

# Influence of the adulthood image of adolescent on the characteristics of structural links of self-awareness

## Influencia de la imagen de adultez de los adolescentes en las características de los componentes estructurales de la autoconsciencia

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### Abstract

The article presents the results of studying the actual problem of developmental psychology: how self-awareness is formed in adolescence. We studied how the image of adolescent adulthood affects the characteristics of structural units of self-awareness. The study was conducted on the basis of a secondary school in Belgorod. It was attended by 115 teenagers aged 13 to 14 years. The study used methods: the questionnaire "My image of adulthood" (O. V. Kuryshcheva), an essay on the topic: "When and in what situations I feel like an adult" (O. V. Kuryshcheva), "Projective method of deprivation of structural links of self-awareness" (V. S. Mukhina, K. A. Khvostov). The main results of the study: the self-awareness of adolescents is characterized by an insufficient level of development of individual structural units of self-awareness (name, claim to recognition, sexual identification, prospects for personal development), which indicates the deprivation of self-awareness. The result of multiple regression analysis showed that the content of the image of adulthood and the situation of manifestation of adulthood by adolescents affect the level of deprivation of self-awareness of the individual and its individual structural units.

**key words:** self-awareness; deprivation of structural links of self-awareness; the adulthood image; adolescence.

### Resumen

Este artículo presenta los resultados del estudio de uno de los problemas actuales de la psicología del desarrollo, es decir, el problema de la formación de la autoconsciencia en la adolescencia. El objetivo del estudio consiste en el análisis del carácter de la influencia de la imagen de adultez de los adolescentes en las características de los componentes estructurales de la autoconsciencia. El

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estudio se llevó a cabo a base de la MBOU (Entidad Educativa Presupuestaria Municipal) "Gimnasio N° 3" de la ciudad de Belgorod. 115 adolescentes entre 13 y 14 años participaron en este estudio. Los siguientes métodos fueron utilizados durante el estudio: el cuestionario "Mi imagen de adultez" (O.V. Kuryshева), el ensayo titulado "Cuándo, en qué situación me siento adulto" (O.V. Kuryshева), "Método proyectivo de privación de los componentes estructurales de la autoconsciencia" (V.S. Mukhina, K.A. Khvostov). Los resultados principales del estudio: el análisis de las peculiaridades del desarrollo de la autoconsciencia de los adolescentes ha demostrado que ellas se caracterizan por un nivel insuficiente del desarrollo de ciertos componentes estructurales de la autoconsciencia (nombre, demanda de reconocimiento, identificación sexual, perspectivas del desarrollo de la personalidad), lo que da muestras de su privación. Según los resultados del análisis de regresión múltiple ha sido determinado que el contenido de la imagen de adultez y las situaciones de la manifestación de la adultez por los adolescentes influyen en el nivel de la privación de la autoconsciencia de la personalidad y de sus ciertos componentes estructurales.

**Palabras claves:** autoconsciencia; privación de los componentes estructurales de la autoconsciencia; imagen de adultez; adolescencia.

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## 1. Introduction

The formation of self-awareness, fundamental changes in its sphere, which have great importance for the entire subsequent development and formation of the adolescent as a person, are the most important distinguishing feature of the adolescent period. During this period, consciousness, which passed through many objects of relations, becomes as an object of self-awareness and, completing the structure of the character, ensures its integrity, contributes to the formation and stabilization of the personality (B. G. Ananyev, 2001). The peculiarities of the internal dynamics of self-awareness have a regulating influence on many aspects of the life such as developing personality, interpersonal relationships and formation of a social position.

Adolescence is marked by changes in individual structures of self-awareness and the relationships between them, the emergence of a new level of self-awareness. A teenager has new needs that are seriously difficult to meet: the need for self-affirmation, self-expression, self-realization, the need for recognition and respect from peers and adults, etc. Inability to meet these needs leads to deprivation of the developing self-awareness of adolescents and has, according to L.I. Bozhovich (2008), the basis of the crisis of adolescence.

A huge role in the development and formation of self-awareness during adolescence is played by the image of adulthood of adolescents. Inadequately formed content of the image of adulthood is the cause of possible difficulties in the development of the personality of adolescents and their implementation in different spheres of life. Possible difficulties: in establishing contact and interaction with peers and adults, in choosing ways to behave in different situations, in setting personally significant goals and achieving them, in showing your own responsibility and initiative, and most importantly-in effectively implementing yourself in various social roles.

In foreign psychology, the adulthood image of adolescence has not been separately studied, but studies have been conducted on various aspects of self-awareness in adolescence (A. Demetrio, S. Kazi, 2001; S.L. Franzoi, M.H. Davis, 1985; C.M. Sandu, G. Panisoara, I.O. Panisoara, 2014; J. Suls, 1989).

