Research Article

Existential Fulfillment and Personality Integrity: New Phenomenology in the Changing Society

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The article is devoted to the analysis of human capacities for personal self-realization in a constantly changing world. It can be assumed that ideas about one′s future and the ability to maintain one′s own existential fulfillment can be an important factor increasing life satisfaction. To assess this assumption, was conducted the research that included a qualitative and quantitative methods. These were investigated the level of existential fulfillment, styles of information identity, level of life satisfaction and the issues about the future. The respondents were students. The obtained results showed that instability and uncertainty of the situation reduce the level of life satisfaction as well as the immersion in the news. The desire to ignore negative information partially increase emotional stability. Personal integrity and emotional stability are closely connected with self-transcendence, awareness and commitment to the chosen style of information identity. These data shows the importance of personal motivation for self-realization. Self-transcendence and the ability to identify meanings of occurring changes with internal motivation becomes the basis for personal growth and integrity in a changing world. The obtained materials show the relevance of the proposition that the ability to overcome environmental pressure can be associated with the ability for self-transcendence and self-realization.

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Introduction

The rapidly developing society and new digital technologies (neural networks, artificial intelligence) became one of the main challenges of our time. This actualizes the question of maintaining the integrity and existential fulfillment of the person, without which self-realization and life satisfaction are impossible.

The study of digital society has become one of the leading interdisciplinary problems in recent years. In addition to new opportunities that open up prospects for the development of society and personal growth, the digital world and new technologies also carry new threats to emotional well-being, the safety of personal space and professional growth of people.

Our first works led us to the conclusion that the modern society must be called the transitive society[1][2][3][4]. Transitivity is manifested in the uncertainty and multiplicity of contexts, groups, languages, and identity options. The criteria by which people evaluate themselves and others are constantly changing. So the uncertainty is closely related to variability. At the same time, it is necessary to emphasize that the concept of transitivity is broader than uncertainty, since its main characteristics are the multiplicity of socio-cultural contexts, the constant variability of the surrounding world and its uncertainty. Speaking about the situation of transitivity, we can distinguish two interconnected aspects or phases - rigid, crisis, and fluid, soft, transitivity. But uncertainty, multiplicity and variability remain dominants in both cases, changing the degree of their cardinality.

At the turn of the XX-XXI centuries the crisis, rigid transitivity dominated. There was a sharp transition to new forms of communication and new information, migration processes expanded. At the same time, two opposite trends were growing towards globalization and isolationism of small nations. All this, together with the economic crisis, led to a change of the ideas about the world, about constant, unshakable values, about the technological capabilities of man. This phenomenology indicates that this period can be characterized as a period of rigid transitivity.

In the following decades, a period of soft, fluid, transitivity began, which is characterized by a slow but constant change in many aspects of life. That is, the period of radical transformations were replaced by a period of constant slow changes. As a result, the transformations become less radical, but remain as inevitable as were. From the psychological point of view, we can say that a crisis, a tough transitivity, is a specific shock situation for people, making increased demands to their resilience and emotional stability, rootedness in the environment.

But psychologically, a crisis is seen as a transient phenomenon that must be dealt with, which causes emotional distress here and now. This type of transitivity gives hope that if this unfavorable moment is survived, then everything will be fine and stable, everything will return to normal. Therefore, it is precisely the fluid transitivity that becomes much more difficult psychologically, as it does not lead to a period of stability. Changes occur, varying people's lives, values, communication, information flows and technological environment. At the same time, there is confidence that these changes are inevitable and unstoppable. Such long-term socio-cultural unpredictability leads to the actualization of the desire for peace and stability. People

are tired of uncertainty, transitivity; they want to hide from it in ordinary life, in the family, in a group close in values and aspirations.

In recent years, the phases of crisis and fluid transitivity have been adjacent to each other. And what is especially important, their relationship is closely linked to the information flow. Therefore individual aspects of transitivity do not interact with each other as closely as in previous years. The information space enhances the multiplicity of contexts - both socio-cultural and personal. At the same time, constant inclusion in the information flow reduces uncertainty, making variability a familiar component of the surrounding world. Therefore, the new generation connects real and network spaces into a single whole, which actualizes the problem of studying the determinations of personal and mental development simultaneously in two spaces.

The question of what factors help to overcome psychological, emotional discomfort and tension associated with the constant positioning of young people simultaneously in different network and real spaces is becoming one of the most important.

Digital everyday life

An important characteristic of the digital society is the emergence of digital everyday life. The digital transformation of various spheres of human activity allows us to talk about the formation of a new experience and a new phenomenology of everyday life as digital everyday life. The concept of "digital everyday life" is used actively and is found in many publications devoted to the study of online communities and online communication.

