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Cognitive Attitudes as Acme Barriers and Acme Resources of Life Scripts of Ukrainian Emigrants --Manuscript Draft--

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Keywords:	Resources of personality, life script, writers-emigrants, beliefs and convictions, life position, acme potential, cognitive attitude

COGNITIVE ATTITUDES AS ACME BARRIERS AND ACME RESOURCES OF LIFE SCRIPTS OF UKRAINIAN EMIGRANTS

Abstract

This article has been devoted to the research of the issue of acmeologization of a personality in another cultural environment in the context of the deployment of a life script. Irrational script solutions have been distinguished by the acme barriers of the emigrants, and the life sense orientations have been identified as the central resource of acme potential of life scripts (accumulative system of external and internal resources for the adaptation of a personality in the society and their maximum self-realization). In this regard, the main focus has been on the empirical research of the correlation between the socio-cultural adaptation of Ukrainian emigrants, the script settings and the indicators of acme resources. The statistically confirmed results of the research have confirmed the differences between the indicators of acme resources of emigrants in relation to their creative activities, and also the importance of acme technologies aimed at formation of the life sense orientations by the means of narration.

Key words: resources of personality, life script, writers-emigrants, beliefs and convictions, life position, acme potential

Introduction

The crisis currently being experienced by Ukraine and the active international academic and professional mobility of modern Ukrainians have drawn increased interest of the academic general and applied psychology to the issues of studying the hidden reserves of a personality for the purpose of their optimal self-realization. Considering that the transformation of identity in the conditions of immigration is accompanied by the loss of resources, the study of the factors of the restoration and multiplication of this process in the context of deployment of life scripts has gained a great importance. The life script has been

1 considered as a new cognitive-emotional formation reflected in behavioral
2 strategies of the internal model of self, integrating the individual and socio-cultural
3 experience.
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7 **Literature Review of Previous Researches**

