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## **Full Length Research Article**

### **TECHNIQUE OF THE INTROSPECTIVE ANALYSIS OF THE LATENT MENTAL INJURIES AT STUDENTS IN THE COURSE OF TRAINING**

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#### **ABSTRACT**

In article the methodic of the active training is discuss. Active training - one of the most powerful directions of modern psychology. The methodic is built on a combination of a lecture, seminar and practical training. At students rethinking of values of the victim is reflected in difficult cognitive processes in which the external and internal factors influencing knowledge of the reality of created concepts are tightly bound.

##### **Key words:**

Victim,  
Rethinking,  
Life scenario,  
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#### **INTRODUCTION**

Modern requirements of teaching activity in higher education institution becomes more and more difficult. For the teacher it is necessary to seize new methods and approaches for increase of efficiency of process of training. The student, getting an education, seizes knowledge, skills, develops a frame of reference. We understand process and result of mastering system of knowledge, skills as education, developments of world outlook and behavioural qualities of the personality. Training represents process of the interaction training and trained and it is effective only when efforts makes both that and another. For overcoming of the difficulties arising in the course of training it is necessary to form in students psychological readiness. It is peculiar psychological "platform" with which the system of training begins. For this purpose it is necessary to exempt the internal space of mentality of the student from the negative deposit and experiences from last events. Students acquire information on the phenomena, events, regularities, it becomes their acquisition, property.

Now skilled teachers rely on the representations which are available for students more, on the knowledge gained from everyday life than report a new training material. In the real research it is considered as supervision of the subject over own mental phenomena and actions. Use of the analysis of development of an introspection allows the researcher to come into direct contact with the psychological phenomena (Mkrtumyan, 2013; Yanovsky, 2001) to recreate an individual originality of the personality. The student who thinks independently, constantly develops, possesses ability to predict as the situation will go, is less subject to violence. The problem of this research is reduced to need of studying of the psychological aspects of the interpersonal relation of behavior of the victim which appeared in a situation of a dissatisfaction, offense, the conflict, crisis of the interpersonal relations. The victim is understood as the person who suffered from failure, misfortune, violence, etc. (Ozhegov, 1982). In all cases when the term "victim" or "sacrifice by something" is used, loss means: the victim is always connected with loss of something. The psychology view of the victim as the lifestyle, the program or a certain vital scenario formed in ontogenesis of the person (Odintsova, 2010) allows to speak about ability of the person to design reality — intramental and social. Here the essential role is played belief, values and installations of the student, which define behavior of the person in this reality.

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However at interaction of students in a concrete situation each of them can be the loser, without having "sacrificial outlook". We consider these features as manifestation of psychological incompetence, i.e. absence at the victims of the corresponding knowledge and social skills. In work the sample of a method of active training in educational process which will be coordinated with the principles of modern education is presented: the principle of the operated transition from activity in an educational situation to activity in a life situation; the principle of the operated transition from joint educational cognitive activity to independent activity of pupils (Mkrtyan, 2014).

## METHODS

### *You are Kings and Queens*

The psychologist (P) – Today I want to carry out with you one teoretiko-practical technique under the name "You Are Kings and Queens". If you are not against, certainly. Agree?

The student (S) – Yes, certainly agree (they accept this offer with delight).

(P) – Whether you are ready to see the invisible? And whether it is possible? Learning something invisible it gradually becomes visible. Most often the Truth is really invisible. First of all let's talk about the relations. What relations do you have with people and how do you treat yourselves? Between people sometimes there are such relations when one of them feels uncomfortably, there is an internal discontent. People perceive us and treat us not as we would like. Probably, we too aren't always fair to people around. There is a natural question why after all people with us so arrive. We are similar to the land area which is sowed by the seeds chosen as others, our role - them to grow. Only during this period we receive the caring and proper attitude from these people. Later, when flowers already grown up by us happen are collected, we again appear as the thrown land area. And at this moment we endure bitterness and disappointment, there is a question on which sometimes we don't find the answer: "And where the former love and care disappeared? ".

But after all we shall be the soil for "flowers"? Or we are the soil only for others' flowers, and simply untilled soil and people can we, seeing, what nobody uses it, hurry to use it rather whenever possible? Probably ourselves are guilty what we show excessive readiness to do everything for the sake of others? But there comes the moment when such relations become intolerable, we shout from pain, exclaiming: "I am not his servant, not captured and not the slave .... Then who I am actually? Hopelessness, powerlessness, tension, ungrateful relation of people around, notes, cavils, patronizing and negligence. It means, in us there is any model of a role about which existence we didn't suspect, didn't "see" which implies the corresponding relations. Such condition and such thoughts are familiar to much, isn't it?

