CHARACTERIZATION OF SOCIAL NEUROTICISM IN THE CONTEXT OF INTRAPERSONAL CONFLICT

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Abstract

The article studies the phenomenon of social neuroticism in the context of intrapersonal conflict. The theoretical and conceptual characteristics of intrapersonal conflict are discussed, and the intrapersonal characteristics that are characteristic of social neuroticism are highlighted. A comparative analysis of the literature shows that intrapersonal conflicts can manifest themselves in different areas of a person's life. They find their expression in both the cognitive, emotional, and behavioral spheres of a person. They can be manifested by a decrease in self–esteem, negative experiences, impaired activity, a decrease in the degree of general adaptability, and other indicators. The article presents the fundamentals of representatives of various psychological directions on the phenomena under discussion, as well as modern scientific interpretations of social neuroticism and intrapersonal conflict. The gender and age characteristics of the perception of intrapersonal conflict are highlighted, including social neuroticism characteristics, and methodological tools for reducing the negative impact of social neuroticism on a person's activities have been identified.

Keywords: social neuroticism, intrapersonal conflict, self–concept, self–esteem, anxiety.

ՍՈՑԻԱԼԱԿԱՆ ՆԵՎՐՈՏԻԶՄԻ ԲՆՈՒԹԱԳՐՈՒՄԸ ՆԵՐԱՆՁՆԱՅԻՆ ԿՈՆՖԼԻԿՏԻ ՀԱՄԱՏԵՔՍՏՈՒՄ

ՌԱՖԻԿ ՊԵՏՐՈՍՅԱՆ

ՀՀ ԳԱԱ գիտակրթական միջազգային կենտրոնի
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Համառոտագիր

Հոդվածում ուսումնասիրվում է սոցիալական նևրոտիզմի ֆենոմե–նը ներանձնային կոնֆլիկտի համատեքստում։ Քննարկվել են ներանձնա–յին կոնֆլիկտի տեսական, հայեցակարգային բնութագրումները, դրանցում առանձնացվել են սոցիալական նևրոտիզմին նշաններով ներանձնային հատկանիշները։ Գրականության համեմատական վերլուծությունը ցույց է տալիս, որ ներանձնային կոնֆլիկտները կարող են դրսևորվել անձի կյանքի

տարբեր ոլորտներում: Դրանք իրենց արտահայտումն են գտնում թէ անձի իմացական, թէ հուզական և թէ վարքային ոլորտներում: Դրանք կարող են դրսևորվել ինքնագնահատակի անկման, բացասական ապրումների, գործունեության խաթարման, ընդհանուր ադապտիվության աստիճանի նվազման և այլ ցուցիչներով: Հոդվածում ներկայացվել են հոգեբանական տարբեր ուղղությունների ներկայացուցիչների հիմնադրույթները քննարկվող երևույթների վերաբերյալ, ինչպես նաև սոցիալական նևրոտիզմի և ներանձնային կոնֆլիկտի ժամանակակից գիտական մեկնությունները: Առանձնացվել են ներանձնային կոնֆլիկտի ընկալման սեռային, տարիքային առանձնահատկությունները, դրանցում՝ սոցիալական նևրոտիզմի հատկանիշները, վեր են հանվել անձի գործունեության ընթացքում սոցիալական նևրոտիզմի բացասական ազդեցությունը նվազեցնելու մեթոդական գործիքները:

Բանալի բառեր՝ սոցիալական նևրոտիզմ, ներանձնային կոնֆլիկտ, Ես-կոնցեպցիա, ինքնագնահատական, տագնապայնություն:

Introduction

In the psychological sciences, various theoretical directions have emphasized the connection between social neuroticism and intrapersonal conflict. Individual psychological characteristics of a person imply innate properties, as well as those acquired during their life, which in turn determine the direction of activity that the individual will adhere to. In simpler terms, these are the mechanisms by which the human psyche functions, each separately. For a more detailed explanation, we will analyze individual psychological characteristics, as well as their manifestations. Neuroticism is a personality trait characterized by emotional instability, anxiety, low self-esteem, and sometimes autonomic disorders. Neuroticism in the understanding of others can be a neurosis, but this is fundamentally wrong. Neurotic symptoms can also be found in a healthy person. If we consider neuroticism in a broader sense, then in simple terms it is the inability to regulate one's negative emotions. In turn, negative emotions can arise in cases where people believe that they are not coping with the achievement of their intended goals. The main empirical components of neuroticism are three indicators: excitability, vulnerability, and emotionality.

