



ISSN 2450-6486

www.ehs-ss.pl

DOI: 10.38014/ehs-ss.2020.3-1.01

VAK: 159.923+177.82



Victoria BEDAN

Psychological characteristics of the types of the experience of loneliness functional orientation

VICTORIA BEDAN. Psychological characteristics of the types of the experience of loneliness functional orientation. *The article is devoted to the study of the "ego function" features of persons with different functional loneliness orientations. It discusses the views of scientists on the definition of the concepts of loneliness, and ideas about the functions of the ego, are included in the framework of the human model of personality by G. Ammon. The results of an empirical study aimed at determining the features of self-functions of individuals with different functional orientations of loneliness are stated. The bonds between the indicators of ego functions such as aggression, anxiety, internal and external self-limitations, narcissism, sexuality; and the types of functional loneliness orientation are established. Groups of creative, adaptive and self-destructive experiences of loneliness are defined. It has been established that groups of individuals with a different loneliness experience are distinguished by the specifics of the manifestation of ego functions (constructive, destructive, deficit). A descriptive characteristic of the ego-functional profiles of*

individuals with different experience types of loneliness orientation are presented, and their psychological portraits are compiled. It has been proven that people having creative types of loneliness experiences are inherently more sociable, empathetic, open, able to constructively overcome difficulties and interpersonal conflicts, have higher self-esteem, are more ambitious, realistic in their perception of themselves and others, emotionally and spiritually mature, and able to express feelings and emotional experiences. Persons with an adaptive type of loneliness experience are characterized by control of interpersonal distance, rational use of available resources, difficulties in setting and upholding personally significant goals, inconsistency of emotional experience, instability concerning oneself, emotional depreciation of important events and significant relationships, blocking activities; and feelings of fatigue, boredom and emotional emptiness. Persons with a self-destructive type of loneliness experience are characterized by between the person's inner world and his social environment, resulting in increased mental stress, fear of the future, anxiety, uncertainty, dissatisfaction with life.

Keywords: *personality, loneliness, experience of loneliness, types of loneliness, functional orientation, personality traits.*

Introduction. The period of socio-economic changes in Ukrainian society is accompanied by processes of mutual alienation, a feeling of uncertainty about the future, the uncertainty of their existence, emotional tension in interpersonal relationships, it creates the prerequisites for the occurrence of an experience of loneliness in most people. Loneliness is associated with a person experiencing isolation from the community of people, family, historical reality, disruption of the connection violation of the connection between the inner world of a person and his social environment, resulting in increased mental stress, fear of the future, anxiety, insecurity, dissatisfaction with life.

Considering the problem of loneliness, it should be noted that the ambiguity of the content of this phenomenon is explained by different approaches to its study. Depending on the scientific approaches of researchers, loneliness is interpreted as: mental state (Weiss, 1973; Young, 1982; Dolginova, 2000; Korchagina, 2005 and others), process (Shagivaleieva, 2003; Shitova, 2009); adaptive feedback mechanism (Flanders, 1982); feeling (Bakaldin, 2008; Lashuk 2009; Gaev, 1976); sensations (Zilboorg, 1938); emotional experience (Lopata, 1969; Siliaeva, 2003); personality trait (Russell, 1978).

A theoretical analysis of the psychological concepts of loneliness showed that the experience of loneliness is presented at all levels of the personality structure. When studying the experience of loneliness, we relied on the continuum-hierarchical approach to the study of the structure of personality properties proposed by O. Sannikova (2013) according to which the experience of loneliness is characterized by its specific content. At the formal-dynamic level, this property is represented by dynamic characteristics that reflect the characteristics of its course, its manifested form, and its application to life situations. On a qualitative level, the experience of loneliness has traits that reflect the psychological essence of this phenomenon. At the substantive-personal level, it is manifested in the characteristics associated with the orientation of the personality, its need-motivational sphere, values, etc. At the individual experience level, the experience of loneliness regulates the amount of interaction between the individual and society. At the socio-imperative level, the experience of loneliness reflects a system of ideas about the requirements of culture, religion, profession, and social environment regarding ethical and moral norms in manifestations of loneliness. The multilevel signs of this property interact peculiarly, complement each other and form an integral property (Sannikova, Bedan, 2018b: 7).

In this study, the experience of loneliness is considered as a complex, integral multi-level personality trait, covering a totality of emotional, cognitive, behavioral and volitional formations associated with awareness of responsibility for one's actions and life in general. It is characterized by one's attitude to loneliness, subjective expectation of "lonely people" situations, and a willingness to respond to any emotional situations (primarily in the experience of loneliness), which manifests itself in emotional, cognitive and behavioral forms (Bedan, 2018).

It should be separately noted that in most cases, the experience of loneliness is characterized by such considerations, actions, emotions, and behavior that not only reveal the features of this experience, but also indicate the style and strategies of human behavior and functional orientation. In turn, this helps a person cope with this experience.

Currently, there are two facets of the orientation of the experience of loneliness. Most researchers believe that the choice of a constructive (positive) directional vector of loneliness characterizes the person's desire for self-improvement. D. Winnicott points out that "the ability to be alone with oneself is one of the most important indicators of a person's emotional development ... and is synonymous with emotional maturity"

(Winnicott, 1974: 39). In this context, loneliness is seen as a resource for self-development, while the destructive vector of loneliness leads to the destruction of the individual.

