

## Typing of Consciousness: Factors and Conditions

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### Abstract

*The purpose of this article is the need to identify the problem of the laws of the formation of consciousness and self-awareness in the face of a radically changed being a layer of life and human activity. Virtualization, globalization, information oversaturation, the aggressive imposition of certain opinions by the media, discrepancies of real-life and its representation in information flows in the presence of ideological and moral variability are conditions for the typing of consciousness. The essential factor in the transformation of consciousness is the deformation of the motivational sphere of the subject of activity and, as a result, the violation of targeted human activity. The destruction of activities inevitably leads to a simplification of human consciousness and self-consciousness through the formation of stable symptom complexes of attitudes towards current and future events, in other words, the typing of consciousness.*

**Keywords:** consciousness, real-virtual being, self-consciousness, typing of consciousness, subject of activity, goals of activity, motivational sphere, symptom complexes of attitudes.

### 1. Introduction

Interaction of personality with the outside world is the ultimate cause of the specifics of her consciousness and self-awareness. Abilities to reflect the world around us, regulate the cognitive and behavioral activity, evaluate and correct behavior, correlating actions and actions with norms, values and ideals, are formed in the process of human interaction with the surrounding reality. It is heterogeneous and can occur at the individual, subject-activity and personality levels. Urgent biological needs, the instinct of self-preservation form an adaptive practice of behavior and life and in a sense can resist the transformative orientation of a person as a subject of activity. Personal activity determines the awareness of the subjective and objective significance of the activity and its results. Subjective activity, signified and inspired by a personal principle, turns a figure into a creator of not only cognitive tools and intellectual tools, but also consciousness and self-consciousness. S.L.Rubinstein, considering the subject of activity as a component of the ontological structure of being, fundamentally expanded the methodological capabilities of psychology in the analysis of social processes (Rubinstein, 1957).

So, the ontological basis of consciousness is the interaction of man with the world. A logical question arises: what is the interaction person with the world in terms of the origin of individual and social consciousness?

### 2. Conditions for simplification of consciousness

Virtualization and globalization have fundamentally changed the real life of each individual human of activity and all together. Human interaction with the surrounding reality can no longer be calculated "to the end." The subject of activity is included, by his own and not voluntary will, into the global "self-organizing" system, which in terms of the number of negative processes can be called "self-destructive". The modern world as a non-linear structure determines the specificity of the correlation of information processes and changes in behavior, human life and activity. Real being and virtual reality are a multi-level system of processes, including information, whose properties are not reducible to the characteristics of the world of real objects and elements of virtual space (Nurillin, 2006). This means that immersing, embedding or drawing a person into any interaction with the processes of real virtual being will inevitably affect the person's mental functions, personal qualities, person's consciousness and self-consciousness.

Social systems are in dire need of regulation of their livelihoods. On the one hand, there are processes of destruction of material systems, and on the other, there is a deformation of the spiritual and moral principles of the subject of activity. Predictability in the deployment of various socio-cultural or socio-economic processes is becoming less and less. The search for optimal directions for the development of the economic spheres of life, environmental conservation activity, overcoming any problems in the country and on the earth requires changes in the mentality of the subject of activity. But psychologically, intellectually and ideologically, a person is a product of precisely these processes.

The conscious level of reflection of reality and the importance of the imaginary, in other words, the worldview components of a person's mentality, formed in certain real or virtual conditions, determine the person's ability and orientation to change reality. It is possible to break this circle of narrowing opportunities by starting with the designation of tasks and beyond the goals of human and human existence. For us, these tasks are obvious - to preserve Russia as integrity, as independent state, capable of developing at the expense of internal resources.

### ***3. Factors of simplification of consciousness***

The purpose of this article is the need to identify the problem of the laws of the formation of consciousness and self-awareness in the face of a radically changed being a layer of life and human activity. The world, which is constantly developing in the information sense, exerts both positive and negative effects on human consciousness. New cognitive and communication opportunities appear, but at the same time, the cognitive and motivational foundations of immersing a person in virtual reality change.

