

**Матеріали IV міжнародної науково-практичної конференції  
«Суспільні дослідження у 21 сторіччі»**

м. Краматорськ  
25 березня 2017 року

**Материалы IV международной научно-практической конференции  
«Общественные исследования в 21 веке»**

г. Краматорск  
25 марта 2017 года

**Proceedings of IV International scientific conference  
“Social research in the 21st century”**

Kramatorsk  
March 25th, 2017



ББК 60.5+74+80+87.3+88.3

УДК 001+101+159.9+37+316+801

М34

М34 Матеріали IV міжнародної науково-практичної конференції «Суспільні дослідження у 21 сторіччі». – Вінниця: ТОВ «Нілан-ЛТД», 2017. – 218 с.

Збірник матеріалів матеріалів IV міжнародної науково-практичної конференції «Суспільні дослідження у 21 сторіччі». Представлені результати робіт з широкого кола гуманітарних дисциплін.

Роботи подаються мовою оригіналу. Відповідальність за зміст робіт несуть автори та наукові керівники.

**ББК 60.5+74+80+87.3+88.3**

**УДК 001+101+159.9+37+316+801**

Наукова ініціатива «Універсум»

84301, а/с 65, м. Краматорськ, Україна

Тел.: +380671187401

E-mail: [mail@univscience.info](mailto:mail@univscience.info)

© Автори робіт, 2017

© Наукова ініціатива «Універсум», 2017

© ТОВ «Нілан-ЛТД», 2017

### Література:

1. Дейнека О.С. Экономическая психология: социально-политические проблемы / О.С. Дейнека. – СПб. : Изд-во С.-Петербург. ун-та, 1999. – 240 с.
2. Журавлев А.Л. Экономическое самоопределение / А.Л. Журавлев, А.Б. Купрейченко. – М.: Институт психологии РАН, 2007. – 480 с.
3. Зубіашвілі І.К. Ставлення до грошей як засіб реалізації економічної суб'єктності старшокласників в процесі соціалізації / І.К. Зубіашвілі // Наукові записки Інституту психології імені Г.С. Костюка НАПН України / за ред. академіка С.Д. Максименка. – К.: Ніка-Центр, 2013. – Вип. 39. – С.160 -169.
4. Москаленко В.В. Економічна соціалізація особистості: концептуальна модель / В.В. Москаленко // Соціальна психологія : Український науковий журнал. – 05/2006 . – №3. – С. 3-16 .
5. Семенов М.Ю. Ценность денег в разные возрастные периоды / М.Ю. Семенов, Ю.В. Мацнев // Молодежь и ценности современного общества. – Омск, 2005. – 376 с.

## MANAGEMENT OF ATTENTION

*Sleptsova Alisa*

*Student of Department of Computer Systems and Technologies*

*Faculty of Economic Informatics*

*Simon Kuznets Kharkiv National University of Economics*

*Kharkiv, Ukraine*

*Scientific advisor — Candidate of pedagogical sciences Pylaieva Tetiana*

Annotation. Author provides the examples that prove that everything in our life is built on attention. Because of attention people fall in love, get sick and recover; attention is used everywhere. Someone could say that even your life depends on your attention.

*Keywords:* attention, freedom, blocks, self-development.

Relevance of research. Nowadays the issue of self-development has become one of the most popular. The first step to resolve this issue, as an option, could be a human attention research. It is one of the most interesting and important aspects of self-development with help of which it will be possible to achieve tremendous results managing your time and yourself.

The aim of the work is to present the research results of attention management and notion of free attention.

The whole world is organized via attention. If you know the formula of "attention management", new opportunities are available for you: from managing own your life to managing the other people and the world. Knowing that formula you immediately acquire freedom. This is the state to which each of us aspires, but unfortunately not everyone has achieved in his life.

Life for many centuries has led us to all above mentioned conclusions, but the most acute solution arose in the 21st century. To become a motivator for the whole world is a goal of self-development. Even from birth, each of us has become acquainted with attention. Attention is focused on the body, on the thoughts, on what the person sees, what he hears and what he feels. All of the above is nothing more than just human blocks. While you are

still a child these blocks are few. Therefore, they are very sensitive and perceive the world not as adults, but as children who have their own free attention, which is not completely "closed" yet. Also, children don't have blocks, and there is so much free attention that they are very sensitive to their relatives, to nature, to everything. All children need attention! The child has been already awarded a gift, to be able to provoke others, so that they pay attention to him! Unlike adults, child feels great; it is easy and at ease, as long as there are no global household blocks. The child's attention is free, and then where he focuses it on, he absorbs everything like a sponge. Why does someone say that children need to be trained from an early age? Because they have free attention. What is the key to success? When a person collects all his attention in one point, focusing on the desired goal, nothing else for him exists apart from the set task, leading to 100% positive result.