According to E. Rohova, the characteristics of the experience of loneliness determine the prospects for human life in different ways. These features, in turn, depend on the degree of awareness and actualization of one's own resources and capabilities. As the author notes, "the experience of loneliness can become a situation that contributes to the development of a person, stimulating the appearance of reflection about one's own life and the prospects for personal development. But loneliness can be experienced as a negative emotional state associated with the loss of the meaning of life, accompanied by a feeling of helplessness, uncertainty, loss of faith that can lead a person into a dead-end, provoke the appearance of suicidal behavioral reactions" (Rohova, 2005: 20).

The dual nature of loneliness is also indicated by D. Leontiev (Leontiev, 2011), who associates the positive aspect with pausing active interaction with the world, which is a necessary condition for a person to communicate with oneself when there is meaningful processing of accumulated impressions into experience.

In our opinion, a lonely person is inclined to attach special importance to his/her own personality in the context of understanding the causes of the current state of loneliness, searching for ways to overcome it, and the possibility of future self-realization. In this case, the choice of the direction of overcoming loneliness occurs under the influence of prevailing circumstances that force a change in the usual way of life, or at the initiative of the person themselves because of their own dissatisfaction. Based on our empirical research, we have identified types of loneliness experiences depending on the functional orientation: the *creating* type of loneliness orientation is characterized by positive self-attitude and self-acceptance throughout life. The attitude to loneliness as a value is formed with the possibility of gaining new experience, and loneliness is recognized as a resource for self-development and self-improvement. The *adaptive* type of loneliness orientation is characterized by a passive, adaptive position of the individual, autonomy of life and activity, and lack of desire to change things. *Self-destructive* orientation is characterized by a hostile perception of the world, and feelings of helplessness, devastation, disappointment and collapse of one's hopes, and disbelief in one's own strength, which manifests itself in self-accusation.

Analyzing the personality traits of people who experience feelings of loneliness, V. Siliaeva (1999) and V. Lashuk (2009) state that the most distinguishing characteristics are isolation, fear, anxiety, hostility, aggressiveness, lowered self-esteem, self-doubt, suspiciousness, focus on the inner world, anxiety and excessive strictness towards others, a tendency to attribute failures in communication to oneself, and self-incriminating factors. The research of G. Zilburg (1938) and A. Lengle (2002) showed that loneliness becomes a reflection of personality traits, such as narcissism and megalomania. S. Bakaldin (2008) demonstrated that loneliness is associated with the peculiarities of the functioning of the ego of an individual, primarily in the nature of the development of the boundaries of the ego, a narcissistic function and a manifestation of aggression.

It should be noted that, according to literary sources, the personality structure is determined by a set of expressive "ego functions" that make up the identity of the individual. The central, core structures of the "ego" are not realized; they are complex elements that are in constant interaction with each other and the environment. It follows from this that a change in one ego function always entails a change in another ego function (Ammon, 2005; Bakaldin, 2008; and others). The integrative approach of ego to the concept of G. Ammon combines the functional and identification aspects of ego. The central (unconscious) functions of the ego include aggression, fear, narcissism, self-limitations, integration of the ego, creative power, bodily ego, and sexuality. The level of formation of the ego functions determines the features of interaction in further interpersonal relationships (Kabanov, 2003).

Thus, it can be noted that the positive directional vector of the experience of loneliness is based on functions of self-regulation, stabilization of the psychophysical state, protection of the ego concept on the path to self-actualization in society, protection of the ego from destructive external influences, finding one's ideal ego, and the pursuit of excellence, while the destructive directional vector leads to a distorted attitude of a person to himself, to others, and the world around him.

The purpose of the study: to consider the types of functional orientation of the experience of loneliness through the idea of the ego functions within the framework of the human-structural personality model of G. Ammon.

The objectives of the study are: 1) to determine how the unconscious structures of a person prone to experiencing loneliness are expressed in

attitudes, relationships and behaviors, and how the unconscious part of the ego manifests itself in self-assessment of the experience of loneliness; 2) to identify the nature of the ratio of the indicators of the functional orientation of the experience of loneliness with "I" functions; 3) to explore the specifics of the "I" functions of representatives of groups of people with a different type of functional orientation of loneliness.

So, we suggested that, with the normal development of the "I" function, they can positively expand the capabilities of the individual, contribute to its integration (development of the "I" identity), and provide optimal adaptation to the environment – that is, have a constructive character. On the other hand, the functions of the "I" formed specially deform the personality structure, disintegrate the process of formation of the "I" identity, and lead to maladaptation – that is, to act destructively.

Research Methods. An empirical study was conducted based on the State University "South Ukrainian National Pedagogical University named after K. D. Ushinsky". The sample consisted of 120 people – masters of full-time and part-time studies aged between 25 to 35 years old at the Faculty of Social Sciences and Humanities, specializing in Psychology.

The research used a system of methods: theoretical analysis of literature, statistical methods of data processing using the computer program SPSS 21.0 for Windows (correlation analysis, t-student parametric criterion), and analysis method of empirical data processing ("aces" method, "profiles" method).

Results and discussion. Diagnostics of loneliness indicators were carried out using the author's methodology "Functional orientation of the experience of loneliness" (Sannikova, Bedan, 2018a). For the diagnosis of I-functions, the Ammon structural test (ISTA) method was used (Kabanov, 2003).

Table 1 provides significant correlation coefficients between indicators of the functional orientation of loneliness and I-functions.

So, we analyze the significant correlation between the indicators of the functional orientation of the experience of loneliness and I-functions. Analysis of the table indicates the presence of predominantly positive relationships at the 1% level. Thus, positive connections at the 1% level were obtained between the indicators of the creative orientation of the experience of loneliness (CL) and the indicators of constructive aggression (A1), constructive external self-restriction (I1) and constructive narcissism (N1). The adaptive orientation indicator of loneliness experience (AL) positively correlates by 1% with indicators of destructive anxiety

Table 1.

