

BARRIERS AND RESOURCES FOR JOURNALISTS' SUCCESS IN LIFE

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ABSTRACT

Aim. This research aims to theoretically characterize and empirically research the indicators of barriers and resources for journalists' success in life through the prism of their professional scripts. The focus is on the axiological component of the professional script of media professionals.

Methods. We used theoretical analysis of the psychological works aiming at studying journalists' success in life, and such methodological instruments as the Lifetime Orienteering Test (Leontyev, 2000); an adapted version of James Crambo's Purpose-in-Life Test (PIL); Leonard Maholick's Personal Readiness for Change Questionnaire (1993), and Methodology Completeness of Life. Statistical correlation was analyzed with the use of Pearson's correlation coefficient.

Results. The theoretical analysis and empirical data revealed the correlation between the indicators of sense-of-life orientations and the indicators of personal readiness for change, script settings, perceptions of self, others and life. The results identify psychological barriers, and allocate directions of development of the technologies for optimization of journalists' success in life.

Conclusions. The results of the study made it possible to distinguish priority values-goals and values-instruments, important in the construction of the architectonics of the axiological component of the journalists' professional script. The correlation between indicators of journalists' middle level life-sense orientations and indicators of personal change readiness empirically confirmed a claim that innovative readiness of journalists intensified the process of reaching success in life. Psychological barriers of the cognitive process were stated as script attitudes. The development of technologies for the psychological support of journalists was considered as a prospect for our future studies.

Key words: journalists' success in life, professional scripts, axiological component, meaningful life orientations, script settings, personal readiness for change.

INTRODUCTION

Crises, reforms and related changes that Ukraine is currently experiencing are causing the lack of individual and professional resources for the implementation of the professional script of journalists - a certain plan of professional life that presumes the achievement of professional goals and peaks (success in life). Support for productive process of reaching the pinnacles of personal, professional, social and spiritual self-improvement of journalists (which, according to the specifics of the profession, includes adequate reproduction of information in mass media) is an axiological component of their professional script. After all, the nature of the mass media largely determines the audience's attitude to reality and the direction of their social actions through the prism of one's personal and professional values. The implementation of the axiological component is of particular importance in the acme period, which is the most favorable period of life for journalistic success in life. Professional success requires journalists to have a high level of professionalism and personal maturity. That is why, success in life is in the development of professional acme-competences and optimization of the sense-of-life orientations, which predict behavioral strategies, express the attitude of the individual to itself as a professional, to his/her job position and

satisfaction with self-realization. It is obvious that the meaning and meaningfulness of life as a central resource for adaptation and psychological security, contributes to the creation of new goals, and therefore to the formation of a positive psychological stance on the life-success of journalists. The life senses and awareness, as a central resource in Aleksandrova's adaptation and psychological security, one of the important criteria in Bodalev's reaching peak success (acme), and a mechanism in Shtepa's resources of personality, contributes to the creation of new goals, and therefore, to the formation of a positive psychological attitude to life success of journalists.

In turn, rational scripts, as one of the functions of psychological immunity (Pasichnyk et al., 2017), create a sense of readiness for the perception of the future, and as a result, provide high productivity of journalists who in critical situations are subject to psycho-emotional and physical pressures hazardous to life and health.

The topicality of researching the axiological component of journalist's professional scripts and the resources for their success in life is reinforced by the criteria of professional training of journalists in universities. Thus, among the general competencies of future journalists, along with the skills of using information and communication technologies, the ability to adapt and act in a new situation, as well as the ability to preserve and enhance the moral, cultural, scientific values and achievements of society are distinguished as priority competences. These are presented in the profile of the educational program *Journalism and Social Communication*, developed by Yuriy Bondar, Tetiana Trachuk and Alla Kobynets at the Institute of Journalism of Kyiv Taras Shevchenko National University. The professional competences in the educational-professional program "Journalism" of the National University of Ostroh Academy, developed by Serhiy Shturkhetsky, Zoriana Hodunok, and Roman Shulyk, among others, include the ability to form a value paradigm of modern Ukrainian journalism and, indirectly, of society in professional activities; the ability to make decisions in complex and unpredictable conditions of innovative work; and the ability for self-education and self-development in the professional field. Thus, the search for resources and barriers to implement the life script for success in the life of journalists is one of the important tasks. It is accompanied by the sense of the journalists' growth and development, and belief in their own abilities (Ilyina, 2009).

