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### **THE IMPACT OF UNCERTAIN CONDITIONS ON THE SELF-REALIZATION OF MODERN INDIVIDUALS**

У статті розкрито психологічні особливості впливу умов невизначеності на самоактуалізацію сучасної особистості. Метою статті є осмислення проблеми впливу ситуації, коли наявна для прийняття рішення або дії інформація є неповною, неоднозначною або суперечливою, до особистісного розвитку людини, її самореалізації та вдосконалення своїх можливостей. Зазначено, що наявність низки характеристик невизначених ситуацій, зокрема, новизни, суперечливості, складності, великої кількості можливостей, вибору та рішень, невідомої ймовірності настання події є ефективним способом усвідомлення людиною свого Я як унікального, неповторного світу. Вказано, що ситуація невизначеності, при її позитивному сприйнятті та інтерпретації і за умови сприятливого соціального середовища, може сприяти особистісному зростанню і трансформації людини. Зазначено, що ситуація невизначеності за сприятливих умов робить процес усвідомлення людиною того, чого вона хоче (цілі, життєві плани, ідеали), що вона може (свої можливості, нахили, обдарованість) і що вона має (цілі, життєві плани, ідеали), значно якіснішим. Підкреслюється, що життєве самовизначення особистості в ситуації невизначеності полягає у прийнятті рішення про сенс життя та його стратегію на основі рефлексивно-ціннісного осмислення подій і самореалізації відповідно до прийнятого рішення. За результатами дослідження було визначено, що 74% з усієї досліджуваної вибірки зафіксували наявність ситуації невизначеності хоча б в одній сфері власного життя (сімейній, професійній, побутовій, соціально-економічній або особистісно-інтимній). Виявлено, що перебування людини в ситуації невизначеності корелює з рівнем розвитку її самоактуалізації. Відзначено, що для досліджуваних характерний низький рівень орієнтації в часі (50,7 балів), який знаходиться в межах психічної та статистичної норми, що відображає слабо розвинену здатність жити в теперішньому в ситуації невизначеності з відчуттям нерозривного зв'язку з минулим і майбутнім. Досліджувані характеризуються розвиненим самозабезпеченням, відносно незалежні у своїх діях, вважають за краще жити власним розумом, керуватися своїми цілями і принципами.

**Ключові слова:** ситуація невизначеності, самоактуалізація, особистість, самореалізація, спосіб життя.

The article reveals the psychological features of the influence of conditions of uncertainty on the self-actualization of a modern personality. The purpose of the article is to understand the problem of the impact of a situation when the information available for decision-making or action is incomplete, ambiguous or contradictory on a person's desire for personal development, self-realization and improvement of his capabilities. It is noted that the presence of a number of characteristics of uncertain situations, in particular, novelty, contradiction, complexity, a large number of possibilities, choices and decisions, the unknown probability of an event is an effective way for a person to realize his Self as a unique, unique world. It is indicated that the situation of uncertainty, with its positive perception and

interpretation and under the condition of a favorable social environment, can fuel personal growth and transformation of a person. It is noted that the situation of uncertainty under favorable conditions makes the process of a person's awareness of what he wants (goals, life plans, ideals), what he can (his capabilities, inclinations, giftedness) and what he has (goals, life plans, ideals) significantly better quality. It is emphasized that the vital self-determination of an individual in a situation of uncertainty consists in making a decision about the meaning of life and its strategy on the basis of a reflective and valuable understanding of events and self-realization in accordance with the decision made." According to the results of the study, it was noted that 74% of the entire studied sample recorded the presence of a situation of uncertainty in at least one area of their own life (family, professional, household, socio-economic or personal-intimate). It was found that a person's stay in a situation of uncertainty correlates with the level of development of his self-actualization. It is noted that the subjects are characterized by a low level of orientation in time (50.7 points), which is within the limits of mental and statistical norms, which reflects a poorly developed ability to live in the present in a situation of uncertainty with a feeling of an inextricable connection with the past and future. The subjects are characterized by developed self-support, are relatively independent in their actions, prefer to live by their own mind, be guided by their goals and principles.

