Psychological Features of Gender Relations in Self-Regulation of Personality

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Abstract

Gender is the main part of personality, it determines the psychological and social development of a subject. The study of men’s and women’s features isn’t a singular phenomenon, but it covers up whole society. Nowadays gender psychology is actively researching the sexuality aspects of people and their psychological differences. The aim of research study: to evolve the psychological features of personal self-management in gender relations’ setting. Participants: total=80 (male: 58, female: 22). Methods of study: 16 PF Questionnaire of R. Cattell, “Self-Management” questionnaire (A.K. Osnitskyi), “Style of behavioral self-regulation” questionnaire (V.I. Morosanova), “Level of Volitional Self-Regulation” explanatory method (A V. Zverkov and E.V. Eidman). The gender differences were noticed in self-regulation during the research period. Gender relations make good impact on a personal self-regulation. Also the self-regulation is more succeed in gender differences group than in single-sex groups.

Keywords: gender; gender psychology; subject of a gender; gender relation; mental self-regulation; mental activity; self-regulation of behavior;

1. Introduction

Gender is an important category of a person in a social life. Gender relations psychology searches for social norms such as inter dimensions, opinions, discriminations, social perception and self-perception, self-respect.
D. Meyers explains gender by dividing it into 4: biological gender, gender interventions, gender norms and gender identity. In psychology, the base of gender relation is determined in evolitional and cultural manners. S.M. Dzhakupov shows the psychological view of the gender relation as a “subject of a gender”. Self-regulation of a mental activity is a goal-directed mental process which percepts outer and inner activities. (O.A. Konopkin, V.I. Morosanova).

Personal self-regulation is a control of different mental activities and managing in an adequate and identified way. Self-regulation is a leading process of a personal psychological and physiological state. Self-regulation is a way for good relations for any kind of society.

Self-regulation of a behavior is connected with an educational psychology, and also regulation of an emotional state.

2. Methods

Participants. In this research we studied the psychological aspects of personal self-regulation in the gender relation setting. Sample of the study is 80 people (male - 58, female - 22). Study participants residents of Almaty, employees of the state organization called “Kazseldenkorgau”: 28 males, 22 females; and Inner Troop Unit N7552 of Almaty City: 30 males.

Task. Our study started from diagnosing personal individual descriptions appearing in connection with self-regulation results. Methods and tasks used in the study are especially identified for individual and psychological features of participants. The data received from the study was processed in mathematical and statistical way.

For assessing the personal relations depending on the self-regulation of human activeness we used Cattell’s 16 PF Questionnaire; “Self-Management” questionnaire (A.K. Ostitskiy) for diagnosing abilities and aspects of self-regulation activity. “The style of behavior self-regulation” questionnaire (Morosanova V.I.) was used for determining the level of self-regulation. Also, “Level of Volitional Self- Regulation” (Zverkov A.V., Eidman E.V.) was used to measure it.

3. Results of research

Tasks were divided into 4 signs:
1. The determination of a development of separate regulating links;
2. The determination of aspects of self-regulation (stability, variability, reliability, subjective partiality, whole self-regulation acquisition process);
3. The determination of dynamics of self-regulation;
4. The determination of personal aspects of self-regulation process (critical, autonomous, responsibility, educational).

In order to make the results more comfortable to analyze, we divided them into 6 scales: 1. the formulation of aim; 2. modeling the situation; 3. planning the activity; 4. the assessment of the results; 5. correcting the method of an activity and the results; 6. the provision of whole regulation system.

Results are given in the table below:

<table>
<thead>
<tr>
<th>№</th>
<th>1st  scale The formulation of aim</th>
<th>Numeral Data</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Data</td>
<td>1</td>
</tr>
<tr>
<td>1</td>
<td>Constant- Inconstant</td>
<td>1,0</td>
</tr>
<tr>
<td>2</td>
<td>Significant- Insignificant</td>
<td>2,0</td>
</tr>
<tr>
<td>3</td>
<td>Boring- Exciting</td>
<td>2,8</td>
</tr>
<tr>
<td>4</td>
<td>The mean of the scales</td>
<td>5,8</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>2nd scale Modeling the situation</th>
<th>Numeral Data</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Critical- Advisory</td>
<td>0,9</td>
</tr>
</tbody>
</table>
According to the results of the Control Group (B), the arithmetical means are as follows (Σ: 46, 2; 64, 0; 39, 7; 68, 5). The differences between 2 groups were found by Kruskal-Wallis criteria, what means that among control group differences weren’t noticed, however when comparing an experimental group the significant differences are shown. Scale 1: A (1,0); B (4,7); Scale 2: A(0,9); B(4,6); Scale 3: A (0,1); B. (4,3); Scale 4: A(1,2); B (2,8); Scale 5:A (1,9); B (2,3); Scale 6: (1,9); (2,5).

As shown in the picture 1, the experimental group A has high results, but experimental group B has low results, also the insignificant connection between them.
16 PF questionnaire by R. Cattell. As a result of the research next data was found:

\[
rs = \begin{cases} 
0.61 \ (p \geq 0.05) \\
0.79 \ (p \geq 0.01) 
\end{cases} \quad rs \ \text{critical} > \ rs \ \text{empirical}
\]

According to the critical point of an empirical study of the level of self-regulation and its structure, the interrelation level was high \( rs \ \text{critical} > \ rs \ \text{empirical} (p=0.01) \). The differences between the level of self-regulation and its structure were shown in the picture 2.

