



MECHANISM OF THE SEA PERCEPTION MANAGEMENT: PSYCHO-EDUCATIONAL PREREQUISITES OF THE PERSONALITY SELF-CONCEPT

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Annotation

This research is based on existentialism and phenomenological philosophy of education, humanistic and cognitive psychology, and the scientific theory of the symbolic interactionism. The psychological mechanism of the sea perception management is revealed. Educational prerequisites of its application are developed. Methods of scientific literature analysis, meta-analysis, interpretation, modeling and synthesis were used in the theoretical descriptive research. The sea perception management is discussed from the point of view of general conditions of the sea perception, subconscious value of the sea, physiological reactions, reflection and behavior. An actualization of the sea perception mechanism is important in the perspective of life awareness and meaning at the educational level.

KEYWORDS: sea; perception of sea; mechanism; influence; psycho-education.

Introduction

Relevance and novelty of the problem. Uniqueness, distinctiveness and value of the personality, the level of his/her authenticity, status, needs, subjective personal provisions (in regard to himself/herself and environmental phenomena) determine the perception and reaction to the external influence. The existential sensation and experiences are unique, personal and valuable (Duoblienė 2006).

A man has unique experiences from sensors and original reactions in the individualistic and recreational relationship with the sea. The personality can relax, enjoy the marine and coastal environment, think about existential questions, perceive his/her existence and transcend above everyday routine and give the meaning to his/her life or a concrete situation.

Scientific data of the relationship with the sea at the level of health, physiotherapy, psychotherapy and psycho-pedagogical importance are presented in past decades (Stadler 1988; Kaufmann 2006; Schmid-Höhne 2006; Tenzer 2007; Lebenskraft aus dem Meer 2011; Lileikis 2011, 2015 etc.).

However, we can rarely find social researches, which develop the mechanism of the sea perception management (diagnostic and experimental levels of the sea perception) and its influence to the self-development and self-realization.

The personality develops natural origins of the sea perception when he/she grows, knows and feels the relationship to the sea. The sea perception depends on provisions, status and needs of a person.

The human develops his/her personality in the relationship to the sea. He/she is the main educator and creator of his/her own original sea-image from the phenomenological point of view.

Processes of the maritime self-education of the personality depend on his/her relationship to the socio-cultural environment, which influences on the personal and original perception of the sea.

The influence of socio-cultural environment on the sea perception is based on the theory of symbolical interactionism.

The personality's behavior in regard to the sea depends on its importance to him/her from the point of view of the maritime education. The importance of the sea to the personal behavior rises from the social interaction. It is of great importance to the interaction of individuals. The sea perception appears and changes in the process of interpretations (Blumer 1969; Kompa 1992; Schmid-Höhne 2006).

Individual perception of the sea depends on how others perceive the sea.

The object of the research is the psycho-educational mechanism of the sea perception management.

The aim of the research is a consideration of the mechanism of the sea perception management from the psycho-educational point of view.

The tasks of the research are as follows:

1. Revelation of the psychological mechanism of the sea perception management.
2. Development of educational prerequisites of its application.

Methods of scientific literature analysis, meta-analysis, interpretation, modeling and synthesis were used in the research.

The type of the research is theoretically descriptive.

Methodological principles are as follows:

- Existentialism shows the fear of the lonely person, who suffers because of uncertainty and of the hostile world, and brings a dimension of hope. An attachment to the pleasures of life is not the right way for the

personality but his/her consciousness, liberation and purification of his/her existence only (Bitinas 2000).

– Humanistic and cognitive psychology accentuates the knowledge and cognitive processes that are most relevant to the personal behavior. The person is not a passive victim of the management regarding the sub-consciousness and external powers. The personality is able to accept, realize and conceptualize all of his/her experience despite its characteristics. He/she is able to positively improve, consciously achieve long-term purposes and creatively implement himself/herself thanks to knowledge.

– The uniqueness of the human existential feeling doesn't allow explaining the humane reality based on the objectivism only but it requires understanding the person regarding to his/her life situation from the phenomenological point of view (Mickūnas, Stewart 1994; Lileikis 2015).

