

THE VALUE-TARGET FACTORS OF FUTURE JOURNALISTS' LIFE-CREATION

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ABSTRACT

Aim. The study purpose is to explain the value-targeted predictors of future journalists' life-creation as an indicator of their readiness for professional growth and fulfilment of their humanitarian mission.

Methods. The study used the methods of theoretical analysis, synthesis and modelling of the process of personality realization. The empirical study on the value-target factors of future journalists' life-creation consisted of two stages: 1) the selection of relevant psychological examining techniques in order to explain the value-target factors as a complex independent variable, on the one hand, and the corresponding features of the life implementation process as characteristics (partial and generalized) of a dependent variable, on the other hand (a total of 12 psychodiagnostic techniques were used); 2) the correlation and factor analyses of the obtained empirical data.

Results. The performed factor analysis revealed several factors related to particular modes of life implementation, an individual's certain subjective position in this mode or on the way to it, psychological mechanisms and predictors of becoming an Insider, Expert or Author in personal life, some of their important attributes that generally confirm the triangulation model of an individual's life implementation. The first one, "An Author - a life-creating agent in the integrative mode of life implementation", is the most informative and the most loaded by the following indicators: life meaningfulness and purpose in life, psychological well-being, existential fullness with life meaning, self-control and self-acceptance, activity, locus of control-life, etc.

Conclusions. The article presents the verification of the triangulation psychological-hermeneutic model of a life-implementation process, which is formed by orthogonal



vectors: one of them is intuitive-sensory comprehension and designing and the second is discursive-logical goal-setting and achievement of life aspirations by an individual. The performed factor analysis of the value-target factors of future journalists' life-creation revealed the relevant predictors of life implementation. They concerned such concepts as an individual's life position (a Reader and an Author, an Observer and an Insider, an Epigone and an Expert); the trajectory of their life, for example, from an Insider to an Author, or from an Epigone to an Expert; and psychological mechanisms of life implementation (reflection, intuition, anticipation, empathy, facilitation, etc.) in certain life-implementation modes (internal, external and integrative).

Key words: life-creation, psychological-hermeneutic approach, value-target predictors, triangulation model of the process of life implementation, future journalists.

INTRODUCTION

A modern human is an object and an agent of rapid social changes and personal transformations, which are constantly accelerating with digital technologies penetrated into all spheres of public and private life. The expanding cyberspace increases the chances for an individual's self-development and acquired media competence, affects the pace and productivity of professional self-realization. As a result, value-target factors become more important in the life of an individual open to innovation, ready to act in uncertain circumstances and make quickly non-standard decisions in critical situations. Thus, life-creation becomes a priority strategy for life as one that is most adequate to the conditions of modern transitive society.

Moreover, there are some professions, for which this strategy is particularly relevant. These are human-to-human professions, whose achievements determine the humanitarian progress of total humankind. The said above is fully applied to the journalistic profession, given the powerful influence of the "fourth power" on mass-media product recipients' worldviews and values.

The study purpose is to explain the value-targeted predictors of future journalists' life-creation as an indicator of their readiness for professional growth and fulfilment of their humanitarian mission.

THE "LIFE-CREATION" CONCEPT: THE PSYCHOLOGICAL-HERMENEUTIC APPROACH

Larysa Sokhan (1996, p. 158), the founder of philosophical-psychological studies on life-creation in Ukraine, gives the following definition of this concept and the close concept of the art of living: "Life-creation is a special and higher form of human creative nature manifestations. This is a spiritual and practical activity aimed at creative projection and implementation of a created life project", and "the art of living is a special skill and high mastery helping an individual to develop creatively his/her life, based on deep knowledge of life, self-awareness and mastery of tools, methods, technologies of programming, designing and implementation of life as an individual-personal project".

These definitions reveal the most important aspects of life: designing, modelling and implementation.

