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PSYCHOLOGICAL FEATURES OF INDIVIDUAL DIFFERENCES IN PERSONALITY DEVELOPMENT

Анотація. У статті розглядаються психологічні особливості індивідуальних відмінностей у розвитку особистості. Актуальність теми зумовлена тим, що в сучасній психології проблема індивідуальних відмінностей набуває особливого значення через необхідність глибшого розуміння закономірностей формування особистості, її унікальних рис, здібностей, темпераменту, характеру та поведінкових проявів. Увага до індивідуальних психологічних особливостей дає змогу краще пояснити відмінності у темпах розвитку, способах адаптації, рівнях самореалізації та особистісному зростанні. Мета статті — надати теоретичний аналіз психологічних особливостей індивідуальних відмінностей у розвитку особистості та визначити основні чинники, що впливають на їх формування та прояви. У статті підкреслюється, що розвиток особистості є складним і багатофакторним процесом, у якому поєднуються біологічні, соціальні, культурні та психологічні детермінанти. Індивідуальні відмінності розглядаються як результат взаємодії між спадковими схильностями, умовами середовища, вихованням, освітою, життєвим досвідом та діяльністю особистості. Проаналізовано основні підходи до вивчення індивідуальних відмінностей у психології, зокрема в контексті темпераменту, характеру, здібностей, емоційно-вольової сфери та мотивації. Підкреслено, що індивідуальні особливості визначають унікальність розвитку особистості, поведінки, стилю діяльності та взаємодії з оточенням. Виділено важливість диференціально-психологічного підходу для розуміння особистості як унікальної системи рис та як суб'єкта власного розвитку. Зроблено висновок, що індивідуальні відмінності є важливим чинником розвитку особистості, оскільки вони визначають специфіку психологічного формування, адаптації, саморозвитку та реалізації внутрішнього потенціалу. Перспективним напрямом подальших досліджень є поглиблене вивчення взаємозв'язку між індивідуальними психологічними особливостями та соціальними умовами розвитку, а також механізмів особистісної самореалізації.

Ключові слова: диференціальна психологія, особистість, індивідуальні відмінності, розвиток особистості, темперамент, характер, здібності, психологічні особливості.

Abstract. The article examines the psychological features of individual differences in personality development. The relevance of the topic is обусловед by the fact that in modern psychology the problem of individual differences is gaining particular importance due to the need for a deeper understanding of the patterns of personality formation, its unique traits, abilities, temperament, character, and behavioral manifestations. Attention to individual psychological characteristics makes it possible to better explain differences in developmental pace, methods of adaptation, levels of self-realization, and personal growth. The aim of the article is to provide a theoretical analysis of the psychological features of individual differences in personality development and to identify the main factors influencing their formation and manifestation. The article emphasizes that personality development is a complex and multifactorial process in which biological, social, cultural, and psychological determinants are integrated. Individual differences are considered as the result of the interaction between hereditary predispositions, environmental conditions, upbringing, education, life experience, and the activity of the individual. The main approaches to the study of individual differences in psychology are analyzed, particularly in the context of temperament, character, abilities, the emotional-volitional sphere, and motivation. It is emphasized that individual characteristics determine the uniqueness of personality development, behavior, style of activity, and interaction with others. The importance of the differential-psychological approach is highlighted for understanding personality as a unique system of traits and as a subject of its own development. It is concluded that individual differences are an important factor in personality development, as they determine the specificity of psychological formation, adaptation, self-development, and the realization of inner potential. A



promising direction for further research is an in-depth study of the relationship between individual psychological characteristics and the social conditions of development, as well as the mechanisms of personal self-realization.

Keywords: differential psychology, personality, individual differences, personality development, temperament, character, abilities, psychological features.

The problem of individual differences in personality development is one of the key issues in differential psychology, as it allows for a deeper understanding of the patterns of human mental development, as well as the uniqueness of temperament, character, abilities, the emotional-volitional sphere, and behavior.

In modern conditions, there is a growing need to study the psychological characteristics of personality, which is обусловед by the necessity of taking individuality into account in educational, professional, and social spheres. It is precisely individual differences that determine the specifics of a person's adaptation to the environment, style of activity, features of interpersonal interaction, and opportunities for self-realization.