In previous studies (Handzilevska, 2018a), life-orientation guides were defined as a central psychological resource which directs the distribution of other resources for successful self-realization and acme-realization of Ukrainian emigrants' life scripts and the index of psycholinguistic resources in terms of potential successful life scripts realization by the poets-emigrants (Handzilevska et al., 2019). Obviously, life-orientation guides are also an indicator of successful realization of life scripts of journalists whose leading activities are related to text composition.

At the same time, according to the results of previous studies, the mental directives of Ukrainian emigrants can have a destructive effect on self-ful-

fillment in adulthood. According to the works of transactional analysts and their followers such as Eric Berne, Claude Steiner and others, these have been unconsciously formed as a child under the influence of parental prescriptions, which determined its psychological position, attitudes towards oneself and one's own life. We have identified those negative directives as psychological barriers to successful implementation for Ukrainian emigrants' life scripts in acme period (Handzilevska, 2018). Journalists' script directives are also likely to be psychological barriers to the successful execution of the professional script of journalists, because along with the motivational, reflexive and active components of life orientations on success in life, the cognitive one includes representation of self (Pasechnikova, 2009) and own life (Tatenko, 2007).

PURPOSE AND OBJECTIVES

The purpose of the research is to study the peculiarities of journalists' professional script axiological component deployment in their acme-period and to identify the psychological barriers and resources of their success in life accordingly. The task is to study the peculiarities of journalists' moral values and sense of life as indicators for the axiological component of the professional script and acmeologization, respectively; to empirically investigate such psychological barriers as the personal readiness for change, the psychological position of journalists in the context of allocation of resources for reaching success in life, and the script.

RESEARCH METHODS

The following diagnostic tools were used to realize the purpose and objectives of the research: the methodology of the value orientations study by Milton Rokeach for researching the axiological component of the professional script of journalists (Raygorodskiy, 2001); questionnaire Personal Change Readiness, developed by Stephen Rollnick, Nick Heather, Ruth Gold and Wayne Hull in adaptation of Nadezhda Bazhanova and Galina Bardiyer for assessing the components of journalists' readiness for change (Bazhanova, 2005); Childhood Decisions Questionnaire by Svetlana Maksymova (2006), which is a modified version of the method of Vadim Petrovsky's Childish Thoughts adapted in Ukrainian for examining the script attitudes of journalists (psychological barriers of journalists' success in life), demonstrating the script bans and prescriptions (Handzilevska, Nikitchuk, 2018); the method of J. Powell's Fullness of Life (Powell, 1993), which represents a set of basic ideas about oneself, one's life and the relevance of others in the outside world (psychological position); and Dmitriy Leontyev's (2000) The Life Sense Orientation Test, which is the adapted version of the Purpose-in-Life Test by James C. Crumbaugh and Leonard T. Maholick for determination of the degree of satisfaction of self-realization, control of life, and the source of its meaning (indicator of resilience of the pro-

fessional success of journalists) (Leontyev, 2000).

The results of the correlation analysis have been carried out with the application of the Pearson correlation coefficient.

RESULTS AND DISCUSSION

The acme-period of a journalist is observed at the stage of professional success and according to Vladimir Tolocek, it occurs at the age of 35 (40) years for the representatives of professions in the category "person-person" (Mamicheva, 2009). Taking into account the degree of subjective readiness and "quantitative acme" accumulation associated with professionalization, Uliana Humeniuk (2011) outlines the chronological limits of maximum potential readiness for top achievements in the individual and social life from 16 to 55-60 years of age.

Based on the recommendations of experts (directors, editors and chiefs of staff of various media organizations), we have selected 73 professional journalists in their acme. According to our sample, they are media workers with work experience of 10-15, 16-20 years. The average age of the respondents is 37 years, their job experience - 15 years.

To study the characteristics of the axiological sphere of a journalist in acme period, we used the method of identifying value orientations by M. Rokeach (Raygorodskiy, 2001). According to this method, the system of value orientations determines the semantic side of identity orientation and forms the basic attitude towards the surrounding world and to others. The system also forms the basis of ideology and the core of life activity motivation while giving the basis for the life concept and "philosophy of life." The meaning of value orientations in social psychology is associated with the positive or negative significance of objects or social reality phenomena to the individual. These always make an internal basis of one's attitude to different values of the material, moral, political and spiritual order.

The Value orientations study methodology (authored by M. Rokeach) is based on the procedure of listing values and applying a direct ranking. In his concept, the author relied on a traditional division of the value system: value-goals (terminal) and value-tools (instrumental). By value-goals he meant the belief that each of these goals has a vital meaning and, therefore, is related to individual aspirations. He considered values as beliefs in the appropriateness of the priority of specified methods or personality traits in any situation.

