

The personal psychological peculiarities as a basic personal resource of the old people

Nathalia Alexandrova
Sofia University
Bulgaria

The personal psychological peculiarities as a basic personal resource of the old people

The suggestion of this report is that one of the most important premises for healthy care is to perfect the psychological assessment.

The researches show that the individuals' psychological condition contribute to the quality of life.

The personal psychological peculiarities as a basic personal resource of the old people

The behavioural and psychological interventions could also prevent the illnesses, improve cognitive functioning and physical fitness, increase positive emotional functioning.

In the modern scientific literature ageing is no more seen as 'fading away' or regress.

The personal psychological peculiarities as a basic personal resource of the old people

It is obvious that the elderly people are facing the necessity to adapt not only to new external situations, but also to react towards inner changes.

It is important to stress that the psychological characteristics are a good orientation mark for the way of this adaptation to the others, to the environment and to one's self will happen.

The personal psychological peculiarities as a basic personal resource of the old people

According to Rubinstein a psychological mechanism of development and transformation is the personality itself.

A central point of view in that theory is the concept of “subjective activity or named as subjectness”– or the concept of the person as a creator of the relations with others and the self as creating their own life.

The personal psychological peculiarities as a basic personal resource of the old people

The term ‘subjectness’ potentially encompasses in itself the whole cluster of psychological manifestations of the person.

The development of the self-consciousness helps the formation of the ‘subjectness’.

The personal psychological peculiarities as a basic personal resource of the old people

The content and comparative analysis of the 'subjectness' reveal two major factors that influence its quality and development, namely the motivational sphere , on one hand, and the self-consciousness, on the other hand.

The personal psychological peculiarities as a basic personal resource of the old people

At any stage of personal development the 'subjectness' includes the level of development of the self-consciousness that is reached.

The varying characteristics of the intrapsychic parameters determine the quality and the specifics of the personal 'subjectness' of the elderly people.

The personal psychological peculiarities as a basic personal resource of the old people

The study of the personal 'subjectness' of the elderly should take into consideration that it is determined by the varying content of the polyvalent personal structure – identity, levels of self-acceptance, content of the manifested characteristics of the Self.

The personal psychological peculiarities as a basic personal resource of the old people

The suggestions are that the specifics of individual 'subjectness' are determined to a significant extent by the levels of self-acceptance of old people.

The focus of the current research is to explore the psychological peculiarities influencing the personality of the old people.

The personal psychological peculiarities as a basic personal resource of the old people

The number of participants amounts to 820 old persons in good mental state.

The research results show that a lot of people of old age are in a preserved self-identification form, and that the average level of self-acceptance is the most characteristic of the old people in Bulgaria.

Table 1

Levels of self-acceptance	Percentage
High	8.2
Above average	36.5
Average	43
Low	12.3
Total	100

The personal psychological peculiarities as a basic personal resource of the old people

The preserved „ subjective activity “is a consequence of the self-acceptance and esteem of the old person.

A well-preserved ‘subjectness’ could be one of the basic and special psychological means providing internal psychological support and help for the old people.

The personal psychological peculiarities as a basic personal resource of the old people

The results of the research give the opportunity to make precise and psychologically adequate judgement about the type of help and support needed by a particular elderly person. This is particularly important in the case of the old people with lower levels of self-acceptance.

The personal psychological peculiarities as a basic personal resource of the old people

The development of self-confidence on the part of old people can be reached by the development of programmes that:

- enhance the self-confidence and the potential for self-reflection and self-knowledge;
- prevent the risk of low self-esteem;
- encourage the sense of personal integrity.