At Critical point according to the results of “The style of behavioral self-regulation” method:

\[
S \ \text{critical} = \begin{cases} 
53(p<0.05) \\
74(p<0.01) 
\end{cases} \quad S \ \text{empirical} > S \ \text{critical}
\]

\( S \ \text{empirical} > S \ \text{critical} (0.01) \) stated self-regulation level and structure of participants’ relation of 2 groups, made us deny H0 and fully accept H1. The differences between the level of self-regulation and its structure were found.

While statistical analysis comparing was made between the experimental and control groups in order to determine the reliability of self-regulation level and its structure.

3a. The data received from the questionnaires 16PF by Cattell and “The style of behavioral self-regulation” showed the similarity between experimental and control groups by Spearman criteria:

\[
rs = \begin{cases} 
0.46 \ (p > 0.05) \\
0.56(p > 0.01) 
\end{cases} \quad rs \ \text{empirical} > rs \ \text{critical} (p>0.01)
\]
H₀ is denied, while H₁ is accepted. The positive correlation was found between 2 groups by 2 methods. It was noticed that the statistical correlation presented between experimental and control groups. We can see levels of the self-regulation process and its structures from the picture 3 below.

![Graph](image)

**Fig. 3.** Data derived from Statistical Analysis of 16 PF and “The style of behavioral self-regulation” questionnaires

To verify the hypothesis that gender relations have a positive impact on the self-regulation process, “Level of volitional self-regulation” method was used, and not only for structure of self-regulation, but the change of volitional self-regulation which is directly conditioned by relations.

Critical point of interconnection [9]:

$$
rs \begin{cases}
0,61 \ (p \geq 0,05) \\
0,76 \ (p \geq 0,01)
\end{cases}
$$

Control group showed low result (47%), and the experimental group showed high result (98%).

Control group showed low results by choosing control responses. The experimental group selected exact answers and exactly put their opinions in open-ended questions, thus reached high results. According to the grouping of this task’s requirements, the control group showed low level of self-regulation, while the experimental group showed high level of self-regulation.

4a. The differences between 2 groups were derived by Mann-Whitney criteria. The differences between 2 groups’ standard mean is 10,835, with $p \geq 0,01$ significance. 0,95 of mean of a reliable interval coefficient is group A: (30,92; 33,34); group B: (20,76; 23, 36).

As the results show, there are differences were found in experimental and control groups according to the self-regulation process’s general level, experimental group’s data were much higher.

Scale B: experimental group showed high result (55%), but control group showed 35%. According to the scale “B”, high result points to an emotional activeness, independence, self-management of a person.

“Braveness” subscale: both of groups have high data, the results of the control group is very high (40%), what shows the wishful thinking of the person, the aspirations to finish the started thing. According to this data, low results show personal doubts, impulsiveness.

“Self-Regulation” subscale: experimental group’s results were high. According to the personal self-regulation, significant differences presented, data of the experimental group had much higher results than a control group.
4. Conclusions

In the study the psychological features of a personal self-regulation in the relational context were derived. Gender differences in self-regulation were determined: gender relations have a significant impact in self-regulation: rather than relations between single-sex ones, self-regulation was high leveled in the gender relations.

1. The identification between opinions and ideas of a control group was 45%, 35% was shown in the mere identification, and no identification was shown in 5%. Experimental group participants’ data are high, 65% of the identification between views and opinions between couples, 30% of mere identification and % of not identified characters were noticed. This means, relations between genders brings a harmony for a self-regulation; in single-sexed relations it owns destructive description.

2. The interconnection level is rs critical>rs empirical (p=0.01), what means critical point of an empirical study of self-regulation level and structure. Differences were found between the level of self-regulation process and its structure. During the research process some results of the experimental group were lower than the control group’s ones (5, 8, 11, 14, and 16).

3. According to the S empirical >S critical p (0,01) state of the levels of self-regulation processes and structure, H0 wasn’t verified, while H1 was fully verified. Therefore, there are difference between levels of self-regulation process and its structure.

   The positive statistical correlation was found in the relational process of 2 participant groups (group A and group B) in their levels of self-regulation process and its structure measured by similarities and differences of data derived from 16PF and “The style of behavioral self-regulation” methods.

   The interdependence between the self-regulation process of participants and gender relations showed by critical point derived from empirical research as rs empirical >rs critical (p=0.01), this verifies our prediction that the relation structure affects self-regulation.

4. It shows us the level of volitional leading of emotional reactions and situations. People who show tolerance and emotional stability receive high results according to the scale. They are specified by inner serenity, self-belief, not afraid of unknown, openness to new.

Therefore, gender relations have a positive impact on a personal self-regulation process. It’s more qualified self-regulation process in gender relations than in single-sex relations itself. Positively occurred gender relations affect positively our self-regulation process.

The self-regulation process is accepted as a complex structural psychological category. Person is a self-regulating system, so a gender relation has direct impact on self-regulation is an appropriate situation.

References