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DEVELOPING A PURPOSEFUL ASPECT OF ACMEOLOGY IS AN IMPORTANT TASK OF PSYCHOLOGICAL AND PEDAGOGICAL RESEARCH

Abstract. The relevance of the study stems from the need of the modern educational community to investigate the fundamental meanings of educational activity, to develop innovative approaches to the realization of the educational process, which is currently in a state of crisis.

Under such conditions, the use of acmeology is particularly important, which appears as an interdisciplinary scientific direction in which scientists study the peak achievements of an individual person, as well as all of humanity in all spheres of social, economic, personality life, as well as the mechanisms, methods, and technologies for implementing these peak achievements.

Acmeology, which reaches an interdisciplinary status, appears as a personality-developmental, professional-developmental resource for participants in the educational process, focusing on the study of value orientations of man and humanity and the development of mechanisms for goal formation, goal realization, and the implementation of the target meanings of human existence.

Accordingly, the purpose of the article is to analyze the goal aspect of acmeology, which enables to identify the essential characteristic of acmeology, being embodied in its foal function.

It is found that the goal aspect of a person as his/her life meaning is a factor that not only frees a person from captivity of the current reality, but also enables to form the ability to willful behavior – the ability to overcome obstacles, which fills a person with vital energy and allows to resist negative environmental factors. The image of

the future, the desire to realize the goal allows a person to achieve the status of a self-determined being, characterized by freedom, personal self-control, autonomous behavior, the ability to self-improvement, self-correction and self-determination.

The latter qualities become important factors of human health, as well as a successful life, since successful people who know how to plan their time, direct their existence into the future, carving out "promising lines" of their behavior, are characterized by life success, good health, longer life expectancy, strive to constantly expand the horizons of knowledge of the world, which allows them to form a healthy social atmosphere in society.

Keywords: mechanisms of development of the human being; acme; marshmallow test; prefrontal zones of the human brain; phenomenon of "short will"; drug addiction; meaning of life.

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РОЗРОБКА ЦІЛЬОВОГО АСПЕКТУ АКМЕОЛОГІЇ – ВАЖЛИВЕ ЗАВДАННЯ ПСИХОЛОГО-ПЕДАГОГІЧНИХ ДОСЛІДЖЕНЬ

Анотація. Актуальність дослідження впливає із потреби сучасного освітянського співтовариства досліджувати фундаментальні сенси освітньої діяльності, розробляти інноваційні підходи до реалізації освітнього процесу, який нині знаходиться у кризовому стані.

За таких умов особливо важливим є використання акмеології, яка постає міждисциплінарним науковим напрямом, у сфері якого науковці вивчають вершинні досягнення окремої людини, а також і всього людства у всіх аспектах соціального, економічного, особистого життя, а також і механізми, методи, технології реалізації цих вершинних досягнень.

Акмеологія, що виявляє міждисциплінарний статус, постає особистісно-розвивальним, професійно-розвивальним ресурсом учасників освітнього процесу та концентрується на вивченні ціннісних орієнтацій людини і людства та розробці механізмів цілеутворення, цілездійснення, а також реалізації цільових сенсів людського існування.

Відповідно, метою статті є аналіз цільового аспекту акмеології, що дозволяє виявити сутнісну характеристику акмеології, яка втілюється в її цільовій функції.

З'ясовано, що цільовий аспект людини як її життєвий сенс є чинником,

який не тільки звільняє людину від полону актуальної даності, а й дозволяє сформувати у неї здатність до вольової поведінки – здатність долати перешкоди, яка наповнює людину життєвою енергією та дозволяє чинити опір негативним чинникам середовища. Образ майбутнього, прагнення реалізації мети дозволяє людині досягти статусу самодетермінованої істоти, що характеризується свободою, особистісним самоконтролем, автономною поведінкою, спроможністю до самовдосконалення, самокорекції та самодетермінації.

Останні якості постають важливими чинниками людського здоров'я, а також успішного життя, оскільки успішні люди, які вміють планувати свій час, спрямовувати своє існування у майбутнє, вибудовуючи "перспективі лінії" своєї поведінки, характеризуються життєвим успіхом, гарним здоров'ям, більшою тривалістю життя, прагнуть постійно розширювати обрії пізнання світу, що дозволяє їм формувати здорову соціальну атмосферу у суспільстві.