Despite still preserved interest in reproducible, causal models of life, the number of studies based on existential-humanistic, holistic, generally constructionist principles is growing. Thus, Vadym Yamnytsky (2005) considers a life-creating activity as a special, integral type of personal activities, as a part of the simultaneous unity of its adaptive, productive, cognitive and subjective types, characterized by a holistic manifestations at the substantive, cognitive, social and spiritual levels. Svitlana Kuzikova (2012) defines an individual's self-development as a conscious, purposeful and self-directed activity aimed at positive self-changes for personal growth and self-improvement. Olha Kochubeinyk (2011) substantiates the narrative designing of personal authenticity in the paradigmatic coordinates of postmodernism. Thus, the researcher interprets personal authenticity as understanding of an individual's own non-simulateness presented within the history of the individual's life, embodied in his/her story at a specific time moment and in a specific communicative situation. In this case, personal authenticity is presented as a non-final deployment of a root-like system of variable, situationally significant self-interpretations that can continue into any direction.

In the context of this study, it is important to choose such dialectical pair of psychological constructs that can significantly represent the dynamic tension of life act "modelling", on the one hand, and its strategic-tactical and psychological "implementation", on the other hand.

According to Tetiana Tytarenko (2013) an individual's life aspirations have the function of modelling, and life tasks act as strategies of self-construction and, in fact, are the means of life-creation. She wrote:

Life aspirations are an individual's capability to model a desired future in accordance with the expectations of society, without giving up their own potentials and plans. Being active intentions, aspirations are not focused on meeting only short-term human needs. They have different scales and are aimed at life quality changing (Tytarenko, 2013, p. 116).

The functions of life aspirations are:

- evaluative (taking into account one's own capabilities, chances for success by planning the future);
- organizational (streamlining of aspirations, coordination of goals);
- stimulating (self-encouragement, self-motivation);
- regulatory (self-esteem, self-control, sense of self-efficacy);
- reflexive (critical attitude to one's own role in life events, the impact of one's actions on the further course of events in their life, etc.).

These functions generally represent the affective, cognitive and conative components of the dispositional structure of life aspirations.

Life tasks are strategies of self-realization and self-construction on the life path. If life goals are focused on achievement of a specific result, then life tasks outline areas and ways to implement life aspirations. Alfred Adler believes that each person during their life solves three tasks: to be realized in work,

friendship and love (Adler, 1999). Charlotte Buhler points out that an individual during their life, firstly, should meet urgent needs, secondly, be adapted to environmental conditions, thirdly, perform creative expansion (realize themselves) in a certain activity, fourthly, establish and maintain inner harmony (Bühler, 1959).

Olena Donchenko (1996) considers the following types of behavioural activities (in fact, life problems solved in a certain way):

- identification with the majority, which means compliant-compromise behaviour;
- individualization as separation of their life positions from the dominant public opinions, self-affirmation;
- investment as solidary behaviour, when an individual is ready to cooperate with others, initiates socially useful affairs;
- marginalization as negativist behaviour, when an individual rejects any identification with most people in society;
- deviation as destructive behaviour, a result of an individual's destructive exit from their own internal conflicts by outward aggression.

Natalia Chepeleva with her colleague use the concept that is close to life-creation, namely, self-designing as an individual's capability to act on the basis of their own plans, projects regarding their future (life project) and their own personality (personal project), which is one of the leading determinants of life plans and intentions. These life plans are based on the interpretation and comprehension of previous personal and socio-cultural experience by immersing into the socio-cultural discursive space and creating one's own semantic space, which is an important factor for personality development (Chepeleva & Rudnytska, 2019).

The authors offers the psychological-hermeneutic format for life-creation studies. In particular, Natalia Chepeleva and Svitlana Rudnytska (2019) substantiate the normative model of a self-projecting personality that takes into account the following criteria: the levels of discursive self-designing – "Plagiarist", "Reader", "Author", which correlate with biological, social and personality levels of human functioning; the ways of experience organizing – practice (thematic organization of experiences), frames (spatial-temporal and causal structuring of experiences), thesauri (value-semantic organization of experiences); the ways of textual objectification of experiences – utterance, a narrative, a composition; the strategies of meaning formation – stereotyping, meaning absorption, meaning generation; the types of meanings – given, assigned, integrated; the ways of understanding – meaningful understanding at the level of informational dialogue, interpretation with the use of borrowed socio-cultural schemes, semantic understanding.