**Key words:** situation of uncertainty, self-actualization, personality, self-realization, way of life.

**Relevance of research.** The life activity of a modern individual in the conditions of a situation of uncertainty shifts the emphasis of psychological science to the study of the presence of a person's desire for development, abilities for self-realization and improvement of one's own capabilities. Possessing knowledge about personality, consciousness, activity and their properties, structure and functions does not ensure the outline and understanding by psychologists of the vectors and ways of forming a person's ability to make effective decisions in conditions of uncertainty, to produce and demonstrate effective life strategies. In this context, special attention is paid to the study of the features of self-actualization of an individual who lives in a situation of uncertainty. Self-actualization of the individual stimulates the development of consciousness, forms orientation towards personal goals and promotes deeper self-knowledge. Self-actualization affects the level of happiness, satisfaction and success in all spheres of life and is reflected in the personal development and well-being of a person living in a situation of uncertainty. That is why the study of the peculiarities of the influence of conditions of uncertainty on the self-actualization of a modern personality acquires special value for modern psychological science and practice.

**Review of recent research.** The problems of the life of a modern person in the conditions of a situation of uncertainty have been considered quite widely in Ukrainian and foreign psychology. In particular, a person was studied as a subject of his own life (G. Ball, M. Boryshevskiy, S. Maksymenko, V. Molyako, V. Tatenko); life path and the way of its construction by the subject of life (N. Loginova, T. Tytarenko, O. Yatsenko); way of life and its organization in different social conditions and environments (M. Heidmets); human behavior and activity in extreme situations (V. Volovich, L. Kitaev-Smyk, M. Mahomet-Eminov). The problem of human activity in conditions of uncertainty is considered in the context of the economic aspect of decision-making in the sphere of everyday life (V. Zinchenko, D. Kahneman); the cognitive component of the uncertainty structure (M. Epter, J. Kagan, S. Muddy, etc.); organization of life in difficult life circumstances (R. Skinner). The study of personality development through the prism of self-actualization is relevant for the scientific explorations of O. Bandura, L. Karamushka, S. Maksimenko, T. Tytarenko and others. However, it is worth noting that only such researchers as Yu. Shvalb and I. Chaika paid attention to the influence of conditions of uncertainty on the self-actualization of a modern personality, which emphasizes the insufficiency of the study of this problem.

**The purpose of this study is** to understand the problem of the impact of a situation when the information available for decision-making or action is incomplete, ambiguous or contradictory on a person's desire for personal development, self-realization and improvement of his capabilities.

**Presentation of the main research material.** The present of modern man is characterized by life situations that are becoming more and more uncertain and constantly changing. At the forefront of psychological problems is the ability of a person to reveal and manifest his abilities for self-realization and improvement of his own capabilities of his essential forces, despite the presence of a large number of unstable, contradictory social, psychological, physical, biological changes, which at first glance seem to make it impossible to quickly master the life situation, cause difficulties and can lead to certain psychological problems. In a situation of uncertainty, which requires a person to make a decision regarding the current situation, life in general and one's own future, self-actualization acquires special importance.

The problem of uncertainty as such has existed for a very long time. For a long time it was only in the field of study of philosophers, in particular such as Heraclitus, Plato, Aristotle. At the beginning of the 20th century, the problem of uncertainty came to the fore in the field of scientific knowledge of psychologists. With each decade, the number of works devoted to this problem rapidly increases, expands and deepens. This is due to the fact that the daily life of a modern person is filled with uncertainty, which accompanies him in all spheres of life: economic, political, social, cultural, professional, personal, etc. According to scientists, instability, the inability to control and influence life processes can cause, on the one hand, negative internal experiences of the individual: fear, anxiety, depression, lack of initiative, etc., and on the other hand, to develop aggressive, invasive, anti-human qualities that can generate general dissatisfaction with one's own life and the impossibility of realizing oneself in accordance with one's own values, principles, and ideals. Among Ukrainian researchers who study the problem of uncertainty, S. Maksimenko [1] should be singled out, who considers uncertainty as a state (process) that arises in the situation of combining the variability of the signs of two or more mental phenomena; P. Lushina [2], who considers the situation of uncertainty as a transitional state that prompts a person to experience positive emotions in new unstructured, ambiguous situations, perceiving them not as a threat, but as challenging; A. Gusev [3], who sees in situations of uncertainty a reserve of various ways of personal development and formation of a new identity.