Ключові слова: механізми розвитку людської істоти; акме; зефірний тест; префронтальні зони мозку людини; феномен "короткої волі"; наркотична залежність; сенс життя.

Introduction.

The current socio-cultural situation in Ukraine and the world reveals a problematic nature for the educational sector. Educators – scientists and practitioners – are busy searching for the fundamental meanings of educational activities, the innovative approaches to the implementation of the educational process are being developed.

In this context, the use of acmeology is particularly important, which is understood by scientists as an interdisciplinary scientific direction, within which the peak achievements of an individual person (traditional acmeology) and humanity (anthropological acmeology) in all spheres of social, economic, personal life are studied, as well as the mechanisms, methods, technologies for the implementation of these peak achievements are researched into.

Acmeology (which as a scientific discipline is formed at the intersection of natural, social, humanitarian and technical sciences, studies the phenomenology, patterns and mechanisms of the development of a human being at the stage of his/her adulthood, especially when he/she reaches the highest level in this development) focuses on the cornerstone concept of acme – the peak aspect of man and humanity, which is manifested in the following properties:

- the highest degree of something;
- the highest stage of development; the peak achievements;
- blooming power; perfection;
- the peak as a state of maturity; the peak of human perfection and flowering of human abilities;
- the peak as the physical, personality and subjective maturity of human history;

the peak in the chosen professional activity being the consequence of this activity;

the peak as the realization of the creative abilities of a professional;

the peak of human perfection and power in a particular sphere of life, etc. [8].

Acmeology studies both the creative activity of a person in the context of the laws of self-realization of his/her creative potential in the process of moving towards higher achievements, and the objective, subjective factors/mechanisms that implement the process of achieving peaks in the context of self-realization of the individual.

Acmeology also studies the laws of self-organization and self-education, self-control and self-improvement, self-correction and self-determination of the individual's activity in the context of various requirements and conditions – both professional and personality, both social and educational, both scientific and cultural.

Current state of the issue.

The subject of acmeology as a teleological (purposeful), procedural, functional entity is studied not only by professional acmeologists (V. Antonov, M. Azhazha, O. Voznyuk, O. Dubasenyuk, V. Ognev'yuk, S. Palchevsky, N. Sydorhuk, M. Tarakovsky, and others), who ground and develop the interdisciplinary, theoretical and methodological status of acmeology [1; 4–6; 8], its personal and developmental resources [2; 3; 7; 10], the pedagogical context of acmeology [11–13], the professional and developmental aspects of acmeology [9]. Foreign publications relate to the problems of acmeology indirectly [17].

Most thinkers also focus on the peak achievements of man and humanity, which are not only a natural-evolutionary, but also a value-worldview and purposeful phenomenon, associated with both the value orientations of man and humanity, and with the processes of goal formation and goal realization.

The development of the purposeful aspect of acmeology as its system-forming direction should proceed from the basics, that is, be based on the main criterion/principle of acmeology as a science – the dynamic-peak-teleological one.

This means that objects and phenomena of our world are considered and analyzed by acmeology in the context of three basic aspects:

1) the dynamic aspect, associated with the analysis of human development as a process of its change in the direction of certain goals;

2) the purposeful aspect, associated with the analysis of the conditions for achieving a set of goals located on the development trajectory, and the determination of the corresponding parameters/properties of these goals;

3) the apex (extreme) aspect, associated with the analysis of certain conditions for achieving higher goal(s) and the determination of the parameters/properties of these goals.

Thus, the goal as it is is the fundamental/axiomatic principle of acmeology as an interdisciplinary scientific direction. The goal is a necessary and sufficient theoretical and practical foundation for the crystallization of the methodological basis of acmeology.

The aim of the research.

Accordingly, the purpose of the article is to analyze the purposeful aspect of acmeology, which allows us to identify the essential characteristic of acmeology, being implemented in the target function of acmeology.

The methods.

The theoretical study of the problem field of the issue covers the analysis of the problems of pedagogy and psychology (analytical, humanistic and transpersonal), medical sciences and religion, philosophy and social sciences thus revealing the interdisciplinary character of the research.

Results and discussion.

The goal, on the one hand, is the meaning: "the meaning is the thought of the goal"; the goal/purpose is the meaning of existence, that is, the goal is that for which everything exists [16].