#### ***3.1. Virtual reality and regulation of higher mental functions***

There are more and more people who want to leave real life in a virtual environment; their number is growing in geometric progression. It is proved that a systematic and prolonged stay in the virtual space changes the functioning indicators of higher mental functions. Experimental studies of the memory of gamers, professional programmers, and users indicate the specific effect of long and systematic Internet activity on the cognitive abilities of the subject. Neither adolescents with experience of Internet activity over 6 years, nor adult users with a similar and more significant experience of daily interaction with virtual reality are able to quickly and accurately remember unfamiliar non-verbal material. They could not analyze the abstract drawing and could not build a sequence of mental actions that could provide the process of memorization and its control. The latter circumstance is of fundamental importance due to the fact that controlling and correcting actions when memorizing unfamiliar material of abstract content form the basis of regulatory mechanisms of intellectual activity. And what are regulation mechanisms in the context of the problem posed?

Regulation mechanisms are one of the sides of the consciousness of the subject of activity because without goal-setting activity it is impossible to control any intellectual process. Deformation of the regulatory side of the cognitive abilities of active users and gamers may be indirect evidence of an altered state of their consciousness (Cheremoshkina, 2010).

#### ***3.2. Activity in a virtual environment and stereotypical thinking***

It has been shown that experienced users tend to process perceived material in stereotyped ways. This means that a subject with mental abilities formed in the conditions of Internet activity is not productive when confronted with an intellectual task in the real world. The subjects with the experience of Internet activity in reality did not differ in creativity, did not seek to study a material subject in various ways, and did not show expressed interest in the study of real objects. It should be emphasized that systematic Internet activity trains elementary abilities, for example, the ability to capture, which finds expression both in virtual activity and in real life. Experimental studies of the last fifteen years (Cheremoshkina, 2009, 2010, 2011, 2013; 2011a) allow us to conclude that staying in a virtual environment affects the higher mental, i.e. consciousness adjustable user functions. This influence cannot be called positive. The abilities that form in virtual reality are monotonous and, in some cases, low productivity. The aforementioned gives some characteristic for the cognitive processes of a person, which formed in the conditions of virtualization of the being layer of his life, but also poses the problem of his tool resources in cognition and transformation of reality.

#### ***3.3. Protective mechanisms of personality in the conditions of virtualization, globalization, informatization***

Virtualization, globalization, informatization, ultimately, lead to the chaotization of the everyday layer of life of every person. In order to streamline his own life, modern man is forced to adapt to the imposed rules of interaction with his surrounding reality. The processes of adaptation are multidirectional. Firstly, a person is not able to process huge amounts of daily news, so some of the information coming from outside is blocked. Protective mechanisms are activated, at least in order to comprehend the information necessary in the current period. This is a natural behavior; otherwise, a person who is overloaded with incomprehensible and incomprehensible information cannot survive. Secondly, a person is inclined to believe too often repeated judgments, and information flows are purposefully organized. As a result, a simplified picture of the world is formed, which underlies the behavior that cannot be fully called independent. The stereotype of the actions of an individual person or group of people is determined by a simplified (superficial) awareness of reality. In other living conditions, with the dominance of the material world and real events, the subject could double-check in practice, rethink the event in real interaction with it, and, based on its own actions, establish itself or disbelieve in something.

The real world of material processes was the basis not only of the consciousness of the subject of activity, but also of a variety of ideas, points of view, assessments, etc., which created the individual originality of a person as a person. It should be emphasized that in understanding and evaluating events, moral guidelines play a critical role, which is cultivated in conditions and in the presence of a universally recognized (state) ideology. The current reality is characterized by the depreciation of traditional moral values, and there are no examples of this, exacerbated by a ban on an official, in the main law of the state, fixed ideology. The result of deideologization is the simplification of both individual and social consciousness. This is manifested in stereotypical assessments and readiness for specific behavior. So, virtualization, globalization, information oversaturation, aggressive imposition of certain opinions by the media, discrepancies in real life and its representation in information flows in the presence of ideological and moral variability are the conditions for the formation of unconscious (relatively unconscious) symptom-complexes of beliefs that will inevitably manifest in individual or group behavior.

### **3.4. Destruction of activity as purposeful activity**

Typing of consciousness is a simplification of the processes of understanding current and future events, manifested in readiness for certain behaviors.

The tasks of transforming the living conditions that a person can set, in any case, are a reflection of how his professional or personal being is organized on a global scale and in a specific structure. Specifics of the activity are an underlying factor that determines the formation of consciousness and self-awareness of the subject. Activity, as a focused activity of an individual, began to collapse in the late 80s of the last century. The destruction of activity at that time was associated with the deformation of the motivational sphere of the subject of labor. The deformation of the motivation of activity, as shown by the next thirty years, was irreversible (Zarakovskij, 2009; Cheremoshkina, 2006).