Indicators “ego” - functions	Indicators of the functional orientation of the experience of loneliness		
	CL	AL	SDL
A1	344**		
A2			479**
F2		287**	357**
F3	304**		407**
I3		397**	393**
O1	308**		
O2		243*	526**
N1	330**		
N2		384**	356**
N3		253*	246*
S3		339**	351**

Notes. 1) Conditional reductions in the indicators of the functional orientation of the experience of loneliness: CL - the creative orientation of the experience of loneliness, AL – adaptive, SDL - the self-destructive orientation of the experience of loneliness; 2) Conditional reductions in the scales of “I” - functions: A1 –constructive aggression, A2 - destructive aggression, F2– destructive fear, F3 – deficiency fear, I3 – inside “I”-restriction (bordering) deficiency, O1 – constructive outside “I”-restriction (bordering), O2 – destructive outside “I”-restriction (bordering), N1 – constructive narcissism, N2 – destructive narcissism, N3 - narcissism deficiency, S3 – sexuality deficiency.

(F2), destructive external I-restriction (O2), destructive and deficient narcissism (N2; N3) and at a 5% level with an indicator of deficient external I-restrictions (O3). The index of self-destructive orientation of the experience of loneliness (SDL) found positive connections at the 1% level with indicators of destructive aggression (A2), destructive fear (F2), deficit anxiety, (F3), destructive external I-restriction (O2), destructive internal I-restrictions (I2), destructive narcissism (N2), deficient narcissism (N3), deficient sexuality (S3).

Using the “aces” method, taking into account the results of percentile evaluations, 3 groups of individuals were selected from the total sample (n = 120): CL - the creative orientation of the loneliness experience (n = 18), AL - the adaptive orientation of the loneliness experience (n = 9), SDL – self-destructive orientation of the experience of loneliness (n = 5). Fig. 1 provides profiles of the self-functions of individuals with a different type of functional orientation of the experience of loneliness. On the OX axis, the marked indices of R-functions on the OY axis are their values in

percentiles. The value of each indicator is the arithmetic mean of a specific indicator of all representatives of each group separately. The range from 0 to 25 (the first quartile of the distribution of Q1) corresponds to the space of low indicator values; from 25 to 50 - the space of weakly expressive values (second quartile of the distribution of Q2); from 50 to 75 - a range of sufficiently expressive values (third quartile of the distribution of Q3); from 75 to 100 - a range of brightly expressive values (fourth quartile of the distribution of Q4). The midline of the series goes through the 50th percentile.

The results of the study on the specificity of ego functions in different groups of people with distinct functional orientations of loneliness are presented in Fig. 1.

A substantial characterization of the results obtained was carried out by the interpretation of each indicator proposed by the authors of the method "Ammon's ego-structural test (ISTA)" in the adaptation of Tupitsyna, V.V. Bocharova, T.V. Alkhazova, E.V. Brodskaya Kabanov, 2003: 289-310).

So, the representatives of the *creative* type of loneliness experience (CL) have developed a constructive external self-limitation, reflecting sociability, good integration of internal experience, the ability to set their own goals and objectives, good emotional contact with external reality, and

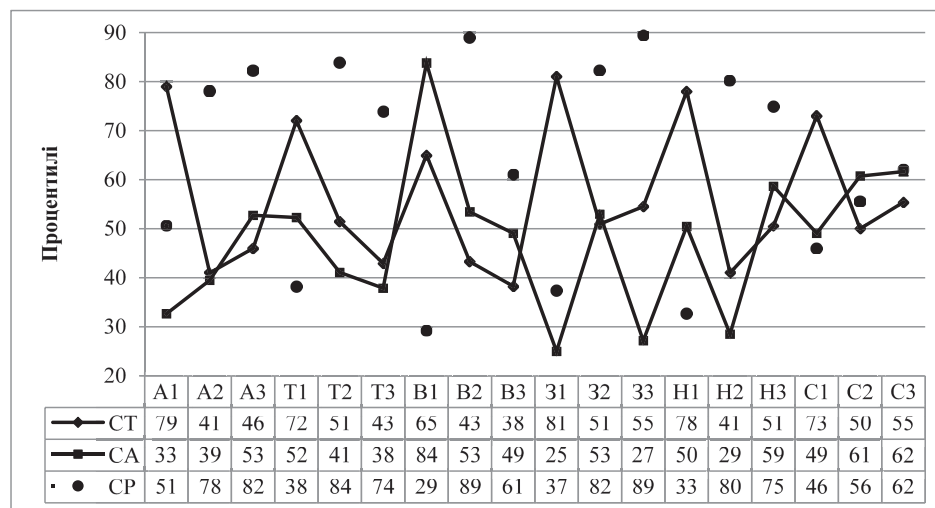


Fig. 1. Profiles of ego-functions of groups with a different type of functional orientation of loneliness

the choice of an appropriate behavior strategy following changing current situation and their life plans (O1+). Constructive aggression presupposes the presence of developed empathic abilities, a wide range of interests, the ability to openly express one's emotional experiences, activity, initiative, creativity, the ability to constructively overcome difficulties and interpersonal conflicts, the ability to defend one's own goals and interests in constructive interaction with others, and the ability to compromise decisions without prejudice to personally significant goals (A1+). They are characterized by high self-esteem, healthy ambition, realistic perception of oneself and others, openness in interpersonal contacts, a variety of interests and motives, emotional and spiritual maturity, the ability to withstand unfriendly interactions, negative assessments and actions of others without harming oneself or using protective forms (N1+). These individuals demonstrate the ability to exchange sensory and emotional experiences arising in a sexual situation, a sense of responsibility and the manifestation of warmth, care and devotion in partnerships, the ability to establish close sexual relationships unrelated to fears and guilt, and to receive and bring pleasure in the physical and psychological process of sexual contact, which is one of the ways out of loneliness (S1+). Anxiety (fear) is perceived as a danger signal, which allows them to mobilize strength and thereby achieve the best result; that is, they use anxiety to solve adaptive tasks, an adequate perception of reality (F1+). The inner self-limitation indicates the ability to separate fantasies and dreams from real events, to differentiate the objects of the external world and their ideas about them; the ability to manifest the entire spectrum of feelings, separating the real and unreal aspects of the sensation (I1+).