On the other hand, the goal is the whole as the completion of the development of objects and phenomena, which presupposes achieving a state of integrity/perfection; this conclusion is also confirmed by the etymological proximity of the words "goal", "whole", "holomity". Therefore, it is the analysis of the goal as a fundamental phenomenon of objects and phenomena of our world that becomes the procedure for building the methodological foundations of acmeology.

The development of the target aspect of fundamental acmeology also stems from the fact that the evolution of living beings followed the path of improving the predictive ability of the intellect, which finds its imprint in the myth of Prometheus, who taught people "to build houses, ships, engage in crafts, wear clothes, count and distinguish the seasons, make sacrifices to the gods and tell fortunes". The latter – to tell fortunes – means to be able to predict events, as the very name "Prometheus" is translated a "thinking before", "foreseeing"). As we can see, it is the function of prediction that is the core of human mind as the ability to expand the actual field of human existence, to escape from the captivity of the "given existence", the existence "here and now", to learn to reflect the potential future in the context of the actual present, that is, to be a believing being who perceives "the invisible as visible". Here faith is connected with knowledge, for "faith is the substance of things hoped for, the substance of things to come" (Heb. 11:1).

Here we can also cite the story of the enlightenment of Gautama Buddha, who embarked on the path of spiritual development after discovering at a young age the truth about the four stumbling blocks of human life – old age, illness, suffering and death, which await each young person in the distant future. Such knowledge about the events that will happen to each of the young people in many years of their existence, forced Buddha, who perceived the potential future (future suffering) as the actual present, to embark on the thorny path of enlightenment, the result of which was the creation of the world religion – Buddhism.

In human society, less than 3% of people achieve many times more than all the others. And one of the main qualities that distinguishes these successful individuals from the general mass of people is the presence of clear and understandable goals and

the ability to live, planning their lives. This was clearly shown by an experiment that began in 1953 at Harvard University (USA). All graduates were asked whether they had a purpose in life and a drive to achieve it. It turned out that less than 3% of students set specific goals for themselves and have at least some idea of what they want from life. Over the next 25 years, observing their successes, the researchers found that these graduates achieved significantly more in all areas of life than the rest of the students.

One of the important psychological experiments (which illustrate the ability of a person/child to motivate their life activities by an ideal/virtual goal factor localized in the future and realizing the action of human self-consciousness as a reflective entity) is the "marshmallow test", which was first conducted by Walter Mischel in the late 1960s at Columbia University.

This experiment became the "cornerstone" of developmental psychology. Children from Stanford's Bing Kindergarten at the age of four to six were placed in a room furnished only with a table and a chair. A single treat of the child's choice was placed on the table. Each participant was told that if they could go 15 minutes without eating the candy, they would receive another one [18; 25].

Then the participants were left alone in a room with sweets. Subsequent studies of these children in adulthood have shown a connection between the ability to delay gratification for a greater reward in the future (this was achieved by about 10-15% of children, depending on age) and various forms of life success – in study and business. And a functional MRI of the brain of 59 participants (who were then in their forties) of the experiment conducted by Cornell University professor B. Casey in 2011 showed high activity in the prefrontal cortex of the brain in those participants who delayed gratification for a greater reward in the future. This discovery is especially important, since research over the past two decades has shown that the prefrontal cortex plays a critical role in the field of attention and emotional management.

It should be noted that adults can also be analysed according to the principle of the marshmallow test, are constantly tempted by numerous objects of society for consumption and enjoyment. In this context, the realization of the goal is associated with the ability of persons to orient themselves on social norms of behavior.

In this regard, A. Luria discovered a deficit of prefrontal zones in inveterate recidivists; this is obviously due to the fact that the latter have poorly developed mechanisms of analytical forecasting and prediction of the future, and this, in turn, leads to the fact that such people, for whom the future is not a relevant factor in their behavior (as is also the case with savages and young children), are prone to risky adventures, thus not predicting the consequences of their actions.

There is evidence that psychopaths have a disrupted neural connection between the prefrontal cortex and the amygdala, which results in a deficit in compassion, empathy, and the sense of guilt. At the same time, the peculiarities of the functioning of the CDH13 gene, which affects dopamine metabolism in the human brain, are one of the factors influencing the actions of murderers and rapists [22; 19].

It is also interesting that in the event of a disruption in the structures of the body

(and the brain), older structures are the first to be restored. Therefore, when the brain is supplied with less oxygen (glucose), the younger prefrontal structure is the first to be turned off, which activates the above-mentioned phenomena.