Researchers began talking about digital everyday life in the 1990-s. In 1992, Roger Silverstone and Eric Hirsch formulated the main statements of their theory of domestication, "taming", "housebreaking" of digital technologies[5]. Nancy K. Baym[6] proposed her version of the domestication theory.

Interacting and connecting in digital spaces, particularly online, also provides opportunities for people to overcome some barriers that might otherwise prevent them from connecting with others. Mainly it concerns such personal characteristics such as gender, age, racial differences, physical characteristics (f.e. disabilities), or any form of real or perceived stigma[7]. Halfmann and Rieger in their study found out that social pressure had a negative indirect effect on psychological well-being, as well as an indirect effect on stress. Tthese effects were mediated by the influence of social pressure when the desire to be autonomous conflicts with the need to conform to the expectations of others[8].

Among the phenomena of digital daily life one can highlight nomophobia, that is, a psychological condition in which a person develops a phobia or fear of being left without a mobile phone or other means of digital communication[9]. A systematic review conducted in 2023 identified several features that are caused by

nomophobia and are direct or indirect it's consequences: increased anxiety levels, especially increasing with prolonged lack of access to a mobile phone, recurrent anxiety attacks, decreased academic performance in adolescents, deterioration in sleep quality, decreased melatonin production and insomnia and sleep disturbances[10].

With the rise of social media activity, people often worry about missing out some interesting posts and information. FoMO (Fear of missing out) is explained as a feeling of missing out materials that are important and worth seeing[11]. To avoid such fact people constantly use smartphones to learn about the updates and posts of the people they follow and satisfy their curiosity[12]. A study by Melliani and others showed that FoMO leads to tension, anxiety, and a sense of inadequacy[13].

In digital everyday life it is also important to note the phenomenon of cyberostracism. Cyberostracism, like ostracism in the physical world, has negative psychological consequences. The lack of feedback is especially important in this case. Even such a seemingly mundane thing as the presence or absence of likes on posts on social networks can significantly affect emotional well-being.

Research conducted by W. Wolf and colleagues emphasized that people who do not receive likes on their posts or profiles show a significant decrease in the levels of satisfaction of basic needs, which is a typical consequence of ostracism[14]. This was later confirmed in a study by Timeo and colleagues on a sample of pre-adolescent children. Children who received fewer likes than others showed higher levels of negative emotions[15]. Other studies also confirm that even a mild form of cyberostracism, such as a lack of reactions to a published post, can lead to negative emotional and behavioral consequences[16]. It is important to note that susceptibility to cyberostracism depends on various individual factors. For example, a study conducted by T. Wang found that people with high levels of psychological stress were more sensitive to cyberostracism[17].

Another phenomenon, cancel culture, has long been an instrument of social control of people. At social networks, it is a form of public shaming aimed at spreading public discourse and promoting tolerance, but it can also be seen as a form of intolerance towards opposing opinions[18]. Cancel culture, therefore, despite its potential positive aspects, can turn into a tool for suppressing freedom of thought and contribute to social tension.

In recent years, especially after the COVID-19 pandemic, interest in digital everyday life has increased. However, this interest is manifested mainly in terms of everyday communication practices, the benefits and dangers of these practices for personal safety. The most comprehensive and important for researchers, including psychologists, is the work of B. Ytre-Arne[19], in which the author summarizes the research developed in recent years, including those conducted after pandemics. Separate projects studied the norms and technologies of public and media communications in Norway. Of particular importance are the results on the behavior and

emotional experiences of users in situations perceived as dangerous, in which digital media may be associated with the risk of losing personal data. Also were studied the difficult situations that arise for artists and scientists working with the help of Internet technologies, as well as changes in digital everyday life under quarantine at the beginning of the pandemic.

In the work of L. Michalik and A. Gratch[20], the ways of communicating in virtual space in our everyday life were analyzed. The authors considered not only the methods of tracking and observing others that are relevant for many, but also the most common memes, virtual habits and rituals, as well as ways of self-presentation on the Internet.

In the book "Digital Material: Tracking New Media in Everyday Life and Technology"[21], the authors analyze existing technologies for working in virtual space, including blogging, distance learning, and role-playing games.

These materials show that digital reality in a multifaceted world requires from people, primarily young people, to be able to "Rise above the field"[22], that is, to overcome the pressure of the surrounding, emotionally unstable and uncertain social context in order to consciously construct their future and realize their unique personal potential.

Research questions

What characteristics of existential fulfillment have the greatest impact on life satisfaction.

How information styles influence life satisfaction and existential fulfillment.

Based on this assumption, an empirical study was designed to examine the role of the existential fulfillment in life satisfaction.

