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# PSYCHOLOGICAL SCIENCES

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## REFLECTION OF A PERSONALITY'S EXPERIENCE AND PERCEPTION OF LIFE EVENTS IN ORAL AND WRITTEN NARRATIONS

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### Abstract

The article is devoted to the study of peculiarities of a personality's life events experience and perception in oral and written narrations. The author analyses views of leading researchers on peculiarities of oral and written speech, which reflect consciousness processes and personality's inner world.

The results of empirical research into oral and written narrations about life events were presented. The features and conditions of experience and perception of life events in the narrative were defined. As a result of the empirical research it has been proved that it is on the above mentioned conditions and features that experience and perception of life events in the narration largely depend on, rather than its form – oral or written. The peculiarities of reflection of a personality's life events experience and perception in oral and written narrations are summarized.

**Keywords:** life event, experience, perception, narrative, narration.

One of the problems of psychological hermeneutics is the expression and perception of a personality's experience through oral and written texts that reflect personality's inner world and psychological features.

The study of life events as main components of a personality's experience through analyzing texts and narratives will help to understand not only the nature of events and psychological features of the author, but also the deep aspects of the inner world of a person, which includes experience and perception.

The experience and perception of life events through creating and narrating the texts are closely interrelated being one whole integral process, since the creation of a text inevitably involves a certain level of awareness which may, or may not, result in the process of experiencing this event. Therefore, the study of the experience and perception of life events involves identifying their features.

**The purpose of this study** is to determine the psychological peculiarities of verbal and written narratives as a means of experiencing and perceiving a personality's life events, as well as to contrast them in both oral and written forms.

In psychology, there are a number of studies that distinguish significant differences between oral and written speech. They imply not only the difference in the way the utterance may be expressed, but a different attitude of an individual to these types of speech, as well as the difference in the internal processes involved in both cases (L.S. Vygotsky, D.B. Elkonin, M.I. Zhinkin, G.C. Kostyuk, O.O. Leontiev, O.R. Luria, S.L. Rubinstein, I.O. Sinitsa and others).

Thus, most researchers argue that oral and written aspects of speech are not just differently presented, but it is the speech per se that has different goals, means of expression and internal process. In oral speech, there is

some context, along with means of emotional and intentional expressiveness, which makes it more concise, concrete, emotional and aimed at expressing feelings (S.L. Rubinstein). Written speech is oriented mainly on mental rather than emotional activity of an individual, with the processes of will, consciousness and awareness involved (L.S. Vygotsky, G.C. Kostyuk, O.R. Luria and others).

According to O.R. Luria "oral speech is usually addressed to a particular interlocutor, therefore, in the course of speech itself, the narrative can be adjusted depending on the situation" [3]. M.M. Bakhtin uses the concept of "primary and secondary narratives", where by primary narratives he means some simple commonly used utterances, while secondary narratives imply more complicated, abstract utterances, consisting of complex language constructs. Therefore, oral speech is associated with the primary narrative, whereas written speech - with the secondary one [1].

Written speech incorporates conscious operations of the syntactic level, that mainly occur automatically and unconsciously in oral speech [2]. Consequently, since written speech requires a person to have a higher level of conscious control, it reveals a higher level of awareness when compared to oral speech. O.R. Luria claims that written speech is used not only to transmit a ready-made message, but also to work out, clarify the individual's opinion [3]. When comparing verbal and written speech, we can see that means of controlling a thought in a speech utterance, which in oral speech occur without awareness, in written speech are conscious actions. All of the above means that written speech possesses a higher degree of awareness than verbal speech requiring more conscious control from the author. On the other hand, written speech can be a means of awareness of the content written by the author. Therefore, there is an assumption that written texts

about a life event, in the first place express the way it is perceived and represented, while in oral texts, along with perception, an individual's immediate experience of the event as well their feelings are reflected.

An empirical study was conducted to reveal the peculiarities of oral and written narratives about life events. Respondents were asked to describe in detail a life event which turned out to be important or significant for them. For this purpose, all participants were divided into 3 groups, each of which was given a different task, and respectively 3 series of research were conducted.

*The first group* of 15 students and 24 ATO (Anti-terrorist operation) veterans described a life event in the form of a monologue, while the researcher played the role of an empathetic listener, giving the narrator the opportunity to speak. It was especially important for ATO participants who never told anyone about their life event before they were asked to do it here. Narratives were noted or (with a testee's consent) recorded.

*The second group* of 20 students first told about their life events (by the given instruction) and then wrote about them. Creating both oral and written texts about the same event will allow to compare the features of experience and perception of life events in oral and written texts and to identify their common and distinctive features.

*The third group* of 18 students included participants with whom a small conversation was conducted after they had told about their life events. The instruction was the same as for the 1st and 2nd groups in the oral part of the study, but after they had finished telling their stories, the participants were asked a number of additional questions to invoke or deepen the process of experiencing events. The results shown by all the 3 groups have their own peculiarities.

The features of experience and perception of life events in verbal texts were identified using the following features and conditions that are inherent in narrative:

- The availability of the text or story about the event. A person agrees to speak about the event, which evidences, firstly, of its perception, and secondly, of the need to experience the event or need to share the past experience.

- Dialogue about the event – narrator's questions which are often rhetorical, seeking to find answers to your own questions, readiness of a participant to answer the experimenter's questions on the event.

- The availability of reflection on a life event, the feelings a participant had and is still having. Reflection is one of the signs of both perception and experience (E. Husserl, S.L. Rubinstein, S.L. Frank, and others). In experiencing life events, reflection appears to be a peculiar way to motivate experience.

- The appearance of feelings a participant had at that moment as well as emotional response to this event.

- Change in nonverbal manifestations – blushing or becoming pale, trembling of hands or voice, change of posture, position of the body in space, etc.