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9 The conceptual characteristics of the term “resources” is determined by the
10 structure and character of these life necessities (adaptation, overcoming difficult
11 life situations, certain kinds of activities, self-realization etc.), which are intended
12 to be ensured by the resources (Perevozchikova 2012). Along with the
13 transactional analysis in which life script is understood as the unconscious life plan
14 (Berne 2016), we rely on other theories of modern psychotherapy, in which this
15 phenomenon has been studied as a “scheme” (Young 2003), “script”, “frame”
16 (Ungerer & Schmidt 1996), “life orientation” (Guidano 1995), that is, as a result of
17 creative transformation of the primary data (perceptual, mnemonic information) by
18 a person into the stable patterns of cooperation with the world and one’s own
19 personal conceptual system.
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32 We determine modeling of the future as the common task of the life script in
33 these theories. Therefore, adaptation of the personality to these processes is the
34 task of its resources. It is obvious that implementation of such tasks cannot be
35 considered outside the system of the personality’s life senses, which are
36 constructed through the reflexive correlation between the process of life and its
37 predicted result. It is worth noting that the cognitive schemes of the personality are
38 perceived as values, and therefore their implementation has personal meaning.
39 Thus, the intentional aspects of life scripts in subjective terms appear as
40 convictions (beliefs, attitudes), and in objective terms as motives. Since the
41 conscious reflection of the future in the motives happens on the basis of past
42 experience, it is obvious that the senses are a mechanism of formation of the life
43 script resources and simultaneously a central resource of acme potential of the life
44 script (accumulative system of external and internal resources for adaptation of a
45 person to society and their maximum self-realization). This thesis has been
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1 confirmed by the results of our previous research (Author 2017). In this research
2 the life sense orientations as the main indicators of formation of acmeological
3 potential of life scripts have been determined. The psychological analysis of the
4 repertoire of the life roles presented in metaphoric narratives of the modern
5 Ukrainian writers-emigrants has been used.
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9 According to the concept of acmeological resources of Khvatova (Khvatova
10 2012), acme resources are considered to be the form of adaptive capabilities of a
11 person. They are described from the position of individual and social, invariance
12 and variability. In this regard, we consider the life script, which is a stable and
13 typical behavioral strategy of the internal model of one's own self, to be an
14 invariant for reaching acme in different spheres of life activities. This includes
15 presence of variational components unique for each person, that provide adaptation
16 to the changes while preserving emotional comfort, which is considered to be an
17 indicator of effective social adaptation and psychological health of the immigrant
18 (Blinova 2013).
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31 It is worthwhile to note that the term "child script decision" (setting) is
32 distinguished in transactional analysis, in which scientists associate the child script
33 decisions with the existential life positions that are a complex of basic convictions
34 about oneself and the surrounding world, largely depending on the child's
35 relationships with the parents (Steiner 2013). Convictions and beliefs as the
36 cognitive-affective formation of the personality, in a minimized form include a
37 certain system of more or less conscious knowledge of the person about their own
38 capabilities and the world as a whole, encouraging them to act in accordance with
39 their own value orientations. Regardless of whether the convictions are rational or
40 not, at the time of their formation they represent the senses of a personality and
41 ensure execution of the functions of adaptation, overcoming, creative adaptation
42 and modeling of the future – the functions of the resources (Humeniuk 2010).
43 Therefore we have reasons to consider the complex of convictions and beliefs,
44 which is a certain position of a personality, as a notional concept of the life script
45 acme resources. Based on the theories of Beck and Ellis (*New Concept...* 2000), in
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1 which the concept of irrational cognitive formations is interpreted as those
2 hindering adequate adaptation, it is possible to distinguish the notional and life
3 scripts: favorable if the convictions are rational, and unfavorable if they are
4 irrational.
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7 The above data proves the importance of analysis of the “launching”
8 mechanisms of a script – the drivers (directives) inspired in a child by the parents
9 and the child’s own efforts, which he consciously chooses for formation of his own
10 resource life position. In our previous researches (Pasichnyk et al. 2017) on a basis
11 of correlative analysis we determined a connection between the scenario scripts of
12 internally displaced people identified with the psychological mechanisms of
13 protection, and the personal readiness to changes which is determined by the
14 criteria of psychological immunity, particularly between the subscale “Confidence”
15 and scenario ban “Do not be successful” (-,524, $p<0,05$), “Do not do” (-
16 ,429, $p<0,01$), “Do not be a child” (-, 413, $p<0,01$); “Inventiveness” and “Do not
17 grow up” (-,449, $p<0,01$), “Do not be successful” (-,475, $p<0,01$), “Do not do” (-
18 ,418, $p<0,01$); “Optimism” and “Do not be successful” (-,486, $p<0,01$); “Courage”
19 and “Do not belong” (-,380, $p<0,01$); “Tolerance” and ‘Do not belong’ (-,412,
20 $p<0,01$).

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22 The statistically significant inverse relationship between the scales of the
23 questionnaire of Life-sense orientations and scenario bans, particularly between the
24 subscales of “Life Goals” which demonstrates the presence or absence of future
25 life goals of the interviewee that gives meaningfulness, orientation and clear time
26 perspective to life, and the bans “Do not show up” (-,398, $p<0,01$), “Do not be
27 Yourself” (-,399, $p<0,01$); between the subscale “Process of Life” or interest and
28 emotional saturation of life and “Do not be Yourself” (-,512, $p<0,05$), “Do not be
29 Successful” (-,527, $p<0,05$), “Do not create” (-,471, $p<0,01$), with the drivers
30 “Endeavour” (-,386, $p<0,01$), “Hurry up” (-,438, $p<0,01$); “Life Effectiveness”, or
31 satisfaction with self-realization, and “Do not be Yourself” (-,471, $p<0,01$), “Do
32 not be successful” (-,464, $p<0,01$). Considering the fact that senses are the criteria
33 for reaching acme (Bodalev 1998), we conceive the singled out bans to be the
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acme barriers.

1 Together with this, on the example of psychological and historical
2 reconstruction of such writers-emigrants as Dmytro Nytczenko, Lesia Bohuslavets,
3 Ulas Samchuk and Oksana Liaturynska (Author 2016) it was observed that the
4 patriotically oriented life position appearing in their rational beliefs and
5 convictions, which we determine as the resource of their life script, in the long
6 term helped the writers in preserving their national identity and contributed to
7 resisting the assimilation processes and helping the effective acmeologization
8 which is reaching the peaks (acme) of personal, professional, social and spiritual
9 self-improvement in another cultural environment (Molodychenko 2010). It is
10 likely that narration, the transformation of life experience into narrative structures,
11 has contributed to this process (Chepeleva 2013). Indeed, by constructing one's
12 own personal narrative (as a verbal part of the life script (Kostina 2013), a person
13 constructs in one's own notional environment a certain hierarchy of life senses
14 which structure and organize their individual life experience, and also build up a
15 meaningful basis for construction of life scenarios (Chepeleva 2012).