Nowadays, the research has been carried out to study the features of the image of adulthood in adolescence in domestic psychology (V. I. Zorina, 2014; O. V. Kuryshева 2013; A., P. Novgorodtseva, 2006; K. N. Polivanova, 2004; E. K. Suvorov, O. A. Fiofanova, 2012; S. V. Chernobrovkina, 2015). The information from these studies indicate an increase in the number of adolescents who do not have constructive ideas about adulthood and how to implement it. At the same time, an important part in the development of self-awareness in adolescents is a full-fledged image of adulthood, endowed with constructive ideas about adulthood and ways to implement it. Features of the image of adulthood affect the formation of characteristics of structural units of self-awareness in adolescents. At the same time, the problem of the influence of the image of adolescent adulthood on the

characteristics of structural units of self-awareness is practically not studied, which determined the relevance of our study.

The purpose of the study is to research how the image of adolescent adulthood affects the characteristics of structural units of self-awareness.

The theoretical basis of the research is the concept of the structure of self-awareness and its development in the ontogenesis by V. S. Mukhina (2014). The development of self-awareness takes place within the following historically established socially conditioned structure: identification with the name, body and soul; claim to recognition; sexual identification; psychological time of the individual; social space of the individual. The teenager is sensitive to his spiritual development, so he begins to move intensively in the development on all levels of self-awareness.

We used the O. V. Kurysheva and K. N. Polivanova' (2000) s approach, according to which the image of adulthood is considered as a special neoplasm of adolescence. The image of adulthood includes teenager's ideas about his own adulthood and a dynamic (emotional) component, which is used to implement ideas in consciousness, actions and ways of behavior.

The realization of existing ideas about adulthood occurs in various situations. O. V. Kurysheva (2000, 2013) identified ten types of situations of adulthood: compliance with generally accepted norms, communication with adults, independent action, school life, assessment of adulthood, communication with younger children, imitation, communication with peers, home situations and other various situations that arise in different spheres of human life.

On the basis of the selected types of situations of manifestation of adulthood, the theoretical matrix of the image of adulthood was compiled, containing the types of the image of adulthood. They have two characteristics: the action plan (real and virtual), which reflects the degree of reality of adult actions, as well as the external or internal side of adulthood, and the sign of adulthood (formal and meaningful), which determines the degree of awareness and fullness of the complex of ideas about adulthood. These selected characteristics are significant and reflect the main changes in the positional vision of the child's own adulthood. In accordance with that, the following types of image of adulthood are distinguished:

- 1) "virtual action plan-formal adulthood" containing heroic actions that are not separated by form and content;
- 2) "real action plan-formal adulthood", including representations of "adult" behavior and contrasting "child", early from "adult", " non-child " behavior;
- 3) "real action plan-meaningful adulthood", characterized by adulthood, endowed with personal meaning;
- 4) "virtual action plan-meaningful adulthood", the content of adulthood in this case is generalized, there are no indications of emotion and real actions (O. V. Kurysheva, 2000, 2013).

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## 2. Methodology

As diagnostic methods were used:

1. The questionnaire "My image of adulthood" (O. V. Kurysheva) was used to study the dominant type of situations in which adolescents display adulthood.
2. To determine the type of image of adulthood of teenagers, an essay was used on the topic: "When and in what situations I feel like an adult" (O. V. Kurysheva).

3. To study the characteristics of structural links of self-awareness, the method "Projective method of deprivation of structural links of self-awareness" was used (V. S. Mukhina, K. A. Khvostov).

Statistical processing of empirical findings was performed using multiple regression analysis based on the statistical software package "SPSS-22".

The study was conducted on the basis of a secondary school in Belgorod. It was attended by 115 teenagers aged from 13 to 14 years.

### 3. Results

Here are the results of studying the types of image of adulthood of teenagers. The distribution of adolescents by type of image of adulthood is shown in (1).

**Table 1**  
Distribution of adolescents by type of image of adulthood (%)

Type of image of adulthood	Number of adolescents
"Real action plan-formal adulthood"	68
"Virtual action plan-formal adulthood"	14
"Real action plan-meaningful adulthood"	10
"Virtual action plan-meaningful adulthood"	8

Analysis of the distribution of adolescents by type of adult image showed that the majority of adolescents (68 %) are characterized by the type of adult image "real action plan - formal adulthood". This can be explained by the fact that teenagers have formed some formal stereotypes about adulthood, which they try to implement in real life in the form of specific so-called "adult" actions. But mostly, these actions are situational in nature and are committed in order to show themselves for getting approval from others. Therefore, on that basis, adulthood has a formal basis and is manifested in specific actions with little awareness of their content.

