
THE PROBLEMS OF FORMING THE INNER PERSONAL CONFLICT AS A FACTOR WHICH INFLUENCES DECISION-MAKING

Helen Shynkarenko

Abstract: the article views examine the problems concerning with the sources of origin of unconscious the inner personal conflicts and the way the presence of this factor is reflected on the decision-making process by a person.

Keywords: conscious, unconscious, super conscious, inner personal conflict, complexes, self-abasement complex, decision-making.

Introduction

We can observe the constant forming of new directions, uniting different areas of scientific knowledge in our modern world. Researches who relate to the problem of decision-making belong to such directions. Decision-making is a central aspect on all levels of information organization by any person, body of men, systems as "person – machine". This complicated complex problem includes different aspects: somatic, psychological, cybernetic et al. Psychological aspects of the problem are bound up not only with role analysis but also deal with an unconscious sphere of a person.

This work examines some problems, concerning the source of origin of unconscious the inner personal conflicts and the way the presence of this factor is reflected on the decision-making process by a person.

Decision-making as a process of personality stereotypes reorganization

The most difficult, both conscious and unconscious inner personal decisions – are those which are accepted for in the conditions of time deficiency, on the one hand, and on the other hand – in the conditions of informational vagueness and antipathy, related both to external (social) and by internal (personal) factors. These decisions serve as the main criterion for person maturity, his/her willingness to account for his/her decision-making. We can relieve the difficulty of decision-making only in case if they (decisions) are made beforehand, but all of us know that during the process of vital functions it is not always possible. To make a decision means to "take away" the antagonisms of "matured" problem with which personality renounces to put up with in future. A necessity in its making arises when stereotyped, usual reaction on obtained information is impossible and a personality have to operate in a new fashion.

But such kind of alteration is a difficult nervous work, and sometimes, a real challenge for a man. Regularity of higher nervous activity knowledge discovered by I. P. Pavlov helps us to understand the cause of these difficulties. It is well known, there is a continuous systematized division of the irritable and brake states in the cerebral [brain] cortex which in conditions of reiterating circumstances are immobilized easier and more automated. That is why a dynamic stereotype appears. And its realization needs lesser consumption of nervous work. Sometimes it is very difficult to change set stereotype and to result in conformity with new circumstances, new requirements of life. Fixing certain experience and saving long time, dynamic stereotypes are inclined to strong retention. Formed in the process of everyday organism balancing with an environment, vital stereotypes make the basis of human personality, usually stable enough in a form and dynamic in maintenance.

If a dynamic stereotype is well immobilized, it is a sufficient conservative system. That is why its withdrawal and making new one is a difficult task for the nervous system, which may result in temporal disorder of higher nervous activity. Only a strong nervous fellow can pass such muster. And only such personality can cope with his own complexes, i.e. the group of correlated conscious and unconscious ideas and feelings which have a dynamic influence on person's behavior.

Complexes as a component of an unconscious psyche sphere

To understand the essence of complexes clearer, their influence on human activity, it is necessary to understand the comprehension of unconscious, conscious and superconscious, and also their roles in the personality psyche.

The offered model of personality, accepted in a psycho-analysis, is the co-operation of three levels, which are in the ratio. It is "It" (Id), i.e., a deep level of the unconscious drives, original reservoir of unconscious irrational psychical reactions and impulses, which are biological inherently. It is a basis of person activity, that psychical instance which governed by its law. «It» is a unique psychical energy source and follows only the principle of pleasure. Instincts belong to the unconscious sphere (food, sexual, self-defense and other), which cause unconscious desire, emotion, drive and later can get into the area of consciousness of a personality.

Consciousness (conscious – «Ego») unlike unconscious allows a man to accomplish higher control of his/her psychical processes and behavior, to direct the course of his/her psychical and evident activity to a proper direction and also to analyze his/her consciousness. It includes person attitude both to himself and to other people, in other words appears as consciousness.