Paying tribute to this approach, we note that the self-designing levels (and hermeneutic agents) are not sufficiently differentiated, as a Plagiarist is associated with intentional infringement of another person's copyright and appropriation of what does not belong to them. If we talk about imitation of other people's patterns, it is more expedient to speak of an Epigone, who is only

capable of reproducing another's lifestyle, ways of life, and so on. Not everything is easy with a Reader, who, of course, is a recipient of external influences, regulations, cultural scenarios, etc. A Reader probably appears in two guises – both as an Epigone and as a direct Observer of their own psychological-emotional states, ready to listen to the “inner voice”, to respond to the requests of their body (the so-called body sense). Another hermeneutic agent, an Insider, is a competent Observer, an individual who is in contact with themselves, their innermost intentions, desires, aspirations, understand their strengths and weaknesses, limitations. If an Insider is an “informed Observer”, an Expert is an “experienced and skilled Epigone”, a bearer of important social-cultural and professional competencies. Unlike an Insider, who is based on intuitive self-knowledge, an Expert is a product of training, rational cognition and systematic learning.

In general, life-creation can be interpreted as a holistic chronotope of value-targeted modelling and practical implementation of life, taking into account acquired life experiences and the conditions of a current life situation.

Life-creation means the synergy of internal (from an Observer to an Insider) and external (from an Epigone to an Expert) modes of life. A life-creating agent is an Author, who evolves from a Reader, as an object of life circumstances.

In this context, it is appropriate to list the developmental levels for students' subjective positions during their university professional training, described by Halyna Radchuk: passive-reproductive, active-reproductive, active-reflexive, creative-semantic and professional-existential positions (Radchuk, 2014). Today, the value-target factors of life-creation are studied by Yevhen (Karpenko, 2019; Karpenko, 2018; Furman et al., 2016).

Despite the urgent need to provide the psychological component of journalists' professional training, the Standard on Higher Education in Ukraine adopted in 2019 for the specialty 061 – Journalism contains very few competencies. The included psychological competencies are: the abilities to be critical and self-critical, to be adapted and act in a new situation, to work in a team, to organize and control team professional work – only 4 of the 16 general and special competencies listed in the Standard, which is clearly not enough for successful professional communications and compliance with professional ethics. In addition, the teaching in psychology in practice is limited to one or two special psychological disciplines by students' choice with total amount of 3 credits according to the European credit transfer system.

In our case, we are talking about the discipline “Psychology of the mass-media environment”, which involves several reflective and creative tasks, including: examination of students' own personal traits and abilities, followed by the lecturer's interpretation of obtained results; the structured monitoring over a talk-show host's work, followed by its written analysis according to certain criteria; detailed analysis of ways to influence the audience by bloggers specializing in social-political issues; discussions on prepared reviews; discussions of empirical research on current issues of media psychology, etc.

In addition, it is known that future journalists' higher professional training is based on areas related to psychology, primarily psycholinguistics, and also provide for involvement in various public events and non-formal education, as well as self-educational projects. This allows us to *assume* about the satisfactory trajectory of future journalists' life-creating activities, constructed based on an appropriate set of value-target factors. The latter include the relevant social behavioural dispositions relating to various spheres of human life; a kind of constructs that motivate, direct and organize human actions and deeds, forming an individually unique set of spiritual and life aspirations, strategies for achieving the desired, and so on.