The remaining types of adult image are typical for 32 % of adolescents. The types "virtual action plan-formal adulthood" and "virtual action plan-meaningful adulthood" have the same severity index and are the least characteristic of adolescents. As for the type of "virtual action plan-formal adulthood", this type of image of adulthood is no longer typical for teenagers of 13-14, since fictional situations that involve testing emotions and feelings do not allow them to fully assert their adulthood. In turn, the low representation among adolescents of the "virtual action plan - meaningful adulthood" type suggests that a qualitative set of ideas about adulthood in the minds of adolescents has not yet been formed. The types of situations in which adolescents display adulthood are shown in (2).

**Table 2**  
The severity of types of situations manifestations of adulthood by adolescents

Types of situations manifestations of adulthood	Grade point average
Compliance with generally accepted norms	7,6
Communication with adults	6,3
Independent action	11,1
School life	2,5
Assessment of adulthood	4,5
Communication with younger children	6,8
Imitation	3,7
Communication with peers	3,3
Home situations	4,7
Other	4,2

The most pronounced type of adult situations is the "independent action" type. The desire of adolescents to express their ideas about adulthood in independent actions may be related to their understanding that independence is one of the main components of an adult.

The least pronounced type of adult situations is the "school life" type. This may be due to the fact that it is very difficult to show adulthood in school life due to the peculiarities of the school system, where in most cases teenagers are the objects of educational activities or, otherwise, passive participants in it.

The study of identity in adolescents who participated in the study showed that they are characterized by insufficient level of development of individual units of consciousness (the name of a claim to recognition, gender identity, prospects for the development of the individual), which indicates the deprivation of identity (3).

**Table 3**  
Distribution of adolescents depending on the degree  
of deprivation of structural units of self-awareness (%)

Structural link of self- consciousness	Degree of deprivation		
	Complete	Partial	Absence of a deprivation
Name	4	66	3
Claims for recognition	11	70	19
Gender identification	7	48	45
Prospects for personal development	3	71	26

The analysis of the obtained empirical findings showed that the least deprived structural element of self-awareness is gender identification, and the most deprived is the name. Difficulties with accepting your name may be associated with common phenomena in the adolescent environment. One of these phenomena is name-calling by peers, they come up with comic nicknames associated with the name of a teenager. The next reason may be the presence of a standard, a fan, or, in another way, an attractive personality, which the teenager is guided by in everything, and which has a completely different name. This fact may interfere with the adoption of a proper name, since the teenager in this case has an expressed desire to be all like the same person that causes interest. In addition, the deprivation of this structural link is affected by the fact that school teachers often call students by their last names, other children adopt this and also call each other by their last names. Parents, in turn, call children using the diminutive form of their names, which makes it difficult to identify with the name of teenagers.

Gender deprivation in the structure of self-awareness may be due to the fact that adolescents have not yet fully formed standards of masculinity and femininity. Adolescents did not accept a sexual role and realize themselves as a full-fledged man or a full-fledged woman, according to which gender the teenager belongs to.

The claim to recognition is related to the sense of adulthood that is formed in adolescence, which is essential for the development of a teenager's personality. Deprivation of teenagers' realization of their claims to recognition may be associated with getting a negative experience, namely, an unfair assessment of a teenager's success by people around them. This leads to a decline in goal setting and planning, and the desire disappears to get praise from other people.

Deprivation of such a structural link of self-awareness as the prospects for personal development can be caused by a low level of awareness of adolescents about themselves, about their capabilities, abilities, lack of interests, goals, or the presence of a fear of thinking about the future, making plans, setting goals, and presenting themselves as an active, initiative, responsible adult who is independent and builds his own life independently. Many teenagers and young men do not seek to cross this border and become full members of this society, and

most importantly-full-fledged "builders" of their own lives, fearing most of all decision-making and responsibility for these decisions.

The analysis of the results obtained when studying the features of the development of individual structural units of self-awareness, allowed us to divide all adolescents into two groups. The first group (82 %) included teenagers who are characterized by partial deprivation of self-awareness. For the remaining 18% of adolescents, self-awareness deprivation is not characteristic. This suggests that there has not yet been a complete identification of the individual with himself, namely, acceptance of himself in the external and internal plane.

Obviously, each of us reviewed the reasons for the deprivation of individual units of consciousness reflected in the development of self-awareness in general, as all the structural components of consciousness are interrelated and influence each other.