Methods and respondents

The empiric research was conducted to study concepts about the future and the connection between life satisfaction and existential fulfillment.

Methods

- Life Satisfaction Scale (E. Diener, adapted by D Leontiev, E. Osin)[23]

- Existence Scale (A. Längle, adapted by I. Mainina, A. V)[24]

- Questionnaire of identity styles (M. Berzonsky, adapted by E. Belinskaya, I. Bronin)[25]

- Essay on the future (T. Martsinkovskaya)[2]

- Inductive content analysis of narratives

- Statistical processing (SPSS Statistics 26.0)

All methods were formed in the online constructor "Yandex Forms" in a solitary questionnaire. A link to this form was sent to respondents.

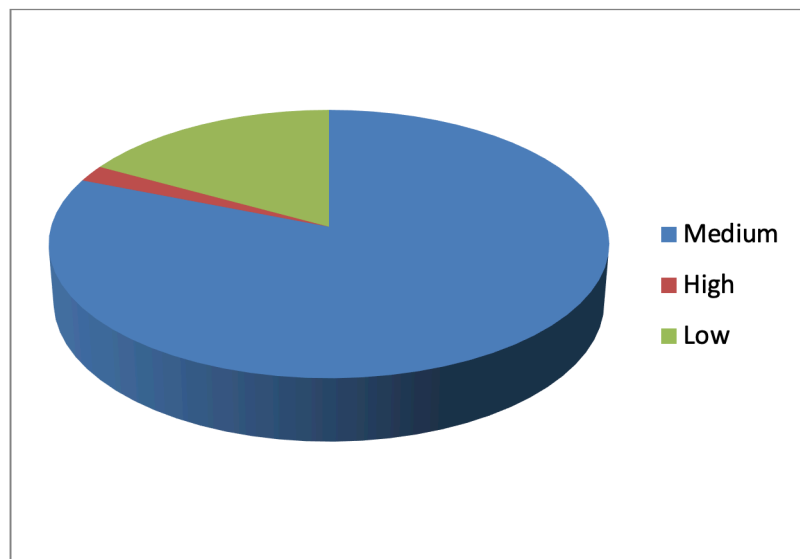**The respondents** were young people aged 17 to 25 years (N=350).

Findings

Fig. 1. Level of life satisfaction

The results obtained from the study of the level of satisfaction (Fig. 1) showed that the majority of young people (81%) generally have a positive attitude towards the future. But almost 17% are not satisfied with their situation and emotional state and do not predict its improvement. Approximately the same number of respondents (20%) thinks that changes in the future will be rather negative. At the same time, the number of people who believe that changes will go in a positive direction has increased significantly (from 2% to 13%). Although almost half of the respondents (44%) are aware of the changes that are taking place, they cannot reflect these changes. This is why the overwhelming majority of responses (67%) show that young people cannot clearly define their condition and do not understand their future.

The results obtained in the study of information identity showed that respondents predominantly demonstrate two styles: informational and diffuse (fig 2). A high level of informational identity style shows respondents' ability to search for relevant information and navigate through a large flow of information.

The fact that more than half of the respondents exhibited a diffuse style of information identity is likely related to the constantly changing situation that requires adaptation when searching for information specific to a given situation.
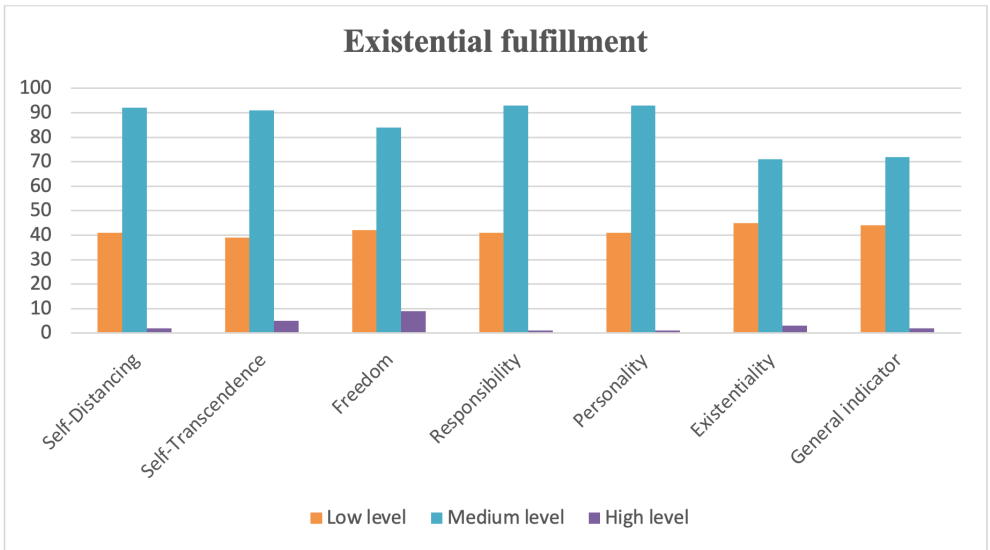

Fig. 2. Identity styles.