This hypothesis is based on the triangulation model of the process of life implementation, formed by two orthogonal vectors of intuitive-sensory comprehension and designing (movement along the self-knowledge trajectory from the position of an Observer to the position of an Insider) and discursive-logical goal-setting and its achievement (movement from the position of an Epigone-Imitator to the position of an Expert). The first vector represents the internal mode of life implementation, and the second does the external mode. The coordination of both modes and corresponding inherent positions forms an integrative mode of life implementation (movement from the position of a Reader, which is a combination of the functions of an Observer and an Epigone, to the position of an Author as a result of synthesis of an Insider's and an Expert's functions). In this context, only the triangulation arc, which unites the complementary life positions of the internal and external modes of life implementation, represents the life-creation mode.

VALUE-TARGET PREDICTORS OF FUTURE JOURNALISTS' LIFE-CREATION: THE EMPIRICAL RESEARCH

The empirical study on the value-target factors of future journalists' life-creation consisted of two stages:

- the selection of relevant psychological examining techniques in order to explain the value-target factors as a *complex independent variable*, on the one hand, and the corresponding features of the "life implementation" process as characteristics (partial and generalized) of a "dependent variable", on the other hand;
- the correlation and factor analyses of the obtained empirical data.

To solve this task, 12 psychological examining methods were selected, 3 methods were for the dependent variable [Existence Scale (Kryvtsova, Langle & Orgler, 2009), I. Brunova-Kalishetska's Self-Efficacy Questionnaire (Karpenko, 2013), Tetiana Larina's questionnaire "Self-Assessment of Psychological Hardiness", which was the modification of M. Vorwerg's questionnaire on rapport (Tytarenko, 2012)]; 5 methods ["EmIn" questionnaire (Lusin, 2006), N. Hall's EQ Test for emotional intelligence assessment (Fetiskin, Kozlov & Manuilov, 2002), S. Schwartz's PVQ in Iryna Semkiv's adaptation (Semkiv, 2009),

V. Boyko's examining method for empathic abilities (Raigorodsky, 1998), E. Shostrom's POI adapted by Aleksei Lazukin and Nadia Kalina (Fetiskin, Kozlov & Manuilov, 2002)] were aimed at measuring the value-target factors of life implementation that formed the extended (complex) independent variable. The rest of the questionnaires [C. Ryff's scale of psychological well-being adapted by Nikolay Lepeshinsky (Lepeshinsky, 2007), the questionnaire of "Personal Life Tasks" (Tytarenko, 2012) developed at the Laboratory of Social Psychology of Personality, the Institute of Social and Political Psychology, the National Academy of Educational Sciences of Ukraine, under the leadership of Tetiana Tytarenko, test of meaningful life orientations (Leontiev, 2000), E. Volkova & I. Seryogina's questionnaire on subjectivity (Karpenko, 2013)] contained scales associated with either independent or dependent variables, so were not "pure" in the sense of their constructive and conceptual coherence with the triangulation model of personal life implementation.

These methods were used as examining tools to study third-academic year students in Journalism; this study was done in 2019-2020 after completing the optional discipline of "Psychology of Mass-Media Environment" at Vasyl Stefanyk Precarpathian National University. The sample consisted of 102 students studied in four academic groups.

At the second stage of the empirical study, the mathematical-statistical analysis of the data obtained for future journalists, including *factor analysis*, was performed.

First of all, we should note that the used descriptive statistics showed the average developmental level for the most indicators, except for intra-personal emotional intelligence, the understanding and managing of emotions, views on human nature, which were below average. The ability to self-transcendence was developed the worst (the low level) as a manifestation of spontaneous emotionality that united an individual with the world around. The autonomy and personal growth were above-average.

To determine the number of factors, we used the criterion of R. Cattell's "run-of-hill", which requires a scree plot. The statistical computer program chose the principal component method, and the number of factors (18) was determined by the inflection point on the scree plot before its entry into the flat line after a sharp decline.

The further factor analysis of the received 18 factors for the future journalists determined the 14-component structure that explained 75.34% of the general variance which was determined as optimal.

