

**PSYCHOLOGICAL FEATURES OF PERSONAL SELF-CONTROL  
(ПСИХОЛОГІЧНІ ОСОБЛИВОСТІ САМОКОНТРОЛЮ ОСОБИСТОСТІ)**

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*У статті розглянуто самоконтроль як свідому регуляцію особистістю своєї поведінки та діяльності. Визначено зміст поняття самоконтролю та розрізнення з поняттями саморегуляції й самоврядування. Відмічено, що самоконтроль пронизує усі прояви психічного та входить в організацію саморегуляції поведінки особистості. Доведено, що самоврядування включає саморегуляцію як один з необхідних, але недостатніх механізмів самоорганізації поведінки особистості. Виявлено зв'язок самоконтролю із самоврядуванням життєвої ситуації.*

**Ключові слова:** самоконтроль, самоврядування, саморегуляція, самоорганізація особистості.

*The article considers self-control as a conscious regulation of one's behavior and activity. The content of the concept of self-control and distinction with the concepts of self-regulation and self-government are determined. It is noted that self-control permeates all manifestations of the mental and is part of the organization of self-regulation of personality behavior. It is proved that self-government includes self-regulation as one of the necessary but insufficient mechanisms of self-organization of individual behavior. The connection between self-control and self-government of a life situation has been revealed.*

**Key words:** self-control, self-government, self-regulation, self-organization of the individual.

The study of self-control of the individual is relevant, because it is a conscious regulation of human behavior and activities, which ensures compliance of their results with the established purpose, requirements, norms, rules. Since the relationship of the individual with the outside world manifests the individuality of man, and self-control is its characteristic, the scientific interest in the study of self-control is growing.

L.V. Kulikov, E.P. Ilyin, G.S. Nikiforov consider it necessary to distinguish between the concepts of self-regulation, self-government, and self-control [1]. They agree on that self-government includes self-regulation as one of the necessary but insufficient mechanisms for self-

organization of behavior. E.P. Ilyin notes the subordinate role of self-regulation in relation to self-government. The term “regulation” means a narrow understanding of the will, which should be correlated with the manifestation of “willpower” – volitional qualities used to keep human behavior within the norms, rules necessary for functioning, in the presence of obstacles, complications. L.V. Kulikov claims that “self-government is the adjustment and correction of functions, processes, states.” In his view, self-government includes processes of self-regulation and self-control [7]. N.N. Yarushkin understands the self-regulation of the individual, first of all, as the regulation by the individual of his behavior “in accordance with the value-normative system of his society.” He defines the self-organization of the individual as the regulation of his behavior by the individual “in accordance with their own value-normative system to achieve a new level of interaction with society.” G.S. Nikiforov defines self-regulation as an activity aimed at bringing the system into a state that allows to realize the purpose of life. The concept of “ring in ring” G.S. Nikiforova explains the peculiarity of self-control. In the circular scheme of mental self-government, where self-regulation is its component, and self-control permeates all manifestations of mental and is part of the organization of this process. Thus, it is a closed circuit of self-government, where self-control is not its component, but permeates the entire sphere of mental phenomena (processes, states, qualities), which constitute the psychological content of self-government processes. The ring of self-control mechanisms is included in the “ring” of self-government and in the “ring” of self-regulation [2].

Self-control is necessary both at the level of self-government and at the level of self-regulation. And also when moving from one level to another. O.A. Konopkin presents self-control as one of the components of the contour of conscious self-regulation of sensorimotor activity. V.I. Morosanova considers self-control as a functional part of the process of self-regulation [10]. These authors speak of “self-esteem and self-control”, without pursuing the goal of defining these concepts as independent phenomena. S.L. Rubinstein, R. Cattell from different methodological positions analyze self-control as a quality of personality. This approach does not, of course, reveal its mechanism, but brings us closer to understanding this process.

The purpose of the work is to consider self-control as a component of self-consciousness, the desire to reconcile real and desired images of the situation, ie the integrating principle of life of the individual.

The aim of the study was to find ways to study the mechanisms of self-control of life (both at the level of self-regulation and self-government), when the individual is aware of the differences between the real coincidence and the desired state of affairs and seeks to reconcile these images attitude to it.

The object of research was the personality and its awareness. The subject of research is self-regulation and self-control of the individual.

