

THE ROLE OF METACOGNITIVE EXPERIENCES IN THE PROCESS OF INTRA- AND INTERSUBJECTIVE MONITORING OF CLAIMS AND TRENDS IN THE BEHAVIOR OF CONTEMPORARY YOUTH

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Abstract:

Judgments underlie actions and decisions of a person. In some cases, they are based on explicit criteria and logical justifications, and in others they are made intuitively, based on previous experience and general impression. An individual relies on intuitive judgments in any of the areas of his activity. Numerous studies of implicit learning confirm that intuitive judgments in some situations are even more accurate than decisions based on explicit knowledge. At the same time, it is known that intuitive judgments are subject to errors and distortions that need to be detected and corrected. The process of monitoring cognitive activity can be carried out both by the subject of cognition himself at the individual (intra-subjective) level, and at the interpersonal level (intersubjective), when the assessment of decision processes occurs through interaction with other people. The monitoring and control of cognitive processes is provided by the metacognitive system at the intra-subjective level. Metacognitive experiences occupy an important place in the human metacognitive system. They act as subjective markers, signaling the quality of the course of cognitive processes, they are involved in the formation of motivation and regulation of cognitive activity in general. The purpose of our study was to explore the role of metacognitive experiences in the process of intra- and intersubjective monitoring of claims and trends in the behavior of contemporary youth. The topicality of this topic is determined by the significant role of metacognitive experiences in self-realization and the achievement of emotional well-being of the subjects of claims. This study was undertaken to investigate the claims and tendencies in behavior of young people of student age to expand the possibilities of controlling the processes of realizing young people's aspirations. The study embraced 145 boys and girls of student age. To conduct the research, the following methods were used: a questionnaire for studying trends in fashion behavior of young people; "The scale of attitudes towards fashion" (SAF) proposed; a questionnaire for assessing the level of claims. It was found that the level of students' claims mediates the formation of judgments about the effectiveness of their own activities and about the metacognitive experiences of another person and the effectiveness of their making

intuitive judgments. In addition, the level of claims influences the evaluation of the reliability of their own knowledge, and the patterns of eliminating individual errors based on information received from another person. The data obtained give grounds to conclude that the level of claims of contemporary youth constitutes a certain resource for the development of an individual's personality, the realization of his own activities, as well as for monitoring errors in making judgments.

Keywords: human behavior, youth claims, level of claims, behavior tendencies, self-realization, social adaptation, students, metacognitive experiences, monitoring of aspirations.

Introduction

Young people, as a special social group need close attention from society. They strive to take their place in life, to declare themselves in society. It is important for society to provide them with such opportunities by offering adequate, socially acceptable means to achieve the desired result.

In contemporary society, greater importance is attached to the value of self-realization of each person, the significance of achieving success by each person, in connection with which personal claims are formed. The significance of studying the content of the personal claims of contemporary youth is determined by their great influence on the ways of behavior, the result of activity and the psychological well-being of the individual - the subject of claims.

Claims research is quite popular in psychology. Historically, claims were presented as a stable personal education (Heckhausen, 2001), as “a form of motive synthesis of a high level of generalization, expressed in the goals that a person determines for himself on his own” (Merlin, 1971). The understanding of claims was concretized in relation to spheres of life (Vergazov, 2005), to specific types of activity as a targeted construct that is formed in the context of solving a specific problem (Demin, 2011; Salakhova et al., 2020; Goloshumova et al., 2018), as a motivational-targeted personal construct, which is manifested in the desire to achieve a subjectively acceptable result in significant spheres of reality and life in general (Dzhaneryan & Kim, 2018). Claims are viewed as values and meanings based on self-attitude and attitude to the surrounding conditions that a person assigns to various phenomena in his life (Shumikhina, 2009); as the relationship between the abilities of the individual and the goals that it sets for himself (these goals are specified at the level of claims when

determining the indicator of difficulty) (Kazieva, 2007; Masalimova et al., 2017).

In all the variety of interpretations dedicated to the concept of claims, in our study, we consider it most significant to emphasize that personal claims are manifested in an orientation towards achieving a subjectively acceptable result in important areas of a person's life. Personal claims shape a person's life, they are closely related to life strategies based on the implementation of the main values and life motives (Abulkhanova-Slavskaya, 1991). Thanks to them, a person strives for achievements and is satisfied with the achieved result. Claims are interrelated with the goals that the person sets for himself and the aspirations that the person determines for himself. Claims, if they can be realized with the application of certain efforts, serve as a motivator, a driving force of personality development. If claims cannot be realized, then there is a threat of a person's collision with psychological problems (Rerke, Salakhova & Demakov, 2021; Koskov & Seregina, 2020; Efimova et al., 2018).