In a group with an *adaptive* type of experiencing loneliness (AL), there is a violation of the ability to control interpersonal distance, problems in establishing optimal interpersonal contacts, a decrease in the ability to rationally use the available forces, resources and time, difficulties in setting and upholding personally significant goals, insufficient coordination of emotional experience, associated with object interactions, difficulties in expanding and integrating new experiences. It can be assumed that the listed problems, reflecting the specific nature of violations of the external border of the ego, be it excessive rigidity that impedes productive communication and exchange, or "over-insight", which reduces autonomy and contributes to "overfill" with external impressions and hype adaptation to the requirements of the outside world (O1-). They are characterized by instability of self-relation, manifested in underestimation or revaluation

of themselves (from megalomania to complete depreciation). Previous negative experience makes it possible to avoid mutual contacts in a wide range of situations requiring confirmation of one's own identity; communication with others takes on an accentuated one-sided character (N2+). The constructive internal self-restriction among the representatives of this group acts as a communicating barrier separating and connecting the conscious ego and the internal sphere with its feelings, instinctive impulses, relationships and emotional states; provides the ability to separate the temporal aspects of the experience while maintaining the continuity of the ego feeling, the ability to distinguish thoughts and feelings, attitudes and actions while maintaining the sensation of their holistic subjective affiliation (I1+). Representatives of this group demonstrate indifference to assessing the possible consequences of risky acts, there is a tendency to emotional depreciation of important events and significant relationships, as a result of which the lack of a protective function and the regulation of behavior during a danger signal blocks activity, causing a feeling of fatigue, boredom and emotional void (F3+).

Individuals of the self-destructive type of loneliness experience (SDL) are characterized by a destructive external self-limitation (O2+), which is expressed by the desire to avoid contacts, unwillingness to engage in "dialogue" and to engage in constructive discussion, a tendency to hyper control manifestations of one's feelings and feelings, inability to compromise, the manifestation of reactive hostility to someone else's emotional expression, rejection of the problems of others and unwillingness to "let" them into their problems, a feeling of emotional emptiness and a general decrease in activity. They are prone to the destruction of contacts and relationships, vindictiveness, conflict, aggressiveness, which can be manifested both in open flashes of anger, impulsiveness and temper, and can be expressed in excessive demanding, ironic, sarcasm. Uncontrolled manifestations of aggression prevent the overcoming of loneliness and the establishment of satisfactory and stable interpersonal relationships, violate the emotional and volitional control (A2+). They are characterized by increased anxiety, a tendency toward anxiety and excitement even on minor occasions, a feeling sense of lack of lacking control over the situation, indecision. They experience serious difficulties in self-realization, they feel helpless in situations requiring mobilization of internal resources, have fears about their future, they are not able to truly trust themselves or others (F2+). The destructive external self-restraint of the representatives of the group is expressed in "building a barrier" that hinders productive

communication and is manifested by a desire to avoid contacts contact, an unwillingness to conduct a constructive discussion, and an inability to flexibly regulate interpersonal relationships. Such persons are characterized by excessive alertness in communication, intolerance to criticism, low tolerance for frustration, fear of close, warm, trusting relationships and inability to establish them, require and a need for public confirmation of their significance and value. They tend to build an autistic world, which blocks them from real interpersonal relationships. Often they often note a sense of inseparability and a lack of understanding by others of subjectively important experiences and feelings, interests and opinions, a feeling of boredom and joylessness of existence (N2+). The inability to adequately perceive their feelings and needs makes them insensitive to the emotions and needs of others; the real world of the people around them can be replaced in them by a combination of their projections. The acquired experience is associated with specific situations and emotions and the emotions experienced they ingenerate them. The behavior as a whole is inconsistent, most often chaotic and inappropriate for the current life situation (I3+). The sexual sphere is characterized by unwillingness or inability to establish deep, intimate relationships. Sexual relationships are retrospectively perceived as traumatic, harmful or degrading. Intimacy is perceived as a burdensome duty or threat of loss of autonomy, therefore, they avoid sexual partnerships or terminate them, and therefore often feel guilty (S2+).

So, representatives of the creative type demonstrate the predominance of constructive functions that contribute to the positive vector of overcoming loneliness. The expressiveness of constructive, destructive and deficit self-functions in an adaptive type group can be considered viewed as the ability of these individuals to adequately perceive any situations, adapt to them, control their own emotions and behavior when experiencing loneliness.

Conclusions. 1. Based on the results of the study, the presence of predominantly positive connections at the 1% level between the indicators of the creative orientation of the loneliness experience of loneliness and constructive indicators of aggression, external self-restriction, narcissism was established. An indicator of the adaptive orientation of the experience of loneliness – with destructive indicators of anxiety, external self-restraint, deficient narcissism and external self-restraint. The indicator of the self-destructive orientation of the experience of loneliness has found connections with destructive

indicators of aggression, anxiety, external and internal self-restriction, narcissism, deficit anxiety and sexuality.

