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**ABSTRACT**

for the degree of Doctor of Philosophy

**THE CONCEPT OF POLARITIES IN MODERN  
INTEGRATIVE MODELS OF PERSONALITY STRUCTURE**

**Specialty:** 6107.01 – “General psychology”

**Field of science:** Psychology

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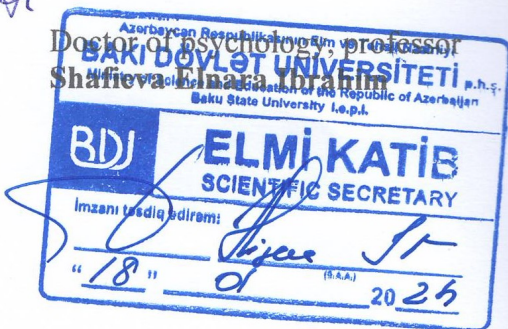
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## GENERAL CHARACTERISTICS OF DISSERTATION

**Relevance of the research topic.** One of the features limiting modern human science is the artificial division of the unity of the human being into a number of independent categories, endowed with different characteristics and names. If the philosophical traditions of the past used to divide a person into body, soul and spirit, then in modern literature a person is often considered based on social, economic, activity approach, political and other aspects. Such kind of approach splits the holistic essence into many facets, each of which is considered as a subject of study in a separate scientific discipline. It also provides a wealth of knowledge in areas that are difficult to reconcile with descriptions in other languages, research methods, and perspectives on the same subject. As a result, different areas of knowledge are perceived as independent of each other, and the picture of the world cannot be seen holistically.

Psychology, being a very young field of science, is constantly updated with new knowledge; in connection with this, its individual theoretical provisions are periodically revised. In addition, in modern psychology, in the field of studying human individuality, there is still no unified concept of its structure. One of the main tasks in psychology is considered to be the development of a model of the structure of personality that will consider a person as an integral entity, in the sense of its integrity and unity, in totality and the inextricable connection between all its elements and dimensions. One of the main criteria for the highest integration of a human being is the achievement of the unity of opposites of a very different order, and the most important of them – the unity of body and consciousness.

Theoretical research in the field of personality psychology has been carried out since the time when psychology did not yet exist as a field of science. Conventionally, there are three stages in the development of personality psychology.

The first stage is covering period starting from antiquity till the beginning of the 19th century and was named in history as the period of philosophy and literature. The main issues in personality psychology of the very period were questions concerning moral and social nature of human beings.

The second stage lasted beginning from the first decades of the 19th century and until the beginning of the 20th century when psychiatrists, along with philosophers, began to study the problems of personality psychology. In addition to diagnosing and treating mental illness, the client's life story and its relationship to his behavior were studied. In addition, general scientific conclusions about human nature were made.

From the first decades of the twentieth century, the third stage in the development of personality psychology begins. The study of personality was undertaken by psychology itself, which until that time had been primarily engaged in the study of cognitive processes and the human condition. The primary task of psychology of this period was the development of a reliable and valid method for studying the structure of personality.

In different historical periods, the study of personality structure was carried out by B.G.Ananyev, V.M.Bekhterev, L.I.Bozhovich, J.S.Bruner, L.S.Vigotski, K.Goodman, F.A.Ibragimbekhov, I.S.Kon, S.S.Korsakov, N.N.Lunge, A.N.Leontev, A.R.Luria, A.Maslou, K.Rogers, S.L.Rubinshtein, I.M.Sechenov, E.A.Sikorski, E.T.Sokolova, V.V.Stolin, A.G.Spirkin, D.N.Uznadze, A.S.Bayramov, R.I.Aliev and etc.

Scientific interest upon the above-mentioned problems is associated with the existence in scientific psychology of various, not correlated with each other, theoretical and methodological approaches to the structure of personality. When developing the research concept, the author took into account the historical continuity and interdisciplinary position of the concepts of “personality”, “integrated personality”, “polarity”, which made it possible to determine the topic of the study and its structure. The content assimilates the views of different scientists within the concept of polarities in the structure of personality and its components, presented at various levels.

**The object of the research:** integrative models of personality structure in psychology.

**The subject of the research:** the concept of polarity as a specificity of the systemic-structural approach in the study of personality structure models.

**The aim of the study** is to identify the features of the theoretical and methodological analysis of polarities in personality structure models based on the systemic-structural approach and form the author's point of view on the structure of the integrated personality, its essential features and levels of development.

Guided by the problem and purpose of the study, identifying its object and subject, the author set the following **goals**:

1. To consider the concept of “personality” and its structure within the framework of various theoretical approaches;

2. To consider the systemic-structural approach as a methodological basis for personality research, and integrative framework as the quality of systemic-structural models of personality and as a research methodology;

3. To determine the approaches of different psychological directions to the concept of polarities as a psychological category;

4. To substantiate the author's approach to the process of integrating polarities into models of logical levels, as an integrative model of personality structure, its essential features, structure and levels of development;

5. To choose methodological tool for conducting research;

6. To conduct a comparative analysis of the level of self-actualization, existential fulfillment and life-meaning orientations as criteria for holistic identity in two social groups: participants with higher education and who have undergone integrative training according to R. Dilts' model of logical levels; and for checking purposes – participants who have higher education, but have not completed the mentioned training;

7. To study of the correlation between the level of self-actualization of the individual and the level of existential fulfillment and indicators of life-meaning orientations;

8. Processing, analysis and interpretation of the obtained empirical data.

**The methodological basis** of the research is an integrative approach that assumes the systemic, holistic and hierarchical nature of the subject of research.