34 **Aims and Tasks**

35 We assume that acme potential of life scripts of the writers and scientists,
36 the professional activity of which is related to the generation of the narratives, will
37 contain the differences in the indicators of acme resources compared to those,
38 whose activities are not connected with these types of creative activity. Therefore,
39 the aim of this article is to reveal the results of studies and researches of acme
40 barriers of the Ukrainian emigrants that became the foundation for distinguishing
41 the characteristics of acmeological potential of life scripts of the Ukrainian writers-
42 emigrants.

43 The tasks of the research was to empirically determine the acme barriers of
44 the emigrants through a prism of sociocultural adaptation; empirically research the
45 differences in the indicators of acme development and acme realization of life
46 script scenarios of the Ukrainian emigrants with regards to narration.

Research Methods

The following diagnostic instruments were used for accomplishing the aim and tasks of the article (Table 1).

Table 1.

Diagnostic instruments for evaluation of main indicators

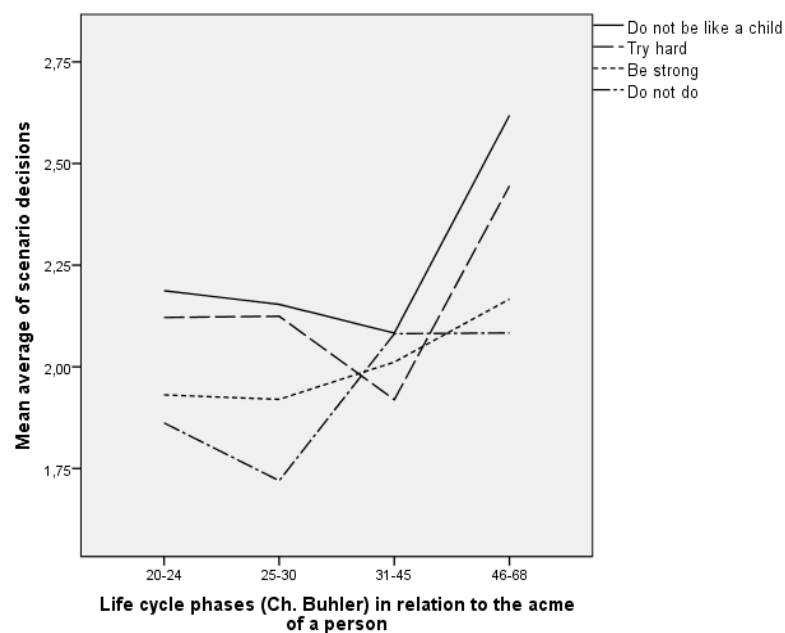
Indicator	Methodology	Aim
Acme barriers of life script scenario of emigrants	Early Childhood Decisions Questionnaire by S. Maksimova (Maksimova 2006), a modified variant of V. Petrovsky's methodology "Children's Thoughts" (adapted to Ukrainian by H. Author & U. Author)	Determination of a person's mind sets formed under the influence of bans and drivers of the parents in the childhood
Acme development of emigrants	Questionnaire of a Personality Adaptation to New Socio-Cultural Environment by L. Yankovskiy (Yankovskiy 2004)	Determination of the level and type of the adaptation of emigrants to the another cultural environment, taking into account the specifics of their past experience
Acme realization of life script of emigrants	Life Sense Orientation (LSO) Test by D. Leontev, an adapted version of Purpose-In-Life Test by J. Crumbaugh & L. Maholick (Leontev 2000)	Research of individual experiencing of the ontological significance of life – the central resource of acme potential of the life script
Acme potential of life script of emigrants	Methodology of J. Powell "Fullness of Life" (Powell 1993)	Psychological position of personality

Results and Discussion

The first stage of the research included a sample of 103 Ukrainian emigrants – representatives of Ukrainians overseas from Poland, Germany, Czech Republic, Slovak Republic, Finland, Portugal, Belgium, Netherlands, France, Great Britain, USA, Austria, Canada, Norway, Italy, Denmark, Switzerland, Mozambique, the countries of Eastern Asia and others. In forming the empirical sample we took into account that chronologically, the acme period can be roughly defined by age limits

