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## **Theoretical analysis of approaches to self-regulation**

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**Abstract:** This article enlightens the issues of the relevance of self-regulation in the life of each individual, both in past centuries and at the present time, the role in the formation of a mature personality as a whole.

**Keywords:** self-regulation, psycho-emotional state, internal state, external influences, influence, human soul, abilities, personality, nomological direction, scientific approaches, structural and functional approach, integrity.

Self-regulation is the control of one's psycho-emotional state, which is achieved by influencing one's self through the power of words, mental images, muscle tone control and breathing. Activation effect (increased psychophysiological reactivity). That is, it is what keeps the inner state of a person stable under external influences and influences.

The treatise of Aristotle «About the soul» is the main source of judgments of the time about various psychic phenomena. According to Aristotle, it is the soul that animates the body, and only the soul defines the purpose of the activity of the living body in all its working life forces. It is one according to the external reasons that allows the body to carry out a certain type of activity, embedded in the body for the purpose of development, when the plant seeks to be a plant, the animal being an animal. But they are together - body and soul - involved in the process of sensory cognition.

And this common ability potentially includes the perception of objects in the world around them, but only the soul is able to experience some movement of the inner mechanism that turns possibility into reality. That is, the soul is nothing but the organizing principle, source and way of regulating objectively observed human activity. «The soul is the cause of both the origin of movement, the purpose and the essence of animate bodies»[1]

According to Aristotle, who spoke about the existence of the human soul and its significance in life ,people are initially endowed with the capacity for self-regulation, the mechanism of which he describes, addressing the question of the interdependence of psychic manifestations from bodily processes: When the body seeks pleasure or displeasure, as if asserting or denying, or seeking to avoid something, it is the test of pleasure or displeasure that becomes the focal point of feelings directed towards good or evil as such. Avoidance and aspiration in action are also the essence of action, wherein the capacity of aspiration and avoidance do not differ from each other nor from the capacity of sensation, but their being is different and the essence is one» [2]

Aristotle was one of the first to view man as a person with a mind, guided not only by desires, but also by his own decisions, which he was able to control and realize.

That is, not as an "individual", but as a mature person.

Self-regulation of the personality, as «the capacity of a person to believe the beginning or abstain, to continue or complete any action, proportional not only to his desires, but also honed by the mind» [3]. Self-regulation was asserted by them as a mechanism for regulating the inner state of man, as a regulator of stability, despite the outside world or as a mechanism for processing the external in favor of its internal balance.

Therefore, the role of self-regulation in the life of each person is important, as a person is considered a person when he is intelligent and endowed with the ability to be responsible for his own actions and his own self.

Some research in the field of self-regulation psychology can be considered according to the multidisciplinary nomological direction. According to the studies of O.A.Konopkin and his structural and functional approach and the works of V.I.Morasonova on the concept of individual style, it is possible to characterize ,that self-regulation is a necessary part of human activity and its component.

O.A.Konopkin who spoke about self-regulation, the study of which consists of a system approach, as self-regulation is a system consisting of such parts as: hierarchy, integrity, interconnectedness with the environment and, naturally, structure.

O.A.Konopkin can distinguish some regulatory functions such as: programming, control, planning; to the psychic means the implementation of regulatory functions are allocated - operation and mental skills and skills; A specific source of information distinguishes self-identification.

According to V.I.Morasanova, according to the individual-style approach she considered, the subject of the psychology of self-regulation is integrative psychic processes and phenomena that ensure the integrity of the personality. And the style of self-regulation involves processes of planning, analysis and evaluation of their achievements and results of life.

According to the concept of A.O.Prokhorov self-regulation occurs in the process of ontogenesis of the person, which is influenced by the social environment, thus self-regulation occurs realization of the internal reserves of the person for the manifestations of the social environment.

The main components of the concept of regulation of states are the conscious image of the desired state, actualization of the corresponding motivation, reflection of the advanced state, the use of psychoregulatory means. A.O.Prokhorov highlights features of age and gender regulation in cognitive assessment of the situation, level of emotional regulation, in orientation of actions or states [4].

On the side of the system-activity concept, self-regulation is regarded as psychic activity, and as a psychological system.

L.G.Dickaya considers the features of the formation of psychic self-regulation as a holistic system of interaction of professional activity, extreme conditions of personality. In the triad "activity-state-personality" the personal principle is realized, therefore the system-forming determinant is the personal level. The functional state is the result of intersystem interaction in the triad in question. Degree of domination of volitional, emotional, involuntary and arbitrary psychophysiological, personal forms

of self-regulation depends on individual style of self-regulation and functional states [5].

Researching personal self-regulation L.P.Basov, V.A.Ivanikov, T.I.Shulga, A.V.Bykov, T.Kul define it as a volitional quality of personality. According to V.A.Ivanikov, personality manifests itself on the part of meaning formation at lack of motivation for any action.

By subjective-activity approach E.A.Sergienko considers self-regulation as a holistic system consisting of three subsystems, such as: emotional regulation, cognitive control and volitional control (control of actions) which are based on individuality, resulting in an individual pattern of self-regulation.

According to G.S.Nikiforova's research, self-control is an important part of self-regulation, as self-regulation cannot be carried out without control and order of further actions and positions.

In Eastern psychology, self-regulation is expressed as a result of meditative practice [6], which can be observed in the works and statements of R.Hong and M.Tana.

Thus, it should be noted that self-regulation is a matter of interdisciplinary nature, which proves once again how important is the self-regulation of the inner states of the personality on the influence of the external world, as well as the life activity of not only the individual, but also the society, as the person is an integral part of this society.

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