**Theoretical bases of research** are works that reflect general problems in the study of personality structure (O.S.Anisimov,

V.M.Bekhterev, L.S.Vigotski, A.A.Derkach, F.A.Ibragimbekhov, I.S.Kon, S.M.Madjiodva, G.Olport, A.Bandura, E.H.Erikson, S.Freud, W.James, G.Kelly, A.Maslou, H.Murray, K.Rogers, B.F.Skinner, L.Hjelle, D. Ziegler, A.S.Bayramov, R.I.Aliev, E.I.Shafiyeva); the concept of polarities as one of the central, system-forming, regulatory formations of the personality structure (Y.B.Gippenreiter, F.A.Ibragimbekov, E.A.Ivanova, N.M.Lebedeva, F.Perls, I.Polster, M.Polster and etc.); philosophical and psychological concepts of human beings (L.S.Vigotski, P.Y.Galperin, A.V.Zaporojech, A.N.Leontiev, A.R.Luria, S.L.Rubinshtein); research of the systemic properties of structural models of personality and the quality of research into the systemic properties of structural models of personality and the quality of integrability (R.Ackoff, V.G.Afanasev, V.D.Balin, B.Bodenhamer, V.I.Zalunin, I.N.Karichki, A.B.Leonova, A.N.Leontyev, V.S.Litavor, A.V.Michenkov, N.B.Elpidiforov, V.N.Panferov, M.Hall, G.P.Shedrovichki, R.Dilts, H.J.Eysenck, G.Jahoda)

**The methodological basis:** theoretical – method of theoretical reconstruction, analysis of scientific literature of different periods: psychological, philosophical, etc., generalization, conceptual modeling; empirical – survey method; interpretive – system-structural analysis of the results. And also:

1. Self-actualization test by E. Shostrom, adapted by Yu.E. Aleshina, L.Ya. Gozman, M.V. Zagika and M.V. Croz (SAT) (MSU named after M.V. Lomonosov. 1987.)<sup>1</sup>

2. Existence scale by A. Langlais.<sup>2</sup>

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<sup>1</sup> Олпорт Г. Личность в психологии. / Олпорт Г. М – 2009; Фетискин Н.П., Козлов В.В., Мануйлов Г.М. Социально-психологическая диагностика развития личности и малых групп. – М., 2002., с. 426-433.

<sup>2</sup> Кривцова С.В., Лэнгле А., Орглер К. / Шкала экзистенции (Existenzskala) // А. Лэнгле и К. Орглер. –2009; Майнина И.Н. Адаптация Шкалы экзистенции А. Лэнгле, К. Орглер к русскоязычной выборке: дипломная работа. – М./ Майнина И.Н. МГУ, – 2007;

3. Test of life-meaning orientations (Purpose-in-Life Test, PIL) by James Crumbo and Leonard Maholik, adapted by K. Muzdybaev and D.A. Leontyev.<sup>3</sup>

**Research hypotheses:**

- the process of integration of polarities in the personality structure is expressed in the growth of its self-actualization, existential fulfillment and the formation of a holistic identity;

- there is a connection between the development of the process of self-actualization of the individual and the growth of a sense of existential fulfillment and the growth of the level of life-meaning orientations.

The scientific novelty of the research are reflected in the following **new scientific provisions:**

- The basis for studying the concept of polarities in integrative models of personality is a systemic-structural approach.

- The conflict of polarities in the personality structure in global scientific psychology is recognized as one of the most universal neurotic mechanisms. It is a reflection of a more general mental mechanism – ambivalence, which in turn, based on one of the fundamental laws of the existence of nature as a whole – the law of dialectical unity and the struggle of opposites.

- The most functional models for describing the process of personality integration, as its movement towards integrity, in global psychology are integrative models of personality structure.

- It has been revealed that there is a general tendency towards an increase in self-actualization indicators with the development of integrative personal processes as a result of education and training.

- The indicator of self-actualization “Orientation in time” is positively correlated with the parameter (G-WERT) of existential fulfillment, although this correlation is weak. This same indicator has a weak feedback with OL – a summary indicator of the meaningfulness of life.

- It became clear that the level of autonomy and independence of the subject is the most significant factor influencing the degree of

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<sup>3</sup> Леонтьев Д.А. Тест смысло-жизненных ориентаций (СЖО). / Леонтьев Д.А. 2-е изд. – М.: Смысл, –2000. – с.18.

existential and semantic fulfillment of the integrated personality. It is also one of the important criteria for integration.

### **The scientific novelty of the study**

- based on an analysis of global research in personality psychology, the ambiguity of approaches of various schools and authors to the concept of polarities in the structure of personality, Polarity forms a dynamic system of internal conflict, the solution of which allows one to gain integrity and implement the process of self-actualization, has been revealed;

- various models of the concept of polarities in personality theories are highlighted, general ideas and specific features in the approaches of different scientists are analyzed;

- the author's approach to the concept of polarities in the structure of personality is formulated and explained, integrating methodological principles for studying its structure, essential features, and levels of development;

- In the dissertation research, new empirical data were obtained on the level of self-actualization of representatives of the Azerbaijani intelligentsia. For the first time in the Republic of Azerbaijan, a study was conducted on the dynamics of the development of the level of self-actualization among people with higher education who underwent polarity integration training according to the logical levels model.

**Theoretical and practical importance of research.** The conducted research indicates that the concept of polarities has been partially developed in modern models of personality structure. The results of the study indicate the possibility of considering multi-level approaches in the field of studying polarities in integrative models of personality structure, in their interrelation and systematicity. This, in turn, allows us to identify an increasingly holistic picture of the structure of a human being. As a result, the author's model of the concept of polarities in the personality structure was identified and methodological recommendations were compiled for a practical course on the topic under study. The results of the study can be used by psychologists, philosophers, teachers, sociologists and other specialists.