According to the results of the study, we carried out the ranking of average meanings of journalists' values in their acme-period in order to construct integrated generalized rank structures of terminal and instrumental values. We have found the most significant values for most acme-period journalists (see Figures 1 and 2). Thus, Figure 1 demonstrates that journalists preferred such terminal values as: "self-confidence," "happy family life," "public recognition," "life wisdom," "active working life," and "health."

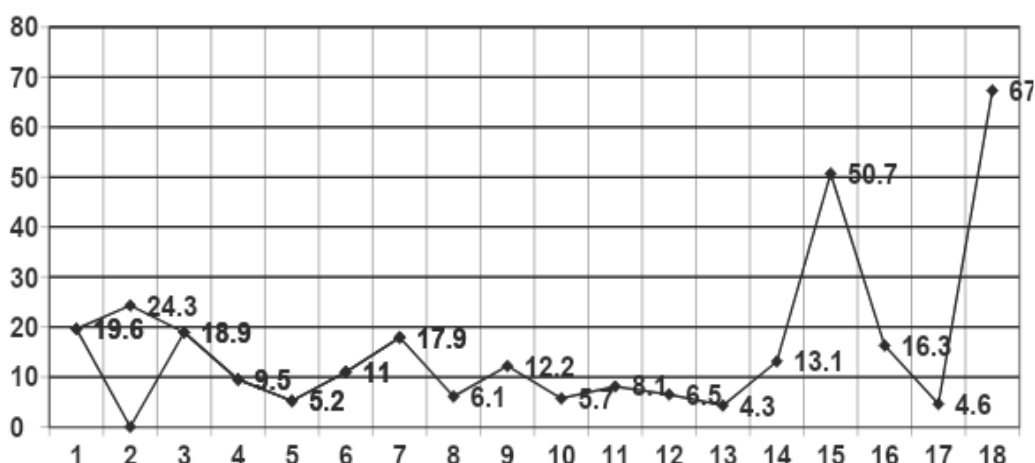


Figure 1.
Generalized hierarchy of journalists' terminal values, %
Source: own research

Figures on the abscissa scale correspond to the following values: 1 - active life, 2 - life wisdom, 3 - health, 4 - interesting work, 5 - beauty of nature and art, 6 - love, 7 - financially secure life, 8 - friends, 9 - social recognition, 10 - knowledge, 11 - productive life, 12 - growth, 13 - entertainment, 14 - freedom, 15 - happy family life, 16 - happiness of others, 17 - creativity, 18 - confidence.

The numbers on the ordinate scale are defined as follows: for each value, the total number of subjects for whom this value is ranked as one of the top three positions in the hierarchy was calculated, and the ratio of the number of these specialists to the total number of subjects was determined.

Figure 2 shows that journalists have favored such instrumental values as "breadth of views," "efficiency in business," "courage in upholding their opinions," "honesty," "firm will," "accuracy," and "responsibility."

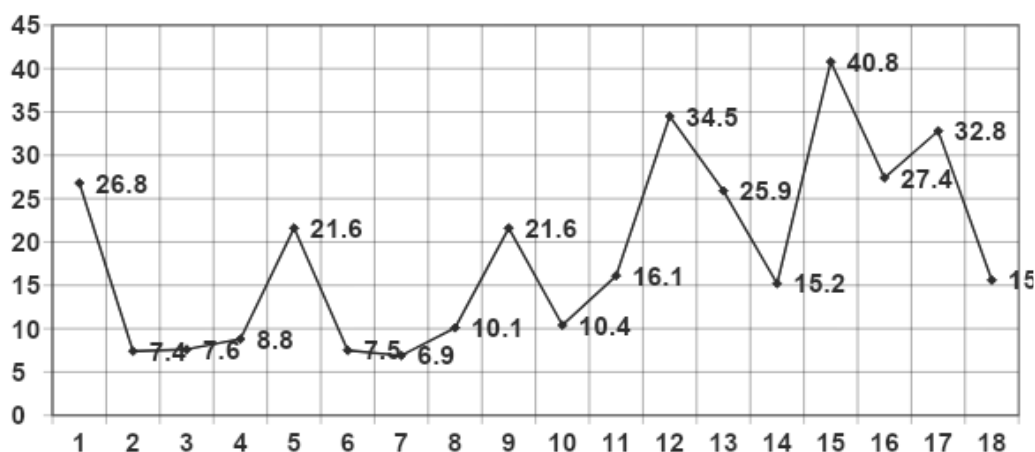


Figure 2.
Generalized hierarchy of instrumental values of journalists, %
Source: own research

