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ГУМАНИТАРНЫЕ НАУКИ

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ВЗАИМОСВЯЗЬ МЕЖДУ ЯЗЫКОВЫМИ ПАТТЕРНАМИ И ПОВЕДЕНЧЕСКИМИ ХАРАКТЕРИСТИКАМИ

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Аннотация

Введение. Интериоризированные конкретной личностью культурно принятые символы отражаются на мышлении, которое влияет на поведение. **Цель исследования** – проанализировать и оценить взаимовлияния самых распространенных языковых паттернов и поведенческих характеристик. **Материал и методы.** Проведение описательного исследования на основе данных, полученных в ходе опроса студентов ВУЗов в возрасте от 18 до 22 лет. Респондентам были предложены различные устойчивые выражения, которые необходимо проанализировать с точки зрения их влияния на конкретные модели поведения. Все ответы испытуемых подвергались контент – анализу. **Результаты.** Языковые паттерны оказывают значительное влияние на поведенческие характеристики. **Выводы.** Влияние языковых паттернов осуществляется посредством отражения в них культурных норм, необходимых для интеграции личности в общество.

Ключевые слова: Поведение, язык, паттерны, социальный контекст, интериоризация.

THE INTERCONNECTION BETWEEN LANGUAGE PATTERNS AND BEHAVIORAL CHARACTERISTICS.

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Abstract

Introduction. Culturally accepted symbols interiorised by a particular person are reflected in thinking, which affects behavior. **The aim of the study** is to analyze and evaluate the mutual influence of the most common language patterns and behavioral characteristics. **Material and methods.** A descriptive study based on data obtained during a survey of university students aged 18 to 22 years. Respondents were offered various stable expressions that need to be analyzed in terms of their influence on specific behavior patterns. All responses of the subjects were subjected to content analysis. **Results.** Language patterns have a significant impact on behavioral characteristics. **Conclusions.** The influence of language patterns is achieved through their reflection of cultural norms necessary for the integration of the individual into society.

Keywords: behavior, language, patterns, social context, internalization.

INTRODUCTION

In this article, language patterns will be understood as paremias, as an anonymous saying of a didactic nature that is stable in the language and reproduced in speech, including proverbs, sayings and idioms [1]. Also, there is a science – psychoparemiology, which studies paremias as regulators of thinking and behavior. Currently, in the scientific community, a small number of works are devoted to the relationship between the concepts of "language pattern" and "behavior", basically these two factors are considered separately from each other. However, this problem is relevant, because speech, thinking and behavior are interrelated features that can influence each other. Also, the meaning of a word belongs to both the realm of thinking and the realm of speech [2]. This position can be interpreted as follows: people in the process of verbal communication exchange words, each of which has its own semantic meaning, which is also a reflection of the processes of their thinking and speech. Then the words of the sender affect the psyche of the recipient and are subject to the process of interiorization. After certain thought processes, words are reflected in behavior. Also, each cultural context has its own speech patterns, which are certain "templates" that are repeated over and over again. The peculiarity of any patterns (including speech patterns) is that they are unconscious, and therefore automatic. Without realizing these patterns, we also do not realize that they can not only help us, but also hinder us. To help means not to include your consciousness in unnecessary mental processes. To hinder means to limit us in choosing a behavior strategy, determining this strategy for us, without our participation. Thus, in some cases it is useful to rethink your speech and behavioral patterns [3]. After all, in addition to the fact that speech patterns help to systematize the picture of the world of a certain culture, they also limit it, creating stereotypes and prejudices. Also, speech patterns, before influencing our behavior, must establish certain attitudes and values in us, which is achieved through the process of evaluation, represented in the evaluative semantics of words, which convey the attitude (positive or negative) of the author to a certain situation. This is conveyed by the use of qualitative adjectives: good, bad, smart, stupid, etc., as well as the use of the imperative mood, for example, "first think, then do". In this way, the influence of language patterns on thinking and behavior is very extensive, which proves the relevance of this article.

"Self – concept" of a person is a certain idea of the individual about himself, which lies on two levels: on the conscious and unconscious.

Self – concept consists of 3 components:

1) cognitive – what is assessed by a person on a conscious level and is subject to critical assessment.

2) emotional – evaluative – represents a person's attitude to himself and his manifestations. This aspect is determined by the social environment and it is more unconscious.

3) behavioral – self – regulation and decision – making. Conscious part. [4]

All these components depend on many factors, including a person's identification of himself to a certain culture. D.N. Ovsyaniko – Kulikovsky linked the national self – awareness of an individual with the assimilation of language norms: "A child before acquiring a language does not have national psychological characteristics, he is international [5]. It follows from this thesis that language norms and patterns have a significant impact on the conscious and unconscious parts of the "I – concept" of the individual and affect his behavior and activities in society.

The aim of the study is to analyze and evaluate the mutual influence of the most common language patterns and behavioral characteristics.

