

Adolescents' self-regulation development via the sensory room system

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Abstract

© 2016 by author/s. The urgency of the issue stated in this article is caused by the need for mastering skills and patterns of self-regulation when being an adolescent since this time is sensitive for developing processes of personal understanding and evolution. Thus, mastering skills and patterns of self-regulation as a necessary part of the whole ability of personality formation as well as mastering reflection as the main age-dependent formation is an important stage of adolescents' individual development. The purpose of the present article is to solve the problem of adolescents' self-regulation development via the sensory room system. The leading method of study of this problem is the method of pedagogical experiment during which the program "Find yourself" was developed and tested. The content of the program is described in the present article. The article presents potential of self-regulation development as a way to control personal psycho-emotional state which can be managed by external effects, in particular by the system of sensory room. It was proved that it's possible to develop behavior self-regulation of adolescents by self-influence of the person using affirmation, visualization and psycho-physiological regulation; upgrading communication skills and subjective control. Materials of the article present utility for psychologists, social and supervising teachers working with adolescents.

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Keywords

Self-regulation development, Self-regulation of adolescents, Using the sensory room system