Fig. 3. Existential fulfillment

These results show that young people seems to be unable to find meaningful senses in the changes that are taking place and would help them reconcile their ideas about the future and their hopes for professional and

personal development with an uncertain and unstable world.

In general, it can be stated that the degree of expression of all scales is close to the average level for all respondents (Fig. 3). These results are consistent with the materials obtained in the study of life satisfaction.

But the most interesting are the results for individual scales. The high level of expression of the desire for freedom, compared to other scales, is noteworthy. At the same time, the ability to look at oneself from the outside and, especially, the ability to be responsible for one′s actions show the least expression. These data are well combined with the materials obtained in the study of the level of life satisfaction and the degree of awareness of the changes taking place. Indeed, young respondents strive for personal development and freedom of choice of their path in life, but they have a poor understanding of how to find their path and, most importantly, how to correlate their ideas about the desired path with reality.

More logical in the results obtained is the combination of the average and high level of transcendence and freedom, and, especially, self-transcendence and existentiality. Thus, it can be said that teenagers, although not always consciously, are able to understand the meaning of their lives and find goals for activity in a changing reality. This provides some opportunity to ″rise above the field″ and overcome negative or uncertain changes in the environment in the motivation for self-realization.

A rather alarming indicator is that on the existentiality scale the indicators of low and medium levels are close to each other, with a very low indicator of responsibly. In principle, these data coincide with the indicators of most scales, however, the convergence of the number of young people with low and medium levels of existentiality is alarming. In addition to uncertainty in decision-making, many are characterized by uncertainty in the correctness of the chosen path and place in life, as well as a low ability to withstand stress and act in difficult situations.

		Correlations							
		SD	**ST**	**F**	**V**	**P**	**E**	**G**	**SWLS**
SD	**Pearson's correlation**	1	,475**	,450**	,551**	,717**	,529**	,653**	,198*
	Meaning (bilateral)		,000	,000	,000	,000	,000	,000	,021
	N	135	135	135	135	135	135	135	135
ST	**Pearson's correlation**	,475**	1	,742**	,692**	,951**	,755**	,897**	,493**
	Meaning (bilateral)	,000		,000	,000	,000	,000	,000	,000
	N	135	135	135	135	135	135	135	135
F	**Pearson's correlation**	,450**	,742**	1	,801**	,740**	,946**	,902**	,429**
	Meaning (bilateral)	,000	,000		,000	,000	,000	,000	,000
	N	135	135	135	135	135	135	135	135
V	**Pearson's correlation**	,551**	,692**	,801**	1	,738**	,951**	,904**	,383**
	Meaning (bilateral)	,000	,000	,000		,000	,000	,000	,000
	N	135	135	135	135	135	135	135	135
P	**Pearson's correlation**	,717**	,951**	,740**	,738**	1	,779**	,934**	,450**
	Meaning (bilateral)	,000	,000	,000	,000		,000	,000	,000
	N	135	135	135	135	135	135	135	135
E	**Pearson's correlation**	,529**	,755**	,946**	,951**	,779**	1	,951**	,427**
	Meaning (bilateral)	,000	,000	,000	,000	,000		,000	,000
	N	135	135	135	135	135	135	135	135
G	**Pearson's correlation**	,653**	,897**	,902**	,904**	,934**	,951**	1	,464**
	Meaning (bilateral)	,000	,000	,000	,000	,000	,000		,000
	N	135	135	135	135	135	135	135	135
SWLS	**Pearson's correlation**	,198*	,493**	,429**	,383**	,450**	,427**	,464**	1
	Meaning (bilateral)	,021	,000	,000	,000	,000	,000	,000	
	N	135	135	135	135	135	135	135	135

