



The third psychological paradox of leadership: people can and cannot give up leadership roles [3, с. 32]. For example, it is known that managers are appointed by order or instruction. On the contrary, nobody can force a person to perform the leader's functions. Leaders are chosen: sometimes secretly, and not even always consciously. Each of these elected representatives may reject the leadership (not to go ahead, not to take responsibility, etc.) in a particular group or situation. Paradoxically, the members of the group do not take into account the opinion of that one who is supposed to be a leader. After all, every member of the group decides to himself whom he likes. The man chosen as a leader can even leave the group, but he will remain a leader for it.

The fourth psychological paradox is the leader solves anything and nothing [3, с. 32]. The main function of a leader is to solve problem situation of the group, to take all-important decisions, to mobilize members for their execution, to lead team to victory and be responsible for the results. The members of the group expect independent, innovative ideas, bold projects and decisive actions from their leader. Nevertheless, the leader is a hostage of group traditions, norms, values, modes of behaviour and even styles. One careless step away from it all – and a person is no longer a leader.

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#### **MAN AS A PROJEKT OF A SELF-CONTROLLED SYSTEM**

Researches of recent years on the basis of quantum physics, neurophysiology and psychology (Bom, Prybram, Pryhozhyu, Wolf) allowed to consider man as a microcosm with the concept of holograming structure of the Universe, holograming model of human consciousness, notions of man as a bearer of all information of the Universe. “Know yourself, and know the world” – Socrates said [1, p. 76].



Man – a system of pyramidal structure, which has three levels: lower, somatic (soma – body), middle, psychological (psyche – soul), the upper, spiritual (nous – spirit). Last level overconsciousness – irrational creative field. Pyramidal structure has its own laws. This hierarchical organization is the height (spiritual level), that determines the activity of whole system. Relationships between levels and elements are subject to the laws of harmony (rule of gold cut). This feature provides dynamic stability of the system and its development.

Man is a part of the Universe, and therefore its subsystem. In turn, in itself, in its biological structure people has minisystems reflecting the whole body (organismus – tools) – an integrated living system in which the activities of all structures, cells, tissues, organisms and their systems is agreed this whole subject. In addition, the organism is an open dynamic system that is in the moving equilibrium with the environment. Every cell is as elementary minisystem of body [2, p. 30].

Each of the three levels of “Man” look as a separate subsystem, organized by the same principle as a complete system. Subsystems operate relatively autonomously, but interconnected and hierarchically.

On the theoretical level of scientific knowledge the complex of living forces has such structure: body – soul – spirit. With the development of scientific theory, the transition from metaphysical method to dialectical method appeared theoretical and profound interpretation of each of these substances and their systems unity. They interact and are reflected through diversity of states. Last are reflected by specific set of causal series of certain groups (factors) that fundamentally not reduced to any binary oppositions or combinations of elements of this triad, even within theoretical interpretation. No element can exist as an independent substance and be isolated.

Physicality is a kind of information system, where within most complicated transformations on biological, psychological and social levels of its organization and self-organization, including self-regulation occur. All of them are related to the laws of the functioning and purpose of the body (biological organism). Physicality as a dynamic and interaction mirroring, self-regulatory unity of three “universes” (body, soul, spirit) in a variety of their states, interactions, combinations of live forces overcomes “irreducible” dualism: ideal and material, body and soul, “high” and “low”.



The unity of body and soul, continuous mutual reflection of their diversity states sets a space-time continuum of systems (of individual human body, his soul and body) of universe with which the first exchange of matter, energy, information, changing from “single” to “multiple”.

All levels of human nature – biological, psychological and social – in the aggregate interpret the human body as an open system where the exchange of matter, energy and information exist at each particular level of self-organization, self-regulation is organically correlative. They are cooperative. There is a synergistic relationship and interaction between them. In the system of determining factors of the living forces of the human body combinatorial bifurcation, leading to rupture and destruction of emergent links between biological, psychological and social can be observed. Simultaneously, exists a vision of affects (such as various irregularities, fluctuations, different bodily and spiritual diseases of the human body), so-called “strange attractors”. In the system of live forces the last is not surprising event, but logical [3, p. 90].

Much is rooted in man’s attitude to his life: too respectful or contemptuous, caring or completely indifferent. No less reasons lie in the way of life as a system of standard forms of everyday life, which are formed under certain conditions (i.e. in a particular society) and derived from their concept in which most fully realized human life position.

Lifestyle is characterized not only by why, but how one lives. Therefore it can be “healthy”, that means to meet the needs of natural and social in person, or “unhealthy” if a person (consciously or unconsciously) is not able to control his own actions, emotions and moods, but breaks the harmony of body and soul, destroys its own body both physically and mentally. Then the moment comes when the body is not able to self-regulate and recover.

So, providing a high efficiency of self-regulation (body, soul, spirit) is only possible under the design life of his own self-control on the basis of integrated application of valeological methods as a human health is a multi-hierarchical structure, which is the result of a huge number of different factors.

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