And finally, "Super-Ego" is the inner personal conscience, i.e., the instance, which personity values and purposes of society.

A person realizes moderate part of psychical activity, other part remains unrealized. But the verge between conscious and unconscious is mobile. And with time a person can interpret his/her emotions and intuitive suppositions logically. Also he/she can understand the reasons of his/her rash doings. On the contrary, with automatism forming we can see their transition to the sphere of unconscious. Thus, in the case of unconscious acts of behavior a person gets necessary information from the outer world, but this information does not become aware, but it is processed and used at most different levels of the central nervous system.

The unconscious adding leads to loosing the work on consciousness and increasing person possibilities in scientific or artistic creation. We can observe it through reflexes, instincts, usual automated actions and norms (as far as a person masters them their realization go down). There are some things, the causes of which are not realized. These are: aspirations, feeling and doings; erroneous actions, expressive behavior, free associations, dreams, neurological sign reactions and fit of passion complexes.

According to Z. Freud, such manifestations are able to cause a permanent conflict between the levels of personality in one's mind, ("Super-Ego", "Ego", "Id"). That is why, to make the extenuation of tension and guilt, caused by such a conflict, a psyche created some protective mechanisms, called for "restrain, force out" unpleasant or forbidden ideas, desires, feelings, doings. Their removal is an autonomous procedure because this complex is unconscious. When it activates every person acts too emotional, a decision-making is influenced by unconscious person, because we react to not a relevant situation, but to all similar situations.

	Protective psychological mechanisms on the theory of psycho-analysis
Rationalization	pseudo-clever explanations of one's desires and doings, which in reality were caused by some reasons confession of which would threaten the loss of self-esteem
Ousting	avoidance of internal conflict dint of "cutting" the unacceptable reason or information from the consciousness
Forgetting	special case of displacement, which is concerned with forgetting of unpleasant information and intentions
Transfer	action substitution with the unavailable object for the actions with accessible one
Projection	unconscious ascription of your own feelings, desires, drawings to the other person, understanding their social inadmissibility
Regression	returning to the earlier developmental stage or to more primitive forms of conduct and thought
Substitution	protective mechanism, concerning with the action transferring from an inaccessible object to an accessible one
Denial	the process of elimination and ignoring of traumatizing perceptions of the external reality
Isolation/ estrangement	isolation and localization of the factors which traumatize a person in the consciousness

Information about bad or disgraceful acts of a person, "forbidden" desires and his/her traumatic emotional experience can be displaced to the unconscious region of psyche, and as a result unconscious complexes appear. These complexes are able to influence consciousness of a man, his emotional state and behavior. Also negative changes in physical and mental health of a person may appear.

That is why some personalities can't ground their doings logically because of their own complexes influence them greatly (people with complexes). In such a condition as this we can't talk about making adequate decisions by a person.

At first it appears in unconscious man in the embryonic form. Outwardly it results by way of whims, increased irritability, thoughtless acts, etc. In future, these complexes develop and involve a great region of psyche. This leads to the appearance of such serious states as: pathology of personality, neurosis, psychosomatic and mental diseases.

We can't see these psychical formations because they are invisible but experienced by emotions. Visually such complexes appear in the stereotyped patterns of behavior and formed not only by the strong traumatized emotional experience but also by the insignificant constantly repeated shocks. If the material of unconscious complex is affected at emotional or values levels, then all unconscious intercommunications and provoked by them incongruous behaviour stereotype patterns are activated. Such process is autonomous, because the complex is unconscious. A person reacts too emotional when it activates, decisions are made under the influence of an unconscious person. This happens because we react not to an actual situation, but to all similar situations, which we experienced in our lives, when the complex remained unconscious. Usually such kind of its manifestations ends with the feeling of shame because of we were not able to control a situation. The greater excitation provoked by the complex, the greater emotional complex activity and the lesser freedom has our will.

Self-abasement complex as a source of inner personal conflict

A lot of inner personal conflicts appear because of such psychical activity. And in its part these complexes have a great influence on a person's decision-making.