1 from 16 till 55-60 (Humeniuk 2010), the life script can be considered as formed
2 before 20 years old (Berne 2016), the age period 25-45 years old is sensitive for
3 self-realization (Buhler 1971; Author 2013; Author et al. 2016).
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5 The results of application of the Early Childhood Decisions Questionnaire
6 by S. Maksimova revealed that the major ban for the emigrants in age period 20-30
7 years old and 46-68 years old was a ban “Do not be a Child”, which blocks the
8 nonadaptive form of activity “creating” executants; and among the emigrants of the
9 age 31-36 – the ban “Do not do”, which hinders the adaptive form of creative
10 activity and causes the lack of abilities to creative self-realization (Makismova
11 2006). Accordingly, the most commonly expressed drivers among the researched
12 were “Be Strong” and “Try Hard”, according to which the behavior of the
13 emigrants were caused by frustration of desires and true feelings (Kahler & Capers
14 1974).
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Figure 1

Dynamics of indicators of script decisions in acme period regarding the attitude to the phases of life cycle (Buhler 1971)

It is obvious that the script decisions formed under the influence of such bans and drivers can be considered as the acme barriers of the modern Ukrainian emigrants. Moreover, the correlation between the script decisions of the socio-cultural adaptation has been statistically confirmed (table 1). Such results justify

the reasons to believe that the defined script decisions are the actual psychological barriers of socio-cultural adaptation, and the most active one in the context of destruction of all its types is “Do not be successful”.

Table 1

Results of correlative analysis of the indicators of socio-cultural adaptation and scenario settings

Type of adaptation	Adaptability	Conformity	Depression	Nostalgia	Alienation
Ban					
Do not be a child	-,004	,096	,194	,016	,195*
	,966	,335	,050	,870	,049
Do not be successful	-,274**	-,243*	,290**	,222*	,223*
	,005	,013	,008	,02	,023
Do not be first	-,139	-,140	,326**	,206*	,261**
	,161	,159	,001	,037	,008
Do not be meaningful	-,180	-,137	,279**	,231*	,355**
	,069	,169	,004	,019	,000
Do not be (not show up)	-,180	-,221*	,310**	,293**	,206*
	,068	,025	,001	,003	,037
Do not become closer	-,174	-,109	,318**	,254**	,173
	,079	,274	,001	,010	,080
Do not be yourself	-,175	-,169	,280**	,244*	,130
	,077	,088	,004	,013	,191
Do not be healthy	-,213*	-,182	,275**	,278**	,036
	,031	,066	,005	,005	,718
Do not grow up	-,166	-,165	,200*	,166	-,049
	,095	,095	,042	,094	,624
Do not feel	-,180	-,036	,218*	,039	,042
	,069	,719	,027	,693	,674
Do not belong	-,238*	-,250*	,142	,201*	,101
	,016	,011	,154	,041	,310

For every type of adaptation we have conducted a multiple regression analysis with a combination of child bans. It has been determined that such socio-cultural adaptations as “Nostalgia” and “Alienation” have been influenced by the following bans: “Nostalgia” = 8,341-1,417 (Do not feel), and “Alienation” = 6,081-1,134 (Do not grow up) + 1,352 (Do not be first) + 1,42 (Do not be meaningful).

The above opinion that the socio-cultural adaptation is an indicator of acmeological potential of life script, has been confirmed and specified by the results of factor analysis, which allowed distinguishing of five destructive and one constructive factor of realization of the life script in acme period, as is demonstrated in table 2.

Table 2

Factor values for the researched group of emigrants

Conditional title of factor	Scale	Factor values
<u>Factor 1</u> , Helplessness	Do not be successful	,576
	Do not become older	,639
	Do not be first	,760
	Do not belong to group	,741
	Do not feel	,698
	Do not be meaningful	,671
	Do not become closer	,853
	Do not be yourself	,790
	Do not be healthy	,739
	Do not be (not show up)	,810
<u>Factor 2</u> Overactiveness	Hurry up	,539
	Depressive	,323
	Do not be small	,774
<u>Factor 3</u> Productive activity	Endeavour	,556
	Gladden	,794
	Be perfect	,497
Factor 4 Isolation	Adaptability	,620
	Conformity	,670
<u>Factor 5</u> Passivity	Interactivity	,535
	Nostalgia	,311
<u>Factor 6</u> Emptiness (burnout)	Alienation	,981
	Do not think	,516
	Do not create	,365
	Be strong	,450
	Do not do	,521

The influence of certain factors on the resultant indicator increases the importance of learning the ways of optimization of the process of self-realization of the emigrants with consideration of the acme barriers.

