

Важным есть то, что подростки сами признаются в ощущении влияния социальных сетей и модных технических приспособлений на их эмоциональное состояние. Они испытывают некий дискомфорт, из-за которого становятся либо замкнутыми и подавленными, либо агрессивными и неуправляемыми. Ко всему еще добавляется конкуренция в школе за популярность, в которой играет большую роль социальный статус и материальное обеспечение подростка. Те, кто не имеют возможности конкурировать, понижают свою значимость и самооценку за счет своих неудач.

Итак, подводя итоги, я могу сказать что социальные сети и технический прогресс достаточно сильно влияют на самооценку и самоценность подростков.

Одним из эффективных методов работы с самооценкой и самоценностью у таких подростков, есть привлечение их к культурной и общественной деятельности, для повышения уровня значимости и востребованности.

***Гаджет** (англ. *Gadget* – приспособление, устройство) – устройство, предназначенное для облегчения и усовершенствования жизни человека.

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VARIANTS OF LIFE COURSE

On the hypothesis of Druzhinin V.M.: «there are independent of individual, invented by humanity and the variants of life reproduced in time of life.

A man who depends on concrete circumstances can choose one or another variant, but a variant of life can make him to stuck.

Degree of freedom of individual and measure of pressure on him the outer world – social environment – depend on concrete historical terms.

A concept «Variant of life» is integral psychological description of individual life and determined by the type of relation of man to life.

The variant of life forms the human personality, «typifies» it.

An individual grows into the representative of «vital personality type».

Thus, under the variant of life the qualitatively-certain method of realization is understood by personality of the course of life.

Thus in this method certain values and senses of life are integrated within instrumental strategies of their achievement.

In such interpretation a concept «Variant of life» is the synonym of a withstand term «vital scenario».

As independent variants the types of life are distinguished:

- «life begins tomorrow»,
- «life as work»,
- «life as an achievement»,
- «life is dream», «life on rules», «life is waste of time» and «life against life».

In spite of some artistic value in these names, fully certain psychological reality hides after them.

«*Life begins tomorrow*» is the variant of life, in that the passive role of dreamer and «searchlight» is taken personality. A man, realizing this variant, usually has mass of plans on the future and good sense of temporal prospect, but to practical embodiment of plan measures business it does not come.

Personality constantly puts realization of important businesses by tomorrow aside, takes endless postponements on implementation of vital obligations.

In the end the preparatory phase of course of life inadequately stretches in time, and time on the real life actually does not remain. This eternal child's state.

«*Life as work*» is a variant of life, in that a role is taken personality of experimenter, putting experiments above the fate. The course of life of creative personality deviates from the normative models of life, quite often appears rebelling against a withstand way of life.

Actually internal non-acceptance of vital reality, aspiration to avoid bitter disappointments in life, hides after work and rebelliousness of personality.

Personality choosing this variant of life that mostly conducts bohemian life and in a gaughty manner looks on other people.

Sense of its work – to show futility and uselessness of the efforts which sent to the achievement outwardly of comfort, respectable life.

«*Life as an achievement*» is a variant of life, in that personality plays role of «man of action», «man doing itself». The basic psychological feature of this variant of life consists indepreciation of present and «fetishization» of the future.

A man sacrifices a present for the that future that looms up on horizon. Time of life is examined as a resource for realization of maximal amount of aims promising the best life.

The most bright standards of this variant of life in western civilization where educative members are in a spirit of the cult with achievements supplies. Social climbers, pragmatists and workaholics, are most typical in that behalf.

«*Life is dream*» is a variant of life, central description of that is a care of personality from realities of life in the illusive world of experiencing. A man culturing this variant of life conducts the contemplative, passive way of life.

Druzhinin describes this state as original «psychological anabiosis». This feeling of unreality of «external» life and simultaneously feeling of reality of only desirable «internal» life». This variant of life is very popular in east cultures and religions, hearing the confession principle of non-interference in natural motion of life, for example, in a zen buddhism.

«*Life on rules*» is a variant of life, for that high normative regulation vital functions of personality is characteristic. In any culture and in every society there is a vault governed, that ordered socially the desirable order of realization personality of course of life. Those, who beaten out from the normative chart of life, are subjects to punishment, and on occasion – to encouragement.

«*Life against life*» is a variant of life, in that basic motive force is a fight for a survival. A man choosing this variant for itself when life becomes a «war path» against all.

It can be more veiled form of fight for the social blessing, for example, competition and hard rivalry.

This variant of life in the extreme forms is widespread in military societies or societies with the low level of economic development.

Possibility of choice appears the necessary condition of moral activity. A choice is expressed in a preference to one possibility before other, and the range of such possibilities makes the objective element of moral freedom.

Moral freedom is relative freedom of choice of form or line or behavior under a sign responsibility before other people and before reasons and consequences of choice.

The importance of aspect of problem of vital choice is a choice of strategy of controlling with difficult vital situations, rethinking and transformations of them, changes in its own behalf. As in the difficult circumstances of life, personality forces to carry out the certain choice of method of action, controlling with vital adversities unavoidable, by all means.

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КОНЦЕПТУАЛІЗАЦІЯ ЖИТТЄВОГО ШЛЯХУ ЯК ЧИННИК ФОРМУВАННЯ ЦІЛІСНОЇ ОСОБИСТОСТІ СТУДЕНТА

Становлення цілісної особистості сучасної людини відбувається за умов полікультурного суспільства. Мультикультурність сучасного соціального середовища, в якому взаємодіють люди, полягає, зокрема, й у тому, що норми та цінності, характерні для суспільств різної історичної доби співіснують одночасно, утворюючи єдине середовище соціалізації.

Життєвий шлях особистості є на сьогодні однією з найпоширеніших міждисциплінарних проблем сучасного людинознавства, що нею опікуються різні науки – філософія,