MATERIAL AND METHODS

A one – time written survey with open – ended questions was conducted among students of higher education institutions in Yekaterinburg, including: USMU, USPU, USLU, UrFU, USTU. which ensured diversity in the sample and allowed us to take into account the influence of various educational and cultural factors. The study involved 37 people (n=37), aged 18 to 22 years, men – 11 (29%), women – 26 (71%). Participants were randomly selected from the total number of full – time students. All respondents gave their consent to participate in the study and were informed about the purpose of the survey and the conditions of anonymity. Respondents answered open – ended questions, the purpose of which was to identify behavioral characteristics associated with certain most

common stable expressions in Russian culture. After collecting the data, the responses were compiled and anonymized to ensure confidentiality. The collected data were subjected to qualitative analysis using the content analysis method.

RESULTS

Respondents were given 4 speech patterns that are widespread in Russian culture among people of different ages (who, accordingly, are in different social contexts):

- 1) first think, then act.
- 2) happiness loves silence.
- 3) if we didn't live well, there's no point in starting.
- 4) "I" is the last letter in the alphabet.

36 people (97%) were familiar with the first speech pattern, 37 people (100%) with the second, 25 people (67%) with the third, and 34 people (92%) with the fourth.

Most of the respondents learned about these proverbs from their family in childhood (parents, grandparents) – 39%. 26% learned from the Internet. 17% learned from school (mainly elementary) and kindergarten. 3% from peers, and 15% is attributed to other reasons.

Those respondents who agree with the most common language patterns have a higher degree of this influence on their behavior (66.2%). Respondents who expressed their disagreement with the patterns have a lower level of influence on their behavior (17.1%). The remaining group of respondents who do not have an opinion on language patterns due to ignorance of them, show an average level of their influence on behavior (40.2%).

Let's move on to a detailed analysis of each pattern separately and their impact on behavioral characteristics:

1. first think, then act. 89% of respondents agree with the statement. Respondents who agree with the proverb rate its influence on their behavior at 5.69 out of 10. 11% of respondents who do not know this proverb rated its supposed influence on their behavior at 6 out of 10.

2. happiness loves silence. 56% agree with the statement, which affects their behavior by 6.1/10. 22% disagree with the pattern, which affects their behavior by 2.1/10. 22% have not formed an opinion about it. Reflection on behavior – 3/10.

3. if we didn't live well, there's no point in starting. 2 respondents (5%) agree, the effect on behavior is 10/10, during the survey it was revealed that this is the result of a defensive reaction. 89% of respondents do not agree with the proverb, its influence on their behavior is 1.8/10, which corresponds to an insignificant indicator. Respondents are focused on active development, which is confirmed by the laws of developmental psychology. 6% are not familiar with the pattern, which affects their behavior by 3/10.

4. "I" is the last letter in the alphabet. 32% agree with the saying, which affects their behavior by 4.7/10. 49% disagree with the pattern, which affects their behavior by 2.8/10. 19% have not formed an opinion about it. Reflection on behavior – 2.8/10. Most respondents do not agree with this pattern. Also, this language pattern has the lowest coefficient of influence on the behavioral characteristics of the individual (3.47/10), which fully reflects the desire of modern society for individualization.

DISCUSSION

A higher percentage of respondents answered that they are familiar with these speech patterns. However, the lower level of familiarity with the third pattern emphasizes the differences in social attitudes. This proverb is inherent in a different cultural context, which is not inherent to young people striving for change and new experiences. On a deeper level, it may also reflect the optimism of the young audience, avoiding attitudes about hopelessness or the impossibility of change.

The results related to where respondents first learned about these speech patterns indicate that agents of primary socialization in early childhood have a greater influence on the formation of personality. Based on the above analysis, the percentage of knowledge of speech patterns among young people illustrates the complex dynamics of the interaction of cultural norms and ideas, as well as deeply rooted ideas about life, happiness and individuality.

The results of the study show that there is a relationship between agreement with language patterns and their influence on the behavior of respondents. The results of the study show that there

is a connection between agreement with language patterns and their influence on the behavior of respondents. It is possible to derive an axiom: the higher the level of agreement with a language pattern, the more it will be reflected in behavior. Thus, this may indicate that agreement with certain social norms or patterns contributes to more adaptive behavior, because it will be a priori more social (integrated into culture). The lower the level of belief, the less a particular pattern will be reflected in behavior. This can be interpreted as a result of a conflict between personal beliefs and social expectations. In this case, respondents prefer to be guided by their own beliefs. The remaining group of respondents who do not know the meaning of these proverbs demonstrates an average level of their influence on behavior. This may indicate that lack of information or ignorance can lead to uncertainty, which is reflected in their ability to act effectively in social situations.

Let's move on to a detailed analysis of each pattern separately and their impact on behavioral characteristics:

1. first think, then act. Most of respondents agree with the statement. It shows that most people realize the importance of analysis before making a decision. Respondents who agree with the proverb rate its influence on their behavior at 5.69 out of 10. 11% of respondents who do not know this proverb rated its supposed influence on their behavior at 6 out of 10. This may indicate that some young people intuitively follow the principles of conscious decision – making, without even knowing about the proverb.