S – Yes.

P – You are ready to distinguish and see such relations? Invite yourself to introspection (Address to introspection). If you are

ready to it, you aim at changes and are capable to tell reality, truth "here am I", it means you are ready. You the soldier ready to fight, to fight with itself and for itself. And it is fine. Why? Because to change the world round yourself, you shall change yourself first of all. Your self-assessment and ability to an assessment (ability to appreciate) will help with creation of the new relations. Therefore, if you want the new relations, you shall change. Agree?

S – Yes.

P – Let's analyse our relations with people. What part is assigned to us in these relations? If we suddenly find something impartial, you remember that we always have an exit. And where we will look for it?

S – Exit in ourselves.

P – That's it, in ourselves. Means, it is rather close to us. It pleases, it is necessary to distinguish it only. You agree with me?

S - Yes.

P – And now we will say some words, having heard them, try to feel what response they get in your inner world. The victim, we open brackets, the servant, the captive, the slave. (Words should be said slowly) I Repeat again, attention: the victim, we open brackets, the servant, the captive, the slave. And so, whether these words in your soul got a response? You can answer questions in writing or orally.

S – Yes.

P - Let's address to sense of these words. Who such servant, captive, slave ... Before we will talk about the servant who is he in your opinion?

S. It is a person who has an owner who receives a payment for work, grants desires of others, obedient, is deprived of advantages. (Answers can be different).

P – Yes, in the explanatory dictionary the following treatment is this to the word the servant is the person providing personal services to the owner. Figuratively - the obedient person, the contractor of foreign will, the blind weapon in someone's hands. Who such captive?

S – The person who submits to someone, in hope for release, works for free, serves by force. (Answers can be different).

P – Yes, it is the person who has fallen into hands of the enemy, deprived of freedom. Figuratively – the one who is under the insuperable power, influence someone, something. Who such Slave?

S – At the slave the provision is even worse, it has no hope for freedom. (Answers can be different).

P – Yes, the slave is property of the owner. Figuratively – the dependent, oppressed person, the person, entirely the subordinate to foreign will ... The servant serves at own will,

he loves the owner, trusts and trusts it, he doesn't want to change the scenario of the life because doesn't represent other scenario. The captive, unlike the servant, violently, probably accidentally appeared in such situation. He waits for a case to be released from this provision, doesn't love the owner. It resists, wants to be released, sometimes arranges escape. The captive wants to change the scenario of the life, and the person who has taken him prisoner, tries to interfere with it. As for the slave, he was born by the slave, demands freedom from the owner, hopes that there will come day when he will release on freedom. What it is possible to add?

S – These statuses practically have identical content (answers can be different).

P – So, these words have content, they assume certain roles, imply the corresponding relations: the owner – the servant, the captive – the person who has captivated him, the slave - the slaveholder. Thinking of it (in the course of introspection), necessarily we have thoughts which comprise an arising protest. The servant thinks: "Without me it can make nothing that I did, it is eternally dissatisfied, I solve all its problems", the captive dreams: "When all this will end? "; the slave – whether "will come day when I will find freedom and this person will leave me alone? ".

S – I feel the victim of the husband, parents, native, friends, people ... (answers can be different).

P – Whether the person before whom you feel the victim (the servant, the captive, the slave) any benefits, superadvantages has? What your relations with it?

S – I feel its superiority. It imperious, a lot of things depends on it. It beautiful, fair, disciplined, smart, and I doesn't (answers can be different). I do everything for this purpose that he felt well. Always I yield to it though actually not always for it there is a wish. When to me something offer, I don't have enough courage to refuse.

P – Anyway you always feel its superiority, you wait for its approval, you want to be accepted and loved that, probably, underestimates your self-assessment and promotes development of the accepted roles and already existing relations.

S – Yes, I do everything for this purpose.

P - It is over, sometimes we note in others lines which are deprived and it underestimates our self-assessment. The self-assessment something is similar to temperature of our body. The regulation when we have a body temperature is 36,6 C. If below – we underestimate themselves if above – we reevaluate. It is more preferable not to compare itself to others, and to follow an example the people accepting such as they is.

How you think, can a problem it is necessary to look for not in the relations, and in ourselves?

S – Probably.