Scientific interest in the problems of human self-government and self-regulation begins with the interest of human management and regulation. Among the tasks of psychological science is the study of the management system. The management process involves the presence of the object of management and management system, and their totality reflects, in general, the management system. Management is understood to mean the implementation of the impact, selected from many possible, on the basis of certain information and aimed at maintaining or improving the functioning of the object of management in accordance with the existing purpose of management [3]. The functioning of complex dynamic systems is ensured not only by control processes, but also by regulation. By regulation is meant the bringing of a certain element in accordance with established norms and rules.

The process of regulation assumes the presence of regulatory object and regulatory system (regulator) and unfolds as a comparison of the regulatory value with the specified value. In case of deviation of this value from the set one, the object of regulation is subject to influence, which reproduces the regulating value. The processes of regulation and management are the basis of the formation of personality, the formation of the subject of activity and behavior.

With the help of the processes of regulation and management, the dynamic balance of the system is ensured, the necessary programs are implemented and the goal facing the individual is achieved [5]. Management and regulation are in a certain relationship with each other. Management is a broader concept compared to regulation, which is considered as a component of management. However, they are closely related to each other and are in constant dynamics. The peculiarity of management is the specification of motives for behavior and activities, the establishment of appropriate goals, the choice of path (program) to achieve them. Management for the subject is a solution to the question of what and how to do. The transition from management to regulation is a transition from a plan, an idea, to its implementation. The contours of mental self-regulation are relatively autonomous. When the object of self-regulation is determined, the purpose of functioning and the program of its achievement are set, the necessary mechanisms of self-control are actualized, the contour of self-regulation is able to solve the defined task independently, without leaving control. If regulation is subordinated to the solution of problems of the near future, then management can be aimed at a more distant perspective: the choice of life path, defining the tasks of self-improvement, specifying the purpose of self-education and so on. Self-control is a mechanism for the functioning of consciousness and self-awareness. Self-control of human behavior is considered in the context of problems of self-government and self-regulation of behavior. G.S. Nikiforov notes that “reasonable and consistent disclosure of general and specific

aspects of the processes of mental self-government and self-regulation is an open question.” However, E.P. Ilyin notes differences in the degree of energy expenditure (physical and psychological stress) during self-government and self-regulation [4]. Self-government includes self-regulation as one of the necessary but insufficient mechanisms of self-organization of behavior. However, their understanding of the place of self-control in the structure of these processes differs.

The highest level of mastery of the individual’s own life, which is the integration of the processes of self-government and self-regulation of the individual, life situation and life can be defined as a process of self-organization of human life. K.A. Abulkhanova-Slavskaya considers the organization of life as “the ability to do things and solve situations in such a way that they are subject to a single plan, focused on the main direction” [6]. The ability to self-organize life is formed on the basis of self-government life situation, one’s own personality and life in general. Prerequisites for the development of these abilities, in turn, is the ability to self-regulate the components of the life situation, to regulate personal characteristics and features of life, respectively.

Research results. Thus, the self-organization of life includes two levels – the level of self-regulation and the level of self-government. It is important to note that the fact of separation and numerous attempts to correlate self-government, self-regulation, self-organization indicate the integrative and holistic nature of the process of mastering one’s own life. But it is impossible to localize the function of self-control at any one level of human life. Probably, it is the mechanism of self-control that acts as an integrating factor in relation to the multilevel structure of the subject’s life. Based on this, self-control acts as a general principle of maintaining the integrity of the subject, and not the specific content of self-control at any level. Thus, the theoretical analysis allowed to define the scheme of the process of self-control as a mechanism for comparing the images of the desired and the real. The process of self-control occurs at all levels of self-organization of behavior in an unchanging way. Only the content of the images used in the process of self-control changes, which becomes qualitatively different in the transition from one level of self-organization of behavior to another, and from one component to another.

Conclusions and prospects for further research. Based on the theoretical analysis, we can conclude that self-control is a person’s attitude that provides an idea of the degree of realization of the desired in reality. Self-control is considered as a process, analyzing the psychological mechanisms of its initiation, individual psychological and features of the images of the desired and real, used in this process. Analyzing self-control as a quality of personality should consider interpersonal and situational differences in the understanding of self-control.

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### «METHODS OF ACCOUNTING FOR PESTS AND DISEASES»

#### (МЕТОДИ ОБЛІКУ ШКІДНИКІВ ТА ХВОРОБ)

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*Дана стаття присвячена вивченню методів обліку шкідників та хвороб сільсько-господарських культур.*

**Ключові слова:** *шкідники, хвороба рослин, методи обліку, економічний поріг шкідливості.*

*This article is devoted to the study of methods of accounting for pests and diseases of agricultural crops.*

**Key words:** *pests, plant disease, accounting methods, economic threshold of harmfulness.*