Multiple regression analysis of data was used to study the presence and nature of the influence of indicators of the image of adulthood on the characteristics of structural units of self-awareness. Using this mathematical and statistical criterion, it was determined that among the indicators of the image of adulthood studied by us, there are several determinants that determine the specifics of the development of self-awareness.

Dependent variables were indicators of self-awareness, and independent-indicators of the image of adulthood (the type of image of adulthood and the type of situation of manifestation of adulthood). As a result, it was found that the type of image of adulthood ( $\beta=-0,231$  at  $p\leq 0,05$ ) and the indicators "School life" ( $\beta= 0,02$  at  $p\leq 0,1$ ), "Home situations" ( $\beta=0,447$  at  $p\leq 0,05$ ) affect the degree of deprivation of the structural link of self-awareness "Name". The regression model "Claim to recognition" identified two indicators that determine the degree of deprivation of the structural link of self-awareness "Claim to recognition": "Compliance with generally accepted norms" ( $\beta=-0,257$  at  $p\leq 0,1$ ), "Communication with adults" ( $\beta=-0,382$  at  $p\leq 0,05$ ). The nature of mutual conditionality of indicators is reversed, that is, the more often a teenager shows adulthood in situations related to compliance with generally accepted norms and communication with adults, the lower the probability of deprivation of the structural link of self-awareness "Claim to recognition".

In the "Gender" model, one predictor was determined that affects the degree of deprivation of this structural link of self-awareness – "Home situations" ( $\beta=0,354$  at  $p\leq 0,1$ ). Thus, a teenager who manifests adulthood mainly in domestic situations will have a partial or complete deprivation of the structural link of self-awareness "Gender". This once again confirms that for teenagers, the dominance of this type of situation in the direction of realizing their own adulthood is non-constructive.

The level of deprivation of the structural link of self-awareness "Prospects for personal development" is influenced by the following types of situations of adulthood: "Communication with adults" ( $\beta=-0,322$  at  $p\leq 0,1$ ), "Independent action" ( $\beta=-0,223$  at  $p\leq 0,01$ ), "Other situations" ( $\beta=-0,319$  at  $p\leq 0,05$ ). The higher the significance of these types of adult situations in a teenager's life, the lower the risk of self-awareness deprivation.

The general level of self-awareness deprivation is most affected by such types of situations of adulthood as "assessment of adulthood" ( $\beta=-0,258$  at  $p\leq 0,1$ ), "Home situations" ( $\beta=0,483$  at  $p\leq 0,01$ ). With careful and regular reflexive analysis, followed by an assessment of someone's adulthood, the degree of self-awareness deprivation decreases. When adulthood is manifested in home situations, the level of self-awareness deprivation increases, and the home environment does not provide resources for the formation of self-awareness.

### 3.1. Summarize the results

1. When studying the types of the image of adulthood and types of situations of manifestation of adulthood, the following trend was revealed: the greatest severity of the type "real action plan-formal adulthood", which

indicates that adolescents commit externally adult actions, as well as frequent manifestation of adulthood by adolescents in situations such as "independent action".

2. The majority of respondents have partial deprivation of all the links that are part of the structure of self-awareness, such as: "Name", "Claims to recognition", "Gender identification", "Prospects for personal development". Partial deprivation of self-awareness of the adolescent personality as a whole dominates. The process of forming ideas about yourself and the transition of these ideas into consciousness for teenagers is not yet complete.

3. The content of the image of adulthood and the situation of manifestation of adulthood by adolescents affect the level of deprivation of self-awareness of the individual and its individual structural links. Adolescents who have formal ideas about adulthood and show adulthood in home and school situations are characterized by a higher level of deprivation of structural units of self-awareness than adolescents who have meaningful ideas about adulthood and show adulthood in situations of compliance with generally accepted norms, communication with adults, evaluation of adulthood and other situations related to social activity.

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#### 4. Conclusions

The image of adolescent adulthood plays a huge role in setting and achieving goals, developing personal qualities and properties, the degree of activity and initiative in terms of social interaction, in terms of achieving success in various fields. Therefore, the study of the specifics of the content of the image of adulthood is necessary to prevent possible difficulties that may arise on the path of development in adolescence and in the future when realizing themselves in different spheres of life. Inadequately formed content of the image of adulthood can have a negative impact on the formation of self-awareness of the individual and its structural links in adolescence. Deprivation of one or more structural links is the most significant distortion in the development of self-awareness during this period, which leads to the blocking of various structures of the developing personality as a whole.

A promising direction for further research is to identify the features of self-awareness in different age periods. The predictive potential of this work creates prerequisites for conducting research on the empirical study of the position and role of adolescents with different ways of adulthood in the system of interpersonal relationships, their success in educational activities and personal success.

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