



THE IMPORTANCE OF PSYCHOLOGICAL CULTURE IN STRENGTHENING INTERPERSONAL RELATIONS

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ABSTRACT

Today, globalization, technological development, and social changes impose new requirements on interpersonal relationships. Psychological culture is highly relevant in interpersonal interactions, and its role and importance are growing daily. This article examines the significance of developing psychological culture to foster effective interpersonal relationships, ensuring peace and stability within social communities.

KEYWORDS: Interpersonal relations, psychological culture, needs, conflict, community, personality, emotion.

INTRODUCTION

Psychological culture refers to the amalgamation of social and cultural values, traditions, and psychological characteristics of various social groups. It guides individuals in their interpersonal interactions, fostering mutual understanding, respect, and the fulfillment of shared needs. Interpersonal relationships, the cornerstone of social life, heavily depend on the high-level development of psychological culture to enhance their potential and stability.

Literature Review and Methodology

Modern psychological research explores the historical transformation of human society and its transition to a new developmental stage, as evidenced by the evolution of human thought and behavior throughout civilization [1]. Culture plays a pivotal role during such transformative periods, reshaping human life significantly.

However, it is insufficient to view culture solely as a component of the social environment or as an educational influence. Contemporary scholars like V.P. Ivanov emphasize the need for culture to permeate all aspects of human activity, reflecting its comprehensive integration into practical and spiritual domains [2].

Analysis of the Concept of Psychological Culture:

Psychological culture lacks universally accepted definitions, yet its essence is clearly recognized within psychology. It pertains to subjective realities such as awareness, attitudes, and experiences. Existing literature conceptualizes psychological culture as:

- The prioritization of subjective relationships over all objects of interaction [3].
- A self-regulatory mechanism ensuring effective, safe, and humane interactions [4].
- A marker of personal maturity reflected in one's ability to maintain constructive relationships [5].

Russian scholars such as M.M. Bakhtin, N.A. Berdyaev, and V.S. Bibler have extensively analyzed psychological culture within the broader concept of culture, highlighting its foundational role

in human communication and interaction. Berdyaev underscores the intrinsic link between self-awareness and the acknowledgment of "the other," asserting that human existence inherently necessitates the presence of others [6].

Discussion: Psychological Culture in Interpersonal Relations

Understanding another individual, especially their inner world, requires moving beyond simplistic empathy. M.M. Bakhtin identifies two primary approaches to understanding personalities:

1. **Experiential Understanding:** Immersion in another's experience can lead to a loss of self-awareness.
2. **Objective Knowledge:** Viewing others through a detached lens risks neglecting their freedom and individuality.

Dialogism, as explored by Bibler, extends Bakhtin's ideas by equating internal and external dialogues, asserting that authentic communication with oneself can be as transformative as external interactions. Kagan further develops this notion by introducing "self-communication" as a critical psychological phenomenon reflecting the complexity of spiritual life [8].

Dialogic interaction is essential for psychological culture, as highlighted in L.S. Vygotsky's genetic law of cultural development. It implies that social interactions are foundational to individual mental functions, emphasizing the dialogical nature of human psyche and activity [9].

CONCLUSION

Psychological culture plays a crucial role in strengthening interpersonal relationships. It promotes positive, constructive, and trustworthy communication, fostering harmony and mutual satisfaction. Developing psychological culture and integrating it into daily life is imperative for individuals.

This article underscores the relevance of psychological culture in enhancing interpersonal relations, highlighting its basis in the psychological interpretation of culture. Targeted development of psychological competence is essential for creating favorable conditions for societal progress and ensuring effective interpersonal communication.

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