In foreign psychology, significant contributions to the study of individual differences were made by Francis Galton, who initiated the scientific study of individual differences; William Stern, who introduced the concept of differential psychology; as well as Hans Eysenck, Raymond Cattell, Gordon Allport, and Carl Jung, whose works were devoted to the study of personality structure, temperament, typological characteristics, and individual psychological traits. Their research became the theoretical foundation for understanding the nature of individual differences and the mechanisms of their manifestation in personality development. Among Ukrainian scholars, important contributions to this field were made by Hryhorii Kostiuk, Serhii Maksymenko, Valentyn Moliako, Larysa Orban-Lembryk, and Tetiana Tytarenko. Their works reveal the role of individual psychological characteristics in activity, personality development, and the formation of mental qualities. Within these approaches, individual differences are considered as the result of the interaction between innate predispositions, features of the nervous system, environmental conditions, upbringing, and the individual's own activity [1–5].

Despite the considerable number of scientific works, the problem of the psychological features of individual differences in personality development remains relevant today, as it requires further theoretical reflection and clarification of the factors that determine the uniqueness of personality formation. Such trends necessitate a comprehensive analysis of individual psychological characteristics as an important factor in the development, adaptation, and self-realization of personality.

The aim of the article is to provide a theoretical analysis of the psychological features of individual differences in personality development and to identify the main factors that influence their formation and manifestation.

The psychological features of individual differences in personality development lie in the fact that personality formation does not occur uniformly in all individuals, but rather has an individually unique character. They are обусловед by differences in temperament, character, abilities, the emotional-volitional sphere, motivation, level of activity, thinking style, and ways of interacting with the social environment. Therefore, personality development should be considered as a complex process that combines general patterns of mental development with the individual characteristics of a particular person [3, 5].

The justification for this problem is related to the fact that individual differences determine not only the pace of personality development but also the specifics of adaptation, self-regulation, the formation of values, self-esteem, and life orientations. For example, one person may adapt more quickly to new conditions, easily engage with others, and actively realize their potential, while another may require more time to adjust, experience difficulties more intensely, or respond differently to environmental demands. Therefore, individual differences are an important factor influencing the nature of personality formation.

The psychological essence of individual differences is manifested in the interaction of natural and social factors (see Table 1). On one hand, personality development is influenced by innate predispositions, such as the type of nervous system, talents, and temperament traits. On the other hand, upbringing, education, cultural environment, social experience, interpersonal relationships, and the individual's own activity play an important role. It is precisely through this interaction that an individual's style of behavior, communication, activity, and self-realization is formed [1, 3, 4].

Table 1

Psychological Features of Individual Differences in Personality Development

psychological characteristic	characteristic	influence on personality development
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1	2	3
temperament	Determines the dynamics of mental activity, emotionality, activity level, and reaction speed	Influences behavior style, adaptation, and response patterns
character	A set of stable individual personality traits	Determines attitudes toward oneself, others, activities, and life situations
abilities	Individual psychological characteristics that ensure successful performance	Facilitates self-realization, development of interests, and achievement of success
emotional-volitional sphere	Features of experiences, self-control, endurance, and perseverance	Influences overcoming difficulties, behavior regulation, and resilience
motivation	A system of drives, needs, interests, and goals	Determines personality orientation, activity level, and drive for development
self-esteem	A person's perception of their own abilities, qualities, and worth	Affects self-confidence, aspiration level, and self-realization
thinking style	An individual way of perceiving, analyzing, and processing information	Determines the characteristics of learning, decision-making, and problem-solving
communicative characteristics	An individual style of communication and interaction with others	Influence socialization, interpersonal relationships, and adaptation
self-regulation	The ability to regulate one's own emotions, behavior, and activities	Promotes personal maturity, responsibility, and effectiveness in activity
value orientations	A system of life principles, beliefs, and meanings	Shape life choices, behavior, and the direction of personal development

Individual differences are manifested in various psychological characteristics of personality and determine the uniqueness of its development, adaptation, activities, and self-realization.

This topic is particularly significant because individual differences influence all areas of personality development: cognitive, emotional, motivational, and behavioral. They determine how a person perceives themselves and others, experiences successes and failures, builds relationships, makes decisions, and realizes their potential. Therefore, taking individual characteristics into account is a necessary condition for a deep understanding of personality as a unique psychological system.

Thus, the psychological characteristics of individual differences in personality development are justified by the fact that they represent an important mechanism for the formation of a person's individuality. They determine the uniqueness of their mental development, adaptation, activities, and self-realization. Studying them allows for a better understanding of the patterns of personality formation and provides a foundation for an individualized approach in education, psychological support, and professional development [2, 4].

