

Mental representation of characteristics of a mental state image

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Abstract

© Medwell Journals, 2015. The study represents investigations of an image of a mental state in life situations with different levels of tension, namely in ordinary and high-stress circumstances. There was analyzed a subjective description of an mental state image as well as methods of its identification in case with other person. Students were offered to recall a state experienced by them in five given situations. The test subjects evaluated the degree of influence of a definite situation on an image of every state. It was demonstrated that the image of a mental state was stable and did not depend on the situation which actualized the image. An objective presentation of the image obtained on the basis of study of its profile in the life situations under consideration differed from a subjective evaluation of the degree of situational influence on a mental state. The most significant constituents of an image of an own mental state were concepts of physical and physiological manifestations of such state, specific features of behavior in this state as well as description of feelings experienced in this state. In a stressful situation, irrespective of modality images of mental states preserved their configuration typical for the levels of mental activity represented by them. Behavior characteristics, somatic manifestations and feelings were included into description of a subjective image. An image of mental state of other person included descriptions of appearance, behavior, expressiveness and specific characteristics of communication.

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Keywords

Identification, Image, Mental state, Situation, Stress