The connection between the frontal lobes and the regulation of goal-directed behavior can be illustrated by an accident that occurred with Phineas Gage in 1836: when his frontal lobes were damaged, he radically changed, his concern for social problems disappeared, his sense of duty, responsibility for the cause, and attention to others left him. He, being a conscientious craftsman in the past, began to tinker, to drink alcoholic beverages, and turned into a brutal idler. He stopped contacting society, and all his actions were guided by biological instincts.

A study of F. Gage's brain showed that a bundle of fibers connecting the frontal lobes with other parts of the brain had been cut, and this led to the separation of the frontal lobes from other parts of the brain (the lobotomy effect) (refer to: <https://www.wpr.org/health/how-phineas-gages-freak-accident-changed-brain-science>).

Thus, studies have shown that patients with frontal lobe damage generally retain the ability to understand the task set before them, to perform the simplest and most familiar forms of activity. However, their behavioral disorders are associated with the performance of actions that require volitional self-regulation, in particular the ability to set goals and keep them in memory. At the same time, in an extrovert, unlike an introvert, this ability is less developed, he/she reveals a phenomenon of "short will", a certain deficit of self-awareness, free will.

In this regard, let us consider a multidisciplinary longitudinal study of health and human development, which was conducted in New Zealand (Dunedin longitudinal study) and involved studying the health of almost a thousand people born in the New Zealand city of Dunedin in 1972-1973. The study participants were examined at three years, and then, respectively, at 5, 7, 9, 11, 13, 15, 18, 21, 26, 32 and the last time at 38 years (2010-2012). The following aspects were subject to study: cardiovascular health and related risk factors; pulmonary and respiratory health; oral health; sexual and reproductive health; mental health; psychosocial characteristics of human life; other aspects of health, including the sensory, musculoskeletal, digestive systems. The Dunedin study methodology was verified in the USA, Great Britain, Canada, Israel and other countries, which allowed to obtain similar results.

One of the important tools of the Dunedin study was the marshmallow test, which showed that children who successfully passed it had significant life achievements in later life, were less vulnerable to the narcotic effects of alcohol, tobacco, etc. [20].

Scientists from the University of Michigan found during their research that people who made plans for the future and sought to implement these plans had a long life expectancy. The scientific work lasted more than four years. Experts observed the vital activity of 6985 people over 50 years old, who had previously been tested using the modified Ryff and Keyes Psychological Well-Being Scale, being used to determine whether a person has a purpose in life and how strong it is [23]. Thus, by

2010, 776 people had died. Scientists examined each individual case, having previously found out the gender, education, bad habits and age of the deceased person. It turned out that among those who had big plans for life, 17 people died, while in the group where people had no goals, 83 people died.

Based on the results of the analysis of Israeli elderly people waiting for Easter, doctors concluded that hope and expectation can postpone the hour of death. Thus, mortality before Easter is several times lower than after. This can be explained by the feeling of hope, celebration and anticipation, which help to prolong life due to the hormones of joy and happiness [24].

Scientists from Yale University School of Medicine and the University of Alabama have come to a conclusion that the level of education affects life expectancy more than a person's race. To prove this principle, the researchers conducted an experiment for 30 years [15].

As noted on the *EurekAlert* website, scientists conducted a study of 5,114 citizens from different cities in the United States. According to the study, among people with a secondary education, the mortality rate was 13%, while among those who graduated from college or university, the mortality rate stopped at 5%. Initially, scientists believed that the mortality rate was related to race, since 9% of the deceased were black and 6% were white. The former most often died from violent death, and the latter from AIDS. At the same time, these groups were equally susceptible to cardiovascular diseases and cancer.

Therefore, prudent, conscientious, persistent, successful people who know how to plan their time, direct their existence into the future, realizing the "prospective lines" of their life, are characterized by good health, a longer life expectancy, while such people breathe deeply (which indicates that there are no muscle clamps associated with stressful conditions in the human body), expand the horizons of knowledge of the world, form a healthy social atmosphere in society, demonstrate the presence of good friends, communication with conscientious, morally stable people, are characterized by such qualities as irony, humor, optimism, joy of life, the search for the best in people, maintaining physical activity of the body, the ability to positive social communication.