The motivational sphere of the subject of activity began to lose its hierarchy at the end of the 80ths of the last century in the conditions of total deprivation of the need for security. As a result of this, by the end of the first decade of the 21st century, three “waves” of deprofessionalization have already been recorded that characterize most areas of business. In the late 80s and early 90s, the insecurity of a person as an individual, subject of activity and personality in the face of collapse reforms led to a radical change in the laws governing the functioning of the motivational sphere. And as a result - to aggravation within personality conflicts, an increase in anxiety, frustration, a decrease in stress resistance, and a deterioration in the mental health of several generations at once. The first “wave” of deprofessionalization was largely due to the need for survival. Most often, this meant switching to simpler forms of activity. In the 90ths, the situation with human security both in the professional environment and in all others did not improve. On the contrary, the number of social, financial, economic, socio-psychological, political, environmental, technological and other life-threatening circumstances has increased dramatically. In this regard, increased neuropsychic tension in society. On the one hand, in such times, self-determination processes are activated (what to do, what I can, what I want). On the other hand, the need to protect your loved ones and yourself requires adaptation to specific life circumstances. As a result, a significant part of skilled workers left the professional environment, having lost partially or fully professionally important qualities. This part of society is heterogeneous in terms of “resource”, but many have “slipped” to more primitive forms of being, noticeably limiting subjective and civic activity. Studies of the motivation of behavior and activities of different sectors of society show the same “flattening” of their motivational sphere with the dominance of consumer orientation (Zarakovskij, 2009; Cheremoshkina, 2006, 2010, 2013).

Since the late 90s, the consciousness and self-awareness of professionals have been subjected to new tests, when socially significant results of professional activity are practically not taken into account. In the pursuit of profit, we no longer pay due attention to indicators of quality and reliability for the sake of volumes and speeds. The subject’s ability to implement a normatively approved activity was not needed. New living conditions “broke” the professional’s personality from the inside out, because qualifications and skills were no longer valued. The third “wave” of deprofessionalization can be called a period of violation of the laws of professional formation of the personality, in other words, dysontogenesis. Firstly, the potential subject of a specific activity (studying where he managed to get) is not ready to immerse himself in the corresponding professional element (does not want, is not capable). Secondly, the layer of teachers who are able to provide a high level of education is rapidly “melting”. The formation of motives and goals of activity - two mandatory components of the formation of the personality of a specialist - has undergone almost irreversible changes in connection with the emergence of a new system of public administration of education, which has become highly pragmatic. The tasks of forming a full-fledged informational basis of activity, the development of general and special abilities as the basis of professionally important qualities are underestimated.

Deprofessionalization and dysontogenesis of the professional formation of the person mean not only the loss of competencies and willingness to make professionally competent decisions, but also the lack of independence in setting goals and objectives. The goal, as it is known, is a system-forming factor in the activity. In the absence of a goal-setting function, full-fledged activity does not exist. And in the absence of independently organized activities, the consciousness of an individual-oriented towards socially significant actions cannot be formed. The real-virtual being of a modern person in the absence of a full-fledged goal-setting activity in life and activity forms a simplified consciousness of different layers of society, which manifests itself in the dominance of imposed assessments of current events that become subjectively stable and thereby determine a person's readiness for certain actions. An activity that collapses as a purposeful activity under conditions of a real-virtual existence is the basis for reducing responsible subjectivity and conscious subjectivity of almost all of us.

#### **4. Conclusion**

The ability to generalize and purposefully reflect reality, to predict the results of behavior and regulate activity is determined by the being layer of human life. Following S.L. Rubinstein, considering the subject as a component of the ontological structure of being, we can state that changes in the parameters and conditions of activity lead to cardinal transformations of what is denoted by the classical concept of "being". The everyday layer of a person's life is not only his interactions with material objects and participation in social processes, but also indirectly determining their interweaving of political, technical, natural, socio-economic, socio-psychological and socio-cultural phenomena, as well as their expanding scale of representation in the virtual environment. A person as an individual, subject of activity and personality is no longer able to comprehend the cause-effect relationships of events and evaluate them due to huge amounts of information, the aggressive imposition of certain information, devaluation of traditional moral values. The essential factor in the transformation of consciousness is the deformation of the motivational sphere of the modern subject of labor and, as a result, the violation of targeted human activity in the current conditions. Destruction of activity inevitably leads to a simplification of human consciousness and self-awareness through the formation of stable symptom complexes of attitudes towards current and future events, in other words, the typing of consciousness.

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