**Approval and implementation of research results.** The process of this dissertation research was accompanied by the



publication of scientific articles by the author, her participation in regional and international scientific and practical conferences.

**The institution where the dissertation work was performed.** The dissertation was performed and discussed at the “Odlar Yurdu” University, Department of Psychology, Pedagogy and Social Sciences.

**Structure of dissertation.** The dissertation consists of Introduction – 7 pg., 4 chapters (1 chapter – 28 pg., 2 chapter – 25 pg., 3 chapter – 27 pg., 4 chapter – 33 pg.) conclusion – 7 pg., and the list of bibliography – 11 pg. annexes – 28 pages, in over all covering 186.500 characters.

## CONTENT OF WORK

The introduction substantiates the relevance of the problem, the degree of its development, defines the goals and objectives, the object and subject of the study, research hypotheses, methodology, scientific novelty, theoretical and practical significance of the study, and presents the provisions put forward for defense.

The first chapter of the thesis is entitled “**Methodological foundations for studying the structure of “personality” within the framework of various theoretical approaches**”, and consists of four paragraphs.

**The first paragraph** analyzes “**The concept of “personality” and its structure within the framework of various theoretical approaches**” analyzes the definition of personality and its structure by representatives of the main scientific approaches in psychology.

Construction of a structural model of human mental organization is the most important requirement for the development of psychological science. At the present stage of development of psychology, there are several different definitions of personality. Important aspects of these definitions are the forms of behavior being studied and the specific methods that this branch of psychology applies.

This paragraph reveals the essence of the term “personality theory” and examines its main structural components using the example of various theoretical directions.

Each of the personality theories developed in psychology has its own view of human nature, but none of them corresponds exactly to what a human being actually is. And then the criterion for assessing the scientific and practical value of a particular theory or model of personality becomes its effectiveness in explaining the causes of dysfunctional states and behavioral disorders, as well as in the selection of functional and environmentally friendly means of therapeutic intervention. The possibility of applying objective criteria to evaluate the theory under study makes this process truly scientific.

**The second paragraph** of the first chapter, **“The systemic-structural approach and its principles in the study of personality structure in psychology”** defines the systemic-structural approach as a methodology of scientific knowledge.

The systems approach is a direction in the methodology of science and social practice, which is based on the study of objects as systems. This approach, as a set of general scientific methodological principles, can form the methodological basis for the study of personality as an open system. With this approach, a new opportunity opens up to consider the structure of the psyche as a multi-level system, to reveal the process of formation of the structure of the psyche itself, and to establish the main factors of its formation.

To understand and reveal the nature and essence of the psyche as a complex systemic phenomenon, the research work uses the concept developed by V.G.Afanasyev, in which the author identified a number of interrelated aspects that in their own unity constitute a systematic approach.

**The third paragraph** of the first chapter **“Integrity as a systemic criterion of personality structure”**.

Until now, there are different interpretations of the systemic-structural and integrative approaches as methodological concepts. Some authors, for example, V.G.Afanasyev, defines integrativeness as one of the aspects of the systems approach. Other researchers, for example, M.S.Pak considers systemic-structural and integrative characteristics as different methodological approaches.

The main condition for the successful functioning and development of the system is the integrative structure of the relationships between its elements. In this context, by integration we

understand the process of rapprochement, mutual adaptation, and combining parts into one whole. The systemic-integrative aspect of the systems approach, according to V.G.Afanasyev, is focused on identifying systemic factors – those mechanisms that ensure the preservation of the qualitative and functional characteristics of the system and its development.

V.G.Afanasyev calls the material unity of the world the most general, universal basis for systematicity. It is the need to understand the human being as an integrative entity that dictates the efforts to develop and study integrative and systemic-structural models of personality that are being undertaken at the present stage of development of theoretical and practical psychology.

In modern world psychology, two interdependent tasks have clearly emerged – the need to integrate different areas of psychological knowledge and the need to study a human as an integrative entity. The solution to both problems within the framework of an integrative approach can be provided by a structural model of human mental organization.

**The fourth paragraph** of the first chapter, “**Modeling as the main method for studying the structure of personality in the systemic-structural approach**” discusses modeling as an integrative tool of the systemic-structural approach in its historical development.

The problem of constructing a structural model of a mental person is one of the key ones in the entire history of the development of psychology. The human psyche and psychology can be considered in the relationship between the unity of the internal structure and its external representation, while the essential characteristic of this alliance is integrity. Meanwhile, the study of the psyche, according to the systemic-structural approach as a methodology of scientific knowledge, is possible only by analyzing its structural components. This process dictates the need to create a holistic construct of a person’s mental organization. At the same time, the proposed construct is in the nature of an epistemological model and is intended to solve the problem of realizing the knowledge of the human psyche by analyzing his activities in different aspects of reality. Psychology sets itself the task of exploring and understanding the patterns of mental activity, which is basically unconscious. According to

A.Brudny, understanding is considered as interaction with some object, as a result of which a working model of this object is recreated: to understand means to assemble a working model.

Structural models of the psyche serve the task of maximally identical description of this integrity in all the diversity of its individual manifestations.

**The second chapter, “The concept of polarities in scientific and practical psychology”** includes three paragraphs.

**The first paragraph, “The psychophysiological problem as the central problem of scientific psychology”** reveals the essence of the psychophysiological problem as a question about the active interaction of two polar substances – the human psyche and body. The search for an answer to this question was relevant already in the ancient period. In the history of scientific knowledge, the problem of the relationship between physiological and mental processes was called a psychophysical problem, and with the beginning of the development of psychology as a science (late 19th century) – a psychophysiological problem.