Table 1. Interrelation of data from the Satisfaction with Life Scale and theExistential Scale
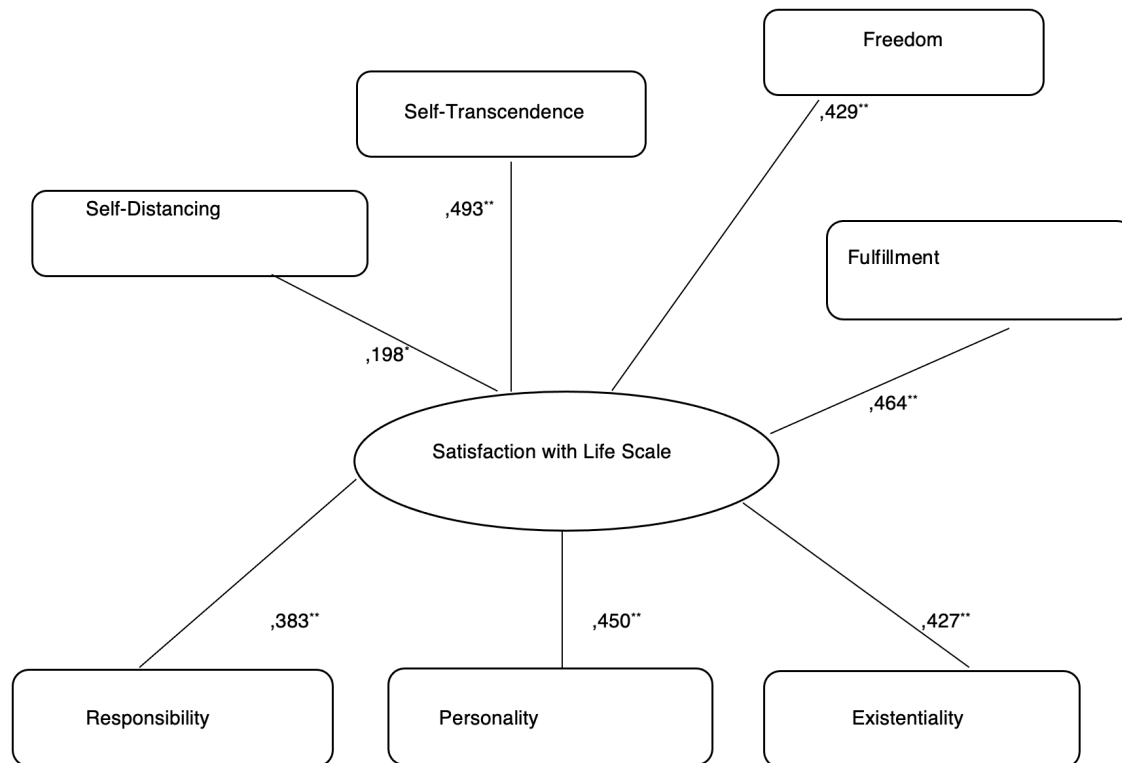
Fig. 4. Correlations between the Satisfaction with Life Scale and the components of A. Längles′ ″Existential Scale″

The data in table 1 and figure 4 show that the highest direct proportional dependence was found in the pair ″Life Satisfaction Scale″ and ″Self-Transcendence″ (r=0.493).

A two-sided significant correlation was found between the life satisfaction scale indicators and such Längle scale indicators as ″Freedom″ and ″Responsibility″. These data show that understanding the boundaries of one′s own freedom and responsibility helps to maintain an optimal level of emotional stability and life satisfaction.

The least pronounced relationship between the life satisfaction scale and self-distancing (r=0.198). This data shows that the ability to soberly assess the situation and look at oneself from the outside contributes to life

satisfaction to a lesser extent than understanding the harmony of one's inner world with the environment. This indicator is also important in assessing the emotional state of young people in a fragile, changing world.

These data are in good agreement with the results obtained when assessing the relationship between them and the data obtained when studying information identity styles.

		Correlations											
		SD	ST	F	V	P	E	G	SWLS	IIS	DIS	CS	NIS
SD	Pearson's correlation	1	,475**	,450**	,551**	,717**	,529**	,653**	,198*	,066	-,213*	,239**	,152
	Meaning (bilateral)		,000	,000	,000	,000	,000	,000	,021	,448	,013	,005	,078
	N	135	135	135	135	135	135	135	135	135	135	135	135
ST	Pearson's correlation	,475**	1	,742**	,692**	,951**	,755**	,897**	,493**	,057	-,193*	,248**	,133
	Meaning (bilateral)	,000		,000	,000	,000	,000	,000	,000	,514	,025	,004	,124
	N	135	135	135	135	135	135	135	135	135	135	135	135
F	Pearson's correlation	,450**	,742**	1	,801**	,740**	,946**	,902**	,429**	-,073	-,117	,205*	,043
	Meaning (bilateral)	,000	,000		,000	,000	,000	,000	,000	,400	,177	,017	,618
	N	135	135	135	135	135	135	135	135	135	135	135	135
V	Pearson's correlation	,551**	,692**	,801**	1	,738**	,951**	,904**	,383**	-,025	-,194*	,204*	,084
	Meaning (bilateral)	,000	,000	,000		,000	,000	,000	,000	,777	,024	,017	,335
	N	135	135	135	135	135	135	135	135	135	135	135	135
P	Pearson's correlation	,717**	,951**	,740**	,738**	1	,779**	,934**	,450**	,077	-,232**	,278**	,147
	Meaning (bilateral)	,000	,000	,000	,000		,000	,000	,000	,377	,007	,001	,089
	N	135	135	135	135	135	135	135	135	135	135	135	135
E	Pearson's correlation	,529**	,755**	,946**	,951**	,779**	1	,951**	,427**	-,051	-,165	,216*	,067