Neuroticism is a very important criterion for predicting all common mental disorders since it characterizes the emotional stability of an individual. There is also an opinion that neuroticism is closely related to such an indicator of the nervous system as lability. The phenomenon of neuroticism is associated not only with individual psychological characteristics of the personality but is also closely connected with the social environment surrounding the personality, and the degree of conflictogenicity of social relations. An important component for understanding the neuroticism of the personality is the phenomenon of intrapersonal conflict of the personality. From this point of view, neuroticism of the personality appears to be a certain projection of external conflict or problematic social connections into the inner world of a person, expressed in the form of intrapersonal conflict

of the personality. The purpose of this article is to identify the characteristic features of social neuroticism from the point of view of the characteristic features of intrapersonal conflict of the personality.

Literature Review

Humanistic psychology considers intrapersonal conflict in the context of personal improvement and development. As reported by Kocharyan and Barinova, According to K. Rogers, intrapersonal conflicts are located in incongruent self–concepts (Kocharyan & Barinova, 2021). It follows that the probability of destructive manifestations of intrapersonal conflict increases among people with neurotic traits and inadequate self–esteem, therefore it becomes a problem to identify them and conduct psychological work.

Unlike Rogers, another representative A. Maslow put forward the theory of the needs of the individual and linked conflict with their unsatisfaction. The cognitive and emotional needs of the individual sometimes conflict with each other, as a result of which the satisfaction of the former leads to the frustration of the latter, also accompanied by the characteristics of neuroticism (Maslow, 1943). The deepening of neuroticism creates conditions in which the satisfaction of the emotional needs of the individual becomes almost impossible, which is also an important factor in the emergence of intrapersonal conflict.

Maslow emphasizes the danger of conflict, noting that conflict does not always lead to neurotic pathology, but it becomes a serious pathogenic factor when it threatens the satisfaction of basic needs or desires that are closely related to basic needs (Maslow, 1943). In other words, in the presence of social neuroticism, not only emotional needs remain unsatisfied, but also several basic needs, the long–term neglect of which leads to serious conflict. These include the need for full sleep, rest, sexual satisfaction, security, as well as self–improvement.

In existential psychology, the approaches of Frankl and May are characteristic, who based the phenomenon under discussion on the loss of the meaning of life and the absence of the possibility of its rediscovery. For example, as reported by Devoe, V. Frankl emphasizes the existential vacuum or feeling of worthlessness and emptiness that arises within a person when there is no meaning in life. This emptiness results in intrapersonal conflict (Devoe, 2012; May, 2015).

May considers the basis of conflict to be a situation that is too difficult and traumatic for a person. As a rule, a conflict situation that leaves an extremely difficult mark is strengthened in the anxiolytic, since the person is unable to fight it (May, 2015). These theoretical approaches suggest that the development of this type of conflict is often accompanied by manifestations of social neuroticism: the person has irrational beliefs, negative psychosomatic phenomena intensify, and difficulties in communicating with the social environment pass through an intrapersonal prism, leaving a negative mark on the person's mental health.

Another approach to intrapersonal conflicts is put forward by K. Levin. He connects the phenomenon with the clash of opposing forces and distinguishes three types of conflict situations:

1. Between two positive tendencies. The attractive features of one object are often enough to make that object dominant. The choice made towards one object changes the strength of the other and weakens it further

2. Between two negative tendencies. In such a case, the person tries to escape from harm and chooses the less dangerous one.

3. Between multiple tendencies. In this case, one of the vectors is shifted to the positive field, and the other to the negative field. In this case, the conflict arises in the evaluation of the positive and negative sides of the same object or in the choice of one of them (Lewin, 1997).

From Levin's approach, it becomes clear that an intrapersonal conflict arises in a person when he is faced with a difficult choice, which implies a choice between a lot and a little loss when in both cases the choice made will not satisfy the person's needs and it is not even possible to objectively assess which of the two possible choices is more harmful or harmful. In fact, in this case, we are dealing with a destructive developing conflict, which, accompanied by signs of social neuroticism, later turns into severe depression and self–blame (Toncheva–Zlatkova, 2023). Intrapersonal conflicts have been addressed by such authors as Angelo (2019), Layne et al. (2018), Yingshan et al. (2016), and others.

