

PERSONAL SELF-ORGANISATION IN SPARE TIME

The article covers the results of the particular aspect correlation of time perception, attitude to it, individual psychological aspects of personality, the content of free time and methods of its organization.

Aspects of life-time self organization of personality are most clearly revealed in the organization and content of free time when a person has to choose one's own actions and to plan them in a certain way in time. Aspects of time self organization of a person, his or her general attitude to his life time is a peculiar feature of the potential ability to achieve targeted goals. A very important task for a personality is to identify and understand aspects of his or her own lifetime self organization skills, and, in case of low level of identification, to implement appropriate corrective actions that should contribute to the development of competitive capacities of personality.

The issue of free time research becomes especially important: free time is one of the existential expanses of individuality, where he or she receives a relative opportunity, compared with time, to use it for learning, for self-actualization through the manifestation of subject position in selecting content and forms of activities.

The research is focused on studying the features of young people's perception of time, free time content and its organization in connection with communication and organizational features of individuality. The main conclusion of the research is the statement that aspects of time perception, attitude to it, and individual psychological aspects of personality determine free time content and ways of its organization.