And, although due to its complexity, this problem was never completely solved, in the process of development of scientific psychology two concepts for its solution were proposed: the principle of psychophysical interaction and the principle of psychophysical parallelism.

The author of the principle of psychophysical interaction was the French philosopher R.Descartes (1596-1650). Having isolated the concept of consciousness from the broader concept of the mental, Descartes at the same time contrasts it in his radical dualism with the body, defining them as independent substances. According to his theory, physiological processes directly affect mental ones, and mental processes directly affect physiological ones. However, due to the difficulties of substantiating this concept, it was overly simplified and reduced to the principle of material interactions, thereby excluding higher mental processes from the field of its research.

The second classical concept for solving a psychophysiological problem is the principle of psychophysical parallelism, which states that physiological and mental processes proceed independently of each other, as if in parallel. At the origins of the birth of scientific

psychology, this concept was adhered to by W.Wundt (1832-1920). Moreover, all theories of psychophysical parallelism fit into two models – a dualistic one, which affirms the independent essence of each of the two principles – spiritual and material, and a monistic one, which describes both of these principles as two sides of one process. The main disadvantage of this concept is the denial of the function of the psyche as an organic part of the conscious process, and assigning it the role of either an additional or a side phenomenon. The result of this misconception was the reduction of all human life activity to purely physiological and automatic processes.

**The second paragraph** of the second chapter is called “**The concept of polarities in various theoretical approaches and practical directions**”.

This paragraph defines the concept of polarity as a universal neurotic mechanism and a reflection of a more general mental mechanism – ambivalence. The phenomenon of polarity is not something unique to human beings. It is a reflection of one of the fundamental laws of the existence of nature as a whole – the law of dialectical unity and the struggle of opposites, ideas about which already existed in ancient philosophy. The phenomenon of polarity forms the basis of any intrapsychic conflict and manifests itself in various intrapersonal oppositions.

In the same paragraph, the most popular theoretical approaches and directions of practical psychology are examined for the presence of the concept of polarities in the model of personality structure developed by it.

**The third paragraph** of the second chapter, “**Integration of polarities as a tendency towards personality integrity**” discusses integrative mechanisms that, along with the polar concept, are present in each of the previously discussed models of personality structure.

The movement of the human being towards integrity is the main tendency of evolution, both of the individual and of all humanity. Scientific and practical psychology describes this tendency in terms of the integration of polarities. The development of the concept of a human as an integrated entity can be traced throughout the history of psychology.

Scientific psychology sees the solution to a psychophysiological problem in the synthesis of ideas put forward by scientists in different fields of science at different times. The essence of this solution is that the physiological and psychic are seen as two different sides of a single material process. However, to define it more accurately, it is necessary to understand that there are many more parties to this process than is described by the psychophysiological problem. Physiological and psychic processes are just two aspects of the many components of the life process. Those “filters” that help highlight different aspects of this process are different methods of cognition, as well as different levels of description in the system of various sciences operating with units of different scales.

Each of the researchers of the structure and essence of the human being implements his/her own approach to the problem of polarities in the personality model he/she describes. For most models, the problem of polarities appears in the form of their conflict, while the model itself, as a rule, contains as a central aspect – the aspect of resolving this conflict.

**The third chapter** is called “**Modern integrative models of personality structure**”.

**The first paragraph** of the third chapter “**Robert Dilts’s system of logical levels as an integrative model of modern ideas of cognitive psychology about the structure of personality**”, introduces us to two modern integrative models of personality structure – a structural model of mental organization, developed by doctor of psychology, professor V.N.Panferov and model of logical levels used in structural psychosomatics.

General psychology, which describes the psyche in the form of a set of individual concepts about mental processes, conditions and properties, outside the specific subject of activity in its specific forms, dismembers the holistic mental organization of a person. Integrity, as a property of systemic-structural models, makes it possible to reflect the functionality of its mental organization as much as possible. According to the systemic-structural approach, each structural component of the psyche, as an element of the system, is always equal to the whole.

The first experience of an integral synthesis of the achievements of experimental psychology in the paradigm of the integrity of the human psyche on the territory of the post-Soviet space can be called the concept of sensitivity or general sensitivity developed by employees of the Institute of Psychology of the Russian State Pedagogical University named after. A.I. Herzen. By studying mental processes in the unity of their manifestations, in the interaction of the individual with objective and subjective reality, Ananyev made it possible to form a systemic-structural view of mental phenomena – not as static and autonomous, but as dynamic elements of the holistic psyche.

These ideas were developed by V.N.Panferov in thesis about the existence of several vectors of interaction in which the mental potential of a person is realized and five classes of mental formations corresponding to the vectors he named. In addition to solving the problem of integrating disparate scientific concepts, the model of the structural organization of the psyche allows us to get closer to solving the problem of integrating the theory and practice of psychology, since, relying on it, it is possible to study and interpret the mechanisms of human mental activity that ensure its interaction with various aspects of objective and subjective reality.

To understand the internal logic of the structure of a dynamic system called personality, structural psychosomatics as a universal methodology of anthropology is of great interest. New studies propose to consider it as a method of a systemic-structural approach in psychology. The basis of the methodology of structural psychosomatics is the structural analysis of the human being.

The experience of using the proposed models to solve a wide range of theoretical and practical problems demonstrates their high degree of relevance to the content of modern psychological knowledge and heuristics for solving a variety of theoretical, methodological and practical problems that are relevant today for psychological science.

**The second paragraph** of the third chapter is called **“Reflection of the process of higher integration of personality in system-structural models”**.