The realization of claims of young people for a place in life and in society, for inclusion in significant social groups, for the manifestation of their individuality is of prime importance for their socialization. Fashion as a socio-psychological phenomenon creates certain conditions for the realization of such claims. Research shows that fashion is a specific means of communication and processing of social information, in particular, about a person's social status and his belonging to a particular social group (Kiloshenko, 2016). Thanks to fashion, an individual can demonstrate his belonging to a group or, conversely, distance himself from any community (Parygin, 1999). Following fashion trends expands the possibilities of demonstrating and realizing claims (Kalinina & Kalinin, 2019; Brown &

Wentworth, 2021; Kalinina et al., 2018; Kanbul et al., 2019).

To expand the possibilities of controlling the realization processes of young people's claims, we conducted a study of claims and trends of fashion behavior among young people of student age.

Materials and methods

The study was carried out among students of Russian universities. One hundred forty-five boys and girls of student age participated in it. The following techniques were used to conduct the study: a questionnaire for studying trends in young people's fashion behavior proposed by N.V. Kalinina and I.V. Kalinin (2019); "The scale of attitudes towards fashion" (SAF) by N.G. Artemtseva and T.N. Grekova (2016); a questionnaire to assess the level of claims by V. Gerbachevsky (1970). To process the results, we used correlation analysis with the application of the Spearman correlation coefficient and the Mann - Whitney U test.

Results and Discussion

A study of attitudes towards fashion and trends in fashion behavior among young people shows that fashion is of great importance in life for 66.2% of the respondents. Fashion fulfills the

functions of satisfying the need for security, recognition, demonstrativeness, ensuring high self-esteem for them, realizing the desire for self-actualization and self-expression. In their daily activities, they pay attention to the recommendations of experts in the field of fashion behavior and follow the trends that are predominant today. The leading tendencies of fashion behavior are trends to follow fashion related to appearance and to the choice of leisure time activities and other areas of activity. Fashion is not of significant interest for 15% of the surveyed students, they rather rely on their own vision of the world and have their own opinion about following fashion trends. Comfort and practicality are more important for them in choosing not only external attributes of appearance (clothes, accessories), but also internal landmarks, for example, interests and areas of activity. Only 6.2% of the respondents consider fashion to be a way of manipulating society, a method for attracting attention and a desire to stand out, but not art or a desire for integrity between the external and internal state.

The interrelationship between attitudes towards fashion and the level of aspirations of young people was examined in the study. Spearman's rank correlation coefficient was used for processing. The results are shown in Table 1.

Table 1. Interrelationship of indicators between the level of aspirations and the level of attitude to fashion among young people

Indicators of the aspiration level	Spearman's rank correlation coefficient, r	Significance level p
Internal motive	0,636	0,000
Cognitive motive	0,543	0,001
Motive of avoidance	0,326	0,029
Competitive motive	0,278	0,066
Motive for changing activity	0,367	0,013
Motive for self-respect	-0,093	0,541
Significance of results	0,441	0,003
Complexity of the task	-0,067	0,661
Strong-willed effort	0,486	0,008

Assessment of the level of results achieved	0,351	0,019
Assessment of one's own potential	0,531	0,001
Desired level of mobilization of efforts	0,500	0,005
Expected level of results	0,051	0,747
Consistency of results	0,381	0,010
Initiative	0,449	0,001

A direct relationship was found between the level of attitude to fashion and internal, cognitive motives, motives of avoidance and change of activity, the significance of the results for the respondents, the applied strong-willed effort, the assessment of the level of achieved results and their potential, the desired level of mobilization of efforts assumed by each subject, the consistency of the results obtained, initiative of respondents.

The characteristics of claims of young people with different trends in fashion behavior were also examined during the study. Two groups were identified among the respondents using the questionnaire "Trends in Fashion Behavior": a group with a tendency to follow fashion trends and a group that rejected the use of fashion trends. The group with a tendency to follow fashion trends included young people who pay attention to the current trends in society concerning both fashion for clothes and

certain features of appearance (hairstyles, accessories, makeup, manicure), the choice of the ways of spending time (playing sports, hobby social networks, reading certain books and magazines), to life principles (reasonable consumption, separate waste collection, etc.). The group for comparison was a group with a tendency to reject fashion trends, which includes young people who do not follow fashion in their life and consider fashion an unnecessary phenomenon in their life, a means of manipulating public opinion, etc.

Then, a comparison was made of the expressiveness of the indicators of claims between young people who tend to follow fashion trends and young people with a tendency to reject the significance of fashion. The comparison was carried out using the Mann-Whitney U-test. The results are shown in Table 2.

