

**Self-regulation of life activity of the
youth in the changing social reality**

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Self-regulation :

Psychological approach: controlling one's behavior, ability to manage disruptive emotions and impulses.

Sociological approach: ability of making any kinds of impact on oneself for achieving life aims and goals.

Meanings – are the basic instruments for self-regulation.

Meanings - understanding of a particular phenomenon essence. Answers the questions: *what is it and what are its functions in the life?*

Meanings turn into values.

Life-meaning values - ideas about the essence of life and its direction.

Subjective understanding of life-meanings goals relates to general motivation.

Cultural space - is a system of interrelated meanings and values that act as regulators of young people's lives.

During their lives young people comprehend, construct and make choice of the most important meanings. The choice of self-regulation methods reflects the characteristics of new generations of young people.

Sources of meanings :

- 1) Historical and cultural sources. The product of the historical and cultural development of the society. Common representations that exist as collective unconscious, instinctive reactions on the existing reality. Basic culture.
- 2) Particular living conditions expressed in specific life situations and cultural patterns of the peer groups. Youth culture.

Meanings developed and perceived in interaction with others (representatives of different generations) become the part of young people's social reality.

Certain meanings and values create particular types of self-regulation.

Types of the self-regulation		Valuable meanings	General level of support	Total supporters
			%	%
1	<i>Innovation oriented</i>	Orientation towards novelty, high activity, enterprise. Readiness to new ideas and practices, extraordinary solutions, willingness to support and implement innovations.	88	40,6
2	<i>Physical self-development oriented</i>	Physical transformation of "oneself". Physical perfection, health cult, body cult. Achieving fashionable standards physicality.	83,7	38,4
3	<i>Hedonistic orientation</i>	Pleasures and impressions ("today and now", "life is short"). Striving for maximum comfort, the predominance of material orientations.	79,2	37,9
4	<i>Adaptation oriented</i>	Disadvantages and deprivation, living under the pressure of material constraints. Saving a minimum, passive adaptation to changing conditions.	77,3	20,8
5	<i>Culturally oriented</i>	"Truth - goodness - beauty of the soul." Spiritual transformation of oneself. The predominance of the spiritual over the material and physical.	73,5	23,2
6	<i>Moral anomie oriented</i>	Flexibility and fluidity of regulatory structures. Denial of absolute norms, plastic and pluralistic morality. Dismantling of socially significant norms, displacement by situational ones.	62,5	21,4

Meaning foundations of self-regulation in youth subcultures	General level of support, %	Total supporters, %
<i>“Striving to unite with peers. “To be in touch”</i>	86,3	40,7
<i>"Striving to be different from others, to be unique"</i>	84,8	37
<i>“To be in the spotlight, to shock others”</i>	65,4	19,7
<i>"The feeling of being exclusive"</i>	63,6	16,9
<i>"The confrontation between “Ours” and “Strangers”</i>	60,7	16,6
<i>"Protest against official norms, rebellion"</i>	57,1	10
<i>“Freedom without restrictions, including sexual freedom ”</i>	49,2	12,7
<i>“Self - withdrawal. Creating one’s own world ”</i>	43,7	9,1



Deviant practices of the Russian youth in new reality





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Speaker:

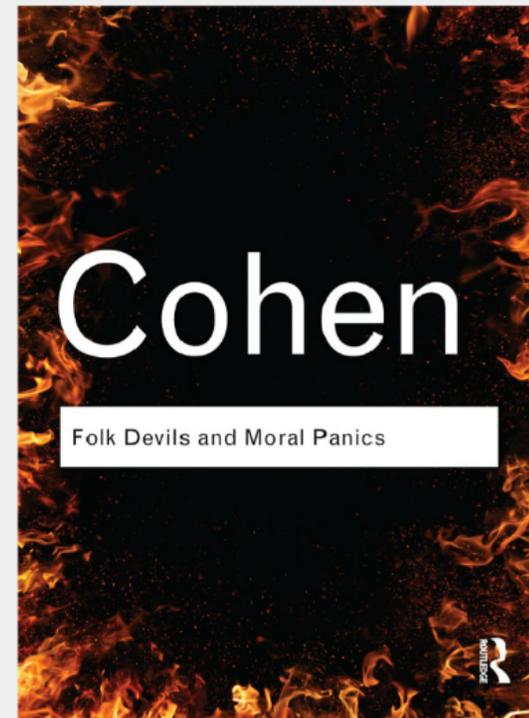
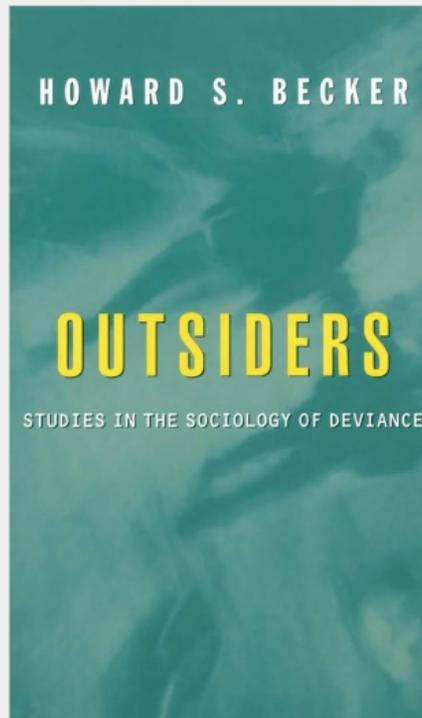
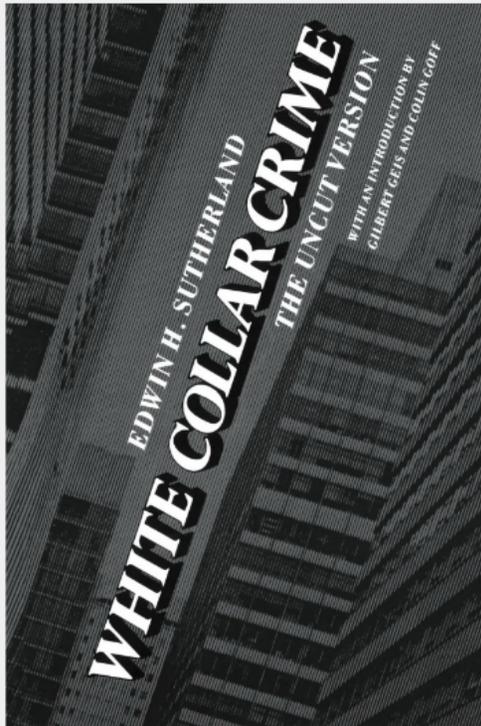


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The nature of deviant practices in sociology



Social reality of the youth



the system of knowledge and ideas of young people about the conditions of life, which is presented in the youth consciousness in the form of attitudes



Changing the cultural foundations of norms in the social reality of youth

- 1) the border between norm and deviation is weakening;
- 2) rethinking the norms and their status;
- 3) "normal anomie", multimorality.

Destruction of normativity

- 1) reducing the regulatory influence of institutions;
- 2) the norms are not binding;
- 3) designing your own norms;
- 4) developing your own rejection criteria.



**In the new reality of the youth,
normative patterns begin to coexist with
patterns of deviant behavior**



The empirical base

The results of a study conducted by the Center of the Sociology of the Youth ISPI FNISTS RAS are used. It was conducted in 2020 in ten subjects of the Russian Federation, in 36 settlements.

The sample of young people aged 15-29 was 1155 people. The survey was conducted by the method of personal interview at the place of residence of the respondents. Leader research by Yu.A. Zubok.

Attitude towards judgments in the youth reality (in% by groups)

Statement, containing semantic deviations	The degree of agreement, in %			
	Agree	Rather agree	Rather disagree	Disagree
"Money rules in our world, no matter how it is earned"	43,5	30,7	15,0	10,8
"A loser, or a person who has not achieved success in life, does not deserve sympathy and compassion - it is his own fault"	10,4	15,8	39,6	34,2
"Who is stronger, that is right"	14,2	15,3	23,0	47,5



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