2. It has been proven that people with the creative experience of loneliness are inherently: sociable, empathic, active, initiative, open, and have the ability to constructively overcome difficulties and interpersonal conflicts and defend their own goals and interests. They are characterized by high self-esteem, healthy ambition, realism in the perception of oneself and others, emotional and spiritual maturity, the ability to exchange sensory experiences and emotional experiences arising in a sexual situation, a sense of responsibility, care and devotion in partnerships, and the ability to establish close sexual relationships. Persons with an adaptive type of loneliness experience are characterized by: control of interpersonal distance, problems establishing optimal interpersonal contacts, reduced ability to rationally use available forces, resources and time, difficulties in setting and upholding personally significant goals, insufficient coordination of emotional experience, and instability of self-relationship. They demonstrate indifference to assessing the possible consequences of risky acts, emotional depreciation of important events and significant relationships, blocking activity, and the appearance of feelings of fatigue, boredom and emotional emptiness. Persons of a self-destructive type of loneliness experience are characterized by: avoiding contacts, inability to compromise, conflict, intolerance to criticism, hyper control of manifestations of their feelings and feelings, rejection of other people's problems and unwillingness to "let" them into their problems, a feeling of emotional emptiness and a general decrease in activity, difficulties in self-realization, and uncontrolled manifestations of aggression. The acquired experience is associated with specific situations and the emotions that they generate. The behavior as a whole is inconsistent, chaotic. Sexual relations are retrospectively perceived as traumatic, harmful or degrading, and intimacy is perceived as a burdensome duty or threat of loss of autonomy.

The prospect of further research is the study of gender, sex, aspects of the functional orientation of the experience of loneliness and ways to master it, and the development of psych correctional programs by the specifics of experiencing loneliness. avoiding personal contact, unwillingness to be engaged in dialogue, inability to compromise, self-conflict, intolerance to criticism, hyper control of manifestations of emotions, rejection of others' problems, unwillingness to allow others into their problems, feelings of emotional emptiness; and a general decrease in activity, difficulties in self-realization, and inconsistent behavior.

References:

1. Ammon G. (2005). Dynamic psychiatry. St. Petersburg: Speech.
2. Bakaldin S.V. (2008). Loneliness and its connection with the "T"-functions. (Dissertation for candidate of psychological sciences). Krasnodar.
3. Bedan V.B. (2018). Individual-typological features of the propensity of the individual to experience loneliness. (Dissertation for candidate of psychological sciences). Odessa.
4. Dolginova O.B. (2000). The study of loneliness as a psychological phenomenon. Applied Psychology. № 4. p. 28-36.
5. Kabanov M.M. & Neznanov N.G. (2003). Essays on dynamic psychiatry. Transcultural research. St. Petersburg: Institute named after V.M. Behterev.
6. Korchagina S.G. (2005). Genesis, types and manifestations of loneliness. (Monograph). Moscow: Moscow Psychological and Social Institute.
7. Lashuk V.G. (2009). Features of behavior of a lonely person in society. S.D. Maksimenko (ed.). Problems of general and pedagogical psychology: collection. Science. Proceedings of the Institute of Psychology. G.S Kostyuk, Academy of Pedagogical Sciences of Ukraine. (Vol. XI, Part 1. pp. 238-246). Kyiv: GNOSIS.
8. Leontiev D.A. (2011). The existential meaning of loneliness. Existential tradition: Philosophy, psychology, psychotherapy. № 2 (19). 101-108.
9. Langle A. (2002). Grand loneliness: narcissism as an anthropological-existential phenomenon. Moscow. Psychotherapeutic Journal. № 2, (34-58). Moscow. URL: <http://laengle.info/userfile/doc/Narzissmus-russMPJ-2002corr.pdf>
10. Rogova E. E. (2005). Psychological features of loneliness in adolescents with different social orientations. (Dissertation for candidate of psychological sciences). Rostov-on-Don.
11. Sannikova O. P. (2013). Macrostructure of personality: psychological description. Science and education. Special issue. "Personality psychology: theory, experience, practice". Scientific and practical journal of the Southern Scientific Center of the Academy of Pedagogical Sciences of Ukraine. №7. 7-12. Odessa. URL: http://nbuv.gov.ua/UJRN/NiO_2013_7_3
12. Sannikova O.P., & Bedan V.B. (2018a). A set of psychodiagnostic methods for assessing the experience of loneliness. Methodology "Self-assessment of loneliness", procedure "Express diagnosis of loneliness with the help of dimensional scales", methodology "Functional orientation of loneliness". A.c. № 76766.
13. Sannikova O., Bedan V., Husak L. (2018b). Presentation of personality loneliness propensity scale. Science and education. Scientific and practical journal of the Southern Scientific Center of the Academy of Pedagogical Sciences of Ukraine. №5. 5-18. DOI: <https://doi.org/10.24195/2414-4665-2018-5-1>
14. Sannikova O.P. & Bedan V.B (2017). Functional orientation of the experience of loneliness. The problem of modern personality psychology: coll. materials scientific-practical. conf. young scientists and students (Odessa, May 18-21, 2017). PNPu named after KD Ushinsky. Odessa: Ledaruk, 177-184.