Methodological principles help state scientifically that the maritime psycho-education of people includes the development of their wide physical and intellectual horizons.

So, they are able to overcome the tragedy of existence and give a sense to it.

The perception and images of the sea and their transformation especially depend on the personality's knowledge about the sea, on his/her understanding, consciousness, individual experience, subjective aspirations and original relationships to the sea by giving a sense to all them in the self-expression.

The psychological mechanism of the sea perception management

Inner provisions, needs and feelings are very important to the sea perception. It is appropriate to ask - what happens when the real sea meets the sea, which is *a priori* in a personality's consistency of his/her nature and experience?

The perception of the sea appears as a combination of sensors (sensory perception of the environment), internal influence of feelings and physiological reactions, and reflection.

All this relate to the personal behavior from the point of view of the relationship to the sea. Personal feelings, internal effects, reflection and behavior at the level of the outer sea associate with the sea-image of the personality regarding his/her internal sea.

The mechanism of the sea perception management was analyzed in reference to general conditions of the sea perception, subconscious meanings of the sea, physiological reactions, reflections and behavior.

General conditions of the sea perception

The perception of the sea *a priori* depends on conditions as endogenous and exogenous factors, which are very important for the perception in generally. It means that a real environment is not identical with the perceived environment.

Various conditions influence on the sea perception and behavior in regard to the sea:

– Psychological conditions (imagination, provisions, needs, attention, feeling and aspirations of realization);

– Natural conditions (climate and weather conditions, a presence in the concrete place - at sea, on the shore or coastal mountain);

– Social environment (people, communication, maritime life-style of society, maritime traditions);

– Technological environment (presence on board or in a sea-coastal cafe) etc.

Factors of the formal and informal education as environments influence on the experience of personal life and are very important to development of the sea-image. On one hand, a man can be sure that the real sea exists from the ontological point of view. On the other hand, the psychological mechanism of the real sea perception is difficult. Above-mentioned conditions allow perceiving the sea in some way.

A collection of some sea images influences on the sea perception by the way depending on various conditions. The collection of sea images exists in the sub-consciousness of the personality.

So, the same sea will rise and promote different images, associations, feelings and behavior to the seafarer and another man who develops only a recreational relationship to the sea.

The mood is very important to the relative sea perception. The sea can raise positive feelings to the positively engaged personality despite of a bad smell of algae and floating debris in water.

Negative aspects of the relationship to the sea may become an object of attention of the negatively engaged personality.

However, a negative mood and feeling of the personality at sea-coast can be improved through the sea experience, impressiveness, contrast, pause and boundary between the land and water. The boundary is unique and meaningful through myths and semi-conscious reflections.

The negative mood can be improved by watching the sea horizons and water-colors and its environment. It helps relax, reduce the psycho-emotional stress and calm down (Tenzer 2007).

Subconscious meanings of the sea

The personality being by the sea gets its meanings and symbols. Sea horizons can symbolize freedom and bring its semiconscious images. Smell of salty sea air and taste experienced in the mouth can symbolize a treatment and health.

A perceived object brings some related symbols and understanding. It is inevitably interpreted.

Meanings and symbols of the human nature and of his/her experience (that are in the sub-consciousness) take part in interpretation processes during the perception. These processes start immediately after taking in account the sea as a meaningful object.

Images and some symbols automatically rise from the sub-consciousness and make a (more or less) conscious influence on the human behavior.

The experienced stimuli are unconsciously interpreted and categorized from the neuro-psychological point of view (LeDoux 1998; Lileikis 2011).

E. g., a young man, who is characterized by the experience of sinking, can image the sea as a huge treat to his/her life.

However, if he/she learns to swim and experiences the positive emotions of swimming, then the sea will be perceived not only as a treat but also as an opportunity to experience the swimming joy.

So, the sea perception and meaning, which characterize the concrete person, rise from the sea meanings of the sub-consciousness. Symbols, related to the sea and being relevant to a concrete person, are activated and the sea is interpreted according to the important things of the person regarding his/her unique experience.