A person's ability to reveal his essential powers is not completely subject to rigid, cause-and-effect laws. Different possibilities arise from the rupture of determination, and the concept of possibility is closely related to the concept of uncertainty, which means the existence of alternative perspectives. And vice versa, the opportunity for development, self-realization and improvement of one's capabilities can appear only where there is incomplete certainty. It is worth emphasizing the ability of a person to realize himself in life, in everyday activities through his own efforts, co-creation, cooperation with other people, even in situations when something happens or does not happen regardless of our own actions [4]. It is appropriate to note that uncertainty, in addition to unpleasant emotions, contains an important potential for awareness, choice and realization of those aspects of individuality that contribute to self-expression, realization of one's own potentials, formation of the subject's own system of meanings, values, motives, ideas about oneself, setting goals and determining ways to achieve them, including self-transformation [5].

The presence of a number of characteristics of uncertain situations, including novelty, contradiction, complexity, a large number of possibilities, choices and decisions, unknown probability of an event is an effective way for a person to realize his Self as a unique, unique world. The wide possibility of choosing and realizing in a situation of uncertainty goals and values as key psychological aspects of self-realization, to the implementation of which a person wants to devote his life, is the highest result of his self-development. The lack of comprehensive information in a situation of uncertainty encourages a person to constantly improve himself, helps him to cope with his identity and align his own competencies and values with the requirements of the situation. The situation of uncertainty contributes to the development of such personal characteristics as internal authenticity, positive perception of the world, tolerance, creativity, self-realization, self-acceptance and a sense of cheerfulness.

The ability to effectively lead a life in a situation of uncertainty depends on the specifics of identifying and using a person's own potential in order to achieve meaning and integrity in life. The desire for self-actualization does not reduce the tension in the system "man-environment, but on the contrary, encourages the search for new opportunities for growth. According to the ideas of the famous psychologist K. Rogers, the fundamental need of a person from birth is self-acceptance. It involves maintaining a caring and positive attitude of the individual towards himself in a situation of uncertainty, which is of undeniable value, regardless of the current state, behavior or emotions. Acceptance, in this context, means the belief of a person's social environment in his ability for positive changes and personal growth. K. Rogers emphasized that for the complete self-actualization of an individual, it is necessary that significant figures in his life interact with him sincerely and authentically [6]. In essence, self-actualization can be seen as a primal impulse to life, evident in a relentless drive for expansion, autonomy, and advancement. This innate drive drives people to realize their full potential and express the best aspects of their nature. So, in the specified context, the situation of uncertainty, if it is positively perceived and interpreted and under the condition of a favorable social environment, can fuel personal growth and transformation of a person. Uncertainty in this regard acts as a driving force that requires a person to make a decision about his own future. The situation of uncertainty under favorable conditions makes the process of a person's awareness of what he wants (goals, life plans, ideals), what he can (his capabilities, inclinations, giftedness) and what he has (goals, life plans, ideals) much more qualitative. Living in a situation of uncertainty is designed to

help individuals understand the integrity of their own life, choose their life path, and develop a system of their own life motives and values.

Life self-determination of an individual in a situation of uncertainty consists in making a decision about the meaning of life and its strategy on the basis of reflective and value-based understanding of events and self-realization in accordance with the decision made."

Taking into account humanistically oriented psychological theories that emphasize the concept of innate personal potentials that are closely intertwined with how people live their lives, it is worth emphasizing that awareness and acceptance of the situation of uncertainty will contribute to:

- firstly, for a person to live an authentic and real life and to develop the ability to make choices that correspond to values;

- secondly, the development of the ability for constant growth and boundless creativity on the way to personal development.

