



## **TITLE: The capability to self-changing in a varying and brittle world**

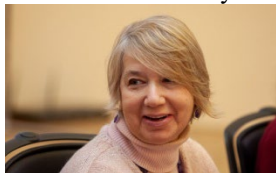
**Name:** Tatiana Martsinkovskaya  
**Affiliation:** Professor at Psychological Institute  
**Country:** Russia  
**Email ID:** tdmartsin@gmail.com

### **ABSTRACT**

The variability and brittle modern digital world has become the actual problem for many scientists as well as the question of people's ability to change in accordance with the new reality. The potential for self-changing and the way of coping with new information are becoming the main factors determining a person's psychological well-being and emotional comfort. Our data showed that the information style of identity is directly related to the need for self-changing and the ability to make conscious self-changes. Respondents with an informational style are characterized by a desire to obtain maximum information. The diffuse identity style is characterized by the desire for information relevant at the moment. The normative identity style is characterized by low flexibility in situations requiring change. This style has a pronounced negative relationship with the potential for self-changing (-602\*). The number of people with a normative informational identity style remains stable at around 20% of the total sample while number of respondents with information and diffuse styles is gradually growing. For these styles, has been revealed a complex relationship between different aspects of the potential for self-change. The ability to make conscious changes is more vividly associated with the information style (.531\*). The belief in the possibility of self-change is more clearly expressed with the diffuse style (, 623\*). The results obtained allow us to conclude that there is a close connection between identity style and the ability to self-change. The normative style reduces not only the potential for self-change, but also the level of adaptation. Informative and diffuse styles, in varying degrees of expression, contribute to increased adaptation. The diffuse style increases self-changings due to faith in one's capabilities, and the informational style increases self-changing through awareness of the ways to self-change.

### **BIOGRAPHY (upto 200 words)**

Tatiana Martsinkovskaya has completed her PhD in 1990 at Moscow State University, and 5 years later, in 1995 became professor of psychology, also at Moscow State University. From 1999 till nowadays works at Psychological institute as the director of department, at the same time being the dean of the faculty of general and clinic psychology at Moscow institute of psychoanalysis. The focus of her research interests now is the problem of mental health in digital society. She has over 300 publications that have been cited over 3700 times and her publication H-index is 47. She has several grants and is the editor-in-chief in one journal as well as the member of editorial board of reputed journals



**Presenter Name:** Tatiana Martsinkovskaya  
**Mode of Presentation:** Oral.  
**Contact number:** +7 (903) 5940082