		Correlations											
		SD	ST	F	V	P	E	G	SWLS	IIS	DIS	CS	NIS
	Meaning (bilateral)	,000	,000	,000	,000	,000		,000	,000	,559	,056	,012	,438
	N	135	135	135	135	135	135	135	135	135	135	135	135
G	Pearson's correlation	,653**	,897**	,902**	,904**	,934**	,951**	1	,464**	,009	-,208*	,259**	,110
	Meaning (bilateral)	,000	,000	,000	,000	,000	,000		,000	,920	,016	,002	,202
	N	135	135	135	135	135	135	135	135	135	135	135	135
SWLS	Pearson's correlation	,198*	,493**	,429**	,383**	,450**	,427**	,464**	1	-,075	,043	-,050	,204*
	Meaning (bilateral)	,021	,000	,000	,000	,000	,000	,000		,385	,622	,564	,018
	N	135	135	135	135	135	135	135	135	135	135	135	135
IIS	Pearson's correlation	,066	,057	-,073	-,025	,077	-,051	,009	-,075	1	-,344**	,231**	-,098
	Meaning (bilateral)	,448	,514	,400	,777	,377	,559	,920	,385		,000	,007	,260
	N	135	135	135	135	135	135	135	135	135	135	135	135
DIS	Pearson's correlation	-,213*	-,193*	-,117	-,194*	-,232**	-,165	-,208*	,043	-,344**	1	-,330**	,177*
	Meaning (bilateral)	,013	,025	,177	,024	,007	,056	,016	,622	,000		,000	,040
	N	135	135	135	135	135	135	135	135	135	135	135	135
CS	Pearson's correlation	,239**	,248**	,205*	,204*	,278**	,216*	,259**	-,050	,231**	-,330**	1	-,045
	Meaning (bilateral)	,005	,004	,017	,017	,001	,012	,002	,564	,007	,000		,605
	N	135	135	135	135	135	135	135	135	135	135	135	135

	Correlations											
	SD	ST	F	V	P	E	G	SWLS	IIS	DIS	CS	NIS
NIS — Pearson's correlation	,152	,133	,043	,084	,147	,067	,110	,204*	-,098	,177*	-,045	1
Meaning (bilateral)	,078	,124	,618	,335	,089	,438	,202	,018	,260	,040	,605	
N	135	135	135	135	135	135	135	135	135	135	135	135

Table 2. Interrelation of data from Berzonsky's Identity Style Inventory, the Satisfaction with Life Scale, and the Existential Scale

**.* Correlation is significant at 0.01 (bilateral).*

. The correlation is significant at 0.05 (bilateral).*

The data in table 2 and figure 5 show that the results of the Berzonsky technique gave both a direct and inverse relationship with the the Längle and Diener scales. The normative style of information identity has a direct proportional relationship with the life satisfaction, but an inverse relationship with almost all indicators of the Längle scale.

These results show that fulfillment is associated precisely with the commitment scale, and not with certain styles of information identity. The diffuse style of information identity negatively correlates with fulfillment, since the desire for meaningfulness of life does not correlate with the motivation to find information depending on external requests that are actualized at a certain moment. It is with the commitment scale that almost all existential scales are positively connected. It confirms the thesis about the importance of internal motivation in obtaining meaningful life. At the same time, both normativity and diffuse styles don't have a negative connection with fulfillment, although a high positive connection with these information styles does not appear either.