Inner personal conflict is a self-contradiction, which personality perceives and emotionally experiences as a meaningful psychological problem which has to be solved and which gives rise to internal consciousness work, but not always directing it to overcoming this contradiction.

So, if we, for example, take a personality with self-abasement complex, then it is quite possible, that in case when self-contradictions appear, a person has a mental stress. And at the same time the adrenalin which comes in blood can cause pleasant (both conscious and unconscious) feelings, which a person will want to reproduce unconsciously. To understand this process better we suggest you to examine it by the example of a personality with self-abasement complex.

Such person has an understate self-appraisal. That is why, estimating himself/herself, he/she considers himself/herself to be the most deteriorative person. But at the same time his/her own needs still exist. Such people just repress and deeply hide their needs. This caused the unconscious inner personal conflict. And it is the reason of life chronically dissatisfaction. But, in spite of the premises, a person with the self-abasement complex takes hard his defect (even the smallest one, which nobody will notice).

It is one of the inner conflict manifestation, since as a matter of fact, such kind of people at all external modesty and demonstrated simplicity have a high level of complaint against what "worthy man" must be. The cause of this complex is the difference between such types as "Ideal I" and by a perception of "Real I".

For all that a person with self-abasement complex looks modest and ready to please everyone, in fact, is fully concentrated on himself, constantly aching for his doings in people opinion. Such kinds of people always think about what they have done wrong. When such a person works for obliging, first of all he cares for himself. He/she is sure that he/she has to look «good», «nice», and modest, that he/she can't annoy others and stand out against a background of those around him/her. He/she thinks that it is necessary to be "for all". He/she always compares himself/herself with other people, but always decides not in his/her favour; also he/she is sure that he/she must be better than other people. Such comparison makes him constantly say "sorry", because it is easier to let people know beforehand about his/her failure, then to experience their disappointment afterwards. Besides, having let them know beforehand about himself/herself, he/she shows himself/herself as a containing self-criticism, conscientious and modest person; on the other hand, it is not only corroborate him/her his/her concernment but also somehow raises him/her above others (i.e. a compensatory protective mechanism snaps into action).

A person like this extremely depends on other people's opinion that is why any kind of criticism from their side is unbearable for him. And it shows us another contradiction which corroborates the availability of inner personal conflict. While criticizing oneself plainly, he feels not only pain and anger, if somebody agrees with him but also harbors hostile against such people. He criticizes severely oneself not for being agreed with but quite the contrary, because it will give him the opportunity to get the confirmation of his concernment.

Very often such type of a personality bears limitations, watching how other people advance. Proving his insignificance, he sometimes even aims to be proved of his concernment (i.e. to make sure from reverse). He can be very convincing in proving his failure that as a result a lot of people start treating him in accordance with his behavior. And as a result we have a person with such feeling as vindictiveness and hostility. But at the same moment these feelings join such feelings as shame and guilt.

So, the inner conflict of a personality lies in, that in self-abasement person's heart of hearts is almost sure, that he deserves disdain but at the same time he wants to look better than others. Being unable to accept himself such, as he is, he is not able to believe that others, knowing all his failures, can be friendly with him. Such personality stops perceiving any positive feelings of other people. And that person doesn't realize that he has some problems: he is sure that he is fully right, as psychological defense mechanism starts working.

Sometimes such people can live in grinding poverty and destroy oneself by alcohol and drugs. But in a number of cases they can have a normal way of life, work much and even achieve some success. And even so they are afraid of great achievements, because once attained results involve suitable expectations of other people. But namely this scares a person with the self-abasement complex, because he is actually afraid of failure. And it means that he scares to disappoint other people. In future he will more thoroughly decide to have no success because it is very difficult for him to experience fears of the successes and failures. That is why he passes the responsibility of his life to another person, a more "better" one. A strong, active, autocrat partner who is ready to take care of his life and who wants to dictate his will. Just such kind of a person shows the best correlation with the self-abasement person, who is ready to vanish and please, as he got used to obey and be insignificant. Such personality feels absolutely dependent on somebody, but this dependence – is the only possible mode of his existence.

