

The Speech as Means of the Regulation the Person's Self-Consciousness and Self-Checking

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Abstract

In modern psychology the role of speech in the regulation of person's consciousness and behavior is indisputable. Speech is known to have some influence on a person, and where there is influence there is consequence. Methods offered by us permit to reveal these consequence.

Keywords: External, Internal word, Reflection, Self-regulation, Reconsideration.

Introduction

Last especial time in psychologic researches role of the speech make important in case of the regulation the person's consciousness and behaviour. Who being done in this domain the more and more obvious researches are making mutual arrangement of the mentioned psychologic phenomena. In the Western tradition, thinking is often understood as an intra-mental activity inside an individual mind, with speech representing vocalized thinking. In Vygotskian psychology, thinking and speech are viewed as a unit that contributes to the development process of the emerging personality of an individual, always tied together with the social. It is precisely the inter-functional relationship between the two that plays a very important role in guiding the individual to his/her highest potential. Thought has a pre-verbal root and speech has a pre-intellectual root, with both aspects intertwining and developing between "engagements" and 'separations'. It is through the inter-functional systemic unity that thought can become verbal, with speech becoming intellectual (Kozulin, 1994). This understanding is placed within a higher principle of consciousness; with L. Vygotsky (1978) claiming that thought and speech are the key to the nature of human consciousness. L. Vygotsky understood each human as a social being first, to then become an individual personality through self-regulation. This internal freedom is connected to ideas of Spinoza, instead of the Western understanding of personal freedom of movement, or freedom of speech. We use words to convey our emotions and thoughts, to tell stories, and to understand the world. It is somewhat odd, then, that so few investigations in the social sciences actually focus on natural language use among people in the real world. There are many legitimate reasons for not studying what people say or write. Historically, the analysis of text was slow, complex, and costly. The purpose of this chapter is to suggest that social scientists in general and social psychologists in particular should reconsider the value of language studies. With recent advances in computer text analysis methods, we are now able to explore basic social processes in new and rich ways that could not have been done even a decade ago. When

language has been studied at all within social psychology, it has usually relied on fairly rigorous experimental methods using an assortment of standardized human coding procedures. These works are helping researchers to understand social attribution (Fiedler, Semin, 1992), intercultural communication (Hajek, Giles, 2003), and even how different cultures think about time (Boroditsky, 2001).

Methodic

In operation is provided the example of a method of the active training in educational process, which will perfectly be coordinated with the principles of the modern education: The principle of controlled transition from activities in an educational situation to activities in a life situation; the principle of controlled transition from joint educational and cognitive activities and independent activities of pupils. The methodic has theoretico-practical character and gives the chance to reveal a word role in inter conditionalities of consciousness of the personality and development in being trained mechanisms of self-checking, self-regulation. As the active methods of training understand such methods and receptions of psychological influence which induce students to cogitative activity, knowledge, to manifestation of creative, research approach, and also to search of new ideas. As a distinguisher the level of activation of students or nature of educational and cognitive activities is used. All methods of activation of cognitive activities belong to the active method of training on lecture occupations. This technique passed the long approbation.

As we know speech has influencing function. If there is an influence, there is also a result. The method provided by us gives the chance to reveal these results. The general name of the methodic's is "My garden". It consists of two parts. Main objectives of this methodics are following: 1. The relaxation of the person's psycholo sphere; 2. To help the personality to hear the external and internal speech; 3. With the help of new developing positive line items to activate self-checking process.

Methodics provided by us passed the long trial period (3 years). In test different social groups and experts (teachers, tutors, students, parents) are included. In each group technique pro-driving which has theoretic practical character, came to an end with interview and written or oral recognitions. It confirms importance of this psychological problem. From results it became clear that talking many don't hear the external and internal speech. Now we will provide the maintenance of this method.

We represent part of an authoring methodics:

"My Garden"

Psychologist (P) - Let us suppose that you have inherited a garden. What operations you will be to make there in spring?

Visitor (V) - I'll gather there dry leaves, cut dry twigs and kindle and loosen the earth, then sow the seeds of colorful flowers and will pour them.

P. - And after watering the flowers, will the ill weeds grow together with the flowers?

V. - Certainly will!

P. - What you need to do?

V. - We have to root out the weeds and throw it out of the garden.

P. - Why?

V. - Because the ill weeds will interfere the normal growth of the flowers.

P. - After the growth of your colourful flowers in your garden, when they will beautify your garden, then what will be the role of it?