The analysis of the factor eigenvalues showed that the maximum influence had the first factor; other factors had smaller eigenvalues and, accordingly, explained lesser proportions of the variance. After varimax rotation, the factor matrix for the examined indicators formed the following structure.

Factor 1 (its contribution to the total variance equalled 23.38%) includes several diagnostic variables at the statistically significant level: the overall indicator of life meaningfulness (0.81), purpose in life (0.79), the overall indicator of psychological well-being (0, 78), the total existential content of mean-

ing (0.78), self-acceptance (0.77), productivity (0.76), locus-control-Self (0.71), activity (0.72), locus-control- Life (0.73), strong self-transcendence (0.69), environmental mastery (0.68), personality (0.68), self-development (0.67), personal growth (0.67), responsibility (0, 67), time competence (0.66), permeating empathy (0.65); all factor coefficients were positive. The factor content allowed us to identify it as "An Author - a life-creating agent in the integrative mode of life implementation".

The performed factor analysis can be supplemented and specified by the correlation analysis. In order to identify correlations between diagnostic indicators, as well as their strength, direction and significance (reliability), we used Pearson correlation analysis for 96 variables in SPSS v. 22 statistical software package.

The overall indicator of life meaningfulness correlated with the following indicators: purpose in life ($r = 0.788$), satisfaction with a life process ($r = 0.788$), productivity ($r = 0.857$), locus of control-Life ($r = 0.841$), locus of control-Self = 0.731), personality ($r = 0.711$), time competence ($r = 0.668$), self-transcendence ($r = 0.629$), self-acceptance ($r = 0.621$), awareness of one's own uniqueness ($r = 0.619$), ability to self-distance ($r = 0.604$), psychological well-being in general ($r = 0.566$), self-awareness ($r = 0.588$), freedom of choice ($r = 0.521$), self-actualizing value ($r = 0.451$); there was negative correlation between the general indicator of life meaningfulness and motivation for material well-being. Because we examined many correlations, we will present here and below only correlation coefficients with $p < 0.01$.

The purpose in life correlated with: environmental mastery ($r = 0.789$), psychological well-being in general ($r = 0.778$), locus-control-Life ($r = 0.733$), self-acceptance ($r = 0.664$), freedom of choice ($r = 0.649$), time competence ($r = 0.627$), ability to self-distance ($r = 0.623$), personal growth ($r = 0.541$), satisfaction with a life process ($r = 0.541$), subjective activity ($r = 0.521$), strategies to overcome failures ($r = 0.495$), time structuring ($r = 0.488$), self-motivation ($r = 0.458$), health ($r = 0.421$). Attention should be paid to negative correlations between purpose in life and motivation for material well-being ($r = -0.542$).

Psychological well-being in general created strong correlations with environmental mastery ($r = 0.873$), self-transcendence ($r = 0.636$), understanding of other people's emotions ($r = 0.577$), interpersonal emotional intelligence ($r = 0.573$), subjective activity ($r = 0.561$), spontaneity ($r = 0.544$), permeating empathy ($r = 0.518$), empathy in general ($r = 0.508$), ability to structure time ($r = 0.487$), the value of health ($r = 0.474$), independence ($r = 0.455$), emotional awareness ($r = 0.416$).

The indicator of the general existential fullness with meaning correlated positively with existentiality ($r = 0.932$), responsibility ($r = 0.941$), freedom ($r = 0.841$), personality ($r = 0.809$), self-distancing ($r = 0.715$), locus of control-Self ($r = 0.707$).

Self-acceptance correlated with psychological well-being in general ($r = 0.845$), positive relations with others ($r = 0.707$), environmental mastery ($r = 0.734$), purpose in life ($r = 0.664$), ability to self-transcendence ($r = 0.639$), locus control-

-Self ($r = 0.561$), productivity of life ($r = 0.562$), satisfaction with a life process ($r = 0.538$), existentiality ($r = 0.593$), locus of control-Life ($r = 0.527$), subjective activity ($r = 0.521$), freedom ($r = 0.504$), auto-sympathy ($r = 0.494$), attitudes to the future ($r = 0.451$), the value of health ($r = 0.433$).