The realization of the meaning of life as a goal can be illustrated by the observations of V. Frankl, who spent several years in a fascist concentration camp. V. Frankl writes that a concentration camp prisoner falls into a kind of chronic hell, since he is in an atmosphere of "end of uncertainty" and "uncertainty of the end." That was one of the most psychologically difficult circumstances of life in the camp. In this regard, V. Frankl makes the most important conclusion about the connection between purpose and the meaning of life. V. Frankl, according to his memoirs, was saved from death by dreams of a happy future: he imagined himself in a bright auditorium, where he lectured to students about the psychological characteristics of a person's stay in a concentration camp [16].

In general, scientists have found that a life without a purpose kills: From 1994 to 2001, a group of specialists from the Faculty of Medicine of the Japanese Tohoku

University, led by Professor Ichiro Tsuji, monitored a group of 43 thousand physically healthy men and women aged 40 to 79. During periodic surveys, approximately 59% of the subjects stated that they had a "clear purpose" and led a rich life, 5% honestly admitted that they had no purpose in life, and the rest found it difficult to answer this question. Over seven years, more than three thousand of the subjects passed into the afterlife due to illness and suicide. Despite the scatter of results due to various factors of death, the overall picture turned out to be very convincing: the proportion of deaths among those who did not have a clear purpose in life and avoided strenuous activity was approximately 1.5 times higher [21].

In the book "Man's Search for Meaning: an introduction to logotherapy" V. Frankl writes about the life meaning vacuum of modern civilization as one of the most serious problems of man and society. Meaning as a system of goals of existence is understood as a goal, as a "thought about a goal", which belongs to the future, that is, something being a potential category. The goal of a person as his/her life meaning is a factor that not only frees a person from captivity of the current givenness ("here and now"), but also forms in him/her the ability to volitional behavior, that is, the ability to overcome obstacles, which fills a person with vital energy and allows to resist negative factors of the environment [16].

Conclusions and research perspectives.

The concepts of "goal" and "whole" are etymologically related. Achieving a goal simultaneously means the completion of an action, the ascent to completeness, perfection, and beauty. The goal is achieved when a perfect, symmetrical, beautiful whole is built. According to the ideas of analytical, humanistic and transpersonal psychology, personality is a form of manifestation, an integral autonomous part of world unity.

At the same time, the image of the future, the desire to realize the goals allows a person to be free from the stressful life circumstances and achieve the status of a self-determined being, characterized by freedom, personal self-control, autonomous behavior that reveals goals in life and a sense of directedness; the feeling of meaning of present and past life; holding beliefs that give life purpose; having aims and objectives for living [23].

People who make plans for the future and strive to implement them have a long life expectancy. Thus, the cornerstone mechanism of successful management is associated with the crystallization of the image of the future, since in order to set management tasks, it is necessary to have an image of the future, which, in turn, is impossible without an adequate picture of the world. The image of the future frees a person from the present, allowing him/her to achieve a state of self-determination, freedom.

People from childhood show the ability to orient themselves to the image of the future – a certain goal, which is experimentally revealed thanks to the marshmallow test aimed at identifying the ability of children 4-6 years old to self-control and self-awareness.

This test has showed: the children with an increased level of self-awareness/self-

control achieve much greater success in life than the children with a reduced level of self-awareness/self-control; the children with a reduced level of self-awareness in adolescence and adulthood are prone to venereal and cardiovascular diseases, alcohol consumption, and drug addiction.

In connection with the conducted analysis let us present the statements of some famous people that *orient us to future research of the phenomenon of goal-setting*.

Patanjali: "When you are inspired by some great purpose, some extraordinary project, all your thoughts break their bonds: Your mind transcends limitations, your consciousness expands in every direction, and you find yourself in a new, great and wonderful world. Dormant forces, faculties and talents become alive, and you discover yourself to be a greater person by far than you ever dreamed yourself to be."

Hegel: "Through the achievement of great goals, a person reveals a great character in himself, which makes him a beacon for others."

Goethe: "Give a person a goal worth living for, and he will be able to survive in any situation."

A. Makarenko: "A person cannot live in the world if he has nothing joyful ahead of him. The true incentive of human life is tomorrow's joy."

R. Ackoff: "Wisdom is the ability to foresee the distant consequences of actions, the willingness to sacrifice today's benefit for the sake of greater benefits in the future, and the ability to manage what can be controlled without being upset about what cannot be controlled."

J.-P. Sartre: "A person becomes what he has been shaped by the tasks placed on his path."

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