

Ethno-cultural identity and psychic states self-regulation (By the example of russians and tatars)

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Abstract

The results of psychic's states peculiarities and their self-regulation study of Tatarstan population with different ethnocultural identity are presented. It is shown that Russians and Tatars as representatives of big social groups are characterized by differences in the frequency of psychic states actualization, It is revealed that ethnoses' dispositions, customs and traditions through such ethnocultural factors as ethnic self-consciousness, religious belonging, etc. affected the specificity of the applied means and methods of psychic states self-regulation.

Keywords

Ethnocultural identity, Psychic states, Self-regulation