Thus, as a result of theoretical analysis, it has been established that the psychological characteristics of individual differences in personality development are manifested in the uniqueness of temperament, character, abilities, emotional-volitional and motivational spheres, self-esteem, thinking style, communicative qualities, level of self-regulation, and system of value orientations. These characteristics determine the uniqueness of a person's mental development, the peculiarities of their behavior, style of activity, adaptation to the social environment, and interaction with others. Differences in individual characteristics lead to varying rates of development, methods of activity, levels of adaptation to the social environment, and specifics of communication. Therefore, they serve as an important factor in shaping a unique behavioral style and determining an individual trajectory of personal and professional development. Thus, individual differences act as a significant factor in personality formation, as they determine the specifics of personal development, self-development, and the realization of an individual's inner potential [1, 4].

The formation of a unique style of behavior is determined by the individual psychological characteristics of a person, which define the nature of their reactions, ways of activity, and interaction with the environment. These traits are manifested in different behavioral styles, each of which has its own justification:



1. **Active (initiative) style** is characterized by a стремление to self-realization, decision-making, and responsibility. It is обусловлений high motivation, self-confidence, and well-developed volitional qualities.

2. **Passive (avoidant) style** is manifested in a tendency to avoid responsibility and difficult situations. It is determined by insecurity, anxiety, or low self-esteem.

3. **Assertive style** involves confident yet respectful expression of one's own position without violating the rights of others. It develops under conditions of adequate self-esteem and well-formed communication skills.

4. **Aggressive style** is characterized by dominance, pressure on others, and impulsivity. It is often caused by a high level of tension, frustration, or insufficient self-regulation.

5. **Conformist style** is manifested in adapting to the opinions of a group and avoiding conflicts. It is justified by the need for approval and social belonging.

6. **Creative style** is marked by unconventional thinking, behavioral flexibility, and the ability for innovation. It is обусловлений a high level of intellectual development, imagination, and openness to new experiences.

Each style of behavior is the result of the interaction between innate traits and social experience; therefore, their combination forms an individual and unique behavioral model of a person.

Individual characteristics determine the personal trajectory of development, as they shape a unique combination of mental traits, experience, and ways of interacting with the surrounding world. These characteristics influence the pace of development, the choice of life goals, methods of self-realization, and adaptation to the social environment. As a result, each individual forms their own path of development, which differs in content, dynamics, and outcomes, thereby defining their personal trajectory of growth.

Different levels of development of intellectual, emotional-volitional, and communicative qualities lead to differences in the speed of acquiring professional knowledge and skills, adaptation to working conditions, and the ability for self-realization.

Professional development is a complex and multifactorial process determined by both internal and external factors. One of the key aspects is the individual psychological characteristics of a person, particularly the level of development of intellectual, emotional-volitional, and communicative qualities, which influence the speed of acquiring professional knowledge and skills, adaptation to work conditions, and the capacity for self-realization.

Thus, as a result of the theoretical analysis, it has been established that the psychological characteristics of individual differences in personality development are manifested in the uniqueness of temperament, character, abilities, emotional-volitional and motivational spheres, self-esteem, thinking style, communicative qualities, level of self-regulation, and value orientations. These characteristics determine the uniqueness of a person's mental development, features of their behavior, activity style, adaptation to the social environment, and interaction with others. Therefore, individual differences serve as an important factor in personality formation, as they underlie the specifics of personal development, self-growth, and the realization of one's inner potential.

One of the important factors is biological predispositions, including heredity, the type of nervous system, temperament characteristics, and natural abilities. These provide the natural basis for the development of an individual's psychological traits, determining the dynamics of mental processes, emotionality, activity level, and reactivity. Biological characteristics do not fully determine personality development, but they serve as the foundation on which subsequent psychological characteristics are formed.

Equally important are social factors, which include upbringing conditions, family environment, education system, cultural traditions, social norms, and interpersonal relationships. It is through the process of socialization that a person acquires social experience, forms value orientations, life attitudes, and ways of interacting with others. The social environment largely determines the direction of personality development and the manifestation of individual traits. [1, 3].

It is precisely through interaction with the environment that a person acquires social experience, norms, values, and patterns of behavior. Family, the educational environment, the professional setting, and social institutions influence the formation of worldview, self-esteem, motivation, and ways of self-realization. Moreover, the social environment creates conditions either for the development or, conversely, for the limitation of individual capabilities, determining which traits will be actualized, strengthened, or suppressed. Thus, individual characteristics are not only expressed but also transformed under the influence of social factors, which determines the uniqueness of each person's life and professional path.