Many authors argue that the destructive consequences manifested at the intrapersonal level are the result of his destructive instincts and nature (Li et al., 2023; Widiger & Oltmanns, 2017; Quan et al., 2024). A similar point of view is put forward by Majer et al. (2021), who see a direct connection between intrapersonal conflicts and a high degree of social neuroticism and believe that the destructiveness of a person, formed both at the intrapersonal and social levels, is manifested by several features that have a destructive effect on the mental health of a person. Among them are:

• The specific nature of the parties to the conflict: in this case, individual aspects of the person conflict,

• The hidden nature of the conflict: Intrapersonal conflict is hidden from those around them, often from oneself as well, because many of the tendencies present in it are not recognized. It can be hidden in active activity.

• The specific nature of the conflict process: intrapersonal conflict can be accompanied by severe emotions: fear, stress, depression, and neurosis.

Dannenberg and Barrett's (2018) studies show that intrapersonal conflicts arise when a person finds themselves in difficult situations or crises. They believe that these crises, by their nature, determine the strength and power of the conflict. These crises are: "I don't know how to live", "I don't know what I'm going to live for next", and "I don't know why I live at all". This is especially true against the background of the manifestation of neuroticism when a person suffers for a long time and aggravates his/her already existing psychological problems. Dannenberg and Barrett link the means of conflict resolution with personal characteristics, in particular, temperament, since the strength, intensity, speed, and tension of any phenomenon are directly related to the person's temperament type. Therefore, people with a weak temperament type and an unstable nervous system find it

more difficult to overcome conflict. Kelley and Thibaut link intrapersonal conflict with a volitional act. According to him, a short volitional act contains a long–term volitional force, tension, and anxiety, which has a continuous effect and gives rise to a conflict in itself (1978). A vivid proof of this is that in many cases people are forced to submit to an undesirable situation against their will, to perform actions that contradict their personal qualities. Such undesirable situations, the impossibility of overcoming them or adapting to them is typical of neurotic manifestations, when the psychological problem that appears at the personal level deepens in socially undesirable conditions and acquires not only intrapersonal but also social neurotic features. Intrapersonal conflict is a contradiction between a person's motives, goals, and values, which arise simultaneously, with the same force, but in opposite directions (Dannenberg & Barrett, 2018). According to them, the emergence of intrapersonal conflict is conditioned by both personal and situational factors. Personal factors are: a complex inner world, contradictory developments of needs, the degree of development of feelings and values, the complex structure of the cognitive sphere of a person, and situational factors, in turn, are divided into internal and external factors. External conditions lead to the fact that a person finds himself in a dangerous situation, and internal ones cause a conflict between different aspects of the person (Layne et al., 2018).

As Toncheva–Zlatkova (2023) notes, social neuroticism, and intrapersonal conflict are necessarily reflected in practical relationships and the results of general activity, even in cases where it does not have a direct impact on the joint activities of people. This implies that the presence of intrapersonal conflict can cause a decrease in the effectiveness of activity. However, at the same time, we cannot ignore the fact that a person cannot bypass intrapersonal conflict and live without it throughout his existence, which is why we are required to study in detail and learn about the characteristics of the manifestation of intrapersonal conflict and their destructive, neurotic manifestations.

Angelo, links the causes of conflict with the nature of the activity, emphasizing that the emergence of intrapersonal conflict can often be due to workload or fatigue (2019).

Methods

To present the relationship between social neuroticism and examine the interrelationship of theoretical and conceptual descriptions of intrapersonal conflict, we conducted a comparative qualitative analysis. Through comparative analysis, the fundamental concepts of social neuroticism and intrapersonal conflict were compared. Based on the results of the analysis, the features of the manifestation of social neuroticism and intrapersonal conflicts were classified.

Results

Having classified scientific approaches to the essence and main features of social neuroticism, we can characterize such features of the manifestation of this phenomenon, which are not only accompanied by signs of neuroticism but also have social expressions and are manifested in conflict situations. Among them are:

1. Gender characteristics of conflict perception. As evidenced by research conducted on social neuroticism and intrapersonal conflicts, there is a gender difference in the assessment of intrapersonal conflict. As a rule, the level of neuroticism is assessed at a high level, and intrapersonal conflicts are considered more prolonged and harmful to mental health among men. According to the subjective assessments of the respondents, although women suffer from social neuroticism, neurotic signs are rarely accompanied by intrapersonal conflict. On the contrary, among men, social neuroticism is often perceived as an external sign of the presence of intrapersonal conflict. In other words, intrapersonal conflict and social neuroticism are perceived as internal and external manifestations of the same phenomenon (Jang et al., 2018).