15. Silyaeva V.I. (2004). Psychological study and correction of self-image in single women. (Dissertation for candidate of psychological sciences). Kharkiv.
16. Shagivalieva G.R. (2003). Loneliness and features of his experience by students. (Dissertation for candidate of psychological sciences). Kazan.
17. Shitova N.V. (2009). Socio-psychological characteristics of single women. (Dissertation for candidate of psychological sciences). Voronezh.
18. Flanders J. P. (1982). A general Systems approach to loneliness. In: Loneliness. A. Sourcebook of Current Theory, Research and Therapy. Ed. L. A. Peplau & D. Perlman. A Wiley-Interscience Publication. John Wiley & Sons, 166-179.
19. Gaev D. (1976). The psychology of loneliness. Chicago: Adams Press.
20. Lopata H. Z. (1969). Loneliness: Forms and components. H. Z. Lopata. Social Problems. 24-250.
21. Russell D., Peplau L.A., & Ferguson M. (1978) Developing a measure of loneliness. Journal of Personality Assessment 42, 290-294
22. Weiss R. S. (1973). Loneliness: The experience of emotional and social isolation. Cambridge, Mass. 17.
23. Young J. T. (1982). Loneliness, depression and cognitive therapy: theory and applications. J.T.Young. In: Loneliness. A Source book of current theory, research, and therapy. John Wiley & Sons, Inc. 380.
24. Winnicott D. W. (1974). Die Fähigkeit zum Alleinsein. In D. W. Winnicott (Ed.): Reifungsprozesse und fordernde Umwelt. München: Kindler.
25. Zilboorg G. (1938). Loneliness. Atlantic Monthly. January. 45-54.

Transliteration of References:

1. Ammon H. (2005). Dynamicheskaya psichyatriya. [Dynamic psychiatry] Sankt-Peterburh: Rech [in Russian].
2. Bakaldyn S.V. (2008). Odynochestvo y ego svyaz s funktsiyami «Ja». [Loneliness and its connection with the functions of the "I"] (Dyss. kand. psikh. nauk). Krasnoda [in Russian]
3. Bedan V.B. (2018). Indyvidualno-typologichni osoblyvosti skhynosti osobystosti do perezhyvannya samotnosti. [Individual-typological features of the personality's tendency to experience loneliness] (Dys. kand pskol. nauk). Odesa. [in Ukrainian]
4. Dolhynova O.B. (2000). Yzuchenye odynochestva kak psikhologicheskogo fenomena [The study of loneliness as a psychological phenomenon]. Prykladnaia psikhohiya. №4. s. 28-36. [in Russian]
5. Kabanov M.M. & Neznanov N.H. (2003). Ocherky dynamicheskoi psichyatriy. Transkulturalnoe yssledovanye [Essays on dynamic psychiatry. Transcultural research.] (Monohrafiya) Sankt-Peterburh: Ynstytut ym. V.M. Bekhtereva. [in Russian]
6. Korchagina S.G. (2005). Genezis, vidy i proyavleniya odinochestva. (Monografiya). Moskva: Moskovskiy psikhologo-sotsial'nyy institut. [Genesis, types and

- manifestations of loneliness]. (Monohrafiia). Moskva: Moskovskiy psikhologho-sotsyalnyi ynstytut [in Russian].
7. Lashuk V. H. (2009). Osoblyvosti povedinky samotnoi liudyny v sotsiumi [Features of behavior of a lonely person in society.]. S. D. Maksymenko (red.). Problemy zahalnoi ta pedahohichnoi psikhologii: zb. nauk. prats Instytutu psikhologii im. H. S. Kostiuka APN Ukrainy. (T. XI, ch. 1. s. 238-246). Kyiv: HNOZIS [in Ukrainian]
 8. Leontev D.A. (2011). Ekzystantsyalnyi smysl odynochestva [The existential meaning of loneliness.] Ekzystantsyalnaia tradytsiya: Fylosofiya, psikhohyia, psykhoterapiia. № 2 (19) 101-108 [in Russian]
 9. Lenhle A. (2002). Hrandyoznoe odynochestvo: nartsyssyzm kak antropolohychesko-ekzystantsyalnyi fenomen [Grand loneliness: narcissism as an anthropological-existential phenomenon]. Moskovskiy psykhoterapevtycheskyi zhurnal. № 2, (34-58). Moskva. <http://laengle.info/userfile/doc/Narzissmus-russMPJ-2002corr.pdf> [in Russian]
 10. Rohova E.E. (2005). Psikhologhycheskye osobennosti odynochestva u podrostkov s raznoi sotsyalnoi napravlenosti [Psychological features of loneliness in adolescents with different social orientations]. (Dys. kand. psykhol. nauk) Rostov-na-Donu. [in Russian]
 11. Sannikova O. P. (2013). Makrostrukutra osobystosti: psikhologhychnyi opys [Macrostructures of personality: psychological description]. Nauka i osvita. Spetsvypusk. «Psikhohyia osobystosti: teoriia, dosvid, praktyka». Naukovo-praktychnyi zhurnal Pivdennoho naukovoho tsentru APN Ukrainy. №7. 7-12. Odesa. Rezhym dostupu: http://nbuv.gov.ua/UJRN/NiO_2013_7_3 [in Ukrainian]
 12. Sannikova O.P., & Bedan V.B. (2018a). Kompleks psykhodiahnostychnykh metodyk otsinky perezhyvannia samotnosti. Metodyka «Samootsinka stanu perezhyvannia samotnosti», protsedura «Ekspres-diahnostyka perezhyvannia samotnosti za dopomohoiu dymenzionalnykh shkal», metodyka «Funksionalna spriamovanist perezhyvannia samotnosti» [A complex of psychodiagnostic methods for assessing the experience of loneliness. Methodology "Self-assessment of the state of experiencing loneliness", procedure "Express diagnostics of the experience of loneliness with the help of scale scales", methodology "Functional orientation of the experience of loneliness"] A.s. № 76766 [in Ukrainian].
 13. Sannikova O.P., Bedan V.B., & Husak L. (2018b). Prezentatsiia instrumentu otsinky skhylnosti osobystosti do perezhyvannia samotnosti [Presentation of the tool for assessing the personality tendency to experience loneliness]. Nauka i osvita. Naukovo-praktychnyi zhurnal Pivdennoho naukovoho tsentru APN Ukrainy. №5. 5-18. DOI: <https://doi.org/10.24195/2414-4665-2018-5-1> [in Ukrainian]
 14. Sannikova O.P., & Bedan V.B. (2017). Funksionalna spriamovanist perezhyvannia samotnosti [Functional orientation of the experience of loneliness]. Problema suchasnoi psikhologii osobystosti: zb. materialiv nauk.-prakt. konf. molodykh uchenykh ta studentiv (m. Odesa, 18-21 travnia 2017 r.). PNPU imeni