The abscissa figures correspond to the following values: 1 - accuracy, 2 - training, 3 - high demands, 4 - cheerfulness, 5 - energy, 6 - independence, 7 - irreconcilability to defects, 8 - education, 9 - responsibility, 10 - rationalism, 11 - self-control, 12 - courage in defending an opinion, 13 - strong will, 14 - tolerance, 15 - latitude, 16 - honesty, 17 - efficiency, 18 - responsiveness. The numbers on the ordinate scale are defined as in Fig. 1.

At the same time, we can observe that some common values of "good and faithful friends," "knowledge," "beauty of nature and art," "freedom," "entertainment," "independence," and "intransigence to deficiencies in themselves and others" are less valuable for journalists. Thus, the results of this study made it possible to distinguish leading values-goals (terminal) which have a vital meaning for journalists, and values-tools (instrumental), on which the effectiveness of constructing the architectonics of the axiological component of their professional script depends.

The general empirical sample of the second stage of the research included 36 journalists from Volyn and Rivne regions (34 women, two men). The average age of the respondents was 29.9 years, the average professional experience was 7.8 years.

According to the results of the Life Sense Orientations Test (Leontyev, 2000), the figures purport journalists' life orientations are presented in Table 1.

Such results may indicate the presence of psychological barriers for the journalists' success in life. Thus the negative correlation between the total score of life-sense orientations indicators and the prescriptions, "Don't be, don't live" (-.613, $p < 0.01$), "Don't be successful" (-.579, $p < 0.01$), "Don't be the first" (-.430, $p < 0.01$), "Don't do" (-.484, $p < 0.01$), "Don't be yourself" (-.561, $p < 0.01$), "Don't be relevant" (-.538, $p < 0.01$), "Don't feel" (-.417, $p < 0.05$), "Be perfect" (-.398, $p < 0.05$).

Table 1.

The results of the study of life-sense orientations of journalists according to the method "Life Sense Orientation Test" by D. Leontyev

Questionnaire scales	High,%	Middle,%	Low,%
Aims in life	8.3	61.1	30.6
The process of life or interest and emotional life saturation	16.7	66.7	16.7
Life performance or self-actualization satisfaction	25.0	58.3	16.7
Locus of control I	16.7	72.2	11.1
Locus of control Life	27.8	55.6	16.7
Total score of life orientation	8.3	72.2	19.4

Source: own research

Specifically, the negative correlation has been discovered between "Aims in life" indicators; that is, the presence or absence of goals for a meaningful

life in the future, and the prescriptions, "Don't be, don't live" (-.541, $p < 0.01$), "Don't be small, don't be spontaneous" (-.349, $p < 0.05$), "Don't be successful" (-.430, $p < 0.05$), "Don't be the first" (-.379, $p < 0.05$), "Don't do" (-.488, $p < 0.01$), "Don't be yourself" (-.398, $p < 0.05$), "Don't be relevant" (-.489, $p < 0.01$), "Be perfect" (-.417, $p < 0.05$). These prescriptions block creative activity and attainment of success and demonstrate discontent toward themselves and others. Further negative correlation has been discovered between "The process of life or interest and emotional life saturation" indicators; that is, if the person perceives the process of his/her life as an interesting, emotionally saturated and full-of-sense action, and the prescriptions, "Don't be, don't live" (-.379, $p < 0.05$), "Don't be the first" (-.351, $p < 0.05$), "Don't do" (-.268, $p < 0.05$), "Don't be healthy" (-.345, $p < 0.05$), "Don't be yourself" (-.479, $p < 0.01$), "Don't be relevant" (-.415, $p < 0.05$), "Don't feel" (-.394, $p < 0.05$); between "Life performance or self-actualization satisfaction" indicators, which demonstrate the assessment of the length of life lived, the feeling of its productivity and meaningfulness, and the prescriptions, "Don't be, don't live" (-.570, $p < 0.01$), "Don't be small, don't be spontaneous" (-.364, $p < 0.05$), "Don't be successful" (-.394, $p < 0.05$), "Don't be the first" (-.462, $p < 0.01$), "Don't do" (-.356, $p < 0.05$), "Don't be yourself" (-.527, $p < 0.01$), "Don't be relevant" (-.461, $p < 0.01$), "Don't feel" (-.406, $p < 0.05$); between "Locus of control-I" indicators, the high level of which demonstrates the self-image of a strong personality, who possesses a sufficient right in order to build his/her life in accordance with his/her aims and understanding of sense, and the prescriptions, "Don't be, don't live" (-.605, $p < 0.01$), "Don't be successful" (-.363, $p < 0.05$), "Don't be the first" (-.462, $p < 0.01$), "Don't do" (-.401, $p < 0.05$), "Don't be yourself" (-.397, $p < 0.05$), "Don't be relevant" (-.496, $p < 0.01$), "Be perfect" (-.376, $p < 0.05$); between "Locus of control-Life" indicators, the high level of which supports the conviction that a person is given the ability to control his/her life, to freely make decisions and put them into effect, and the prescriptions, "Don't be, don't live" (-.638, $p < 0.01$), "Don't be successful" (-.468, $p < 0.01$), "Don't be the first" (-.396, $p < 0.05$), "Don't be yourself" (-.606, $p < 0.01$), "Don't be relevant" (-.562, $p < 0.01$), "Don't feel" (-.449, $p < 0.01$). Thus, these scripts can be considered as psychological barriers to journalists' success in life.

