

## SUMMARY OF THE ISSUE

### *Theory and Philosophy of Psychology*

#### **K.V. Karpinsky. Life Meaning and Resources for Its Realization: Towards Understanding of Personality Crisis Mechanisms**

The varieties, mechanisms, and patterns of life meaning crisis in personality development are discussed. The idea that crisis may be determined from within by the functional properties of individual life meaning. One of this properties is feasibility, understood as availability of the resources needed for practical realization of a specific life meaning. Specific attention is given to the notion of operational resources, an individual set of specific activities that form the integral life activity structure and are used by the person as operational means for life meaning realization. The content of unrealistic life meaning does not agree with the personality activity repertoire. The results of an empirical study support the hypothesis that unrealistic life meaning provokes a life meaning crisis.

*Keywords:* personality, life agent, life meaning, resources, life activity, unrealistic life meaning, life meaning crisis.

### ***Special Theme of the Issue. Positive Psychology***

#### **D.A. Leontiev. Positive Psychology: An Agenda for the New Century**

The paper presents a detailed overview of the development and present situation within positive psychology, a trend that recently emerged in psychology. The author presents the stages in the development of this trend and discusses its problems, challenges, and the topics presently under debate. Particular attention is given to debunk-

ing some of the myths that surround positive psychology. The author shows the dynamics of the way positive human functioning has been conceptualized, gradually moving from superficial to integral and dialectic ways. Positive psychology is seen as a proving ground for new approaches in general psychology that correspond to the tasks and challenges of the new century.

*Keywords:* positive psychology, happiness, well-being, traits, strengths, emotions, meaning, health, humanistic psychology.

#### **A.M. Ulanovsky. Coaching with a Regard for Science: The Practices of Positive Life**

The author analyzes the methodology of coaching seen as a developmental practical domain and profession. Among the issues discussed are the general state of things in coaching, its foundations, sources, and interventions, as well as its associations with psychology, psychotherapy, and contemporary research. Interpretations are given to the popular notions and models of coaching, the idea of evidence-based practices, and psychological theories and models that have practical significance, as well as explanatory potential. A central place is given to the analysis and development of one basic approach, the positive psychology coaching. Its specific aspects and thematic areas referred to within the coach-client work are presented, including positivity, flow, strengths and virtues, time perspective, pleasure, intrinsic motivation, self-efficacy.

*Keywords:* coaching, developmental practices, positive psychology, foundations, theories, models, interventions, research.

**E.I. Rasskazova. Evaluation of Quality of Life Enjoyment and Satisfaction: Psychometric Properties of a Russian-language Measure**

The paper presents the results of development and validation of a Russian-language version of the Quality of Life Enjoyment and Satisfaction Questionnaire (Short Form), which allows to measure and compare satisfaction and life quality in the spheres of health, emotions, leisure activities, and social life. Four studies were conducted in samples of employed adults and students of different professions (overall  $N = 440$ ), indicating sufficient internal consistency, retest reliability, and convergent validity of the questionnaire. The factorial structure of the questionnaire was consistent with the theoretical model. The quality of life enjoyment and satisfaction across the four life spheres showed pronounced associations with subjective happiness and life satisfaction, as well as other psychological well-being factors, such as hardiness and dispositional optimism.

*Keywords:* quality of life enjoyment and satisfaction questionnaire, life quality assessment, psychometric properties, satisfaction with life.

**E.N. Osin. Measuring Positive and Negative Affect: Development of a Russian-language Analogue of PANAS**

The paper presents the development of a Russian language questionnaire «Scale of Positive and Negative Affectivity» (SPANA) based on the English-language PANAS measure. The cross-cultural equivalence of the short 20-item version of the questionnaire was tested by means of multi-group confirmatory factor analysis using data

from an English-language ( $N = 450$ ) and a Russian-language ( $N = 475$ ) sample. Measurement unit equivalence of the two instruments was established, although full score equivalence was not fully supported by the data. The new SPANA instrument shows high reliability and predictable associations with other subjective well-being indicators. Cultural and gender differences in positive and negative score are presented and discussed. The latent structure of an extended 57-item pool of Russian-language emotional descriptors is presented, resulting in a set of scales similar to PANAS-X available for research use.

*Keywords:* PANAS, psychological assessment of emotions, scales of positive affect and negative affect (SPANA), cross-cultural equivalence, confirmatory factor analysis.

***Personology***

**N.S. Burlakova. Developmental Cycles of Projective Methodology and New Possibilities for Self-Awareness Research**

The paper looks into the association between fundamental and applied research in clinical psychology, showing their interdependence and mutual determination. The development of projective methodology in practical and experimental psychology is reviewed. It is shown that advancement and reflection of projective methodology evolves in cycles. Based on the author's own experience of research with children, a possibility of transition to a new level of projective work is discussed. At this stage, which marks the beginning of a new cycle, it becomes possible to transcend the existing projective methodology retaining its advantages and reach-

ing new possibilities for objectivation and analysis of the inner dialogues and self-awareness.

*Keywords:* projective methods, psychotherapy, history of projective methods, cycles in the development of projective methodology, conditions for actualization of projective material, role of the researcher, inner dialogue, self-awareness.

### ***Practical Psychology***

#### **E.B. Stankovskaya. Experience of «I can»: an Attempt at Subjective Reconstruction**

An attempt at applying phenomenological approach to the problem of genesis of the subject (agent) within individual life is made by the author. Based on a synthesis of theoretical and practical psychology, the value of the of the «I can» experience is demonstrated: this experience becomes a point of amplification of personal subjectivity. A theoretical model of subject-generating experiences of «I can» is presented, explaining their significance, novelty, authenticity, and the extent to which specific possibilities are integrated into self-image. A fractal structure is described of the space in which personality is realized as a life agent shaped by culture, communication, activity, and personal attitude to oneself.

*Keywords:* subject, agent, experience, «I can», consultative psychology.

### ***Psychology of education***

#### **V.D. Shadrikov. The Role of Reflection and Reflexivity in Ability Development in Students**

The article aims to analyze different ways reflection and reflexivity are

defined. The role of reflexivity in ability development is shown on an example of intellectual operation acquisition. The results of a study of reflexive mechanisms in cognitive ability development are presented.

*Keywords:* subject of activity, ability, reflection, reflexivity, development, intellectual operations, thinking.

### ***Reviews***

#### **O.B. Bykhovsky. The Place of the Autistic Spectrum Disorders in Contemporary European Psychological Studies**

Autism is an etiologically and clinically heterogeneous group of developmental disorders. Despite major advances in the basic understanding of autism and its core symptoms, comparatively little has been achieved to create a conventional regard on its definition and clinical links between autism and psychosis. The article presents an analysis of some contemporary approaches to autistic spectrum disorders and their relation to psychosis in contemporary European clinical psychology and psychoanalysis. The psychological models of autistic psychopathology are emphasized that present the autistic phenomena as an individual difference, rather than only as a disability.

*Keywords:* autism, schizophrenia, Asperger syndrome, history of psychology, psychoanalysis.