(The visitors are expressing different thoughts here. Most of them say, that they will spend very much of time in the garden. But others will invite the intimate there etc.)

V. - My well-groomed and decorated with beautiful flowers garden will give me and surrounding comfort, joy and health.

(Judgements can be different).

P. - *(No objection)*. If there is another garden with neighborhood of your garden, could you start to cultivate the neighbour's garden, leaving your own uncultivated?

V. - Of course, not. If affairs in my garden are ended, it is possible to help and give advice others too.

P. - *(No objection)*. Imagine, that this garden is our inner world. As you can see, there are a lot of works to do there and leaving it uncultivated you may not plough other's garden. Yes, sometimes garden of our soul is uncultivated and abandoned and full of ill weeds. We, in fact are engaged correcting errors of other people. For example, you aren't right, you shouldn't have to do that, you shan't arrive so. Do you agree?

V. - Yes, I do.

P. - You noted that together with flowers weeds grow also and it is necessary to eradicate them. What it is necessary to do not to be mistaken?

V. - You must recognize the brairds of the weeds otherwise you will damage the flowers.

P. - If our inner world is a garden, there are also some "weeds" there and to get rid of them, it's very important to recognize them at first. Do you want to recognize them?

V. - Yes, I do.

P. - For this purpose, it is important, that we learn to hear ourselves, how we think and speak, what words and expression we use (sometimes with humour) disregarding their contents.

(The psychologist marks some often used expressions, such as: idiot, moron, silly, witless, foolish, all sorts of curses, etc.).

If we look at or get acquainted with the clinical picture of "moron", we shall be terrified, but we are using those words with light-heartedness and carelessness. And what about you? Do you want to pull the weeds from your garden, because they don't beautify your garden, but cripple it?

V. -Yes, I do.

P. -Then, please write down on the papers those negative words and phrases that you use while Jokeing, derideing or insulting your comrades and friends.

V. - *(The visitor is writing those).*

P. - *(The psychologist is continuing his work reminding the visitor to be especially sincere and outspoken).*

Be sincere and do not husband or deceive yourself. Your soul's garden needs to free from those "weeds" which prevent the growth of your garden's "flowers". Nobody will read your writings as well you will not read somebody's writings. You aren't interested in operations of a neighbour's garden.

V. - I finished.

P. - And now very attentive, some seconds look a row of the words written by you. Then describe your sensations and impressions. The written words are conveying some different feelings.

V. - Unpleasantness, disappointment, laughter, sadness, weight. *(They make some even sick).*

P. - And now to move away the speeches with a negative meaning from your garden, you must do an important step, that is to show your negative attitude writing. "I refuse".

V. - *(He is writing)*

P. - And now you can tear it and throw out. What are you sensing refusing and having torn all this?

V. - Lightness, quietness. And if I suddenly use the same words again? How I then will arrive?

P. - Yes, possibly you will again use these words because any weed doesn't disappear so easily.

There are weeds which after ejection again grow. But it is necessary to eradicate them. That is such words have deep roots, and with them it is necessary to carry out special operation. It isn't necessary to despair! When you use it again, you will notice a precautionary signal inside you. It will remind you that this is that speech which you refused and having again refused try to use more beautiful expressions. Give itself time and the most important you wish it will be released from these "weeds".

V. - Sometimes they help me to relax.

P. - And now I explicitly will show you, what influence has the speech on the personality. It is very important that we learned to hear our external and internal speech. You listen to yourself, how you speak?

V. - No *(usually the question happens unexpected and many people notice that they don't listen at that moment).*

The second part of a method is represented.