2. Age–related characteristics of the manifestation of conflict. The course of manifestation of intrapersonal conflicts in adolescents is more acute. This is noted in the works of many authors (Kim et al., 2020; Yingshan et al., 2016; Layne et al., 2018). Adolescence implies an active period of socialization when a teenager masters a large number of social roles. It is these qualities that become the basis for the creation of intrapersonal conflict, as well as for the neuroticism that accompanies intrapersonal conflict. Teenagers bring with them current problems left over from adolescence, which, at any convenient opportunity, can have a destructive development. Intrapersonal conflict is often characteristic of adolescents who have high or low achievement, it is expressed in neurotic signs, anxiety, or aggression (Quan et al., 2024).

3. Professional features of the manifestation of conflict. According to some specialists, the correct direction of intrapersonal conflict can provide him with professional growth. Intrapersonal conflict can serve as a means of professional development, if only a person can correctly direct his conflict activity (Li et al., 2023. Professional manifestations of intrapersonal conflict are related to the degree of activity of a person's work, the nature of the activity, the degree of involvement in professional work, or the stability of the activity, as well as some other factors. Intrapersonal conflict related to the professional sphere can have both a positive, activity–stimulating significance and a strongly negative, disorganizing, and destructive significance. However, when considering the second, negative effects of intrapersonal conflict, the characteristics of social neuroticism are often also considered, since they largely depend on the negative, undesirable effects of the social environment on the psyche of a person.

4. Personal characteristics of the conflict. As we have already mentioned, intrapersonal conflicts are associated with such personal characteristics as: temperament type, the presence of certain character traits (meticulousness, perfectionism), intellectual characteristics, in particular, the way of thinking, diligence, volitional qualities, value system, intensity of emotional experiences, etc.). Currently, interest in the correlation between intrapersonal conflict and social neuroticism is growing in psychological science. Empirical studies of such connections indicate that studies of intrapersonal conflict inevitably lead to the need to assess and diagnose social neuroticism (Widiger & Oltmanns, 2017).

When studying social neuroticism, the question arises: what leads conflict to destructive development, what are these factors, and what functions do destructive conflicts perform? Some studies prove that there are no clear conditions, the presence of which leads to the destructive development of conflict. Whether there are favorable or unfavorable conditions, objective and subjectively different situations, this process is individualized. Destructive development of conflicts can occur even in the presence of quite favorable conditions. Under favorable conditions, the psychological factor can lead the conflict to a destructive path. If a person is dissatisfied with the outcome and feels the negative impact of its results, then the conflict develops destructively (Quan et al., 2024). The importance of the above becomes apparent when a destructively developing conflict is dangerous not only for the person in question but also for his social environment since a person in intrapersonal conflict inadequately evaluates social environmental connections and interactions.

The development of nervous reactions, suicidal behavior, and mental illnesses of a person are extreme forms of destructive manifestations of conflict. For this reason, American psychologists have long recommended paying special attention to psychological diagnostics of neuroticism and psychocorrection work, which will allow for avoiding or reducing such undesirable developments as intrapersonal conflicts. Let us note some defense mechanisms aimed at extinguishing intrapersonal conflict with signs of social neuroticism, the activation of which is organized by psycho correction work:

• Compromise: it is important to make a decision and begin to implement the chosen action

• Avoidance: there are cases when it is necessary to simply leave the given environment and get away from a difficult situation

• Reorientation: changing the attitude towards the object that caused the person's intrapersonal conflict

• Sublimation: changing the sphere of activity to receive positive emotions and new social connections

• Idealization: the mechanism of detachment from reality, which is an effective means of adapting to the social environment

• Expulsion: a defense mechanism for removing unpleasant emotions from consciousness

• Correction, regulation: the formation of an objective and realistic attitude towards one's Self (Majer et al., 2021).

Along with studying the origin of social neuroticism and intrapersonal conflicts, their causes, features, and development, it is also necessary to talk about the methods and means of studying these phenomena. The study of these methods will allow us to diagnose the presence of intrapersonal conflict, and its accompaniment with signs of neuroticism and carry out preventive work. It becomes clear from the studies that the methods for diagnosing intrapersonal conflicts are few. The difficulty is created by the fact that people are mostly unaware of the presence of intrapersonal conflict. That is, it is not possible to

diagnose the degree of expression of intrapersonal conflict. Intrapersonal conflict diagnosis can be carried out using complex methods and through the study of several psychological qualities.