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At the same time, both normativity and diffuse styles don't have a negative connection with fulfillment, although a high positive connection with these information styles does not appear either.
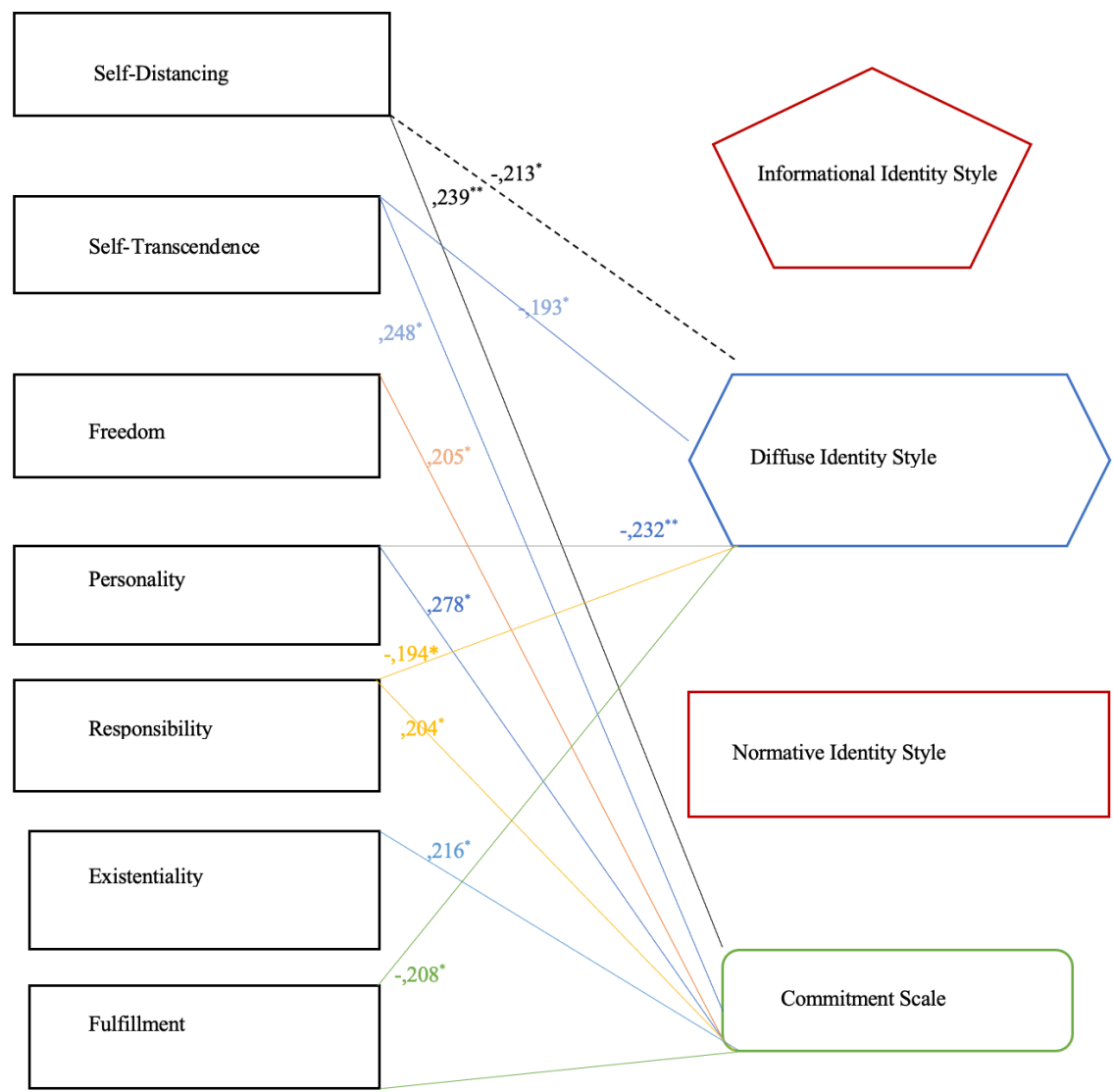
Fig. 5. Correlations between identity styles and indicators of the Existential Scale.

An inductive content analysis of essays about the future was conducted.

The results are presented in table 3.

№	Scenario	Quantity	Interest rates
1	Technology of life	7	5%
2	Negative scenario, apocalypse	20	15%
3	Care for everyday life (relationships, family/work)	46	34%
4	Refusal of forecasting	35	26%
5	Positive scenario	9	7%
6	Geopolitics	11	8%
7	Ecology, state of the planet	4	3%
8	Individualisation	11	8%
9	Emotional reaction without prediction (negative/positive)	9	7%

Table 3. Content analysis of essays about the future

The use of qualitative and quantitative analysis methods proved to be effective, as their results organically complement and confirm each other.

The leading theme in essays about the future is the request for calm and stability, escape to everyday life (34% of responses) or refusal to predict the future. The desire for life satisfaction and emotional comfort is manifested in the content of all essays in the aspiration for stability and sustainable everyday life. Respondents describe pictures of the future to the smallest detail in order to gain confidence and stability in the future. Due to the high level of anxiety and experience of uncertainty, the focus on predicting the future is not visible (26% of responses). These data coincide with our previous studies[26].

The materials of the essays that describe the ideas of the future in the eyes of respondents repeat the results of life satisfaction and are neutral. A neutral assessment hides anxiety and a desire not to think seriously about the future. The smallest share of the sample thinks about positive changes in the future of humanity.