Accordingly, a partner has to have all qualities, allowing him to occupy a dominating position. It is possible to presume that with the help of long relationships with "better" personality and his benevolent attitude and care for the development of his darling, we can even say that the belief in own strength and self-esteem may come to take the self-abasement's place. But, as a rule, a self-abasement person feels drawn to exactly the dominating people, and those consider him to be a fertile field for satisfaction their needs in the power and control.

The reason for development of such complex may be: steep demands from the direction of parents, on the one hand, and extremely exacting parents are never contented completely by their children doings and actions, on the other hand.

In the first case parents want to stimulate their child to improve him and to achieve success, but instead of their wish get another thing: a child understands that he simply can not satisfy such high requirements. In future he demands similar of himself: he starts comparing himself to other people, constantly criticizes oneself and masters, that if he does nothing, he gets no critical remarks.

In the second case we can see that a child's fear of collapse develop bit by bit. It fetters the child more and more, so it leads to the new failures. But as it is vitally important for him to get love, a kid tries to compensate his awkwardness and unskilfulness that is why he tries to be an affectionate, obedient and unnoticeable child. And if there is something to do for a child, he beforehand apologizes for his inferiority, as if notifying in advance about disappointment (but he is a winner in any case: if he doesn't manage with the task – he has let them know beforehand about that and thanks of the warning he is "above" that people, who are waiting for positive results; if he manages with the task – he is a significant personality, and it is confirmed by those, who encouraged him, although he knows that he is very good in unconscious).

However a low self-importance of a child doesn't mean that he is grotty. Very often self-abasement corrodes the soul of very talented people. Nevertheless a child achieves some success periodically. But every kid's achievement causes only one reaction of his parents: "you see, you may if you want". And now parents expect more from the child. They want him to be blameless and perfect. The "demand slat" rises and the threat of failure increases. So the fear of success develops for a kid. It is better for him to restrain his abilities.

It also happens that one of the parents passes his own self-abasement complex to the child. And it creates the purpose not to show oneself, because a lot of more clever and better people exist.

Thus, personality forming with the self-abasement complex may arise from the influence of such factors:

Paternal demands:	Child's conclusions	Forming personality strain
<p>A child has to:</p> <ol style="list-style-type: none"> 1) meet parents' expectations; 2) be better than others; 3) look better than others; 4) learn to do different things earlier than others; 5) do everything perfectly; 6) not "show oneself" <p>If a child doesn't win:</p> <ol style="list-style-type: none"> 1) he is a nonentity; 2) he upsets his parents; 3) he is unworthy of his parents' love; 4) he is unworthy of respect. 	<p>If a child can not manage the parents' task:</p> <ol style="list-style-type: none"> 1) means that he is an inferior child; 2) they love clever, skilled, successful people; 3) he is unworthy of paternal love. <p>To deserve paternal love, a child has to:</p> <ol style="list-style-type: none"> 1) try to little annoy his parents lesser; 2) be nice and attentive; 3) try to let them know beforehand about his possible failures not to make them angry; 4) the lesser he does something, the lesser he is crossed with; 5) it is desirable not to initiate and not to work; 6) try not to achieve much success, because it is a matter of luck and later on he will disappoint his parents and they will love him less. 	<ol style="list-style-type: none"> 1) egocentrism; 2) diffidence; 3) timidity; 4) high requirements level; 5) aspiration for winning the sympathy of people by dint of pity; 6) permanent feeling of guilt and shame; 7) fear of the failure; 8) fear of the success; 9) touchiness; 10) covert vindictiveness; 11) to be beneath criticism; 12) avoidance of disputed situations even to the prejudice of himself; 13) impossibility to express your opinion, stick up for oneself; 14) chronic life dissatisfaction 15) aspiration for making smb. responsible for your life and for making momentous decision; 16) inclination to choose dominating partners, directing his life; 17) inclination to choose partners who is able to criticize and humble him (the model of paternal family); 18) susceptibility to depression

Permanent suppression of the energy and aspiration for being unnoticeable adversely affects the character of every person bit by bit, and later on determines his future.