Physiological reactions of the sea perception

Meanings of the sea, which are generating the physiological reactions, are activated in the sub-consciousness when we are in relationship to the sea because of our experience in the past. If the sea was perceived as a treat to human life in the past, then the sea perception further can promote a fear and body's reactions related to it.

If the sea was perceived in past as an opportunity to enjoy the swimming, then later its perception in life can raise preparative psycho-emotional tension for the experience of the similar joy.

When the relationship to the sea in past was experienced as a very meaningful from the existential point of view, then both cases of the perception of the sea are characterized by the body's reaction, especially with the faster heartbeat and adrenalin as the activity stimulator.

The personality naturally evaluates the sea during its perception according to its meaning experienced earlier. It is based on the stimulation of emotional experiences and of physiological reactions.

However, the level of the consciousness is unequal in these processes of the sea perception management. It has been stated in the 20th century that an evaluation of the object (of the sea in this case) during the perception can be unconsciously performed (LeDoux 1998).

The person without deeper analysis can not understand why he/she suddenly feels accordingly in some situations, and why his/her mood changes (becomes better or wrong).

On the one hand, the sea can be firstly perceived unconsciously, and only later the logic of the consciousness explains some reactions in regard to the meaning of the perceiving object.

On the other hand, the body's reaction and self-feeling by perceiving the sea may be wrongly cleared. The human, being on shore and listening to sounds of the sea, can consciously interpret them as a relaxing and calming influence of the sea.

However, the human can experience the calming influence of the sea not because of sounds of the sea but because of biochemical body's reactions raised by conditions of the seacoast climate, especially from the neuro-psychological point of view (Schmid-Höhne 2006).

So, the actual trend of the maritime psycho-education is a combination of the physiological level (of the sea

perception management) with the sub-conscious activity of the personality.

Reflection of the sea perception

Moreover, despite the mentioned processes, it is naturally tried (more or less) to reflect own individual relationship to the sea during the perception of it.

Personal thoughts reflect the meanings and symbols (of the relationship to the sea) arisen from the sub-consciousness thanks to the personality's nature and experience.

A young man, who is characterized by the experience of sinking, can image the sea and repeatedly realize it as a huge treat to his/her life in the above-mentioned example of sea meanings. However, the person can reflect the sea as an opportunity to experience the swimming joy when he/she acquires the additional positive experience of swimming.

Researchers find out a lot of cases in the mankind history when the personality walk by the sea aimed to reflect the existentially important issues of his/her life. The person is able to think allegorically during the reflection relevant to his/her own life at the level of symbols in general.

So, the experienced fear of the sea can be related to the anxiety of life, and the joy (after the person learned to swim or overcame fear of the sea) can be related to aspirations of overcoming of other difficulties of life or exciting challenges.

Perception of the sea and behavior

We don't have a possibility to exactly foresee the behavior of the person when meanings and symbols of the sea rise from the sub-consciousness, and when he/she reacts emotionally and physiologically in some way, and when he/she reflects the situation.

We cannot guarantee that the positive experience by perceiving the sea (regarding the mentioned example of opposite experiences of the relationship to the sea) overcomes and the person will be practically motivated to experience the swimming joy.

There are deeper internal and external factors that determine the personality's behavior even when the situation has been theoretically modeled.

The theory of the symbolical interactionism prefers the personality's behavior depends on his/her meaning of the sea, and shows a possibility to behave regarding the meaning of the sea in the concrete moment.

The concrete moment of the sea perception (with other components of the mechanism) can promote or disturb the behavior regarding the sea in situations.

Emotional experiences related to the perception of the sea, reflection and behavior impact on each other in general.

The new experiences by behaving can promote the new decisions for various actions and for innovational thinking (Lileikis 2011, 2015). The new reflection is able to make influence on a different behavior (Schmid-Höhne 2006).

The newest theoretical knowledge (according to the sea perception in the concrete place) can bring strange feelings and promote different behavior regarding the sea.