P. - Let's try to show the influence of the speech by other method.

The speech can be external and internal. Let's to introduce the external word. As we know the water came outside from the drinking fountain is wetting itself. In the same way the first influence of the word proceeding from us is carried by ourselves, because first of all it falls on

us like water from a drinking fountain (Fig. 1, version 1). For example, when you congratulate on the birthday of one of your darlings, you receive from these long wishes bigger pleasure, than the birthday man. Your appearance changes, your mood is lightened etc. The congratulating rejoices more, than that who receives a congratulation. Because influence of these positive words is worn at first by you. It flows at first on you and changes you and people surrounding to you. It happens when externally very beautiful girl at conversation expresses some ugly, obscene words and expressions and then the listener is disappointed and more doesn't consider or doesn't see her beautiful. The ugly words proceeding from lips of the girl harms to her. In a world of the phenomenon surrounding in us occurring in the nature it is very frequent according to the different phenomena the events in our mental world. For example, the volcanic mountain, from which volcanic eruptions burns it's inside, outside and environment. Very angry person is in essence similar on a volcanic mountain. As it is know many people try not to approach to the angry person (*volcanic mountain*). Otherwise they risk. And only then when he will calm down it will be possible to approach and talk to him. And he himself doesn't want to talk to anybody. His pale and gloomy look frightens people. It's time for him to go out from that state and to be restored because there were "corrupting". How the mountain is recovered? Over time in the nature there is recovery work. The sun warms, the dew wets, a wind disperses the seeds and the mountain gradually starts being recovered, but it doesn't have it's former appearance.

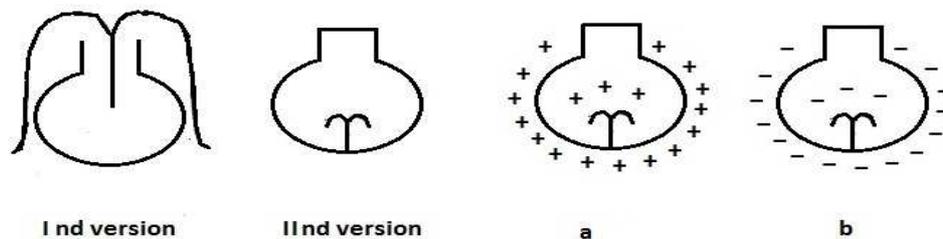


Fig. 1: External and internal word

The person also is recovered by means of time and the environment. The surrounding people start telling as required to it, some consolatory words and surround him with care and attention. He starts being restored gradually to normal life, but loses the former structure. As we see from these examples the first influence of the speech wears the speaker himself. If water of the drinking fountain is sweet-tasting, it will sweeten first himself and then only environment. If it is bitter, then it will embitter both him and others. The sweet-tasting speeches will entail gladness, joy both the speaker and the men who surrounding him. And if the words are bitter, then they give bitterness both the speaker and people surrounding him. The image is other, when we are recurring to the inner speech. That is soundless, that is thoughts, which come thinking mentally, solving problems, making plans, reminding the past etc. Yes, if we speak from within, the source of our speech proceeds from within. (Fig. 1, 2 nd version).

A) The internal speech is furthering to design of thoughts. If they have the positive contents, that changes our inner world and it can be expressed by means of visual contact, a look. By means of a look we love, we hate, we kill. B) In case of negative internal words the interior changes. The person becomes more gloomy and sad. The look, skin color (becomes pale) change, palpitation is accelerated, etc. With such person environmental people avoid communication. Negative internal words are dangerous to a human body and to environment. Such words hinder people truthfully to analyze a situation because it causes necessary tension, irritability also hinders the correct communication. And it is so very important to be able to hear the internal word. If there is a tall weeds, we shall refuse them because such words hinder the person to analyze correctly and have a negative impact on an organism and on environment. Final result of this is our reflection (Fig. 2).