Of the three directions of theoretical psychology – psychoanalysis, behaviorism and humanistic psychology, only the

humanistic direction understands the nature of the human being as a highly conscious and intelligent entity, the creator of his own life, possessing freedom of choice. The core zone of personality, although represented by its different concepts, is always present in one way or another in integrative models, as well as the property of hierarchical levels of reflection and response, in many aspects of its structure.

The concept of "integrativeness" is inextricably linked with the concept of "polarities," and the process of integration itself presupposes their neutralization or, rather, assimilation, when polarities do not simply disappear without a trace from the structure of the personality, but, on the contrary, can be maximally represented in it, but are, at the same time, in complete balance, not in conflict.

The highest level of integration is the level of the core of personality, the projection of the Absolute. It contains all the poles and opposites in an unmanifested form. This is the zone of higher analysis, integration and volition, the level of self-knowledge.

The third paragraph of the third chapter, "**The author's approach to the model of a system of logical levels**" presents the author's vision of the structure of the model of logical levels and the integrative processes implemented in it.

The model of logical levels of consciousness can be represented as a strategy of life and activity, which determines the formation and development of the individual, and also allows one to identify its internal problems and resources for resolving them. In this sense it is universal. The model of logical levels, as a theoretical equivalent of the phenomenon under the very research – personality structure, is described from the point of view of a systemic-structural approach, the leading quality of which is the quality of integrativeness.

The process of integration is the path to the integrity of the human being. The author's model identifies the following stages of integration, which can be described in accordance with structural layers: 1) manifestations of personality; 2) the personality itself and 3) the core of the personality. True integration is possible only at the highest logical levels, in the nuclear zone of the personality. The presence of the center of awareness at these levels indicates that the process of integration is unfolding and is being realized at all personal levels.



**The fourth chapter, “Empirical Research”** is devoted to the description, analysis and interpretation of the scientific research conducted by the author.

**The first paragraph** of the fourth chapter, **“Description of the techniques and statistical methods used in the work”** describes the techniques used in the research process. Three methods were used in this research study, to identify the self-actualization of the individual, its existential and semantic fulfillment: E.Shostrom’s Self-Actualization Test, the Existence Scale and the Test of Meaningful Orientations in Life.

**The second paragraph** of the fourth chapter is titled **“Organization and procedure for conducting research.”**

Processing of the research results was carried out in several stages: 1) at the first stage, descriptive statistics of the sample recruited by the author was carried out, both as a whole and for groups separately; 2) at the second stage, the interpretation of the results obtained according to the methods used was carried out; 3) at the third, final stage of the study, statistical processing of the results obtained was carried out, as well as confirmation or refutation of the hypotheses put forward by the author.

Two groups of respondents took part in the study. Our sample was divided into two groups compared with each other according to socio-psychological characteristics.

In order to implement the experiment, a training was held, during which the participants of the first group became familiar with R.Dilts’ model of logical levels. The training materials were compiled using elements of NLP, the Gestalt approach and structural psychosomatics. Among others, the NLP technique was used, which identifies internal conflicts of one context – horizontally, and the technique that reveals the basic structural conflict – between the core zone of the personality and the peripheral zones of personality manifestation – vertically. The empirical study consisted of comparing indicators of self-actualization of personality, existence and life-meaning orientations among persons with higher education who underwent training, and among persons with higher education working in a scientific environment who did not undergo training.

2 months after completion of the training (time to integrate experience), a survey was conducted among the participants using the methods described above.

**Paragraph three** of the fourth chapter is called “**Presentation of results and their statistical processing**”. Due to the need to establish statistical reliability, the processing of the obtained data was carried out using the standard MS Excel statistical function package and IBM SPSS Statistics data processing. The obtained empirical material was processed using correlation analysis.

In the Self-Actualization Test, differences were revealed in the average scores for the two study groups – laboratory (main) and control – on all scales. At the same time, the indicators of the main group exceed those of the control group. On the main scales – “Time Orientation” and “Support”, the difference in scores is 3 and 8.67, respectively. On other scales this difference ranges from 1 to 5 points.

On the “Time Orientation” scale, the indicators of the main group varied from 8 – minimum to 12 – maximum. At the same time, with a general tendency in the control group towards indicators ranging from 3 to 9 points, one of the indicators exceeded the maximum value of the control group and amounted to 15 points.

On the “Support” scale, the indicators of the main group range from 32 (single case) to 60 (several persons). While the same indicator for the control group is in the range of 35-62 points (single case). However, in this case, the gap in the performance of both groups is not critical. (Table 1)

**Table 1**  
*Self-actualization test (average scores)*

<i>Group /Scale</i>		<i>Main</i>	<i>Control</i>
<i>1</i>	Time orientation	9,92	6,92
<i>2</i>	Support	53,25	44,58
<i>3</i>	Value orientation	12,83	11,25
<i>4</i>	Flexibility of behavior	15,17	9,92
<i>5</i>	Sensitivity	7,83	5,42
<i>6</i>	Spontaneity	8,33	5,83
<i>7</i>	Self-esteem	11,75	8,67

<b>8</b>	Self-acceptance	14,08	10,92
<b>9</b>	Understanding of human nature	6,33	5,58
<b>10</b>	Synergy	4,25	3,33
<b>11</b>	Acceptance of aggression	8,58	7,50
<b>12</b>	Contiguity	12,33	9,92
<b>13</b>	Cognitive needs	6,50	4,67
<b>14</b>	Creativity	8,17	6,25

Thus, there is a general tendency towards an increase in self-actualization indicators with the development of integrative personal processes as a result of education and training.