- K.D.Ushynskoho. Odesa: Ledaruk, 177-184 [in Ukrainian]
15. Siliiaieva V. I. (2004). Psykholohichne vyvchennia ta korektsiia obrazu Ya u samotnikh zhinok [Psychological study and correction of the image of I in single women]. (Dys. kand. psykol. nauk). Kharkiv [in Ukrainian]
 16. Shahyvaleeva H.R. (2003). Odynochestvo y osobennosti eho perezhivanyia studentamy [Loneliness and features of his experience by students]. (Dys. kand. psykol. nauk). Kazan. [in Russian].
 17. Shytova N. V. (2009). Sotsyalno-psykholohycheskye osobennosti odynokykh zhenshchyn [Socio-psychological characteristics of single women]. (Dys. kand. psykh. nauk). Voronezh [in Russian].
 18. Flanders J. P. (1982). A general Systems approach to loneliness. In: Loneliness. A. Sourcebook of Current Theory, Research and Therapy. Ed. L.A. Peplau & D. Perlman. A Wiley-Interscience Publication. John Wiley & Sons.
 19. Gaev D. (1976). The psychology of loneliness. Chicago: Adams Press.
 20. Lopata H. Z. (1969). Loneliness: Forms and components. H. Z. Lopata. Social Problems. 24-250.
 21. Russell D., Peplau L.A., & Ferguson M. (1978) Developing a measure of loneliness. Journal of Personality Assessment 42, 290-294
 22. Weiss R. S. (1973). Loneliness: The experience of emotional and social isolation. Cambridge, Mass.
 23. Young J. T. (1982). Loneliness, depression and cognitive therapy: theory and applications. J.T.Young. In: Loneliness. A Source book of current theory, research, and therapy. John Wiley & Sons, Inc.
 24. Winnicott D. W. (1974). Die Fähigkeit zum Alleinsein. In D.W. Winnicott (Ed.): Reifungsprozesse und fordernde Umwelt. München: Kindler.
 25. Zilboorg G. (1938). Loneliness. Atlantic Monthly. January.

The Author

Victoria Bedan
*Candidate of Psychological Sciences,
 Lecturer, Department of General and
 Differential Psychology,
 South Ukrainian National Pedagogical University
 by K.D. Ushinsky,
 Odesa, Ukraine
 E-mail: beviko@gmail.com
 ORCID ID: 0000-0003-0497-5473*

*Abstracts***ВІКТОРІЯ БЕДАН. Психологічна характеристика типів функціональної спрямованості переживання самотності.**

Стаття присвячена вивченню особливостей «Я-функцій» осіб з різною функціональною спрямованістю переживання самотності. Розглянуті погляди вчених на визначення понять «самотність» уявлення про функції «Я» в рамках гуманструктуральної моделі особистості Г. Аммона. Викладені результати емпіричного дослідження, спрямованого на визначення особливостей Я-функцій осіб з різною функціональною спрямованістю переживання самотності. Встановлено взаємозв'язки між показниками Я-функцій: агресією, тривогою, внутрішнім і зовнішнім Я-обмеженням, нарцисизмом, сексуальністю та показниками типів функціональної спрямованості переживання самотності. Виокремлено групи самотворчого, адаптивного та саморуйнівного типу переживання самотності. Встановлено, що групи осіб з різним типом переживання самотності відрізняються специфікою прояву Я-функцій (конструктивні, деструктивні, дефіцитарні). Надано описову характеристику профілів Я-функцій осіб з різним типом функціональної спрямованості переживання самотності, складено їх психологічний портрет. Доведено, що особам самотворчого типу переживання самотності притаманні: товарищескість, комунікабельність, емпатія, відкритість, здатність до конструктивного подолання труднощів і міжособистісних конфліктів, висока самооцінка, почуття власної гідності, здорове честолюбство, реалістичність в сприйнятті себе і інших, емоційна і духовна зрілість, здатність до обміну чуттєвими переживаннями і емоційним досвідом. Для осіб з адаптивним типом переживання самотності (СА) характерні: контроль міжособистісної дистанції, раціональне використання наявних сил, ресурсів, труднощі в постановці і відстоюванні особистісно значущих цілей, неузгодженість емоційного досвіду, нестабільність ставлення до себе, емоційне знецінення важливих подій і значимих стосунків, блокування активності, поява відчуття втоми, нудьги і душевної порожнечі. Особам саморуйнівного типу переживання самотності (СР) властиві: уникнення контактів, небажання вступати в «діалог», нездатність до компромісів, конфліктність, нетерпимість до критики, гіперконтроль проявів власних переживань і почуттів, неприйняття проблем оточуючих і небажання «підпускати» їх до

власних проблем, відчуття емоційної порожнечі і загальне зниження активності, труднощі в самореалізації, непослідовна поведінка.