The person firstly can experience strong feelings and only then reflect them.

However, if the person reflects the sea on land, he/she can experience stronger feelings and a more excessive heartbeat because of his/her very meaningful maritime past.

Emotional experiences and thinking by perceiving the sea can change the behavior, and the behavior can impact on the reflection and feelings. The psychological mechanism of the sea perception management is shown in the model (Fig. 1).

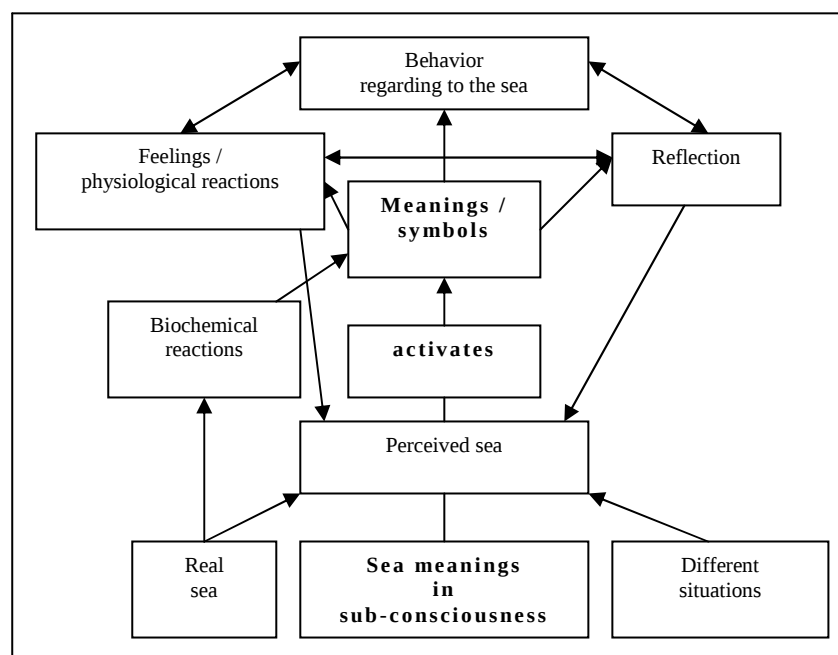


Fig. 1. The mechanism of the sea perception management (Schmid-Höhne 2006)

Basis of the psychological mechanism of the sea perception management includes the real sea, unconscious meanings and different situations.

The sea is perceived using senses and activating meanings and symbols, which influence on the feelings, physiological reactions and reflections.

All this encourage the behavior of the personality in regard to the sea.

A possibility of the practical application of the sea perception mechanism expresses the idea of the personal actualization and gives sense to the realization of relationships with the sea at the level of educational prerequisites.

The model is also characterized by the additional processes, which are meaningful to the sea perception as well.

Educational prerequisites for the practical application of the mechanism of the sea perception management

The mechanism of the sea perception management includes main factors, which are known to the science. It is very important to perceive the mechanism and to develop own abilities of the maritime self-consciousness from the psycho-educational point of view:

- Understand processes of the sea perception as a complex mechanism;

- Highlight each component of the sea perception mechanism separately;

- Actualize each component of the sea perception mechanism and describe own relationship to the sea;

- Understand the sea perception mechanism holistically;

- Analyze one's own individual relationship to the sea holistically based on the sea perception mechanism;

- Reveal one's own features of the sea perception from the point of view of the biological and psychological development;

- Compare features of the sea perception at different stages of one's own biological and psychological development;

- Perceive the sea as a value in the system of the valuable experience of life;

- Improve yourself creatively at the level of the original maritime realization.

The logical functioning of the mentioned system of abilities is educationally concretized in the scheme (Fig. 2).