According to the “Existence Scale” questionnaire, the overall average indicator of existential fulfillment (G-WERT) in the main group exceeds the same indicator in the control group. However, both are below average. Some G-WERT indicators of the main group, although lower, are close to the average (216) and only one of them is low (157). Similar indicators of the control group, although lower than the same indicators of the main group, are also close to the average. (Table 2)

**Table 2**  
*Existence scale (average scores)*

<i>Group/scale</i>		<i>Main</i>	<i>Control</i>
<b>1</b>	<b><i>SD</i></b>	30,92	30,25
<b>2</b>	<b><i>ST</i></b>	60,58	58,67
<b>3</b>	<b><i>F</i></b>	42,08	41,83
<b>4</b>	<b><i>V</i></b>	52,50	52,25
<b>5</b>	<b><i>P</i></b>	91,50	88,92
<b>6</b>	<b><i>E</i></b>	94,58	94,08
<b>7</b>	<b><i>G</i></b>	186,08	183,00

All indicators of the test of life-meaningful orientations, including of the general, main group exceed similar indicators in the control group. This indicates that respondents who completed the

training have a more meaningful life, are better aware of their goals and are more independent in managing their lives. (Table 3)

**Table 3**  
*Test of life-meaning orientations (average scores)*

Group/scale		Main	Control
<i>1</i>	<i>Goals</i>	37,50	32,42
<i>2</i>	<i>Process</i>	32,33	27,25
<i>3</i>	<i>Result</i>	28,00	24,58
<i>4</i>	<i>LC-me</i>	23,25	21,08
<i>5</i>	<i>LC-life</i>	32,92	26,75
<i>6</i>	<i>General indicator LO</i>	115,58	97,33

After all the above-mentioned procedures, data from MS Excel was transferred to IBM SPSS Statistics in order to find out the relationship between the parameters, the differences in which were studied in our study. To conduct correlation analysis, Spearman's correlation coefficient was used. The obtained data on self-actualization – “Orientation in time” and “Support” were selected as parameters, as one of the most important indicators of intrapersonal integrative processes, as well as the total indicator of existential fulfillment (G-WERT).

A statistical study of the data revealed that the self-actualization indicator “Time Orientation” is positively correlated with the parameter (G-WERT) of existential fulfillment, although this correlation is weak. This same indicator has weak feedback with LO – a summary indicator of the meaningfulness of life. (Table 4; Table 5)

The self-actualization indicator “Support”, which measures the degree of independence of the person’s values and behavior from external influences, has a moderate direct relationship with the total indicator of existential fulfillment (G-WERT). It also has a strong direct relationship with the total indicator of the semantic fullness of life LO. (Table 6)

**Table 4**  
*Total indicator of existential fulfillment*

<i>Indicator "Orientation in time"</i>	<i>"G" indicator</i>	<i>Rank "Time Orientation"</i>	<i>Rank "G"</i>
8	213	2	11
12	203	11	9
10	194	7	8
10	206	7	10
12	125	11	1
8	173	2	3
10	180	7	4
11	184	9	5
9	157	4,5	2
9	193	4,5	7
8	186	2	6
12	219	11	12
<p><b>Correlation coefficient = 0,12</b>  <i>Weak and direct relationship</i>  <i>between the "Orientation in time" and "G" indicators</i></p>			

**Table 5**  
*Total indicator of the test of life-meaning orientations*

<i>Indicator "Orientation in time"</i>	<i>Indicator "LO"</i>	<i>Rank "Time Orientation"</i>	<i>Rank "LO"</i>
8	121	2	10
12	114	11	5,5
10	114	7	5,5
10	115	7	8
12	107	11	4
8	101	2	3
10	115	7	8
11	97	9	2
9	87	4,5	1

9	115	4,5	8
8	124	2	11
12	177	11	12
<b>Correlation coefficient = -0,068</b> <i>Weak and inverse relationship between the "Orientation in time" and "LO" indicators</i>			

This fact allows us to conclude that it is the level of autonomy and independence of the subject that is the most significant factor influencing the degree of existential and semantic fulfillment of the integrated personality. It is also one of the important criteria for integration.