In the **second part of the research**, a general empirical sample consisted of 64 respondents, representatives of overseas Ukrainians from Australia, USA, Canada, Great Britain, Bulgaria, Spain, Italy, Germany, France, Switzerland, Poland and China, and included the emigrants who are involved in literary and scientific activities.

The direct correlation between the indicators of such adaptation type as “Adaptability” and the scales of life sense orientations – “Process of Life” and “Locus of control – I”, has been determined as a result of the correlation analysis of the data of the researched according to the questionnaire of the personality adaptation, Life Sense Orientation Test, methodology “Fullness of life”.

Table3

Meaningful correlations between the indicators of the type of adaptation and the acmeological resources of an immigrant

Type of adaptation	Scales of LSO Test		Scales of methodology «Fullness of Life»				
	Life process	Locus of control-I	Which are others	Which am I	Which is natural world	Which is life	
Adaptability	r	0,375	0,305	0,352	---	---	---
	p	≤0,01	≤0,05	≤0,01			
Conformity	r	---	---	---	0,331	---	---
	p				≤0,01		
Interactivity	r	---	---	---	0,302	0,306	---
	p				≤0,05	≤0,05	
Depression	r	---	---	-0,390	---	---	-0,320
	p			≤0,01			≤0,01
Nostalgia	r	---	---	-0,287	---	---	---
	p			≤0,05			
Alienation	r			-0,327,			
	p			≤0,01			

This, in turn, has proved that the desire of the emigrants for self-realization is dependent on the interest and the emotional richness of life, the perception of oneself as a strong personality who has enough freedom of choice for building

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one's own life in accordance with one's own goals and understanding of its sense. Besides, the direct correlation between the indicators of the emigrants' adaptation type "Adaptability" and the inverse correlation between the types "Depression", "Nostalgia" and "Alienation" with the indicator of the subscale "Which are others", proves the importance of the positive acceptance of others for the process of acmeologization. As well, adequate self-esteem and self-value confirm the direct correlation between the scales of adaptation "Conformity" and "Interactivity" and the subscale "Which am I". These results are confirmed by the inverse correlation between the scale "Depression" with the subscale "Which is life", and the direct correlation of the scale "Interactivity" with the subscale "Which is natural world". Thus, a positive attitude to life and knowledge of the surrounding world contribute to the active entering into the new environment and finding of new senses and values.

It has been researched that the use of narration is statistically connected with socio-cultural adaptation, and namely the direct correlation with the type "Adaptability" ($.303, p \leq 0,05$) and the inverse correlation with "Depression" ($-0,267, p \leq 0,05$); direct correlation with the subscale "Process of life" ($.283, p \leq 0,05$), and the subscale "Which are others" ($.279, p \leq 0,05$).

The use of Cohan's d criterion has allowed to determine the statistical significance of the differences between the indicators of socio-cultural adaptation of the writers-emigrants and not writers-emigrants, particularly such types as "Adaptability" ($d=0,65$) and "Depression" ($d=0,56$); the indicators of the subscale "Process of life" ($d=0,60$) and "Which are others" ($d=0,585$). These results suggest that the narration, the functions of which are realized by literary and scientific activities, is a factor of differences between the indicators of the acmeological potential of life scripts of Ukrainian emigrants.