Again, the direct two-sided correlation between life-sense orientations indicators and fullness of life, namely between "Locus of control-I," "What am I;" (.400, $p < 0.05$), "What is life" (.482, $p < 0.01$) scales, is revealed; between indicators of "Life performance or self-actualization satisfaction" scales and "What are others" (.385, $p < 0.05$), "What is life" (.434, $p < 0.01$) scales. It bears mentioning that the indicator of "What is life" scale has a correlation link with all life-sense orientation indicators. Unless otherwise specified, the direct correlation is noted between "Aims in life" (.395, $p < 0.05$) indicators scales, "The process of life or interest and emotional life saturation" (.517, $p < 0.01$), "Locus of control-Life" (.439, $p < 0.01$), total score (.530, $p < 0.01$). The results indicate the importance of inherent worth development and vision of life as a resource for journalists' success in life.

Table 2 shows the direct correlation between indicators of the meaningful life orientations scales and the indicators of such scales as personal readiness for change, e.g. "Vehemence," "Optimism," "Adroitness" (except the scale of Life performance or Satisfaction); between indicators of the "Locus of Control-I," and "Locus of Control-Life."

Table 2.

The results of correlation between personal change readiness indicators and life-sense orientations of journalists

	Personal change readiness	Vehemence	Adroitness	Optimism	Confidence
Life orientation test					
Aims in life	Pearson correlation	.448**	.373*	.460**	.156
	Sig. (2-tailed)	.006	.025	.005	.363
The process of life or interest and emotional life saturation	Pearson correlation	.455**	.409*	.355*	.174
	Sig. (2-tailed)	.005	.013	.034	.309
Life performance or self-actualization satisfaction	Pearson correlation	.400*	.304	.413*	.095
	Sig. (2-tailed)	.016	.072	.012	.583
Locus of control I	Pearson correlation	.584**	.588**	.365*	.377*
	Sig. (2-tailed)	.000	.000	.029	.024
Locus of control Life	Pearson correlation	.460**	.454**	.472**	.345*
	Sig. (2-tailed)	.005	.005	.004	.040
Total score	Pearson correlation	.421*	.464**	.441**	.117
	Sig. (2-tailed)	.010	.004	.007	.498

Note: **. Correlation is significant on the level 0.01 (2-tailed)

*. Correlation is significant on the level 0.05 (2-tailed)

Source: own research

Such results confirm the assumption that the personal readiness for change is a resource for the process of optimization of reaching the journalists' life success. In the interpretation of the professional script phenomenon as a component of the life script, the representatives of Western psychology, and in particular, the founder of the concept of transactional analysis E. Berne and his followers, emphasize the priority of the unconscious in the process of life planning; in contrast, contemporary Ukrainian psychology focuses on conscious planning. In connection with these central psychological problems, which are of interest to modern Ukrainian scholars, there is a search for effective methods of constructive designing of life and professional acme script

(Zinoviia Karpenko, Ihor Pasichnyk, Tetiana Tytarenko, etc.) (Handzilevska, 2018b).