- Going into details of the event and paying special attention to them. When giving the details the participants feel as if they were in the situation that had been lived through, experiencing the same emotions.

- The use of metaphors as a figurative description of the events and feelings about them, etc. In our opinion, this feature is a characteristic of both experience and perception, because the metaphor helps to create a "bridge" between feelings, images and knowledge of the person, as well as cognitive components of their consciousness (N.D. Arutyunova, M. Johnson, M. Erickson, J. Lacroff and others). This makes it possible to talk about involving a holistic person in the process of experience and perception.

- Involvement of the time context in the description of the event - the past, present and future. Recalling the past story, a narrator can dream of the future or compare the event with the present life. To experience and perceive the event and shape some relevant life experience, a person needs to see the life event through the prism of time to recollect, envisage it in the future, etc [4].

Let us analyze the results shown by the first two groups of participants that reflect the peculiarities of experience and perception of life events in oral and written narratives, and correspond to two series of research.

*In the first series of study*, we listened to oral narratives of the participants and, as a result, we can draw the following conclusions. When telling their story, the author may or may not relive their experience, being focussed on giving facts or formally describing the situation. The texts of this group highlight the awareness of the event which is predominant, as well as perception and experience which come together.

At this stage, most stories were texts in which experiencing of events was accompanied by the perception that was observed at about 40% of the participants. Experience (or lack of it), in our opinion, as shown above, may depend on various factors such as the attitude of the narrator to the researcher, the presence or absence of trust in the research and the personality of the experimenter, the type of interpersonal relations of the testee in general. The experience of life events by the narrator in an oral narration may also depend on the emotional state, the mood of the participant, their willingness or unwillingness to communicate, their openness in relation to another person and event (or, conversely, their aspiration to eliminate their memories from their life, the presence of fear or distrust, etc.)

*The second series of the study* compared participants' oral and written texts describing the same event. It can be seen clearly that both oral and written texts about some life event combine experience and perception. In our study, 45% of the respondents appeared to be more open in revealing themselves, their activity and emotional expressions of the event in verbal texts, while written texts contained mostly a formal reflection of this event. In the latter case, the written texts of such subjects were very short and concise, unlike oral texts which had some emotional coloring, conveying narrator's personal attitude to the event and showing signs

of experiencing the event. However, some 10% of respondents showed more signs of experiencing a life event in their written texts in comparison with oral ones. This can be explained, firstly, by some personal features such as communication skills, introvertedness, etc., and secondly, by the need for structuring, shaping and expressing the experience precisely through a written text, which helps to formulate your thoughts better, understand them well, as well as write on paper what you do not dare to say (A.A. Brudny, L.S. Vygotsky, G.S. Kostiuk, I.O. Sinitsa and others).

Among the students who narrated the event both verbally and in writing, another group that accounted for 30% was identified, with experience and perception of the event in written and oral texts being almost the same. That is, the number of signs of experiencing and perceiving was approximately the same in the oral and written parts of the study. In our opinion, this can be explained by the fact that an event that "requires" to be experienced under appropriate conditions starts being experienced by a person, especially in interaction with others as a dialogue fosters this process. Therefore, experiencing occurs in a text irrespective of its form be it oral or written. Moreover, a written text in this case could be considered as a continuation of the conversation and the process of experiencing that has already begun. Those participants whose texts showed no signs of experience either in written or in verbal form were not likely to experience the event when delivering their story. This may be due to different factors - closed-off attitude, reluctance to communicate, distrust towards the researcher, fear to be open, etc.

On the basis of the comparative analysis of oral and written texts, the following features of a personality's life events experience and perception were defined.

1. In an oral narrative, a person experiences and perceives the event that is the subject of the story. In fact, a monologic story is not always well-realized whereas in an oral narrative a person expresses their experience reliving the event here and now, plunging into it and into the feelings they had at that moment. Our participants manifested their increased sociability, inspiration to continue the story, even after the the conversation came to an end; they tended to dwell on some particular fact or situation repeatedly referring to them in the course of conversation. We believe that in such cases we deal with the experience of a life event, in other words, with a desire to relive it, for in our opinion true productive experience can result from awareness of the events and relevant feelings, as well as in-depth reflection on the situation.

2. For oral narrative, as it was revealed, the peculiarities of communication, the degree of the subjects'

self-disclosure and at the same time, the extent of a personality's experience of events present in the text occurs depending on those interpersonal relations that had been formed between the narrator and the researcher at some point of their interaction. If a good rapport between them has not been established, with the narrator lacking trust and being negative towards the researcher, the whole process of event experiencing in the story is becoming increasingly complicated.

3. Another feature of oral text is the ability to express emotions. On the other hand, expressing emotions in writing is a more complicated process, since writing a text compared to verbal narrating, is a deeper and somewhat intimate mental process, especially when it comes to perception and experience of a vital event through writing. The one who writes the text is to be involved in a dialogue with themselves, become open to themselves and their readers, and take a truthful look at their life event.

**Conclusions.** According to the results of the research, we can summarize that experiencing life events can be observed in both oral and written texts as long as certain conditions (openness to feelings, reflection, search and use of metaphors, finding new meanings, etc.) are provided.

The major difference between the peculiarities of life events experience and perception in oral and written texts is that written texts are more generalized, consistent, official and formal. They reflect some general perception of a life event, but this generalization impedes the process of life event experience. Oral narrative is thought to be less logic and consistent, however, it offers more ways for a personality to express their feelings self-disclosure, which facilitates the process of life events experiencing. The prospects for further research in this direction are that a more detailed research into the conditions that contribute to the emergence of experience and perception will be made, this precious experience contributing to harmonizing a personality's inner world and its integrity.

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