A feeling of anxiety and a search for understanding and care from others is visible in the case of describing only their own future while completely ignoring the future of the world (7% of responses). The fact that most young people ignore pictures of the future world indicates that they are unable to form a clear understanding of the social changes that are currently taking place. The description of the future of all mankind is presented by a

small number of questionnaires and has polar assessments (positive or negative), there are no neutral descriptions. In 15% of cases, we are faced with a description of a negative scenario for all of humanity, defined through the categories of disasters, wars and total dependence on technology.

Pictures of one′s own future often contradict the tragic future of the world. These data coincide with the data obtained during the pandemic[27].

The discrepancies between different approaches to understanding the value of life – assessments of life satisfaction, emotional well-being and the desire to find the sense of life, to fill it with personal content, are most clearly revealed in the attitude to different aspects of the future and the description of the future of all people, friends and their own. Particularly interesting is the fact that most respondents focused on describing the future of friends, avoiding mentioning themselves, their interests or work. At the same time, there are no unrealistic descriptions of their own future, typical of the essays of young people several years ago. Currently, descriptions of their own future contain portrayals of the personal future of the ″average person″. These data differ significantly from studies of past years, when personal future was unrealistically positive (Martsinkovskaya, Preobrazhenskaya, 2020). The trend towards more realistic descriptions of the future can be interpreted as an increase in awareness and the formation of ideas about the world and the changes that are taking place.

At the same time, most of the answers reflect confusion and the inability to predict the direction of development in the future. Probably, in this case we are talking about a high level of sensitivity to social transitivity, which is confirmed by the life satisfaction data given above. A survey on the emotional state in the modern social situation shows a high dependence of the emotional state on the situation of social transitivity. Most respondents note the presence of anxiety in connection with the unusual situation; they often write about financial instability, which causes frustration and the impossibility of giving a harmonious picture of their future in an uncertain world.

Discussion

Thus, the data obtained show that the inability to selectively percept or classify new information can contribute to life satisfaction in a stable society, but can also significantly hinder personal development and, in the future, even emotional well-being in a volatile and uncertain world. At the same time, commitment to the chosen style of information perception is in any case associated with personal fulfillment. It is with the commitment scale that almost all existential scales are positively connected.

The analysis of the results of the essays describing the respondents′ ideas about the future repeats the results of life satisfaction. Neutral assessments prevail in their stories. They often ignore descriptions of the future of the

whole world, focusing on stories about their personal future and the future of their friends.

Also there must be marked the respondents' answers, which reflect confusion and the inability to predict the direction of development in the future. The fact that most young people ignore pictures of the future world indicates the impossibility of forming a clear idea of the social changes taking place at the moment.

The tendency towards more realistic descriptions of the future can be interpreted as a reflexivity regarding social changes and ideas about the world in general.

The materials we have obtained allow us to state that the ability, even if not very pronounced, to recognize one's connection with the values of the surrounding world helps people maintain life satisfaction. Such consonance of personal meanings to the values of external society and self-acceptance is especially important in a changing and uncertain world.

Thus, we can say that young people although not always consciously, are able to understand the meaning of their lives and find goals of activity in a changing reality. This gives some opportunity to "rise above the field" and overcome negative or uncertain changes in the environment in the pursuit of self-realization.

Conclusion

The impact of the changing world is manifested primarily in a low level of life satisfaction. The desire to overcome the negative influence of instability, both emotional and financial, is revealed in the content of essays about the future, in which one of the leading coping options is escaping into everyday life and ignoring negative information about the future of the surrounding world.

In this situation, the style of information identity becomes very important. At the same time, orientation in information has an ambivalent connotation - on the one hand, it helps "not to see" changes, although emotional stability and awareness decrease. On the other hand, the style of information identity helps to search for and evaluate relevant and important information, increasing awareness, but reducing life satisfaction. These results do not contradict the low rates of meaningfulness and self-distancing, which are typical for many respondents.

The main factor of personal stability is commitment to the chosen style of information identity. It confirms the thesis about the importance of internal motivation in obtaining meaningful life.

It is self-transcendence, the ability to see meanings in changes, consonant with personal senses and motivation support self-acceptance and awareness that become the basis for personal growth and freedom within an unstable situation.

Thus, in the new conditions, K. Levin's thesis about the importance of the ability to overcome field pressure is filled with new content as the ability for personal growth and self-transcendence.

Statements and Declarations

Conflict of Interests

We have no conflict of interest to disclose.

Informed Consent

All participants involved in the study were informed of its aims and gave their agreement to participate in the work ensuring their anonymity

Ethics Approval

This study as well as the informed consent form was approved by the Ethics Committee of the laboratory of adolescent psychology of the Federal Scientific Center for Psychological and Interdisciplinary Research. Protocol N 10, 15.10.2024

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Declarations