P – The servant everywhere remains the servant where he wouldn't go, he always takes service. Captive everywhere

captive, slave everywhere slave. The person always needs a certain scenario. Burn (1999) noted "the scenario it is considered that the person since the childhood plans to perform". The child asks the scenario from parents, he asks them "when I will grow up whom I will become? ". The person needs the scenario, the permit, a management. And who doesn't have it, try to write independently it if at them it turns out nothing, they are connected to someone else's scenario. This that soil which without having opportunity to grow up own flowers, grows up strangers. Sometimes tell "I all the life I devoted to you", i.e. mean that were occupied with life of another (its scenario). We arrive at idea that it is necessary to follow an example those people who are ready to change the scenario of life. If you are a servant – stop to serve, the captive – escape from prisoner-of-war camp, the slave – be exempted from slavery. Whether we are ready to changes? It not such easy process. It is war. Whether fighters we at heart and whether are ready to change the scenario?

S – Yes.

P – The person who has gone out of prison, commits again a crime to keep the former scenario. I don't know, whether you noticed that in prison people degrade each other even more, i.e. the victim looks for the victim. The servant looks for the servant as there are things which he can't make himself. Too most it is possible to tell and about the captive ... the chain is formed. As for owners of victims (the owner, the slaveholder taking prisoner), you can object that they aren't victims. However it is not so. They too victims – victims of the desires, gains, ambitions, at them too are "owners". Always it is necessary to remember that the victim you are not only you, but also your opponent. We need to leave this vicious circle (to escape from a chain). When the person is released, he spontaneously releases also others. Recognizing right to liberty, it doesn't limit freedom of others. You agree with me?

S – Yes.

P – Change of the scenario of life. To have own scenario and to realize the purpose for its implementation. If I am not free and I don't possess internal freedom, whether I will manage to implement in this case the plans? It is necessary to rethink and take responsibility for the decisions, to try to be released and break off these a chain. Certainly, a choice for you: nobody can force you. To you only offer the recipe, if necessary you can use of. So, the victim ... we open brackets ... the servant, the slave, the captive. How you think, in our inner world there are such actors? If they are also you them you see, try to describe them, it is desirable in writing. For example, if it is the servant, what he - vigorous, dexterous? Describe his appearance. Happens and so that the servant loves the owner, is devoted to him and wants to serve it, i.e. he wasn't tired of the role. But anyway let it has the recipe, let he will understand the condition and anyway will describe it. Page – (Describe, it is more preferable in writing)

P – You watch your health. What do you feel, describing?

S – Unpleasantly, I feel concern.

P – It is very important how we change the life scenario. As we leave it. Frankl (1997), in "Logoterapiya's" work,

describing own experience, notes that when after release from captivity they with his friend passed by the cultivated field, that suddenly began is angered to trample down it. When Frankl asked it why it so arrives, the friend answered that when they there suffered, people here continued to live quietly. Sometimes we accuse others, we try to shift responsibility onto them though in it there is no need. It is necessary to think only of an exit. The person who has decided on changes of the scenario of the life, bears for it responsibility. About its decision happen everything are informed, including the owner who isn't going to release the victim so easily. I.e. war is declared. The person wants to be released only when he was tired and can't live so any more if he doesn't aim at freedom, such life it still means arranges - it will play further a victim role. What fairy tales you loved in the childhood?

S – Little Mermaid, Cinderella ....

P – Whom there was a Cinderella? It had some "owners", but she wasn't frightened and made the decision to change the scenario of the life. So, having distinguished "victim" in the inner world (the captive, the slave, the servant), we try to see that first was for us invisible. Tell, you are going to live as lived before, without changing anything? The Cinderella decided to change the life, and you? You want to change?

S – Yes, we want. I don't know, it is possible (answers different).

P - If you are ready, what then it is necessary to do?

S – To change it.

P – For this purpose, to change it, what it is required to us?

S – To make the decision.

P – What decision you make if at your place there is any subject which isn't pleasant to you.

S – We are exempted from it, we throw out it.

P – We throw out? Well, in that case let's throw out our victims, don't worry and don't regret for it, otherwise they will return. Invite them to an exit (to ask to leave).

S – Yes.

P – If to invite them to an exit (to ask to leave), what there remains?

S – Emptiness.

P – That you wanted to see in exchange? Whom you awaken in yourselves and you invite in yourself. Remember the fairy tale ...

S – The good person, the winner, the king (answers can be different).

P – Yes, girls invite the queen, boys – the king. Give for one moment it is representable that you sit in the room and

suddenly you notice that on you the magnificent dress embroidered by a gold thread, because of what gold fabric poured as water. On the head the shining diadem decorated with jewels (young men (man) see a crown). Fingers on hands are decorated with rings. Standing graceful shoes from golden brocade. You are queen (king). Provide all this and try to remember that you thus feel.