The following psychological phenomena are analyzed for the diagnosis of intrapersonal conflicts:
- Worldview
- Mental tension
- Subject inner world
- Degree of social neuroticism (Widiger & Oltmans, 2017).

To diagnose intrapersonal conflicts, some methodologies are only indirectly related to the diagnosis of intrapersonal conflicts and determine their presence in a person. Among them, one can mention the methodologies for studying value orientations, cognitive processes of a person, personal traits, and the diagnosis of anxiety and depression. The methodology developed by Kellermann, reveals the presence of intrapersonal conflict, and the Big Five methodology (Kellermann, 1996; Erevik et al., 2023). These methodologies allow us to identify:
1. The degree of manifestation of neuroticism
2. The degree of expression of intrapersonal conflict
3. Its most frequent type
4. Its most relevant area (motivational, commitment, self–esteem).

Discussion

As Wiebe et al. (2018) noted in the article titled "What Mechanisms Explain the Links Between Personality and Health?", "Neuroticism is one of the Big Five dimensions of personality, alongside extraversion, conscientiousness, openness to experience and agreeableness. Historically, these dimensions originated from the lexical approach in which clusters of personality descriptors were identified by performing factor analyses on personality–related adjectives." As can be seen from the analysis of the literature, today the scope of neuroticism characterization has expanded considerably. The diagnosis of this psychological phenomenon is becoming decisive for the characterization of a person's mental health, the identification of addictive behavior, as well as the description of psychophysiological processes. In addition, it has become important to discuss and study the social weight and significance of neuroticism, the perception of the phenomenon in the external environment, and the integration and adaptation of people with signs of neuroticism in society. The methodological toolkit for the diagnosis of social neuroticism, therefore, cannot be limited only to the assessment of neuroticism. It becomes necessary to supplement it with diagnostic methods of intrapersonal conflicts, as a result of the application of which the following psychodiagnostic conclusions have been revealed in the current psychological science, in particular:

1. The higher the degree of tension, the higher the degree of manifestation of intrapersonal conflicts
2. The better The more developed the volitional qualities of a person, the

lower the severity of experiencing intrapersonal conflicts

3. Restraint is characteristic of people with high intrapersonal conflict

4. Independence and the development of behavioral normativity do not have a significant impact on the manifestation of intrapersonal conflicts

5. There is a mutual relationship between intrapersonal conflicts and neuroticism

6. There is a relationship between intrapersonal conflicts and introversion and extroversion

7. It has been proven that people with developed intelligence experience intrapersonal conflicts more severely (Erevik et al., 2023).

Emphasizing the above factors through the methods of diagnosing social neuroticism and intrapersonal conflicts allows developing psychocorrective work that will be aimed not only at extinguishing intrapersonal conflict but also have a positive effect in the attenuation of neurotic symptoms accompanying intrapersonal conflict.

Conclusion

From the analysis of the existing literature, we conclude that intrapersonal conflict is the result of ideas, values, emotions, and behavior that disintegrate the self–concept, contradicting each other. Being a phenomenon characterizing the inner world of a person, it is largely related to the phenomenon of social neuroticism, which arises as a result of the unstable, neurotic interaction of a person with the social environment. Intrapersonal conflict can also have constructive, positive manifestations. The constructive development of conflict is useful for a person, it motivates the person, changes his values, pushes him to new actions and discoveries, and gives him a wide range of appropriate emotions and experiences, but its destructive development leads to destructive and painful experiences in a person, which ultimately lead to the disruption of the person's effective activity. The analysis of the literature allows us to conclude that intrapersonal conflict is especially dangerous when accompanied by social neuroticism, since Subjective factors such as unsatisfied personal needs, value inconsistency with social values, the need to exert willpower, and objective factors such as severe physical and mental strain, the presence of a life–threatening danger, the need to make quick decisions and choices, create fertile ground for the development of neurotic phenomena and their subsequent destructive behavioral outcomes. Studies on social neuroticism allow us to consider the psychological phenomenon of neuroticism from the perspective of the interaction of a person with the social environment, which will also contribute to the creation and further application of appropriate methodological tools aimed at reducing the negative and destructive impact of intrapersonal conflict.

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