Life performance correlated with locus of control-life ($r = 0.703$), time competence ($r = 0.621$), subjective activity ($r = 0.571$), self-actualizing value ($r = 0.507$), self-awareness ($r = 0.581$).

Locus of control-Self correlated with personality ($r = 0.676$), life process ($r = 0.655$), self-acceptance ($r = 0.623$), existentiality ($r = 0.625$), responsibility ($r = 0.624$), auto-sympathy ($r = 0.592$), understanding of other people's emotions ($r = 0.584$), subjective activity ($r = 0.571$), freedom ($r = 0.568$), time competence ($r = 0.519$).

Subjective activity correlated with the general indicator of meaningfulness of life ($r = 0.584$), emotional awareness ($r = 0.568$), purpose in life ($r = 0.483$), life strategy ($r = 0.477$), self-motivation ($r = 0.462$).

Locus of control-Life correlated with the general indicator of meaningfulness of life ($r = 0.842$), personality ($r = 0.766$), purpose in life ($r = 0.742$), productivity ($r = 0.713$), self-distancing ($r = 0.653$), self-transcendence ($r = 0.646$), life process ($r = 0.611$), time competence ($r = 0.572$), activity-exhaustion ($r = 0.536$), social self-efficacy ($r = 0.546$), self-acceptance ($r = 0.527$), freedom of choice ($r = 0.521$); there was the negative correlation with motivation for material well-being ($r = -0.403$).

The strongest correlations determined for the indicators forming the first factor, which has the most informative, confirm the importance of the performed factor analysis. However, there is no need to continue the too long list of correlations that formed the basis of the determined factor structure.

Thus, we can state that students in journalism are characterized at the end of the third academic year by active life position and creative expansion, meaningful attitude to life and efforts to control it, a rich palette of feelings and subjective well-being, focused on self-development and self-education, developed ego-identity and sense of responsibility, etc.; thus, they have professionally important qualities, values and aspirations that are relevant to the demands of modern information society.

Factor 2 (its contribution to the total variance was 7.56%), with the conditional name "*Internality vs externality*", was formed by components with strong coefficients but opposite signs: intrapersonal emotional intelligence (-0.62), security (0.57), emotional awareness (0.56), friendliness (0.54), integrative level of emotional intelligence (0.51), control of expression (-0.52), self-understanding (-0.51). The indicators included into this factor testified that the vectors of life implementation, initiating the modes from a Recipient-Observer to an Insider (internality) and from an Epigone to an Expert (externality), were orthogonal.

This factor content indicated the bifurcation of young people's life paths: on the one hand, they were characterized by pro-social aspirations, humanistic worldviews, but on the other one, such externality was opposed to self-under-

standing, the ability to cope with their own emotions and control their manifestation, i.e. internality.

Factor 3 (its contribution to the total variance was 6.73%) was determined by the following indicators with positive test coefficients: understanding of other people's emotions (0.65), inter-personal emotional intelligence (0.62), understanding of emotions (0.55), intuitive channel of empathy (0.54); this factor was named "External mode of life implementation: from an Epigone to an Expert and through empathy to an Author". This factor represents the external trajectory of meaning orientations onto one's own life as creativity. Given that journalism as a profession requires sociability, the ability to adequately "read" other people's emotions, establish contacts, inspire trust and desire to be open with an interlocutor, this factor also indicates a positive trend in the studied respondents' professional and personal development.

Factor 4 (its contribution to the total variance was 5.13%) was formed by only two variables, one with a strong positive test coefficient: hedonism (0.58), and the other with moderate negative coefficient: life integrity (-0.49) and named "A Reader's hedonism as a receptive superposition of an Observer and an Epigone". In this case, we talk about consumer attitudes of young people, focus on situational pleasures, enjoyment here and now, which is generally a typical disposition of a significant part of people in early adulthood.