S – Surprise, confusion, pleasure, agitation, unexpected and unusual condition (answers can be different).

P – And suddenly you hear a voice "the queen (king) rises", try to get up as there would be a queen (king), and don't forget that on you a magnificent attire.

Pages rise.

P – Again you hear voices: "the queen (king) sits down". And now you sit down as it is necessary to the queen and the king, solemnly and with a pomp.

Pages sit down.

P – What do you feel?

S – Pleasure, pleasure ... (answers different).

P – What did you see?

S – Our clothes sparkle, it is poured in case of each our movement (answers different).

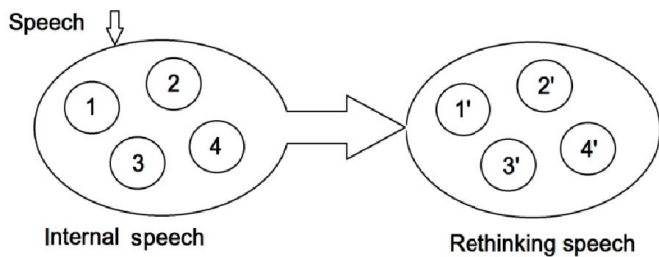
P – Yes, kings become near queens, and queens – near kings.

When our status changes, all changes - clothes, the relations, feelings (even flavoring) ... The child is born with the status of the queen or the king, but vital burdens, adversities suppress initially royal greatness existing in it. It doesn't disappear, isn't present .... it is just necessary to rethink, understand truth and it will be released. The king and the queen worship only to truth, instead of people. There is no need to prove to someone that you are the king or the queen. You shall prove it to yourselves. And then your former "owners" also "will see" magnificent attires on you and will depart, probably will start looking for the new victim (the servant, the captive, the slave). Their attitude towards you will change, all of you will see it and you will feel. Thanks.

## RESULTS AND DISCUSSION

Active training - one of the most powerful directions of modern psychology. The problem of search of the methods of activization of educational cognitive activity training sharply was put at different times by different researchers. The most various options of its solutions were proposed: increase in volume of the taught information, its sprissing and acceleration of processes of reading; creation of special psychological and didactic conditions of the doctrine; strengthening of control forms in management of educational cognitive activity (Babansky, 1982; Kirillova, 1996). So, the researches conducted by A. K. Markova (1985, 1993), showed that external control turns into self-checking only at

assimilation by the pupil of the general structure of educational activity and all its components. The method offered by us allows to receive result, which keeps within the scheme (Figure 1) offered one of the authors of this article (M.P. Mkrtumyan).



**Figure 1. Rethinking speech**

1. initial perception, 2. cognitive processes, 3. emotionality, 4. functions that serve the volitional regulation; 1'. rethinking initial perception, 2'. rethinking cognitive processes, 3'. rethinking emotionality, 4'. rethinking functions that serve the volitional regulation

Carrying out in interrelations of function of the reconsideration which is earlier studied, interrelation earlier studied and new, control and correction of the carried-out actions, predictive, it allows pupils to move ahead from an analytical stage to a stage of systematization and generalization and, further, to a design stage, a stage of application of the system generalized knowledge in new conditions. The method marks out the following features of active training:

1. Activization of thinking when the trainee is compelled to be active irrespective of his desire.
2. Rather long time of an involvement of trainees into educational process as their activity has to be not short-term or incidental, and substantially steady and long (i.e. during all occupation).
3. Independent creative development of decisions, increase of degree of motivation and emotionality of trainees.
4. Continuous interaction of trainees and teachers by means of straight lines and feedback. Considerable interest in professional education.

The training method, promotes in creation of psychological conditions, manifestations intellectual, personal and social activity of trainees. In our research devoted to studying of

personal features in relationship of the victims and "aggressor" (i.e. the owner, the slaveholder), it was revealed that in most cases these victims possessed low extent of development of critical and predictive abilities, self-assessments, and also discrepancy of their behavior to features of a real situation was observed. Short-term or incidental, and substantially steady and long (i.e. during all occupation). Also the victims showed inability to consider in the behavior of feature of the partner and to estimate his motives and intentions. As a result of the carried-out focus groups we formulated the general concept of the victim: this is the person possessing any resources which are of interest to others and which loss is significant for the person. We note that in psychological sense the victim — it is not only the person (personality), but also and the values entering into the structure of this personality, installations, belief, system of relationship with Wednesday which are also exposed to influence and change (reorganization) as a result of loss of significant resources or values. The experiment made by us allows to speak about the following results: the students are more senior, the reconsideration of a phenomenon of the victim is more active. The technique offered by us allows to open these consequences.

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