Ключові слова: особистість, самотність, переживання самотності, типи самотності, функціональна спрямованість, властивості особистості.

ВИКТОРИЯ БЕДАН. Психологическая характеристика типов функциональной направленности переживания одиночества. Статья посвящена изучению особенностей «Я-функций» лиц с разной функциональной направленности переживания одиночества. Рассмотрены взгляды ученых на определение понятий «одиночество», представления о функциях «Я» в рамках гуманструктуральной модели личности Г. Алмона. Изложенные результаты эмпирического исследования, направленного на определение особенностей Я-функций лиц с разной функциональной направленностью переживания одиночества. Установлены взаимосвязи между показателями Я-функций: агрессией, тревогой, внутренним и внешним Я-ограничениям, нарциссизмом, сексуальностью и показателями типов функциональной направленности переживания одиночества. Выделены группы созидющего, адаптивного и саморазрушающего типа переживания одиночества. Установлено, что группы лиц с различным типом переживания одиночества отличаются спецификой проявления Я-функций (конструктивные, деструктивные, дефицитарные). Презентовано описательную характеристику профилей Я-функций лиц с разным типом функциональной направленности переживания одиночества, составлен их психологический портрет. Доказано, что лицам созидющего типа переживания одиночества присущи: общительность, коммуникабельность, эмпатия, открытость, способность к конструктивному преодолению трудностей и межличностных конфликтов, высокая самооценка, чувство собственного достоинства, здоровое честолюбие, реалистичность в восприятии себя и других, эмоциональная и духовная зрелость, способность к обмену чувственными переживаниями и эмоциональным опытом. Для лиц с адаптивным типом переживания одиночества характерны: контроль межличностной дистанции, рациональное использование имеющихся сил, ресурсов, трудности в постановке и отстаивании личностно значимых целей, несогласованность эмоционального опыта, нестабильность по отношению к себе, эмоциональное обесценивание важных событий и значимых отношений, блокировки активности, появление чувства усталости, скуки и

душевной пустоты. Лицам саморазрушающего типа переживания одиночества свойственны: избегание контактов, нежелание вступать в «диалог», неспособность к компромиссам, конфликтность, нетерпимость к критике, гиперконтроль проявлений собственных переживаний и чувств, неприятие проблем окружающих и нежелание «подпускать» их к собственным проблемам, ощущение эмоциональной пустоты и общее снижение активности, трудности в самореализации, непоследовательное поведение.

Ключевые слова: личность, одиночество, переживание одиночества, типы одиночества, функциональная направленность, свойства личности.

WIKTORIA BEDAN. **Charakterystyka psychologiczna rodzajów orientacji funkcjonalnej doświadczenia samotności.** Artykuł poświęcony jest badaniu osobliwości „Ja-funkcji” osób o różnej orientacji funkcjonalnej doświadczenia samotności. Rozważane są poglądy naukowców na definicję „samotności”, rozumienie funkcji „Ja” w ramach ludzkiego strukturalnego modelu osobowości G. Ammona. Przedstawiono wyniki badania empirycznego mającego na celu określenie cech Ja-funkcji osób o różnej orientacji funkcjonalnej doświadczenia samotności. Określono współzależności między wskaźnikami Ja-funkcji: agresją, lękiem, Ja-ograniczeniem wewnętrznym i zewnętrznym, narcyzmem, seksualnością oraz wskaźnikami rodzajów orientacji funkcjonalnej doświadczenia samotności. Wyróżniono grupy autotwórczego, adaptacyjnego i autodestrukcyjnego typu doświadczenia samotności. Ustalono, że grupy osób o różnych doświadczeniach samotności różnią się specyfiką przejawiania się Ja-funkcji (konstruktywne, destrukcyjne, niewystarczające). Podano charakterystykę opisową profili Ja-funkcji osób o różnym typie funkcjonalnej orientacji doświadczenia samotności, wykonano ich portret psychologiczny. Udowodniono, że osoby o autotwórczym typie doświadczenia samotności charakteryzują się: towarzyskością, empatią, otwartością, zdolnością do konstruktywnego pokonywania trudności i konfliktów interpersonalnych, wysoką samooceną, poczuciem własnej godności, zdrową ambicją, realistyczną percepcją siebie i innych, dojrzałością emocjonalną i duchową, zdolnością do wymiany doświadczeniami uczuciowymi i emocjonalnymi. Osoby z adaptacyjnym typem samotności (CA) charakteryzują się: kontrolą dystansu interpersonalnego, racjonalnym wykorzystaniem dostępnych sił, zasobów, trudnościami w wyznaczaniu i obronie celów mających znaczenie osobiste, niespójnością doznań emocjonalnych, niestabilnością poczucia własnej wartości, dewaluacją emocjonalną ważnych wydarzeń

i znaczących związków, blokowaniem aktywności, pojawieniem się zmęczenia, nudy i pustki duchowej. Osoby z autodestrukcyjnym typem samotności (SR) charakteryzują się: unikaniem kontaktów, niechęcią do „dialogu”, niezdolnością do kompromisu, tworzeniem konfliktów, nietolerancją krytyki, nadkontrolą własnych uczuć i emocji, odrzuceniem problemów innych i niechęcią „wpuszczania” ich w omawianie własnych problemów, poczuciem pustki emocjonalnej i ogólnym spadkiem aktywności, trudnościami w samorealizacji, niespójnym zachowaniem.

Słowa kluczowe: *osobowość, samotność, doświadczenie samotności, rodzaje samotności, orientacja funkcjonalna, cechy osobowości.*