on students' personality, and the mechanism of overcoming determine the effective formation of their character. The results of the study of the phenomenon of will as overcoming in students' educational activities enable us to develop recommendations for improving students' psychological training and may provide materials for a psychological training program for shaping contemporary students' will to their knowledge and skills in overcoming behavior.

To study the subjective perception of the phenomenon of overcoming in athletes of various specializations, we carried out a content analysis of definitions of will. After analyzing the frequency of occurrence of various measures of the psyche, we found the motivational component of the will to be the most often noted by the students (15.94%). The criterion of 'overcoming limitations' (15.4%) was in second place by the frequency of statements. We observed an association with volitional qualities and traits (10.7%). 9.6% of students drew attention to the 'dynamic characteristics' of will. Further, students emphasized the following aspects: the behavioral aspect (9.6%), the power aspect (6.7%), the regulatory factor (6.1%), self-orientation (5.8%), 'human' (5.8%), 'consciousness' (4.9%), the aspect of freedom (4.1%) (Table 1).

Generalizing the results obtained in this study, we may provide the following characteristic of the will. Will is a positive orientation of human consciousness, embodied in motives, aimed at overcoming restrictions. It has a pronounced procedural component and is closely related to human behavior. Besides, it has a power component, carries out the regulatory process, and determines the desire for freedom.

No.	Integral characteristic of will	Frequency characteristic	%
1	Motivational aspect	55	15,9%
2	Overcoming limitations	53	15,4%
3	Volitional qualities and traits	37	10,7%

Table 1

Integral characteristic of will by the results of content analysis (n = 87)

No.	Integral characteristic of will	Frequency characteristic	%
4	Procedural characteristics	33	9,6 %
5	Behavioral aspect	29	8,4 %
6	Positive aspects	23	6,7 %
7	Power aspect	23	6,7 %
8	Regulatory aspect	21	6,1 %
9	Self-orientation	20	5,8 %
10	Human	20	5,8 %
11	Consciousness	17	4,9 %
12	Freedom	14	4,1 %
	Total	345	100 %

Conclusion

1. The terminological analysis of the concept of 'overcoming' enables us to assert that this phenomenon is reflected in the phenomena of tension, effort, struggle (levels of overcoming) and is associated with a sense of transition, shift, and 'going beyond' the reality. The process of overcoming is only possible if there are obstacles; it is associated with overcoming their resistance and means the highest degree of manifestation of any quality that allows individuals

to go beyond the boundaries of certain situations. Overcoming carries out the function of control, protection, coping, resilience and, thereby, mobilizes reserves, while maintaining personal freedom and development.

2. The functional analysis of the concept of 'overcoming' showed that this psychological concept reflects the function of determination, amplifying the development of consciousness, systematizing subjective world, and manifesting itself in the form of cognitive, emotional, motivational, and behavioral processes.

3. Summarizing the empirical data of content analysis, we suggest the following definition of will:

Will is a positive orientation of human consciousness, which is embodied in motives aimed at overcoming limitations. It has a pronounced procedural component, is closely related to human behavior, has a power component, carries out the regulatory process, and determines the desire for freedom.

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No conflict of interest