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ATTRIBUTIONAL STYLE OF PERSONALITY AS A PSYCHOLOGICAL EXPLANATORY CONCEPT

Summary. The reconstruction of objective reality in the mind of an individual and its assimilation (appropriation) naturally occurs through the explanation of phenomena and patterns of perception. The explanatory

principle implies that an individual understands the existence of a certain fact or phenomenon and seeks to fit it into its own world's picture.

Key words: *attributional style, explanatory style, attribution, causal attribution.*

Сітцева М. Атрибутивний стиль особистості як психологічний пояснювальний феномен

Анотація. Реконструкція об'єктивної дійсності у свідомості особистості та її засвоєння (присвоєння) закономірно відбувається через пояснення явищ і закономірностей сприйнятого. Пояснювальний принцип передбачає розуміння індивідом існування певного факту чи феномену та пошук шляху його вкладання у власну картину світу.

Ключові слова: *атрибутивний стиль, пояснювальний стиль, атрибуція, каузальна атрибуція.*

The answer to the question of why a certain event took place, how a certain event took place, what its significance is, and other aspects related to it allow the perceiver to process the information received from the outside world. The subjectification of the perceived is thus carried out through definition and explanation.

In the course of mental activity, certain styles or types of explanation prevail: an individual prefers some types of explanation to others. The explanatory style depends entirely on the personal characteristics of the perceiver, because the same situation or phenomenon of reality can be explained in different, sometimes radically opposite, ways. The understanding of how an individual explains to himself a particular phenomenon observed or perceived by others is denoted in the concept of explanatory style [2].

Explanatory style is a cognitive personality variable that reflects how people typically explain the causes of bad events. According to Peterson & Ulrey, explanatory style is a cognitive personality variable that reflects how people tend to explain the causes of bad events that happen to them [6].

Explanatory style encompasses three dimensions: intrinsic versus extrinsic, stability versus instability, and global versus specificity [5]. Although explanatory style has a significant set of correlates, including depression, achievement, and physical well-being, it is a useful personality construct that defines a cognitive model of how an individual perceives heterogeneous phenomena and new information.

The understanding of explanatory style as a tendency to offer similar types of explanations for different events is presented in the generalising work of Buchanan G. M., Seligman M. E. & Seligman M. [2]. The authors demonstrate that explanatory style as a cognitive variable is associated with

psychopathology, physical health, achievement, and success. The study of explanatory style includes aspects of cross-cultural comparisons, life expectancy and development, and gender differences.

The term «attribution» (translated from lat.) means a property, a signifier, a characteristic feature of something, a symbol, or an attribution, endowment, explanation. We can define attribution as a method of explaining a certain phenomenon of the surrounding reality. A related understanding of attribution is presented in the field of source studies, art history, archaeology, cultural studies, computer science, etc. as the establishment of the correspondence (authorship) of a certain product or action.

Attribution in psychological science refers to the attribution of characteristics to social objects that are not represented in the field of perception, as well as the reasons and motives for behaviour, personal qualities and characteristics based on the analysis of their actions and deeds. The need for attribution as a means of interaction between an individual and the surrounding reality is due to the fact that the information that observation can provide to a person is not enough for adequate interaction with the surrounding reality, including the social environment, and needs to be «completed». Attribution is the main way to ensure this «completion». Therefore, attribution, due to individual properties of a person, is the basis of the explanatory style of a person. Kim J. H. M. van den Bogaard and co-authors define attributions as cognitive variables that influence human behaviour [1].

Attribution is one of the main objects of social and psychological research. Initially, the phenomenon of attribution was defined as an explanatory phenomenon regarding the causes of human behaviour (causal attribution) and interpersonal perception [3]. Later, the concept of attribution included an expanded class of phenomena that denoted the attribution of many psychological characteristics, as well as characteristics of not only psychological but also other social phenomena and objects [4; 7] Attribution in this sense is defined as a leading mechanism of social perception that allows for the inclusion of perceived objects in the meaning system of the individual.

The preconditions for the phenomenon of causal attribution, according to Heider, are the following:

- when people get to know each other, they do not limit themselves to the information obtained through external observation, but also seek to identify the causes of behaviour and formulate conclusions that correspond to the subject's personal qualities;
- since the information obtained as a result of such observation is usually insufficient to draw reliable conclusions, the observer looks

for probable causes of behaviour and personality traits and attributes them to the observed object;

– this causal interpretation significantly affects the behaviour of the observer and forms the preconditions for a certain attitude towards the observed object.

The study of attribution allows us to establish:

– systematic differences in the way a person explains his or her own behaviour and the behaviour of other people;

– deviation of the attribution process from logical norms under the influence of subjective (motivational, informational) factors;

– the stimulating effect of attribution on human motivation and activity, in particular by explaining some (positive or negative) results by external factors, and other (positive or negative) results by internal causes.

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