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**GENDER AND AGE FEATURES OF SELF-ASSESSMENT
OF SOCIOCENTRIC TYPES OF MOTIVATION¹**

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The article is devoted to the comparative analysis of the indices of four sociocentric types of motivation: self-realization, morality, reproduction and altruism, obtained by the results of the motivation system profile test (SPM) and self-assessment of these types of motivation in the youth sample. In this paper, the term “I-real” is used to denote the motivation indices obtained using the methodology for assessing the motivational profile of a person (SPM). To denote these indices obtained using the methodology of self-assessment of the motivational profile of the individual, the term “I-ideal” is used. The purpose of the work is to study the gender and age characteristics of the dynamics of the I-ideal sociocentric motivations in the era of adolescence and youth.

The materials presented in the article are the continuation of the systemic study of the gender and age characteristics of the motivational and value sphere of personality². The survey was conducted in the period 2020–2021. The total number of subjects was 252 people of both sexes aged 17 to 36 years.

As a result of the study, significant differences in the ratio of the I-real and the I-ideal in male and female samples were revealed. In the female sample, throughout the studied period, the self-esteem of the indices of motivation for self-realization and morality significantly exceeds the corresponding indices of the I-real. At the same time, the self-esteem of the indices of reproductive and altruistic motivation both in adolescence and youth is significantly lower than these indices of the I-real.

In contrast, in the male sample, the self-esteem of most indices of sociocentric types of motivation has no significant differences with the indices of the I-real. The exception is the indicators of moral motivation in adolescence (17–24 years) and late youth (30–36 years). In these age ranges, the indices of the motivation of the I-ideal morality in men significantly exceed the corresponding indices of the I-real.

In general, the data obtained indicate a higher social pressure to which women’s self-assessment of motivation in comparison with men’s is subjected in adolescence and youth.

Keywords: system psychology; self-esteem; I-ideal; I-real; sociocentric types of motivation; gender and age characteristics; self-realization; morality; reproduction; altruism.

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² *Ryzhov B. N., Kotova O. V.* Dynamics of sex and age characteristics of motivation in the epoch of adolescence and youth // Systems psychology and sociology. 2021. № 2 (38). P. 23–40. DOI: 10.25688/22236872.2021.38.2.03

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Introduction

The study of the I-ideal, which is formed under the influence of stereotypes inherent in a certain culture and society, is an urgent issue, the solution of which leads to understanding of the structure of the motivational and value core of the personality. The problem of the formation of the I-ideal played a significant role in the works of representatives of classical³ and postclassical psychoanalysis [7: p. 148; 11]. Currently, the attention of researchers is more often focused on studying the characteristics of the I-ideal [12; 13], as well as determining the attitude of a person to his own ideal [8]. Value orientations of personality, which are individual motivational attitudes, are considered in the works of: K. N. Bauer [17], F. Hellinger [19], S. S. Bubnova [3], O. V. Kuznetsova [21], S. O. Bader [16], etc.

However, despite the interest in the problem of the I-ideal, a unified concept for the study of this issue has not yet been developed, which is explained by the lack of generally accepted methodological foundations and conceptual apparatus. Among the tasks awaiting solution, there remains the problem of determining the degree of influence of individual psychological differences, including gender and age characteristics, on the formation of the I-ideal. In this regard, it is advisable to continue these studies from the standpoint of systems psychology,

allowing us to consider the problem based on the objective foundations of modern systemology. The purpose of this work is to study the gender and age characteristics of the dynamics of self-esteem of sociocentric motivations in the era of adolescence and youth — I-ideal.

The psychological problem of the I-ideal and the I-real

The concept of the I-ideal in classical psychoanalysis is interpreted as a component of the personal structure, acting as a basis for evaluating one's own real achievements. This instance has a direct impact on the behavior of an individual because it is a reference point that allows a person to compare the I-real with the ideal, acting as a value guideline. At the same time, the psychology of the masses is such that a set of individuals is able to make the same object their ideal in order to identify then themselves with it⁴.

