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THE ROLE OF ENVIRONMENT FOR THE PSYCHOLOGICAL WELL-BEING OF A PERSONALITY

At the present stage of the development of human society and the strengthening of its impact on the environment because of scientific and technological progress, the practical significance of the environmental role for the psychological well-being is increasing. It should be the scientific basis of measures for the use and protection of natural resources for the preservation of the environment. Problems of ecological substantiation of projects of human activity and management of investment processes taking into account requirements of environmental protection are rather urgent at present times.

Environmental psychology studies: environmental cognition; environmental behaviour; environmental assessment; human reactions to interactions with the environment and environmental stress that arises in this regard.

In turn, environmental psychology studies three important areas that differ in the vector of interaction in the systems "Individual - Environment", "Man - Nature". Environmental psychology studies the scientific and practical aspects of the impact on the human psyche and behaviour, natural and anthropogenic environmental factors and conditions that have psychologically attributive nature («aggressiveness of the information environment, «psychological tension» of the educational environment, or «limited» spatial environment spectacles). The environmental protection (environmental psychology) explores the psychological aspects of human protective action on the environment.

This area is closely related to a special area such as the psychology of environmental consciousness. Extreme psychology, which deals with the theory and practice of critical mental states, is psychological aspects of training, support and rehabilitation of a person working or in an extreme situation (from the intensity of interpersonal interaction to natural and manufactured disasters) (Nisbet E., 2011). The psychology of the information environment, formed by a set of subjects of information interaction or action; information intended for use by subjects of the

information sphere; information infrastructure that provides the ability to exchange information between entities; public relations in connection with the formation, transmission, dissemination and storage of information.

The most characteristic in environmental psychology is the application of the psychological model of cognition to the study of natural consciousness in its various aspects: man - a holistic unique system of socially significant qualities; the main way of being a person - development; opportunities for personal development are endless (Uzzell D., 2006).

The issue of maintaining the psychological health of the individual is particularly relevant in connection with global environmental change. Due to the destructive impact of human activity on the ecological systems of the planet, such changes lead to a significant deterioration in living conditions, posing a threat to human health and well-being. Therefore, the problem of the impact of global environmental change, and above all - climate change, on human psychological health is being actively developed in recent years in the psychology of eco-conservation.

Along with the negative consequences and effects of environmental problems on mental and psychological health, the possible positive psychological effects of human involvement in nature are increasingly being discussed. An important indicator of psychological health and human health in general is the current level of life satisfaction, well-being. Thus, the study of the phenomenon of subjective well-being of the individual is of particular importance for understanding the psychological aspects of health (Zelenski J., 2014).

In the tradition of environmental psychology, the problem of psychological health is considered in the context of human relations with the natural world. Appeal to nature as the basis of life well-being allows to unite the contents of external and internal well-being of the subject and to build prospects for ecologically oriented development of personality. The factor of psychological well-being in this perspective is the experience of their unity / closeness to the natural environment, ecological identity. Thus, favourable influence of a natural environment on the person is shown both on an emotional, and on a cognitive level. A growing number of studies, the results of which confirm the positive role of human closeness to nature for its well-being. This is evidenced by various types of psychotherapy based on human interaction with natural components. In practical terms, it is about experiencing a connection with nature as a possible resource for the psychological well-being of the individual, which is considered in its eudemonistic and hedonistic aspects.

Environmental knowledge is a key element ecological consciousness. They contain human awareness limited natural resources and the need for formation dynamic equilibrium between natural and social systems.

The structure of environmental knowledge also includes understanding the causes of the ecological crisis and its global nature. IN In principle, this is the individual's awareness of the essence of the relationship system "society - man - technology – natural environment".

An element of environmental awareness is also knowledge about specific forms of ecological imbalance, which allow not only to comprehend environmental problems in globally, but also to solve them in each specific case. However, despite this, it is about knowledge in global (or local, specific) plan, they have to explain the

combination of natural science and humanities approaches to human knowledge of environmental problems.

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ПСИХОЛОГИЧЕСКИЕ ПРОБЛЕМЫ ИНФОРМАЦИОННОЙ ПЕРЕГРУЖЕННОСТИ В СИТУАЦИИ НЕОПРЕДЕЛЕННОСТИ

Современный человек подвержен потоку информации, интенсивность которой дестабилизирует коммуникативные процессы, процессы принятия решения в ситуации выбора, сложившиеся представления о культурных и духовных ценностях. Развитие информационных и коммуникативных технологий значительно изменило объем информации и источники его приема. С помощью интернета за несколько секунд можем найти все что нужно. На протяжении истории информация в руках элиты являлась источником власти. Огромные человеческие ресурсы требовались для переписывания и распространения информации. Сегодня с помощью факса, месседжера, телефона, он-лайн и печатного издания, получаем больше информации, чем желали бы. Такая вседоступность вызвала исчезновение естественного отбора информации, с помощью которого раньше передавалась только лишь очень важная информация. Сегодня любой потребитель интернета может за несколько секунд набрать месседж и с помощью электронной почты или интернет платформы передать сообщение тысячам людей. В итоге получаем нерелевантный, неясный, низкокачественный и бесполезный фрагмент информации, который Шенк назвал информационным туманом.

Неопределенность – осознание недостатка информации о текущих событиях или будущих исходах. Она окружает человека на всем протяжении его жизни. У неопределенности есть ряд свойств. Когда мы говорим, что ситуация неопределенная, у нас либо нет всей информации, либо достаточной информации для принятия конкретных решений. Неопределенность отражает состояние системы по отношению к неким идеальным условиям. Речь о том,



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