Factor 5 (its contribution to the total variance was 4.95%) was formed by diagnostic variables with strong, but opposite test coefficients: planning for five years (0.68), mastery of one's own emotions (0.55), power (-0.54), and moderately positive test coefficient: focus on friends (0.51); it was called "Internal-external expansion in the medium-term perspective", which involved goal-setting for life implementation based on friends and without claims to dominance. The factor indicates a lack of life experience, limited social capital, which is natural for the examined age and the respondents' status. However, uncertainty about the future, fuelled by the unstable economic and socio-political situation in modern Ukraine, may also be a factor restraining one's life planning.

Factor 6 (its contribution to the total variance was 4.24%) with the conditional name of "Situational-communicative forecasting" included indicators with moderate opposite coefficients: positive relationships with others (0.48), orientation on the current time (0.45), planning for one year (0.41), motivation to achieve success, prestige, power, recognition (-0.43), achievement (-0.42), planning for the future 40-50 years (-0.42), time structuring (-0.41). This factor confirms the previous conclusion about existing factors that constrain live projection for the long run, and indicates the priority of the current goal-setting and rapid response to changes in life.

The next, **factor 7** (its contribution to the total variance was 3.85%) included indicators with only positive, moderate coefficients: contact (0.44), spontaneity (0.41), planning for one year (0.38), planning for 40-50 years (0.37), empathy in general (0.38), the emotional channel for empathy (0.37), so we named it "*Perspective goal-setting in the external mode of life, access to Authorship through*

empathy". This shows that career planning, professional self-realization are not relevant life tasks for third-academic year students, which is quite logical in light of the above arguments.

Factor 8 (its contribution to the total variance was 3.42%) was determined by indicators with moderate coefficients having opposite signs: empathy (-0.46), strategy (0.45), flexibility (0.45), conformism (0, 45), planning for one year (-0.46); this factor was named "Predictors of Authorship by an Expert". This factor outlines a set of communicative abilities necessary for an individual to become an Author of an authentic life trajectory.

Factor 9 (its contribution to the total variance was 3.33%) was formed by indicators with a negative moderate coefficient: flexibility in communication (-0.51) and positive moderate coefficients: flexibility (0.48) and friendliness (0.43); named "Benevolence as an Authors' value basis". This factor also indicates the morality, sensitivity and willingness to help as an individual's humanistic worldview and life principle.

Factor 10 (its contribution to the total variance was 3.12%) with the conditional name of "Predictors of Authorship by an Insider" was formed by the indicators with a strong negative coefficient: attitudes that promote empathy (-0.54), and moderate positive coefficients: learning / work priority (0.44), motivation for self-constitution (0.43), universalism (0.41). This factor indicates a desire for self-determination, focus on the profession and personal improvement.

Factor 11 (its contribution to the total variance was 2.55%) consisted of indicators that had moderate positive coefficients: stimulation (0.42), self-understanding (0.41) and negative coefficients: rational channel of empathy (-0.37); it was named "Predictors of an Insider". In this case, it is an individual's interest in learning about their inner world, which is manifested regardless of whether they are able to empathize with other people.

Factor 12 (its contribution to the total variance was 2.49%) was determined by the indicators with moderate positive coefficients: life integrity (0.43), creative motivation for creativity (0.42), scenario (0.39), and a negative coefficient: control over expression (- 0.36), identified as "An Authors' Attributes". This factor emphasizes such predictors of life-creation as creativity, being in the flow of life (spontaneity) and its rhythm.

Factor 13 (its contribution to the total variance was 2,38 %) with the conditional title "Objectivity of an Expert" included only two components with moderate opposite coefficients: recognition of other people's emotions (0.42) and focus on friends (-0.39). It indicates the ability to objectively assess other people, regardless of relationships with them.