The relationship between the I-ideal and the I-real is the basis for understanding the leading motives determining the direction of a person's activity. Meanwhile, the degree of conformity to the ideal has a significant impact on the psychological state of the individual. The problem of the incongruence of the I-real to the I-ideal is regularly raised in the psychological literature. From the standpoint of constructive

³ *Rebeka T. A.* From Freud's psychoanalysis to Freudian psychoanalysis // Psychological Journal. 1994. Vol. 15. № 6. P. 133–142.

⁴ *Freud Z.* Beyond the pleasure principle. The psychology of the masses and the analysis of the human self. Kharkiv: Folio, 2009. P. 70.

psychoanalysis, awareness of the impossibility of achieving the ideal is considered to be the cause of the feeling of self-alienation and ultimately contributes to the development of a “neurotic personality” [14: p. 107]. In the theory of self-correspondence, T. Higgins points to the lack of congruence of the I-real to the ideal orientations of the individual as the cause of the motivational impulse to overcome the existing mismatch [19]. At the same time, the conducted studies indicate the presence of gender differences in self-esteem [2: p. 73; 5].

The content of the I-ideal depends on the individual characteristics of the individual [1: p. 126]. A number of works address the issue of the influence of gender differences on the formation of the I-ideal [18], as well as the influence of gender characteristics on the value orientations of the individual [23]. Meanwhile, the principle of gender equality, which sets the trend for the development of modern society, leads to the unification of the ideal image of the individual [6; 22]. At the same time, the emergence of a conflict between “desirable” for society and suppressed tendencies is not excluded. In the context of this work, the I-ideal refers to the self-assessment of the leading motivational dispositions of the individual, which reflects both the real characteristics of these dispositions — the I-real, and the influence of social attitudes and moral norms on self-esteem.

Research methodology

The study was conducted in the period 2020–2021. Students and trainees of advanced training courses of a number of Moscow universities (Moscow City Pedagogical University, Russian State Social University, Moscow Institute of Psychoanalysis) participated in the study. The study used: the motivation System Profile test (SPM) for determining I-real [9: p. 350] and the motivation self-assessment method for determining the I-ideal [10]. In this work, a systematic psychological periodization of development, according to which the age from 17 to 18 years refers to the period of early adolescence; the age from 19 to 24 years — to the period of late adolescence; the age from 25 to 30 years —

to the period of early youth; the age from 31 to 36 years — to the period of late youth is used. The total number of subjects is 252 people, including 106 men and 146 women. The age of the subjects varies from 17 to 36 years.

Results of self-assessment of sociocentric types of motivation

Fig. 1 shows the dynamics of the average indicators of the I-ideal and the I-real self-realization motivation index for men and women. The red line indicates the age dynamics of the self-realization motivation index, obtained by the results of the SPM — the I-real test. The dynamics of the significance level of self-realization, obtained during the self-assessment of motivation, is indicated by a blue line — the I-ideal.

The comparison of trends in the dynamics of the self-actualization motivation index indicates that the self-esteem of the indices of this type of motivation in both men and women exceeds the corresponding indices of I-real (Fig. 1.). Thus, in the process of self-assessment, the value of self-realization is overestimated in comparison with the real position of this type of motivation in the motivational hierarchy. At the same time, there are different trends in the dynamics of the I-ideal and the I-real indices in men and women.

In women, the indicators of the I-ideal change in waves: the barely outlined increase in self-esteem of the self-realization motivation index is replaced by a decline. The indices of I-real motivation of self-realization in women belong to depressive types of motivation, their average index is located below the average values. The female sample is characterized by the presence of a significant discrepancy between the I-real self-realization and self-esteem of this type of motivation. Throughout the epoch of adolescence and youth, the self-esteem index of self-realization motivation significantly exceeds the corresponding indicators of the I-real⁵.

⁵ The reliability of the differences in the indices of I-ideal and I-real sociocentric motivations for men and women in the early and late age period of adolescence and youth is calculated using the Wilcoxon T-test for dependent samples ($p \leq 0.01$).