Lexical analysis of the pattern. The use of marker words by the subjects:

1) to ponder, to think over, to check, it is worth thinking about, to think, to plan, to calculate, to weigh (37 mentions), indicates the great importance attached to the process of thinking before making a decision. 2) Clearly, carefully, rationally, attentively, carefully, optimally (9 mentions), the desire of young people to analyze their actions with clarity and attention to detail. 3) Responsibility, schedule, details, accuracy, consequences (9 mentions), emphasize the importance of understanding the results of their actions, especially among young people.

The choice of vocabulary indicates the value of such qualities as responsibility, rationality and thoroughness, which may be associated with modern social demands on the individual.

2. happiness loves silence. These results indicate that most respondents agree with this pattern and note its significant influence on behavior. As in the case of the first pattern, the lower the agreement coefficient, the lower the degree of reflection on behavior.

Lexical analysis of the pattern:

1) Frequent mentions of negative reinforcements (such as "condemn, stop, put pressure on the sore spot, won't like it, put a spoke in the wheel, threat"). The very presence of such reinforcements indicates that there are foundations in the social environment, one of which is "happiness loves silence". 2) subjects have an internal impulse to share their "happiness" (mention of such marker words as: I'm afraid, I'm blabbing, I'll regret it, inappropriate, ahead of time, don't brag), however, due to social suppression, many prefer to keep it to themselves, believing that this is not socially desirable, and, therefore, in order not to receive negative reinforcement. 3) most respondents prefer not to share their positive emotions (marker words indicating this: don't talk, don't have to share, don't bother, won't hurt, jinx it, inappropriate, only, rarely). 4) a very small portion of respondents are ready to share (marker words: I like to share, I tell, don't mind sharing).

3. if we didn't live well, there's no point in starting. Lexical analysis of the pattern:

1) many verbs (I strive, to appreciate, to take advantage of, to change, to change, not to stand, not to put up with, to cope, to undertake, to do, I am worthy, to leave (the comfort zone), to start, etc.). All these main goals imply an active life position and subjectivity in social relations, this suggests that the subjects do not agree with the pattern and strive to change themselves and the world around them. 2) among nouns the following predominate: development, variants, movement, sense. They also demonstrate a focus on forward movement.

4. "I" is the last letter in the alphabet. Lexical analysis of the pattern:

1) Most respondents did not agree with the pattern and emphasized that it does not affect behavior in any way. When analyzing their answers, it was revealed that they used such marker words as: I fight, I choose myself, "I", myself, myself, my desires, "healthy egoism", first place (in relation

to "I"), vanity, benefit. 2) the rest noted that despite their own needs, they pay more attention to others than to themselves. When analyzing their answers, the words "show off less, others are more important, I am a collectivist, behave more modestly, I do not want to seem intrusive" were often repeated.

CONCLUSIONS

Thus, after conducting content analysis, we can conclude that language patterns have a significant influence (45.7%) on the behavioral characteristics of an individual (namely, on its successful integration into a certain cultural field) since language is a social regulator of cultural traditions and social values, which, in turn, determine behavioral reactions due to the influence on emotional and cognitive attitudes and social identification.

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ПСИХОЛОГИЧЕСКИЕ ПРИЧИНЫ И ОСОБЕННОСТИ ПРОЯВЛЕНИЯ РАССТРОЙСТВ ПИЩЕВОГО ПОВЕДЕНИЯ У МОЛОДЁЖИ

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Аннотация

Введение. В настоящее время проблема психологических причин и особенностей проявления расстройств пищевого поведения является актуальной для современного общества. Это обусловлено такими факторами, как повышенная тревожность, информационная перегруженность, переживания, тревога, зависимость мнения и оценки общества, стресс, неправильное питание, гиподинамия. Все это сказывается на здоровье молодёжи, в том числе психическом, что может вызвать расстройства пищевого поведения у молодежи. **Цель исследования** – изучение психологических причин и особенностей проявления расстройств пищевого поведения у молодёжи. **Материал и методы.** В данной работе использовались методы: теоретический анализ научных источников отечественных и зарубежных исследователей, конкретизация, обобщение, сравнение. **Результаты.** Систематизированы результаты теоретических и эмпирических исследований. Выделены основные факторы возникновения РПП: физиологические, биологические, генетические, социокультурные и семейные. **Выводы.** Практическая значимость исследования заключается в возможности использования полученных результатов в практической деятельности психологов и врачей для создания превентивных мер по отношению к проблемам, связанных с расстройствами пищевого поведения. Важным фактором предотвращения расстройств пищевого поведения у молодежи является профилактика правильного, здорового подхода к питанию, адекватного отношения к своему телу, восприятия окружающего мира.

Ключевые слова: молодёжь, психические состояния, расстройство пищевого поведения.

PSYCHOLOGICAL REASONS AND FEATURES OF THE MANIFESTATION OF EATING DISORDERS IN YOUNG PEOPLE