

Review of the Book by Pevneva A.N. “Rigidity and Psychological Well-Being: Integrative Approach”. Minsk: Publishing House “Maxim Tank Belarusian State Pedagogical University”, 2024

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Abstract: The article presents a review of A.N. Pevneva’s “Rigidity and Psychological Well-Being: Integrative Approach” monograph. An analysis of the most important sections of this subject area is presented, such as the problem of rigidity in the personality structure and the theoretical model of rigidity, its structural and functional characteristics. It is considered the cognitive, motivational, and emotional components of the psychological well-being of a person. Particular attention is paid to neurocognitions, which is one of the most progressive scientific areas that have a significant impact on the modern understanding of human mind. As evidence of the neurophysiological correlates of cognitive rigidity, data from studies using an electroencephalograph, i-tracker and polygraph are presented, making it possible to study the phenomenon of rigidity within the framework of symbolic, modular, and neural network approaches. The book is intended for psychologists, educators, as well as anyone interested in the phenomenon of rigidity.

Keywords: Rigidity, Psychological Well-Being, Personality, Cognitive Rigidity, Motivational Rigidity, Emotional Rigidity

The monograph “Rigidity and Psychological Well-Being: Integrative Approach” by A.N. Pevneva is the first scientific work in the Republic of Belarus that reveals the problem of rigidity in relation to the psychological well-being of a person. The scope of the phenomenological field and methodological complexity of the study determines the logic of presentation and structure of the monograph: from defining the research problem for rigidity and psychological well-being and their conceptual foundations to presenting the obtained empirical data on the above-mentioned phenomena.

The relevance of the stated problems in the monograph manuscript submitted for the review is determined by the growing

interest to the phenomenon of rigidity as a bipolar cognitive-personal structure. The acceleration of socio-economic processes in society requires maximum adaptability and active mobility from the individual, and the constant development of one’s potential in difficult situations. According to the author, rigidity can not only hinder the adaptation of personality but also serve as a kind of “buffer” in conditions of turbulence of current changes.

The author’s methodological research is primarily aimed at conceptualizing the phenomenon of rigidity in the personality structure. The general conceptual approaches to the study of rigidity and psychological well-being as well as private empirical studies conducted by Russian and foreign psychologists over the last

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DOI: 10.38098/nsom_2023_03_01_06

decades have been thoroughly analyzed. The output of the generalization for the results obtained is the author's conclusion about the need for developing a number of aspects because of methodological disunity, conceptual polysemy, methodological neediness of the studied phenomena.

The generalization of a wide range of study results for structural and functional characteristics of rigidity is presented by a detailed analysis of the structure and dynamics of rigidity development for the cognition subject as well as a more detailed comparative analysis of approaches to cognitive rigidity study. The data obtained organically complement the general model of rigidity in the context of cognitive-personal subject of cognition proposed on the basis of theoretical analysis which reveals the phenomenology, mechanisms and regularities of rigidity development as a result of the cognition process (in a broad sense) and problem solving (in a narrow sense). The necessity of distinguishing between Convergent Rigidity and Divergent Rigidity is substantiated.

The chapter of the monograph, which reflects the structural-hierarchical model of rigidity in the context of cognitive-personal development, deserves special attention. The neurophysiological correlates of cognitive rigidity, the results of the correlation of the cognitive component with the motivational component of rigidity, as well as the structural organization of its emotional component are described. As a result of the study, the phenomenon of rigidity is proposed to be considered as a bipolar construct in the context of "rigidity – flexibility" opposition with splitting subfields that completely changes the perspectives on rigidity as purely negative phenomenon.

The final part of the monograph reveals the psychological rigidity and psychological well-being of a personality. The results of neurophysiological correlates of cognitive rigidity of a personality with different levels of psychological well-being, the interrelation

of emotional, motivational components of rigidity in correlation with psychological well-being of a personality are considered. The structural components of rigidity, presented above, act as significant predictors of psychological well-being of a personality.

In general, the monograph is characterized by the complex character of scientific material presentation, novelty and relevance of the subject matter. The extensive and detailed analysis of theoretical and experimental studies of rigidity, identification of its structural and functional characteristics, development of its structural and hierarchical model in correlation with the psychological well-being of a personality make a significant contribution to general psychology and personality psychology issues.

A.N. Pevneva's "Rigidity and Psychological Well-Being: Integrative Approach" monograph is a fundamental scientific work that analyzes the existing knowledge about rigidity and psychological well-being. The monograph significantly expands knowledge on general psychology, covering in detail the problem of rigidity in relation to the psychological well-being of the individual.

CRedit author statement:

The author has read and approved the final version and bear responsibility for all aspects of the publication.

Highlight:

- A conceptual model of rigidity is presented, which reveals the phenomenology, mechanisms, and patterns of its development.

- The need to distinguish between Convergent Rigidity and Divergent Rigidity is substantiated

- Rigidity is considered as a bipolar construct in the "rigidity-flexibility" continuum with splitting of subfields, which completely changes the view of rigidity as a purely negative phenomenon.

- It is shown that the structural components of rigidity are significant predictors of an individual's psychological well-being.

Reference:

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