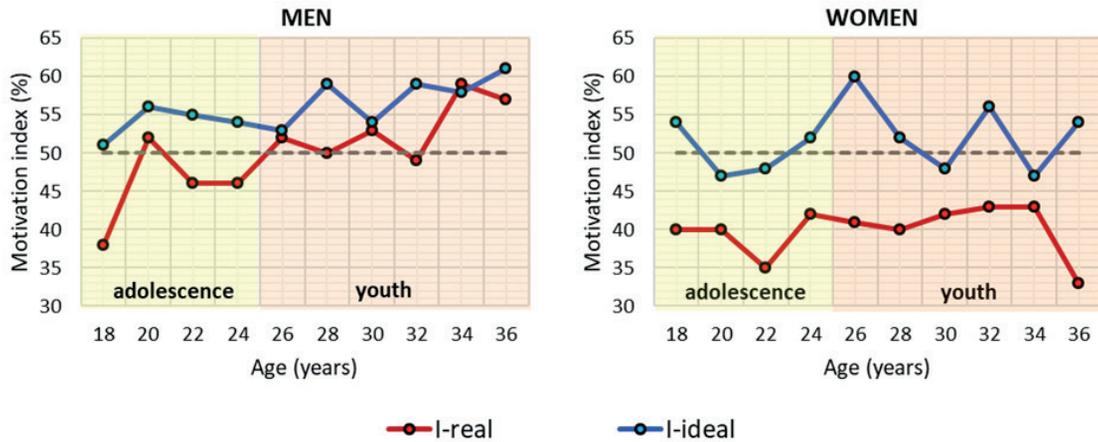


Fig. 1. Motivation of self-realization. Dynamics of the average indicators of the I-ideal and I-real index

Fig. 1. shows that the male sample is characterized by a gradual increase in the trend of the self-realization index for both the I-ideal and I-real. The onset of the era of youth is marked by an increase in the importance of self-esteem of this type of motivation. The I-ideal and I-real indices reach peak values in the period of late youth. In contrast to the female sample, statistically significant differences between the I-ideal and I-real in the male sample were revealed only in late adolescence, when the self-esteem indicators of the index of this type of motivation significantly exceed the corresponding indicators of the I-real. Based on the above data, it can be concluded that men are characterized by a greater correspondence of self-esteem to the motivation of self-realization to the I-real compared to the female sample. Besides, the male sample

is distinguished by the consistently positive dynamics of the I-ideal and the growth of the I-real self-realization indices. The female sample is characterized by the absence of a consistently positive dynamics of the I-ideal and the preservation of the depressive trend of the I-real motivation indices of self-realization at the end of late youth.

Fig. 2 shows the dynamics of the average indices of the I-ideal and I-real motivation of morality. In general, the self-esteem of the indices of this type of motivation in both sexes exceeds the advising indices of the I-real. However, self-assessment indicators of moral motivation are practically not included in the area of dominant values. Meanwhile, there are different trends in the dynamics of the I-ideal and the I-real in men and women.

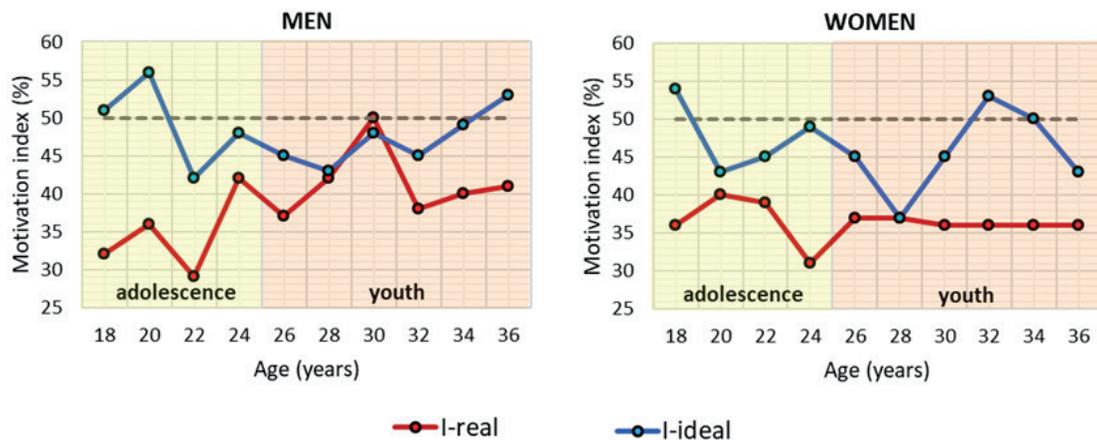


Fig. 2. Motivation of morality. Dynamics of the average indicators of the I-ideal and I-real index