There are no tests which can help us reveal people with the self-abasement complex. But if you discovered without any special test such features as: low self-appraisal, timidity, high requirements level, permanent feeling of guilt and shame, touchiness, being beneath criticism, avoidance of disputed situations even to the prejudice of himself, impossibility to express your opinion, stick up for oneself, aspiration for making somebody responsible for your life and for making momentous decision, diffidence, inclination to choose partners who is able to criticize and humble him, aspiration for winning the sympathy of people by dint of pity, susceptibility to depression, etc. you can say with a high probability that it is the personality with the self-abasement complex.

Decision-making problems

In most cases the examined type of personality will make decisions under the influence of unconscious emotions, which impede the constructive activity in this situation. The inner personal conflict is caused by this. And this

conflict “draws” a person into a vicious circle. Inadequacy of the made decision very often causes (both consciously and unconsciously) a person feel shame, and this, in its turn, impede with making adequate decision. That is why, there is high probability that, while making decision, such type of personality will direct the following:

- try to keep in the background, avoiding to have his own opinion;
- avoid to make decision independently at all;
- undertake something important without authoritative outsider prompting;
- try to make someone else (who is as he/she thinks more competent) responsible for solving the problems;
- in case of inevitability of decision-making he will apologize beforehand for his incompetence, incomprehension of what is going on, unskilfulness, etc.

Thus, according to Thomas-Kalmias` net, in case of conflict situation this type of personality will try to escape and/or adopt himself. He/she will do this because such type considers it to be the best acceptable way for himself/herself. Besides, such people beforehand sure not only in the frustration of their own plans but also often beware of giving optimistic prognosis concerning either, one or another projects, if they are included in it.

Conclusion

Undoubtedly, any typology is approximate and relative. It is pretty rarely possible to meet people, exactly reflecting any described type. But psychological portraits help us to find bearings in the inner world of a person better, also it helps us to see the hidden “links” quicker, make assumptions and check them up.

For example, clashing with such kind of people in our everyday life we will be able not only understand what affects decision-making in a psyche of such a person, but also predicts him beforehand. That is why, it is very important to take into account psychological factors, which influenced subjectivity of evaluation of personality either, one or another phenomenon, while appointing experts.

But if a person wants to change himself, his type of personality, then, as a result of solving his self-contradiction, originating from the influence of various complexes, he/she can get (first of all – through adequate self-appraisal forming) the new vital functions. And on conditions that previous obstacle negotiation of inner personal development, a person has the opportunity to turn them into personal inner experience which will help him to build the constructive scenario of his life.

Bibliography

- [Айсмонтас, 2004] Айсмонтас Б.Б. Общая психология. Схемы. Москва, 2004.
- [Волошин, Мащенко, 2006] Волошин О.Ф., Мащенко С.О. Теорія прийняття рішень. Киев, 2006.
- [Грибак, 1989] Грибак Л. П. Резервы человеческой психики. Москва, 1989.
- [Гринсон, 1994] Гринсон Р. Практика и техника психоанализа. Новочеркасск, 1994.
- [Емельянова, 2004] Емельянова Е.В. Кризис в созависимых отношениях. Санкт Петербург, 2004.
- [Мерлин, 1970] Мерлин В.С. Проблемы экспериментальной психологии личности. Пермь, 1970.
- [Томе, Кэхеле, 1996] Томе Х., Кэхеле Х. Современный психоанализ. Практика. В 2-х томах. Перевод с английского. Москва, 1996.
-

Author's Information

Helen Shynkarenko – Kirovograd State Pedagogical University named by V. Vynnychenko, candidate of philological science, associate professor, Kirovograd, Ukraine, e-mail: oshink@kspu.kr.ua