

## **REFLEXIVE MECHANISM - AS THE MAIN FORM OF CONTROLLING STUDENTS' PSYCHOLOGICAL CONDITIONS**

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### **Annotation**

This article deals with the theoretical and practical issues of the socio-psychological phenomenon of self-government, the reflexive mechanism, the formation of self-government motivation, self-management and improvement, self-control, social psychological features of self-education illuminated.

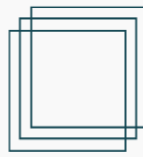
**Keywords:** self-management, reflexive mechanism, motivation, reflector, mental states, mental processes, behavior, transformation, social relations.

Psychological literature based on the theoretical analysis that the reflexive mechanism can be considered as the main mechanism of self-management of mental states of students, because it is this mechanism that allows to collect new information about students' mental activity, their personality. Theoretical analysis of the psychological literature allowed to distinguish the reflexive mechanism as the main mechanism of formation of self-management of mental states of students[1]. Scientists such as Zeigarnik B.V., Lushpaeva E.V., Slobodchikov V.I., Sharov A.C., Shchedrovitskiy T.P., Davydov V.V., Zak A.Z., Novikova E.R., Semenov I.N., Stepanov S.Yu., Gutkina N.I., Zakharova A.B., Kon I.S., Stalin V.V. have shown the role and importance of the reflex mechanism in the formation of the mental state of students.

The reflexive mechanism is manifested at all levels of self-regulation of mental states. The reflexive mechanism is the reflection that serves as the basis for the development of the human psyche (Hegel F., Golitsyn G.A., Karpov A.K., Slobodchikov V.I., etc.).

Reflection in psychological dictionaries is "Theoretical activity of a person aimed at understanding his actions and their bases; a special form of cognition" [2], [3], [4]. The role of reflection in human life has been studied in detail by C.L. Rubinstein. According to him, reflection stops the continuous process of life and allows a person to go beyond its boundaries mentally. In other words, reflection allows a person to assume the position of an outside observer, to look at their problems differently [5].

According to F.E. Vasilyuk, such a notion of reflection is interrelated with higher forms of volitional behavior as higher forms of life plan implementation and experience, resulting in creative transformation of oneself and one's life in the absence of a previous life plan [6]. In this sense, the reflexive mechanism is also the most important mechanism at the operational and technical (Konopkin O.A.), and motivational levels of self-regulation, as it allows a person to take an external position in relation to himself and his actions (Zeigarnik B.V. and others).



The importance of reflection as a universal and most important mechanism of the process of self-regulation was noted in N.G. Alekseeva, B.V. Zeigarnik, Yu.N. Kuljutkina, I.N. Semenova, S.Yu. Stepanova, G.P. Shchedrovitsky's research. According to them, reflection stops the process of activity, alienates and objectifies it. Hence, reflection, understood as a psychological mechanism of changing individual consciousness, is not only a reflection of a person's own thoughts and feelings, but also an effect on the person's self.

According to V.I. Slobodchikov, reflection is one of the main mechanisms of shaping a person's abilities and life.

Based on the theory of V.I. Slobodchikov, the reflective mechanism is a human, the highest ability, and it is manifested in the fact that a person analyzes, evaluates and transforms his feelings, thoughts, actions.

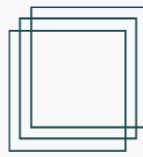
Hence, the main functions of reflection are defined from the point of view of A.S. Sharov as follows: "defining and constructing the boundaries of the psyche, collecting them and linking them to certain mental units, as well as organizing mental activity in motion to the basis of its activity". According to A.S. Sharov, the reflexive mechanism "shapes, limits, or creates a wide range of possibilities for human consciousness and self-awareness". In doing so, the author takes into account not only the impact of socio-cultural factors on human development, but, first of all, the creative principle in the formation of the individual.

Thus, on the basis of the analysis of the psychological literature (Vasilyuk F.E., Karpenko JI.A., Konyukhov N.I., Orlov Yu.M., Rubinstein S.L., Savinkina L.A., Semenov I.N. Slobodchikov VI, Stepanov S.Yu., Sharov A.S., etc.), it can be concluded that in modern psychology there are many interpretations of the reflex mechanism, most of which do not contradict each other, but only complement and clarify each other. We will focus on some of them as part of our research.

Reflection is the basic ability of a conscious being to be in practical contact with his own consciousness (Slobodchikov V.I.).

- Reflection is a process of self-knowledge by the subject of internal mental actions and situations (Karpenko L.A., Petrovsky A.B., Yaroshevsky M.G.)
- Reflection is a "process of revision and change of values, norms, methods of work and ways of thinking, re-evaluation of the past and present, reconsideration of attitudes to the future, disclosure of abstract phenomena ..." (Semenov I.N., Stepanov S.Yu.).
- Reflection is an inner mental activity of a person aimed at understanding their actions and states; self-knowledge of one's own spiritual world (Konyukhov N.I.).
- Reflection is the self-organization of mental activity that takes place at different levels of the psyche (conscious, unconscious) in the process of interaction with the inner world of the person. (Sharov A.S.).

Hence, the reflexive mechanism is considered as a system of mental phenomena aimed at optimizing the mental state of a person and replacing its uncomfortable components with convenient parts in the process of reflexive analysis.



The reflexive mechanism determines a person's flexibility and dynamics, and their ability to change behavior depending on events and situations that are currently important. Thanks to the reflexive mechanism, a person's self-control extends not only to external things, but also to his or her own aspirations, capabilities, and self-esteem. The reflexive mechanism applied to students helps to understand and reconsider its activities and itself as a subject of this activity in order to evaluate, reorganize, predict and evaluate its effectiveness for the development of its activities.

The reflexive mechanism is considered by most authors as a necessary basis for self-awareness. The reflexive mechanism of self-management of mental states allows students to address themselves, the 'I', analyze their own situation, as well as move away from their immediate experience, evaluate and rethink it. Moreover, this motive leads to the desire to change a certain mental state at the expense of functional methods. Here, connections between reflexive and motivational mechanisms are observed.

Thus, the reflexive mechanism, which is linked to all the mechanisms we have identified and acts as the main mechanism, ensures the effectiveness of the formation of self-management of students' mental states. At the same time, it ensures the successful formation of self-management of the mental states of students.

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