According to O. Bandura, self-actualization is closely related to the creation of one's own life, serving as both a prerequisite and a consequence of this process. In this context, self-actualization is a mechanism of self-regulation by an individual of his social behavior in a situation of uncertainty in the following ways:

- in the process of self-actualization in a situation of uncertainty, a certain set of values is formed and implemented. These values determine the content and methods of achieving an individual's life goals, forming the basis for self-regulation of his social behavior;

- self-actualization contributes to the development of a socially constructive position, which involves recognizing the importance of creative interaction with the social environment and accepting responsibility for building one's own life in a situation of uncertainty;

- with the development of self-actualization, the temporary competence of a person in the conditions of living in a situation of uncertainty becomes more defined. A single perspective of time is formed in her mind. The past is seen as a source of experience, the future as a space for setting goals, and the present as the main dimension for action.

O. Bandura claims that one of the results of self-actualization in a situation of uncertainty is the creation of a system of interaction with the social environment that is subjectively and objectively consistent.

S. Khatuntseva [151] emphasizes the self-actualization of the individual as a conscious and purposeful process of identifying and revealing personal qualities that contribute to effective and productive activity, as well as personal growth.

Thus, on the one hand, the situation of uncertainty stimulates the subject to make a fundamentally new and unusual decision in a specific life situation, and on the other hand, the ability to make an effective decision in a situation of uncertainty requires a sufficient level of development of self-actualization.

The analysis of the results of our questionnaire regarding the situation of uncertainty showed that 74% of the entire studied sample recorded the presence of a situation of uncertainty in at least one area of their own life (family, professional, household, socio-economic or personal-intimate). In 26% of cases, the respondents did not indicate any area in which they would experience a situation of uncertainty. That is why only those respondents who are in one way or another in the current situation of uncertainty were included in the further analysis. The size of the specified sample was 145 people.

The study of the psychological features of self-actualization was carried out using the method "Self-actualization test (SAT) by L. Gozman and M. Croz. The data shown in Table 1 allow us to state that the sample of subjects is characterized by a low, but within the mental and statistical norm, level of orientation in time (50.7 points), which reflects a poorly developed ability to live in the present in a situation of uncertainty with a feeling of inseparable connection with the past and the future. According to the first main scale, no signs of SAT were found in the subjects. The subjects are characterized by developed self-support, are relatively independent in their actions, prefer to live by their own mind, be guided by their goals and principles. The indicator of this scale is significantly higher (63.9 points) than the first one, therefore SAT is observed. The list of additional scales of SAT is dominated by "self-esteem" (62.5 points), "sensitivity" (59.2 points), "creativity" (59.9 points), "contact" (58.6 points), "perception of nature person (58.8 points), indicating self-actualization of interpersonal sensitivity. The subjects have an updated ability to quickly establish and maintain close contacts with people. SAT is also observed in terms of "self-acceptance" (56.4 points) and synergy (56.0 points), although to a lesser extent. The group indicator of "value orientations" of SAT is low (49.2 points), which is within the limits of mental and statistical norms. The lowest overall group indicator is the "acceptance of aggression" indicator (48.3 points). The group indicator of the general

level of self-actualization (56.0 points) indicates the presence of SAT. If we analyze the sample according to the four signs of SAT, then:

- the share of subjects with pseudo-self-actualization is 10.3%;
- the share of subjects who are self-actualized is 16.6%, and their SAT mainly occurs with the help of self-respect, self-acceptance, contact, sensitivity and creativity;
- the share of subjects whose indicators of the general level of SAT are within the normal range (there is no SAT, but this is a mental and average statistical norm), constitutes the largest part of the sample (42.1%), and in this category the largest share of subjects with a positive attitude to knowledge, strive to the acquisition of knowledge about the surrounding world (53.8%), with a developed sense of self-respect (75.4%);
- some of the subjects have difficulties with orientation in time and self-acceptance, as well as an insufficiently developed ability to perceive the world and people holistically (synergy), understanding the connection of such opposites as physical and spiritual, etc.