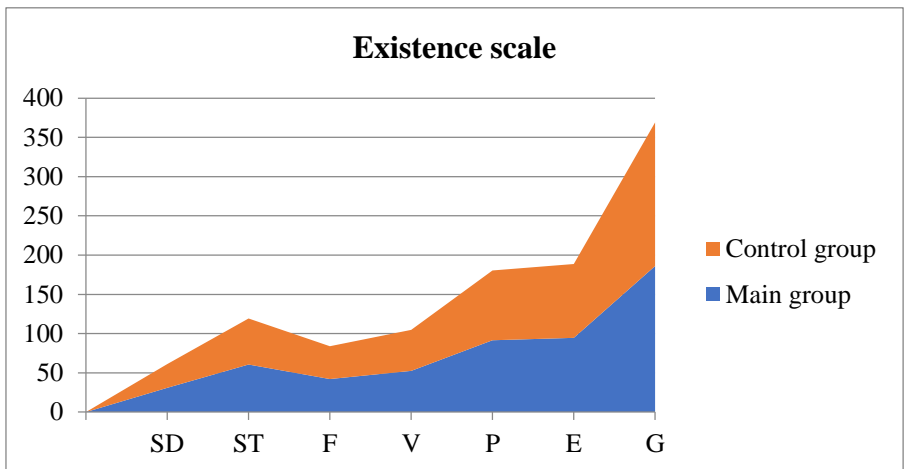
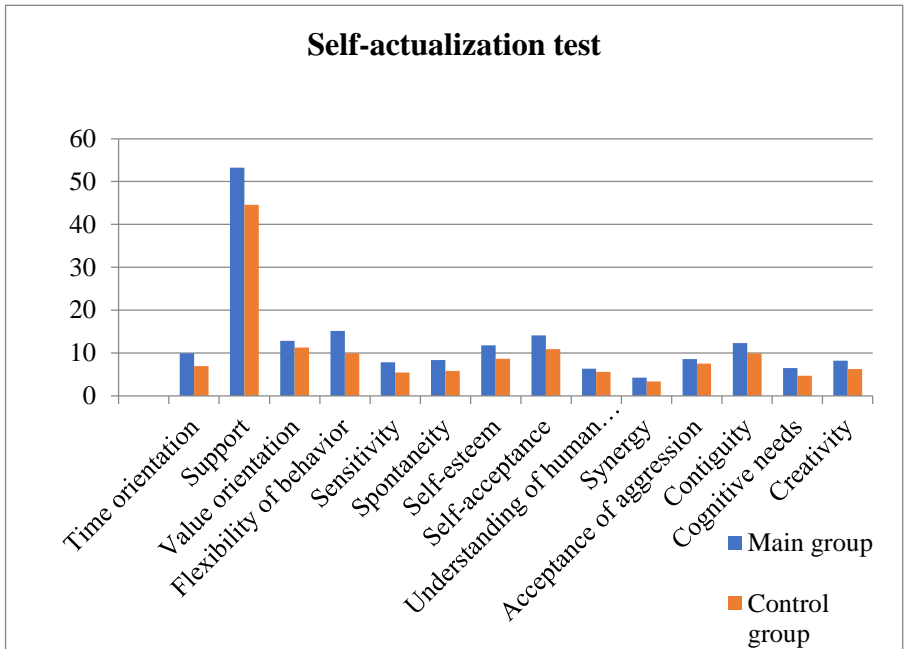
**Table 6**  
*Total indicator of existential fulfillment*

<i>"Support" indicator</i>	<i>"G" indicator</i>	<i>Rank "Support"</i>	<i>Rank "G"</i>
57	213	6,5	11
60	203	11	9
57	194	6,5	8
56	206	4,5	10
56	125	4,5	1
42	173	2,5	3
59	180	9	4
42	184	2,5	5
32	157	1	2
60	193	11	7
58	186	8	6
60	219	11	12
<b>Correlation coefficient = 0,57</b> <i>Moderate and direct relationship between the "Support" and "G" indicators</i>			

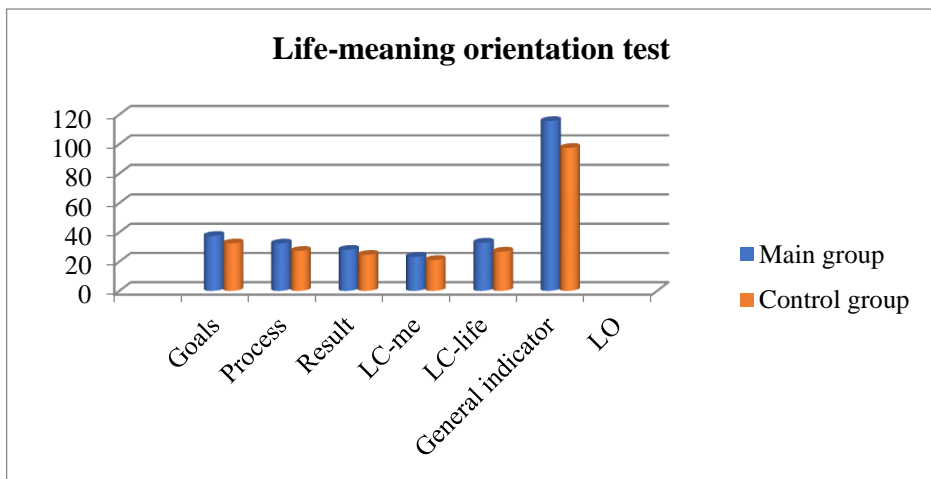
At the third stage, we calculated the average total scores for each method for each of the 2 study groups and constructed graphs that made it possible to trace the dynamics of changes in the general level of self-actualization of the individual, existential and semantic

fulfillment, due to the integrative processes unfolding in the personality structure. (Figures 1; 2; 3).

**Figure 1**



**Figure 2**



**Figure 3**

Thus, our data show that there is a connection between the development of the process of self-actualization of the individual and the growth of a sense of existential fulfillment, as well as the growth of the level of life-meaning orientations.

**The main scientific conclusions driven from the research are as follows:**

1. The basis for studying the concept of polarities in integrative models of personality is a systemic-structural approach.

2. Two equal approaches to understanding integrativeness are explored - as a methodology and as a systemic quality, which imply not exclusion, but complementarity of alternative approaches. The characteristics of the methodology of integral synthesis are given, which makes it possible to describe the model of the mental organization of a person as an integral construct, which has also become a tool for interdisciplinary, as well as, interdisciplinary synthesis of knowledge from different human sciences.

3. The modeling method is characterized as a tool of modern general scientific principles of systemic-structural and integrative approaches, which are an intermediate link between philosophical methodology and specific methods of individual sciences. Modeling



the psyche based on structural analysis allows us to study it to the fullest extent.

4. The history of the existence of the psychophysiological problem as the central problem of the conflict of polarities in anthropology, philosophy and psychology is explored. Two approaches are implemented - psychophysiological parallelism and psychophysiological identity, as ways to resolve it. The relevance of this problem today has been proven. The ways and directions of its resolution are determined - an integrative model of the structure of a human being, the methodological basis of which is a systemic-structural approach based on the paradigm of the unity of the Universe, which contains in its structure an algorithm for resolving the basic essential conflict.

