

Theoretical Analysis of the Approaches Used in Psychological Literature to Define the Concept of Personality's Self-actualization

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Psychological concept of personality's self-actualisation that is used in foreign literature was generalized in the article. The essence in foreign humanistic psychology was analysed. Three directions of personality's self-actualization were characterised as those containing the elements of social nature, namely social-psychological, social-cultural, and philosophical-cultural. Comparative and juxtaposing analyses of the works of domestic authors' concepts concerning self-actualization problem have been carried out. The author has delineated the conception of "personal self-actualisation".

The process of self-actualisation is peculiar for the personality's need to define the directions of self-development that can be done with the help of self-education (generalisation of theoretic and practical experience) and self-upbringing (formation of certain features). In the process of self-development personality tends to apply self-identification, conscientious self-expression and self-assertiveness, while continuously comparing the ideal model with the real or existing one. The process of personality's self-realisation is followed by the one's ability to deal with the contradictions between the potential of aiming in self-realisation and potential abilities of real self-actualisation. Personality, in fact, wants to define and subject his/her strengths. While in this process, ideal model of self-realisation can transform, unless the aims of personality meet the potential, being not adequate. If the ideal model is left without changes, then practical activity won't be reflected in the full self-realisation of personality.

Self-realisation of a person is defined by the level of self-education as well as the level of personal features development that are compared to the planned life project in the process of self-exploration by means of self-observation, self-analysis,

self-control and self-evaluation. Moreover, it should be mentioned that as the result of these evaluative processes, the level of efficacy of the processes and the ways of getting the aim in self-actualisation are defined. In other words, the personality identifies the necessity of forthcoming changes in his / her life projects and specifies the aim of life, looking for new directions, ways and tools of self-development.

To sum up, the author assumes that self-realisation of a personality can be viewed as a conscientious process that enables the increase of potential and motivational abilities of a person; it is the way how “I” image is formed through self-actualisation, self-exploration, self-education and self-upbringing.

Key words: *acmeology, life-project, components of self-determination, personality, personal-development, process of self-education, self-analysis, self-perfection, self-education, self-control, self-estimation, self-knowledge, introspection, self-regulation, self-affirmation.*