As can be seen from Fig. 2. the female sample is characterized by the multidirectional dynamics of the I-ideal and I-real. Thus, in the period of late adolescence, the growth of the self-esteem index of moral motivation is combined with a drop in the index of the I-real and the maintenance of the latter at a consistently low level throughout the epoch of youth. At the same time, the values of the I-ideal coincide with the values of the I-real in the period of early youth. The self-assessment of the moral motivation index significantly exceeds the indicators of the I-real index in the female sample throughout the epoch of adolescence, as well as in the period of late youth.

A distinctive feature of the male sample is the coincidence of the direction of the dynamics of the I-ideal and I-real indices. Men are characterized by a tendency to decrease the trend of the I-ideal in the period of early youth, followed by an increase in the period of late youth with an increase in the trend of the I-real. Thus, in the middle of the epoch of youth, there is a positive trend in the index of moral motivation for both the I-ideal and the I-real. At the same time, in the male sample, the self-esteem of the moral motivation index significantly exceeds the indices of the I-real throughout the epoch of adolescence, as well as in the period of late youth.

Thus, based on the presented data, it can be concluded that in the period of early youth, both in men and women, the I-ideal corresponds more to the I-real than in other age periods. However,

if the male sample during this period is characterized by an increase in the trend of the I-ideal and I-real, then the female sample is distinguished by a consistently low level of the I-real with the undulating nature of the dynamics of the I-ideal.

Figure 3 shows the dynamics of the average indices of the I-ideal and I-real indices of reproductive motivation. In general, the self-assessment of the index of reproductive motivation in both men and women is lower than the corresponding I-real indices. In the era of youth, this type of motivation in both sexes is among the dominant types of motivation.

At the same time, men and women have different trends in the dynamics of the I-ideal and I-real indices. In the female sample, the self-esteem of the indices of reproductive motivation is significantly lower than the indices of the I-real. If men's self-esteem of reproductive motivation generally coincides with the I-real, then women's indicators of the I-real significantly exceed the self-esteem indicators for the entire age range under consideration. At the same time, the I-ideal is practically not included in the area of dominant values. In the male sample, the self-esteem of the indices of reproductive motivation is significantly lower than the corresponding indices of the I-real only in early youth.

Figure 4 shows graphs of the dynamics of the average indicators of the I-ideal and I-real indices of altruistic motivation for men and women.

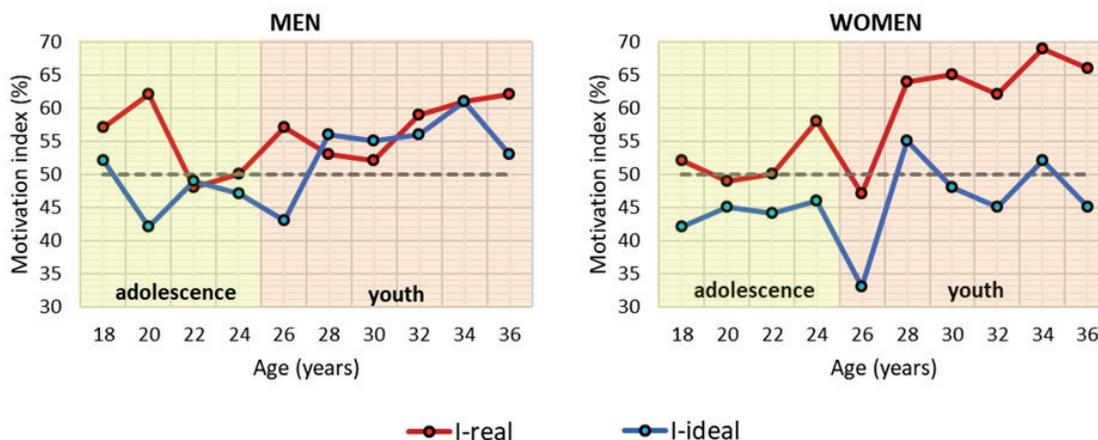


Fig. 3. Reproductive motivation. Dynamics of the average indicators of the I-ideal and I-real index