Factor 14 (its contribution to the total variance was 2,21 %) was also formed by two indicators with a strong enough positive coefficient: motivation for self-constitution (0.53) and a weak negative coefficient: emotional awareness (-0.39); it was named "Loyalty to oneself as an Insider's attribute". The factor is related to developed intuition and anticipation as psychological mechanisms of self-knowledge and meaning construction.

Thus, the performed factor analysis revealed several factors related to particular modes of life implementation, an individual's certain subjective position in this mode or on the way to it, psychological mechanisms and predictors of becoming an Insider, Expert or Author in personal life, some of their important attributes that generally confirm the triangulation model of an individual's life implementation.

At the same time, the above described results obtained from the performed empirical study can be used for a purely practical purpose, namely: to serve as a starting point for the optimization of future journalists' professional training and psychological developments. It is necessary to increase the number of special courses, so that students can master skills of self-analysis, form adequate self-esteem, develop decentration and social reflection, dialogic communication and empathy, facilitate interpersonal interactions, prevent burnout or informal power abuse. Enriched with a psychological component, the educational path, focused on an individual's life-creativity vectors, which were noted in the triangulation model, would be free from the shortcomings in professional training of specialists in journalism and social communications.

CONCLUSIONS

By performing factor analysis of the obtained empirical data, we identified 14 factors. The first one, "An Author - a life-creating agent in the integrative mode of life implementation", is the most informative and the most loaded by the following indicators: life meaningfulness and purpose in life, psychological well-being, existential fullness with life meaning, self-control and self-acceptance, activity, locus of control-life, etc.

The second factor, "Internality vs externality" indicates the orthogonality of two life-implementation vectors: internal (movement from an Observer to an Insider) and external (movement from an Epigone to an Expert).

The third factor "External mode of life implementation: from an Epigone to an Expert and through empathy to an Author" indicates the trajectory of movement from external (adaptive) to an Author's (life-creating) activities based on empathy.

The fourth factor, "A Reader's hedonism as a receptive superposition of an Observer and an Epigone", indicates an individual's leading meaningful orientation as the initial level of a life-creating agent.

The fifth factor, "Internal-external expansion in the medium-term perspective" characterizes the peculiarities of life-creation at the "middle distance" of human life.

The sixth factor, "Situational-communicative forecasting", reveals the importance of an individual's rapid response to changes in the social environment.

The name of the seventh factor: "Perspective goal-setting in the external mode of life, access to Authorship through empathy" is quite eloquent and does not require further explanation.

The other factors – “Predictors of Authorship by an Expert”, “Benevolence as an Authors’ value basis”, “Predictors of Authorship by an Insider”, “Predictors of an Insider”, “An Authors’ Attributes” and “Objectivity of an Expert” clarify students- future journalists’ attributes and goals in their quest to be full-fledged agents of their own lives.

SUMMARY

The article presents the verification of the triangulation psychological-hermeneutic model of a life-implementation process, which is formed by orthogonal vectors: one of them is intuitive-sensory comprehension and designing and the second is discursive-logical goal-setting and achievement of life aspirations by an individual. The first vector represents the movement along the self-knowledge trajectory from the position of an Observer to the position of an Insider (the internal mode of life implementation). The second vector represents the movement from the position of an Epigone-Imitator to the position of an Expert (the external mode). The coordination of both modes forms the integrative mode of life implementation, or movement from the position of a Reader to the position of a life-creating Author. The life position is a combination of an Observer’s functions with an Epigone’s functions, and an Author’s life position is the synthesis of an Insider’s functions with an Expert’s functions.

The performed factor analysis of the value-target factors of future journalists’ life-creation revealed the relevant predictors of life implementation. They concerned such concepts as an individual’s life position (a Reader and an Author, an Observer and an Insider, an Epigone and an Expert); the trajectory of their life, for example, from an Insider to an Author, or from an Epigone to an Expert; and psychological mechanisms of life implementation (reflection, intuition, anticipation, empathy, facilitation, etc.) in certain life-implementation modes (internal, external and integrative).

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