

Activity-oriented feelings in adolescence

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Age related dynamics of activity-oriented feelings, which are tied to deficiency of the internal and external conditions to realization of seven types of activity was studied in the research. These seven types of activity are considered by different authors as a leading ones in adolescence. The questionnaire of the activity-oriented feelings (QAOF) was designed on the base of the theoretical conception of L. S. Vygotsky and his followers about tie between needs and feelings in critical periods of personality development. With help of the questionnaire two research studies were conducted on 6-11 grades students from different schools of Dubna. The primary data of the questionnaire are the subjective grades, given by respondents, of the rate and intensity of feelings which appear as a result of the difficulty in realization of activity. On the base of the rate and intensity two indicators were calculated: integral indicator and emotional weight of feelings. Results allowed to describe age-related dynamics of the personality-important needs and types of activity, which are tied to them, in adolescence. The conclusion was made that during adolescence the rearrangement of the structure of leading psychological needs is happening and that the principle of full analysis of feelings, which is the base of the QAOF, is very useful.

Key words: feelings, needs, activity-oriented feelings, adolescence.