In particular, life success and self-realization of a personality in the acme-period is studied in the context of its readiness for age-related changes (Olha Lazorko et al.), formation of acme-competencies (Inna Bulyha), life-giving activity in adulthood (Tamara Molodychenko, Vira Chernobrovkina, Vadym Yamnytskyi and others), the presence or absence of psychological barriers to the creative potential of the individual (Valentyna Gladkova, Uliana Humeniuk, Alla Kovalenko, Nina Kuzmina, Serhiy Maximov, Larysa Mishchikha, Svyatoslav Pozharsky, etc.), and axiological and sanogenic design (Z. Karpenko, I. Pasichnyk, H. Radchuk, T. Tytarenko and others).

Psychological characteristics of professional activities of journalists, their professional values, and psychological security is a subject of interdisciplinary discourse (Handzilevska & Shturkhetsky, 2019). Together with this, success in life has not been studied sufficiently. In this context, it is worth mentioning our previous studies, in which we found statistically confirmed correlation of script attitudes of journalists with such personal change readiness scales as "Vehemence," "Adroitness," "Optimism," "Courage, enterprise," "Adaptability," and "Confidence" which gives reason to indicate the script decisions ("Don't be the first," "Don't mature, don't be an individual," "Don't be successful," "Don't be yourself," "Don't be relevant," "Don't feel," "Don't be small, don't be spontaneous," "Cheer others," "Don't belong to the group") as psychological barriers of personal change readiness. In turn, this expands the boundaries of understanding the reasons of professional lack of realization and professional burnout of journalists.

In addition, we have discovered that the scripts also determine the ability of modern elementary school teachers in the context of reform to use/disseminate innovation in pedagogical science and practice. At the empirical level, the correlation between the indicator of the scale of personal readiness for change ("Optimism") and the prohibition "Do not create" was revealed. The need is outlined for the development of personal readiness for changes in primary school teachers, which is seen as the resource of a teacher in acme period, and therefore the artificial formation of psychological immunity (Handzilevska, 2018).

Among the 14 bans, I. Pasichnyk, H. Handzilevska and U. Nikitchuk (2017) identified three: "Do not be yourself," "Do not be successful," "Do not create" that determine meaningfulness of life for internally displaced persons in the conditions of adaptation to the new social environment. The study confirms that scripted decisions, made in accordance with the prohibitions and directives of parents as a certain mechanism of protection, initially create a sense of security, but further provoke the formation of hyperfunction of psychological immunity, which in turn complicates the process of adaptation and negatively affects the sense of life-meaning orientations, as well as the goal setting and achieving process (Pasichnyk et al., 2017).

The role of children's experience, in particular the child's interaction with parents, is described in the works of Jeffrey E. Young and Janet S. Klosko (2003), according to whom maladaptive (dysfunctional) schemes are a consequence of children's unmet needs and certain traumatic experiences, which are close to the scripted behavior. These concepts were discussed in theoretical works and empirical studies of U. Humeniuk (2011) and S. Maksymova (2006). Humeniuk (2011) proved the relationship between rational beliefs and cognitive processes in the context of the motive of avoidance. Maksymova (2006) studied empirically the connection between forms of creative activity and scenario decisions. Following Dimitri Uzna-dze's works, S. Maksymova (2006) studies scenery directives in terms of psychological barriers as self-defense, an unconscious state which compensates the potential of an individual's activity and expresses the absence of positive reactions or a negative attitude (attitude to "old"). These and other studies point to the importance of correcting scenery directives and forming a personal readiness for change, a positive attitude towards their lives and for journalists' success in life.

CONCLUSIONS

Thus, the results of the study made it possible to distinguish priority values-goals ("self-confidence," "happy family life," "social recognition," "life wisdom," "active life," "health") and values-instruments ("Breadth of views," "efficiency in cases," "courage in defending one's opinion," "honesty," "firm will," "accuracy," "responsibility"), which are important in the construction of the architectonics of the axiological component of the professional script of the journalists under study. The correlation between indicators of journalists' middle level life-sense orientations, which demonstrate personal change readiness indicators ("Vehemence," "Optimism," "Adroitness," "Confidence"), empirically confirmed a claim that innovative readiness of journalists, which is a key competence of their professional scripts, intensifies the process of reaching success in life. Again, the direct two-sided correlation between life-sense orientations indicators and fullness of life indicates the importance of development of inherent worth, vision of life, and adequate perception of others. Psychological barriers of the cognitive process are stated as script attitudes ("Don't be, don't live," "Don't be the first," "Don't be successful," "Don't do," "Don't be yourself," "Don't be relevant," "Don't feel," "Be perfect," "Don't be small, don't be spontaneous," "Don't be healthy"). We see the prospect of further research in the development of technologies for the psychological support of journalists.

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