Table 1

Distribution of subjects who are in the conditions of a situation of uncertainty according to the indicators of self-actualization

Structural components of self-actualization	Indexes								Sample mean (scores)
	Very high (pseudo CAT)		High(CAT)		Average (mental and statistical norm)		Low (violations)		
	Ociб	%	Ociб	%	Ociб	%	Ociб	%	
1	2	3	4	5	6	7	8	9	10
Basic scales									
Orientations in time	1	0,7	41	28,3	63	43,4	40	27,6	50,7
Support	25	17,2	46	31,7	62	42,8	12	8,3	63,9
Additional scales									
Value orientations	0	0,0	56	38,6	30	20,7	59	40,7	49,2
Flexibility of behavior	2	1,4	30	20,7	46	31,7	67	46,2	53,7
Sensitivity	1	0,7	90	62,1	31	21,4	23	15,9	59,2
Spontaneity	1	0,7	74	51,0	27	18,6	43	29,7	54,9
Self-respect	1	0,7	108	74,5	20	13,8	16	11,0	62,5
Self-acceptance	4	2,8	62	42,8	43	29,7	36	24,8	56,4
Imagination about human nature	21	14,5	55	37,9	27	18,6	42	29,0	58,8
Synergy	1	0,7	96	66,2	14	9,7	34	23,4	56,0
Acceptance of aggression	0	0,0	49	33,8	40	27,6	56	38,6	48,3
Contact	17	11,7	67	46,2	21	14,5	40	27,6	58,6
The need for knowledge	0	0,0	78	53,8	33	22,8	34	23,4	50,9
Creativity	5	3,4	104	71,7	17	11,7	19	13,1	59,9
General indicator	15	10,3	24	16,6	61	42,1	45	31,0	56,0

Subjects who record the presence of a situation of uncertainty, demonstrate independence in their own actions, try to orient themselves in life by their own attitudes and goals. The subjects are also

distinguished by great flexibility of behavior, the ability to quickly and adequately respond to a changing situation ( $p=0.01$ ;  $t=2.943$ ). They are characterized by openness in the manifestation of their feelings and emotions in their behavior ( $p=0.01$ ;  $t=2.764$ ). We found high indicators on the scale of acceptance of aggression, and indicators on the scale "contact" show the ability to quickly establish deep and close emotionally rich contacts with people ( $p=0.01$ ;  $t=2.759$ ). High indicators on the "creativity" scale were found in the subjects, which indicates the expression of the creative orientation of the individual ( $p=0.01$ ;  $t=2.884$ ). In other words, the subjects seek to actualize themselves (find themselves) in creative activity.

The conducted qualitative and quantitative analysis of the research results allowed us to conclude that a person's stay in a situation of uncertainty correlates with the level of development of his self-actualization. The highest spiritual values are significant for subjects with the present sign of SAT, they have high flexibility and contact in a situation of uncertainty, that is, they are harmonious individuals with a high desire for constant self-development. At the same time, a positive attitude towards society is characteristic of the researched; highly expressed activity orientation; existing feeling of psychological comfort. The indicator of life satisfaction is dominated by a positive and interested attitude to the world.

**Conclusion.** The situation of uncertainty is an integral part of the way of life and activities of a modern person. The main form of uncertainty in an individual's life is his life situation, which can be considered from the perspective of the subject's interaction at a certain stage of his life with all the conditions of his life, both external and internal. Self-actualization is the process of a person using his hidden potential to discover the meaning of life. This process involves the search for new incentives and ways for personal growth. The situation of uncertainty significantly affects the self-actualization of the individual. The situation of uncertainty stimulates the subject to make a fundamentally new and unusual decision in a specific life situation and requires a sufficient level of development of self-actualization. The relationship between the number of spheres noted by the research in which they have uncertainty and the level of development of self-actualization was revealed - the greater the number of spheres of life assessed as having uncertainty, the more the subject needs to manifest self-actualization.

**Prospects for further research include,** firstly, a separate study of the features of self-actualization of persons who reveal a lack of uncertainty in their own lives in a situation of permanent social changes; secondly, deepening knowledge of the age-specific manifestation of self-actualization in the conditions of a situation of uncertainty; thirdly, specification of psychological strategies for mastering situations of uncertainty in various spheres of social activity.

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