In the context of studying the parental prohibitions it should be noted that the Danish psychologists (Bleses et al. 2018) have determined a correlation between the frequency of use of certain words (including directive ones) in relation

1 to children and such variables as education of mother, child's gender, number and
2 order of the birth of children in the family. For example, in the families with a few
3 children, the word "to rush" was recorded significantly more often than in the
4 families with one child.
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7 Studying the role of early childhood experience in formation of the life
8 history strategies as a part of the system of response to stress (Ellis et al. 2009), the
9 scientists point out that the quality of parental "investments" in a child (emphasis
10 on providing the resources and strict parental discipline, as opposed to warm and
11 supportive parental behavior) is the source, from which the children receive
12 information about the risks and opportunities of their surrounding environment.
13 This thesis has overlapped with the results of our study.
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22 In the fundamental complex longitude study (Ellis et al. 2017), the patterns
23 of responses to stress have appeared to be adaptive in biological sense (since they
24 ensure survival). This study has reintroduced the role factors of the family
25 conditions in childhood in the development of the stress response pattern, and
26 empirically proved that only the multiple studies based on theoretical models can
27 ensure adequate assessment of the basic factors of stress response system (SRS). In
28 the context of our study, it is also valuable that the researchers have confirmed the
29 correlation between the stress response patter and behavior, and the gender
30 differences in the life history strategy have been reported. It should be noted that
31 the correlation between the SRS and the factors of life wellbeing have not been
32 studied by the mentioned authors.
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45 Constructive and destructive factors of creative potential self-realization
46 of a person in the process of acmeologization are primarily the subject of
47 interest in psychological and acmeologic studies. It is necessary to note the
48 works of N. Kuzmina (Kuzmina 2015), who has associated the cause of the
49 decrease productive results in the new conditions with the matrix of orientation
50 (abilities, motives, responsibility, competence, skills or capability); U. Humeniuk
51 (Humeniuk 2010) who has empirically identified the connection between irrational
52 beliefs, considered by the author in the context of the motive of avoidance, and
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1 meaning-generating processes which are the indicators of acmeologization; S.
2 Maksimova (Maksimova 2006) who has emphasized the dependence of the forms
3 of creative activity of the person (non-adaptive and adaptive) from child script
4 decisions (psychological barriers) etc.
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7 Following U. Humeniuk, we adhere to the idea of inexpediency of designing
8 typology of acme-capable and acme-incapable personalities, and expediency of
9 studying the constructive and destructive factors of the process of achieving the
10 peak development instead, which in turn has directed our scientific and practical
11 interest. The obtained results help to solve the actual psychological problems that
12 are in the sphere of interest of modern Ukrainian scientists, and namely, searching
13 by a person for the effective methods of the process of development of one's life
14 cautiousness, optimizing social and psychological practices of modeling the life
15 path, particularly understanding and interpretation of life experience of personal
16 growth by the means of narrativization (Tytarenko 2012).
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28 **Conclusions**

29 The statistically confirmed correlation of scrip decisions of the emigrants
30 with such types of socio-cultural adaptation "Adaptability", "Conformity",
31 "Depression", "Nostalgia", "Alienation", give us reasons to distinguish such
32 irrational script decisions ("Do not be a child", "Do not be successful", "Do not be
33 first", "Do not be meaningful", "Do not be (not show up)", "Do not become
34 closer", "Do not be yourself", "Do not be healthy", "Do not grow up", "Do not
35 feel", "Do not belong") to be the psychological barriers for the emigrants' socio-
36 cultural adaptation and self-realization, which in turn broadens the limits of
37 understanding the acmeologic barriers and reasons for disadaptation to the new
38 other socio-cultural environment.
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51 It has been determined that life script as an invariant of acmeologization of
52 the emigrants in the conditions of their adaptation to a new socio-cultural
53 environment requires some corrections of its variable components, in particular the
54 destructive script settings. In this regard, there have been identified the main
55 destructive and constructive factors of the emigrants' acmeologization, which
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1 direct the searches of the ways to optimize this process. The statistically significant
2 differences in the indicators of socio-cultural adaptation, life sense orientations and
3 fullness of life of the writers-emigrants compared to not the writers have allowed
4 determining narration, the function of which are executed by the literary and
5 scientific activities, as a factor of differences of the indicators of acme
6 development of the emigrants and acme realization of their life scripts. The
7 correlation between these indicators has empirically confirmed the dependence of
8 the emigrants' acmeologization on their psychological position and life sense
9 orientations. This in turn, provides reasons to distinguish narration as the main
10 mechanism in optimization of the implementation of the emigrants' life scripts in
11 acme period.
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22 We consider the **prospect of further research** in the development of
23 technologies of psychological and acmeologic support of emigrants.
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