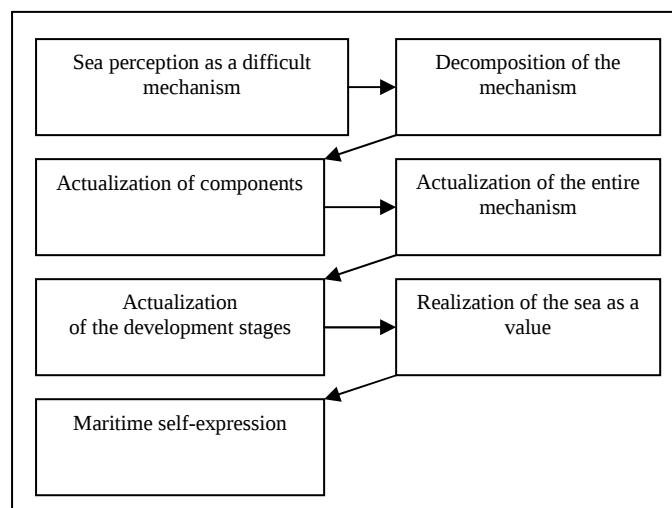


Fig. 2. Stages of educational actualization of the sea perception

Stages of educational actualization of the sea perception are presented in the scheme according to interpretation of the mechanism of the sea perception management. The importance of consciousness in human life is undoubtedly from the educational point of view.

The presented way (of the personality self-concept and of giving sense to his/her life) as a possible theoretical direction can enrich the processes of the maritime self-development at the level of scientific prerequisites.

Further it is appropriate to empirically test (with the diagnostic or experimental researches) the practical validity of the prerequisites for the application of the mechanism of the sea perception management regarding the psycho-education of the personality.

Conclusions

Basis of the psychological mechanism of the sea perception management includes the real sea, unconscious meanings and different situations. Experiential meanings of the sea are excited in the sub-consciousness by the sensorial perceiving of the sea. It is perceived using senses, subconscious meanings, feelings, physiological reactions and reflections. All this encourage the behavior of the personality in regard to the sea. Subsidiary processes (relevant to the perception of the sea) show a dependence of all components on each other, especially on the unconscious biochemical reaction. The possibility of application of the mechanism of the sea perception management expresses an idea of the personal actualization, and gives sense to realization of the relationship to the sea.

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Summary

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external influence. The existential sensation and experiences are unique, personal and valuable (Duoblienė 2006). A man has unique experiences from sensors and original reactions in the individualistic and recreational relationship with the sea. The personality can relax, enjoy the marine and coastal environment, think about existential questions, perceive his/her existence and transcend above everyday routine and give the meaning to his/her life or a concrete situation.

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The perception of the sea *a priori* depends on conditions as endogenous and exogenous factors, which are very important to the perception in generally. It means that real environment is not identical with the perceived environment.

Various conditions influence the sea perception and behavior in regard to the sea, especially psychological conditions (imagination, provisions, needs, attention, feeling and aspirations of realization); natural conditions (climate and weather conditions, a presence in the concrete place); social environment (people, communication, maritime life-style of society, maritime traditions); technological environment (presence on board or in a sea-coastal cafe) etc.

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The mechanism of the sea perception management includes main factors, which are known to the science. It is very important to perceive the mechanism and develop one's own abilities of the maritime self-consciousness from the psycho-educational point of view.

It is appropriate to understand processes of the sea perception as a complex mechanism, highlight each component of the sea perception mechanism separately, actualize each component of the sea perception mechanism and describe one's own relationship to the sea, understand the sea perception mechanism holistically, analyze one's own individual relationship to the sea holistically based on the sea perception mechanism, reveal one's own features of the sea perception from the point of view of the biological and psychological development, compare features of the sea perception at different stages of one's own biological and psychological development, perceive the sea as a value in the system of the valuable experience of life, improve yourself creatively at the level of the original maritime realization.

The basis of the psychological mechanism of the sea perception management includes the real sea, unconscious meanings and various situations. The sea is perceived by senses, unconscious meanings, feelings, physiological reactions and reflections. All this encourage the behavior of the personality in regard to the sea. A possibility of the application of the sea perception mechanism expresses an idea of the personal actualization and gives sense to realization of the relationship to the sea at the level of educational prerequisites.

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