Table 2. The expressiveness of indicators of the level of claims among young people with different trends in fashion behavior

	Respondents with a tendency to follow fashion trends	Respondents with a tendency to reject fashion trends	Mann-Whitney U-test	Level of significance p
Internal motive	17,5	12,0	1	0,00
Cognitive motive	18,2	12,1	1	0,00
Motive of avoidance	15,1	11,1	114,5	0,00
Competitive motive	13,1	10,8	138	0,01
Motive for changing activity	15,6	9,5	101	0,00
Motive for self-respect	15,1	14,6	246	0,10

Significance of results	14,8	9,95	112	0,01
Complexity of the task	10,1	9,95	243	0,94
Strong-willed effort	16,4	12,3	82,5	0,00
Assessment of the level of results achieved	13,9	8,16	122,5	0,01
Assessment of one's own potential	17,0	12,6	69,5	0,00
Desired level of mobilization of efforts	17,3	12,6	57,5	0,00
Expected level of results	14,1	13,6	235	0,80
Consistency of results	15,2	12,1	115	0,00
Initiative	15,4	11,1	91	0,00

As a result, significant differences were obtained for most of the measured indicators. Internal, cognitive, and competitive motives, motives for changing activities and avoidance, the significance of the results and their assessment, the applied strong-willed efforts and the degree of their mobilization, the assessment of the consistency of results and initiative were more pronounced significantly in the group of people who follow fashion trends.

Based on the data obtained, we can see a tendency towards an increasingly strong influence of fashion in all its diversity on the daily life of most young people. Fashion penetrates into all spheres of society life, one way or another, not allowing a person to ignore the realities of our time, which are included in life in various ways - this is advertising on social networks, which are now gaining more and more popularity, this is the influence of celebrities who show by their example, how to make use of trends, or dictate them themselves, this is the mutual cultural penetration of various patterns of behavior, slang, music, appearance, etc. In this regard, trends in most cases exert some pressure on contemporary youth, who are trying to attract attention by all means.

It was found that attitudes towards fashion are correlated with the level of claims of young people. Correlation analysis of indicators of attitude to fashion and indicators of personality claims made it possible to identify some significant relationships. The data show that the

more importance the respondents attach to fashion, the more important it is for them to achieve success in their activities, while they are more likely to be afraid of showing a low (in comparison with others) results in their activities, they tend to change their current activities frequently and search for interests in something new. The higher the desire to follow fashion trends is expressed, the more the respondents are carried away by the task received, that is, they perform it with dedication, they have a more pronounced conscious manifestation of volition efforts in the course of work on the task received. Respondents for whom fashion trends play a significant role in life are more likely to show initiative and resourcefulness in solving the tasks assigned to them. The more important fashion trends are for the respondents, the less they tend to set more and more complex goals for themselves in the same type of activity, which they try to avoid.

The results show that people with a tendency to follow fashion trends in general have a higher level of claims, that is, the limit of capabilities which they consider themselves fit for, is high. They differ from people who reject fashion trends in greater confidence and perseverance in achieving their goals, while they can more realistically assess the level of their capabilities and adjust the image of the desired result as they perform the activities that, in their opinion, will lead to the desired heights and successes.

The level of claims corresponding to the motivational structure of the personality (internal and cognitive motive, avoidance motive, competitive motive, and motive for changing current activities) is higher among respondents who consider themselves trend followers. These people can get carried away with any daily activity, find interesting moments even in routine activities, strive for frequent changes in activities. In addition, they attach particular importance to the results of their activities because they are focused on success, put more volition efforts in the course of work on tasks and, as a rule, realistically correlate their capabilities when they choose a pastime, making up their mind to do it, if they are sure that they can get what they want. In addition, respondents from this group tend to show initiative and resourcefulness in solving the assigned tasks.

Following fashion gives a person the opportunities to demonstrate and realize the selected constituent claims. Taking account of fashion trends, using them in everyday life, requires the adaptation of each of them to oneself, to one's personal characteristics, which contributes to the manifestation of one's creative potential and forces one to present the chosen trend in the eyes of others in an original way. Following fashion makes it possible to diversify life and ensure a change in activities.

Indicators of avoidance motivation are also more pronounced in the group that follows fashion trends. People who want to be in trend, to be the leaders in the group, to attract attention to themselves attach great importance to the opinion of other people, are characterized by the experience of fear of showing themselves not in the best light, of being unsuccessful.

Conclusion

The study conducted has shown that most young people – study participants attach significant importance to fashion in their own social activity. At the same time, the level of significance of following fashion trends is associated with the essential characteristics of the individual's aspirations. The respondents who follow fashion trends tend to adapt more quickly and easily to changing activities. They take interest in various kinds of activities to

realize their potential and reveal their inner resources. They are aimed at achieving better results, but at the same time, they can realistically assess their capabilities, in the event of unfavorable forecasts, abandon activities and, when completing tasks, adjust the image of the desired result or optimize the process of activities to achieve the intended results, since it is important for them to gain recognition. They are proactive and ready to make some effort to meet the expectations of both their own and of people around them.

The data obtained give grounds to conclude that trends in fashion behavior make up a certain resource both for the realization of aspirations and for the development of the level of aspirations of young people and can be used in the activities of specialists working with young people.

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