5. The position on the recognition of all directions of world scientific psychology of the conflict of polarities as one of the most universal neurotic mechanisms has not been confirmed. Although in the concept of each of the directions it is possible to highlight the contradiction of polarities, which means that indirectly they all recognize this conflict as a neurotic mechanism, but each direction has its own concept of neurosis, which is not always based specifically on the conflict of polarities in the personality structure.

6. This study of psychological, philosophical and other literature made it possible to identify and characterize the following aspects of the concept of polarities, fragmentarily presented in various schools of psychological thought:

- as a dynamic configuration of processes of ongoing internal conflict between unconscious needs and drives, and internal inhibitions – in the psychodynamic theory of personality;

- two main directions, or life attitudes, as polar ones – in the analytical theory of personality;

- psychosocial crises, as a consequence of the contradiction between two polarities, appearing in the form of a certain level of psychological maturity of the individual, on the one hand, and on the other, the increasing social demands placed on person by society at this stage – in the epigenetic theory of maturation;

- the conflict between two vital trends: the desire for freedom from harsh social, political, economic and religious restrictions on the

one hand, and on the other, the need for security and a sense of belonging to society – in humanistic theory;

- polar strategies of interpersonal relationships, formed as a response to unresolved contradictions between parent and child – in the sociocultural theory of personality;

- low freedom of activity and high value for need – in the social studies theory;

- neurosis is characterized as a conflict between a person's social and biological needs – in the Gestalt psychology;

- understanding and explaining the bipolar construct of personality, giving a person an infinite number of opportunities to understand and interpret the phenomena of reality – in the theory of constructive alternativality.

7. Analysis of theoretical approaches to the phenomenon of conflict of polarities made it possible to define the integration of polarities as a concept of holistic personality development. Moreover, each of the above-mentioned models has an integrating component in its structure.

8. The functionality and effectiveness of integrative models of personality structure for describing the process of its integration and movement towards integrity has been confirmed.

9. There is a basic – essential conflict and its manifestations at peripheral levels. The criteria and levels of the basic conflict of polarities in the model of logical levels as an integrative model of personality structure are determined. The polarities of the essential conflict are, on the one hand, the will of the core of the personality; on the other hand, its peripheral manifestations. At peripheral levels, this conflict manifests itself in opposite trends. At the level of the environment - in basic incongruities - starting from an imbalance in the structure of the body, ending with a discrepancy in the details of clothing and destruction in the surrounding space; at the level of behavior - uncontrollable patterns of behavior and inconsistency between external manifestations and internal states; at the level of skills and abilities - destructive forms of interpersonal and social interaction or their absence, as well as ambivalent emotional states and bodily sensations; at the level of beliefs and values - the essential

conflict is manifested by opposing beliefs and a violation of the hierarchy of values.

All of the above-described signs are markers of a deep-seated essential conflict - the loss of a person's connection with its essential core, which manifests itself in an identity crisis.

10. What is common to different approaches, regardless of the specific scientific concept of personality, is the identification of the phenomenon of polarities and the integrative mechanism in its structure.

11. The specificity in the views of various directions and authors on the phenomenon of polarities in the structure of personality and the processes of its integration is reflected in the fact that different aspects of personality and the forms of its manifestations are studied as basic ones.

12. As a result of integrative work with the studied material, the author's model of the concept of polarities is presented in the integrative model of personality structure, which reconstructs the knowledge about it described in scientific psychology and constructs its new properties.

**The following scientific works were published by the author in connection with dissertation research:**

1. Мустафаева, М.А. Особенности использования системной модели SCORE в психологическом консультировании для диагностики и коррекции патологической стратегии // – Bakı: Odlar Yurdu Universitetinin Elmi və Pedaqoji Xəbərləri, Tibb, biologiya və psixologiya elmləri bölməsi, – 2018. №49, – s. 224-229.

URL: [https://oyu.edu.az/uploads/journals/oyu.edu.az\\_1654119201.pdf](https://oyu.edu.az/uploads/journals/oyu.edu.az_1654119201.pdf)

2. Мустафаева, М.А. Технология работы с метафорическими ассоциативными картами в терапии чувства обиды / М.А.Мустафаева, Н.Р.Красовская, Р.Ф.Ибрагимбекова // Научный журнал «Инновации в науке», раздел «Психология», – Новосибирск: АНС «СибАК», – 2019. № 2 (90), с. 23-29.

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URL: [http://psixologiyajurnali.az/content\\_files/psixologiya\\_2019-2.pdf](http://psixologiyajurnali.az/content_files/psixologiya_2019-2.pdf)

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URL: <https://dialnet.unirioja.es/servlet/articulo?codigo=8212843>

6. Мустафаева, М.А. Особенности использования системной модели SCORE в психологическом консультировании для диагностики и коррекции патологической стратегии // “Müasir dövrdə Heydər Əliyev dövlətçilik modeli: reallıqlar və faktlar” mövzusunda beynəlxalq elmi-praktiki konfrans. Bakı: Odlar Yurdu Universiteti, 8 may 2018-ci il. – s. 149-152

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URL: <https://elibrary.ru/item.asp?id=36738472>

8. Мустафаева, М.А. Интегративность как методологический подход и как системное качество // Azərbaycan Respublikasının Prezidenti cənab İlham Əliyev və milli vətənpərvərliyə həsr olunmuş “Müasir təhsilin məzmununda milli-mənəvi və ümumbəşəri dəyərlər” mövzusunda Respublika elmi konfransı, – Bakı: 4-5 may 2021-ci il, – s. 147-155.

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