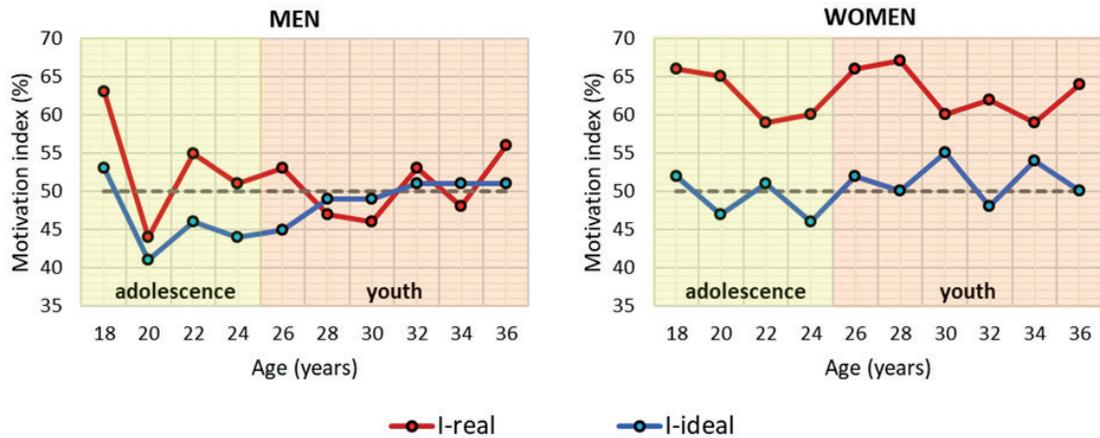


Fig. 4. Altruistic motivation. Dynamics of the average indicators of the I-ideal and I-real indices

In the female sample, the self-esteem of the indices of altruistic motivation is significantly lower than the indices of the I-real. While the self-esteem indices of this type of motivation are approaching the average level, the indices of the I-real are in the zone of dominant values, significantly exceeding this level. There is practically not such a trend in men. For them, the discrepancy between the indicators of the I-ideal and I-real is observed only in late adolescence, while the differences do not exceed 5 % and repeat the average values trend.

In the female sample, the self-esteem of the indices of this type of motivation is significantly lower than the indicators of the I-real throughout the studied age range. In contrast, in men, the indices of altruistic motivation of the I-ideal are significantly lower than the corresponding indices of the I-real only in late adolescence. With the onset of the epoch of youth, the indices of the I-ideal are equalize with the indices of the I-real, remaining at the level of average values.

So, the data obtained say that the desire to eliminate any manifestations of social inequality of the sexes, present in modern society, often de facto turn into the belittling of the natural biological role of women and a proposal of a male model of self-realization for both sexes. As a result, the unification of the social image model often leads to the rejection of procreation [15]. A woman is offered a model of behavior according to which she should give up childbearing for the sake of career growth and self-realization

[4: p. 62]. Thus, the declared attitudes of modern society exert more pressure on the self-esteem of women than men.

Conclusion

As a result of the study, significant differences in the ratio of the I-real and I-ideal in male and female samples were revealed. In the female sample, throughout the studied period, the self-esteem of the indices of motivation for self-realization and morality significantly exceeds the corresponding indices of the I-real. At the same time, the self-esteem of the indices of reproductive and altruistic motivation both in adolescence and in youth is significantly lower than these indices of the I-real.

In contrast, in the male sample, the self-esteem of most indices of sociocentric types of motivation has no significant differences with the indices of the I-real. The exception is the indicators of moral motivation in adolescence (17–24 years) and late youth (30–36 years). In these age ranges, the indices of the motivation of the morality of the I-ideal in men significantly exceed the corresponding indices of the I-real.

In general, the data obtained indicate a higher social pressure to which women's self-assessment of motivation in comparison with men's is subjected in adolescence and youth.

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