An important factor is also the psychological characteristics of the individual, including the level of motivation, self-esteem, the system of needs and values, individual thinking style, emotional regulation,

and the capacity for self-development. A person's activity in their own development, their striving for self-realization, and their ability for self-reflection and self-regulation largely determine the nature and pace of their personal growth.

In this context, the differential psychological approach is of great importance for understanding personality as a unique system of traits and as a subject of its own development, as it emphasizes individual differences between people – in abilities, temperament, character, motivation, and styles of activity. Through this approach, personality is viewed not as a typical or generalized model, but as a unique combination of psychological qualities shaped by both biological and social factors.

Model of Personality as the Subject of Development in the Context of the Differential-Psychological Approach

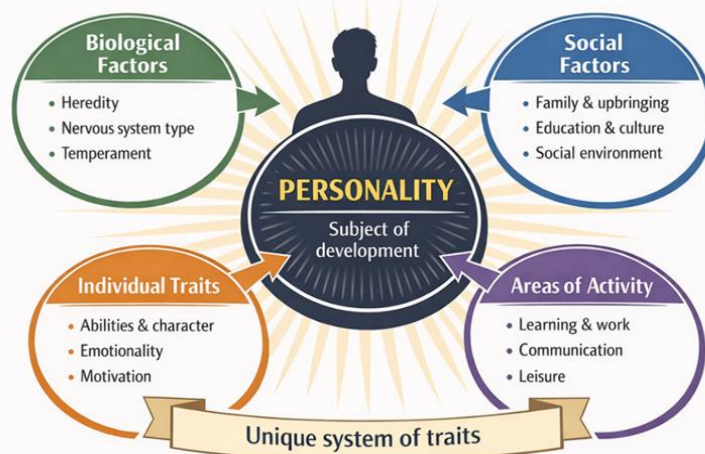


Figure 1. Conceptual model of personality as a subject of individual development

The proposed model represents personality within the framework of the differential psychological approach as an integral, multi-component system that is shaped by various factors and, at the same time, acts as an active subject of its own development. At the center of the model is the personality, defined as the subject of its own development, which emphasizes its active role in self-knowledge, self-regulation, and the construction of an individual life trajectory.

Around the central element, four interrelated blocks are distinguished:

1. **Biological factors** include heredity, type of nervous system, and temperament, forming the natural basis of personality development and determining the dynamics of mental processes, level of activity, and emotionality.
2. **Social factors** encompass family, upbringing, education, and the social environment, shaping the system of values, norms, and behavioral patterns, and influencing socialization and self-realization.
3. **Individual traits** are represented by abilities, character, emotionality, and motivation, which determine the uniqueness of the individual, as well as their style of activity and behavior.
4. **Domains of activity** include learning, work, communication, and leisure, where personal potential is realized and individual experience is consolidated.

All components interact with one another, as indicated by the arrows in the model, and together form a unique system of personality traits. This model demonstrates that personality is the result of the integration of biological predispositions, social influences, and individual experience, as well as an active subject that determines the direction of its own development.

Therefore, the differential psychological approach is understood as a scientific approach to the study of personality, based on the analysis of individual differences in mental traits, states, and processes, and aimed at revealing the uniqueness of personality as an integral system and a subject of its own development.

Thus, the formation and manifestation of individual differences in personality development result from the complex interaction of biological, social, and psychological factors. A comprehensive analysis of these factors allows for a deeper understanding of the mechanisms underlying the formation of

individuality, as well as the identification of conditions that promote the effective development of a person's potential and self-realization across various domains of activity.

Conclusion. As a result of the theoretical analysis, it has been established that individual differences constitute an important psychological basis for personality development, as they determine the uniqueness of mental formation, behavior, adaptation, and self-realization. It has been found that they are manifested in temperament, character, abilities, motivational, emotional-volitional, and value-semantic spheres of personality, shaping an individual's style of activity and interaction with the social environment.

It has been determined that the formation and manifestation of individual differences occur under the influence of a combination of biological, social, and psychological factors. Among the leading factors are hereditary predispositions, characteristics of the nervous system, upbringing conditions, social environment, value system, level of motivation, self-esteem, and the individual's capacity for self-regulation and self-development. The interaction of these factors ensures the uniqueness of each person's personal development.

Thus, achieving the stated goal made it possible to deepen the understanding of the psychological nature of individual differences in personality development and to highlight their significance as an important factor in personal formation. Prospects for further research lie in examining the relationship between individual psychological characteristics and social conditions of development, personality self-realization, and adaptation in contemporary society.

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