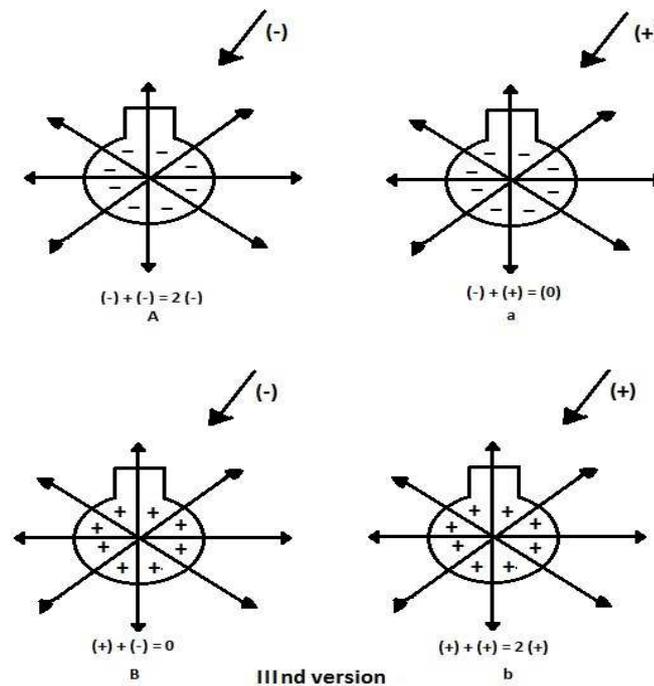


Fig. 2: Reflection

How we reflect, react on intra mental responses of data to external drivers, which of itself represent speech, thinking, emotional memory processes. Though, how we react? A) If our social line items have negative character (we are bitter sources), the external negative driver will promote the appearance of an explosion-dangerous situation. B) If positive, positive irritants going from out of will be neutralized (our social line items fresh sources). a) If we are set up negatively, the positive irritant coming from the outside can be neutralized. This option depends, from that what side is dominating. b) If our social line items are positive, at that time the external positive irritant will add positive emotions and will promote environment revitalizing. Change begins from us. If we change, it can change also our surrounding.

417 people are probed: 298 women and 119 men - students of I and the II courses of the Yerevan State Pedagogical University aged from 18 till 28 years.

Results and Discussion

In educational activities many psycholo-pedagogical researches are devoted to study of a role of self-checking. Action of self-checking is considered as a necessary condition of successful training (Gutqina, 1987). Psychologists give the following determination of self-checking: realization and assessment the subject of own actions, mental processes and statuses where an important role is played also by word reconsideration. Formation of arbitrary self regulation assumes possibility of the person to realize and supervise a situation, process (Mkrtchyan, 2007; Mariasova, 2009). Objects of different modalities (visual, acoustical, tactile, etc.), logical sendings, opinions, etc. (Ponomarev, 1967) can be a material for course of mental process. The method offered by us passed the long approbation (5 years). Results of the pilot researches which were conducted for a number of years at the Yerevan State Pedagogical University, allowed to come to a certain inference on this matter (Figures 3 and 4). Separate age groups of students were involved in research. In all groups carrying out the technique having teoretiko-practical character, came to an end with interviews and sincere recognitions in the written or oral form that also proved importance of this psychological problem. The experiment made by us allows speaking about the following results - the students are higher,

the reconsideration of the word and skills of self-checking is more active. Data retrieved are provided in Figures 3 and 4.

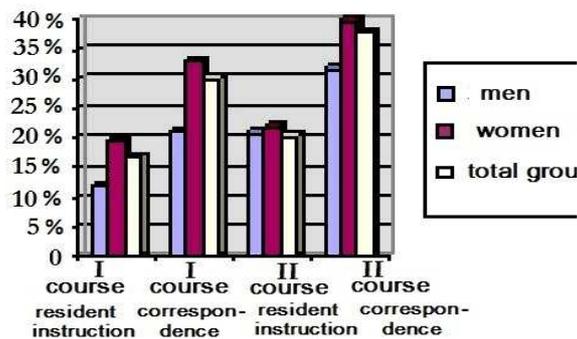


Fig. 3: Indexes of reconsideration of the word at 18-22-year-old students

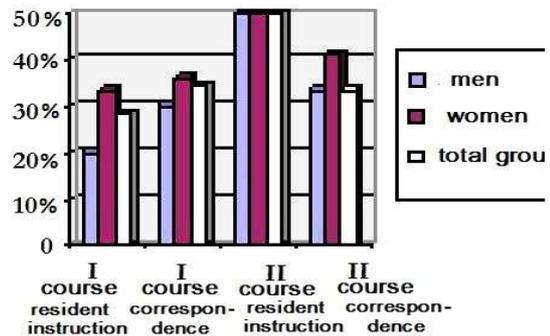


Fig. 4: Indexes of reconsideration of the word at 23-28 - summer students

Conclusions

In the modern psychology value of speech in regulation of self-checking of the personality is indisputable. The data obtained in our research allow to reveal also distinctions among men and women. These distinctions are caused by earlier physical maturing of women. It is known that the word influences if there is an influence, so there is also a consequence. The methodics offered by us allows opening these consequences.

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