Continuing the topic of children — when a child is injured, he starts to cry attracting more attention from people. This helps him to heal his wound faster than an average adult requires that don't seek for this attention and emotional support. Later on during growing up, each of us has blocks, thoughts about learning, emotions, swearing, TV, community. All this is wasted attention. A simple example is a change of sleep. Replacing good sleep in most young children on an already unhealthy sleep in adolescents and adults. All attention to obsessive thoughts about learning, about parents, about friends and enemies. What are the blocks? In simple words, these are thoughts in the head of each of us. They don't give a rest [2, p. 9]. The most common solution that parents give to those who first encounter with this kind of problem is to count the sheep with eyes been closed. Why does it work? Because all attention is focused on counting, on numbers, on lambs. Scattered attention is freed from blocks / thoughts and from the fact that all attention is freed and focused to one point — the child falls asleep, since sleep is one of the meditative states.

In ordinary life, many of us constantly face the problem of lacking attention, without giving any importance to this. As a simple example, everyone in school had a situation when the teacher asked to learn the verse. Someone taught it for a week, and never succeeded and someone who didn't even know about the task, after reading the verse for a couple of times, repeated it closely thanks to attention. Those who couldn't learn it fell into a situation where their attention was clogged and no mood helped them.

In addition to sheep accounts, attention has an impact on different situations. It might be something good or on the contrary an emergency, in which all attention is turned off. In such situations, people begin looking and feeling at everything differently. For example, parting. People who experience this have a feeling that you are not there or some of you disappeared. It happens because the attention was for a long time focused on the partner and suddenly was interrupted.

Management of attention. Depending on a moment in life, percentage of free attention may vary. It could be explained below [2, p. 16]:

- 10% free attention. People start to show interest in the questions: Who am I? Where I am? Why am I? And so on. In a closed person, these thoughts never arise.
- 20% — the attention has become even greater, the person becomes more perceptive, sensitive. There may see the impression that they see people through and through.
- 30% — sometimes such people call themselves a psychic. The person doesn't know who he is, where and why, and begins to think about how to present himself to people and seeks a place in life.

- 99% — people who are more like a computer than a human. As a calculator that solves any problem of life, sees all the formulas. There are no emotions and feelings, no thoughts; everything is under a full control: every gesture, word and action. Errors do not happen, there is no understanding of time.

If you take into account the fact that a large number of ingenious people were with an unusual fate — everything falls into place. Due to the stressful situations that they experienced, they freed their attention. Almost all ingenious people are considered an evil society schizophrenic, because they are different from ordinary people. Their attention to some percentage was free and because of this they looked at the world quite differently.

In order to check whether a person is open, you can conduct a small experiment — free yourself from thoughts. To do this, in a room in complete silence and darkness, preferably before going to bed so that nothing might disturb, sit on a chair, take off everything that can distract (hours, glasses, etc.) and sit so with your eyes closed for 2 hours, and after, write down everything you want. You can do the experiment within a week. The more a person is open, the easier it is to sit for 2 hours. Who has many blocks, will be annoyed significantly. For a person such an open state is unusual and he will want to again scatter his attention on the society [1, p. 21].

In our time, it's really worth to pay attention to the development of human attention, because it really can provide answers to many questions. Thanks to the ability to manage attention, you can seriously affect your life and improve it.

#### **Literature:**

1. Korol A. Corridor / A. Korol. — K.: Lenizdat Publ., 2014. - 50 p.
2. Korol A. Attention / A. Korol. — K.: Lenizdat Publ., 2015. - 30 p.
3. Your Concentration of Attention [Electronic resource]. — Access mode: <https://www.iblindness.org/323/your-concentration-of-attention/>
4. Personal Development Coach [Electronic resource]. — Access mode: <https://www.michaeljemery.com/>
5. Your Concentration Training Program [Electronic resource]. — Access mode: <http://www.artofmanliness.com/2014/01/30/your-concentration-training-program-11-exercises-that-will-strengthen-your-attention/>