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PSYCHOLOGICAL FEATURES OF ATTRIBUTIVE PERSONALITY STYLES: THEORETICAL ANALYSIS OF THE PROBLEM

The article presents the results of a theoretical analysis with the aim of organizing and systematizing the data accumulated in psychology on the content, manifestations and varieties of attributive styles of personality as an integral part of its cognitive sphere, as well as the effects of the influence of attributive styles of personality on the peculiarities of the functioning of its emotional sphere. The relevance of considering this scientific issue is due to the fact that the attributive style of a personality has a significant impact on various aspects of psychological functioning and ultimately underlies his or her mental health and psychological well-being. The general psychological interpretation of the definition of "style" is considered. The views presented in psychological science on the essence of the category of attributive style of personality are analyzed and its component composition is determined. The author's definition of the concept of "attributive style of personality" is formulated. The key psychological features of the attributive styles of personality are allocated. It is established that the attributive style in modern psychological science is interpreted as a way for a person to explain the causes of various events that occur in his or her life and during life a person forms a certain stable manner of interpreting the causes of what is happening. It is emphasized that the evaluation criteria, which are actually the components of the attributional style, are such parameters as the degree of personalization, stability, globalization and controllability. It is theoretically proved that the attributive style of personality underlies a person's tendency to optimism/pessimism, and also determines the general emotional state against which his/her activity takes place. The author's own definition of the category "attributive style of personality" is proposed: the attributive style of personality is a complex set of stable cognitive and mental structures that include models of cause and effect relationships between phenomena and are actualized by a person every time he or she encounters emotionally significant life events. The main psychological features of attributional styles of personality include its ability to determine a person's stable tendency to perceive and explain life events through the prism of established cognitive criteria, the presence of positive or negative valence underlying the person's tendency to optimism or pessimism, and the close connection of attributional styles with emotional experiences, motivation and communicative behavior of the individual.

Key words: *personality, style, causal attribution, locus of control, cognitive criteria, stability, controllability, globality, optimism, pessimism.*

Statement of the problem. The problem of scientific research on attributional personality styles is the difficulty of understanding and evaluating how individuals explain their successes and failures, as well as how these explanations affect their future life, motivation, and emotional state. Attributional personality styles, as a person's persistent tendency to certain types of explanations for events in his or her life, have a significant impact on various aspects of psychological functioning. They determine whether a person sees the causes of his or her actions and their consequences as internal or external, stable or unstable, controlled or uncontrollable. A significant psychological factor in a person's stress resistance and adaptive potential in today's conditions of uncertainty and numerous threats is the peculiarities of his or her

self-awareness and perception of the world. Whether this perception is optimistic or pessimistic will determine the degree of sensitivity to the stressors of the surrounding reality. The peculiarities of attribution of positive and negative life events, acting as an indicator of an optimistic or pessimistic perception of reality, can either determine the professional and life success of an individual, contributing to his or her full self-realization, experience of happiness and general psychological well-being, or, on the contrary, can lead to the formation of personal difficulties in the course of daily activity.

The relevance of the study of this issue is due to its importance for various fields of psychology, pedagogy, and psychotherapy. Knowledge of attributional styles can help professionals better

understand the mechanisms of motivation, personal development, and behavioral responses. For example, in the educational context, understanding students' attributional styles can help develop effective teaching methods that take into account individual differences in the perception of success and failure, and help foster a positive attitude toward learning and self-confidence in children.

In addition, attributional styles have a significant impact on mental health. Negative attributional styles, such as the tendency to explain failures through internal, stable, and global factors, are correlated with depression and anxiety disorders. The study of these styles can help in the development of psychotherapeutic interventions aimed at changing negative attributions and improving the emotional state of clients. The study of attributional styles is also relevant in the context of social interactions and relationships. Understanding how people explain the behavior of others can influence the development of interpersonal relationships, conflicts, and their resolution. In the field of management and organizational psychology, knowledge of attributional styles can be useful for building effective teams, increasing productivity, and motivating employees.

Another aspect that emphasizes the relevance of the study of attributional styles is their impact on the development of personal responsibility and social behavior. People who are inclined to internalize attributions are more likely to take responsibility for their actions and their consequences, which promotes greater self-control and proactive behavior. On the other hand, external attributions can lead to feelings of helplessness and reduced motivation to change. This knowledge is useful for psychological counseling and coaching, helping clients to develop more adaptive and constructive thinking patterns.

Thus, the issue of attributional personality styles covers a wide range of issues, from intrinsic motivation and emotional well-being to interpersonal relationships and cultural differences. Research in this area not only expands the understanding of the human psyche, but also provides practical tools for improving various aspects of personal and social life, thus confirming its high relevance. Accordingly, the problem of attributive personality styles is complex and multifaceted, and its study is of great practical importance for many aspects of human life and activity.

Analysis of recent research and publications.

The analysis of the source base devoted to the results of theoretical and empirical studies of various psychological aspects of attributional styles

of personality makes it possible to make sure that the concept of attributional styles is often used by authors as a designation of the leading components of psychological mechanisms underlying the emergence and peculiarities of the course of many psychological phenomena, especially those related to the emotional sphere. It can be argued that the category of attributional styles has a powerful explanatory potential in terms of deep internal factors and mechanisms of formation of certain psychoemotional states of a person, his or her motivational profile, communicative behavior, and other behavioral manifestations. Therefore, it is not surprising that in most cases, scientific works reveal the influence of attributional styles on various psychoemotional states of a person (anxiety, depression), his or her motivation, resilience, self-preserving behavior, the formation of learned helplessness, a tendency to loneliness, stress resistance, and general sensitivity to stressful situations.

The issue of the influence of attributional styles on the emotional sphere and personality motivation is covered in great detail in the works of foreign researchers who, in fact, were at the origin of the development of the concept of attributional styles. For example, such American researchers as M. Seligman, L. Abramson, A. Semmel von S. Bayer, and J. Tisdale studied the attributional styles that are inherent in people suffering from depression [15; 21]. B. Weiner and A. Kukla paid much attention to the influence of attributional styles on the formation of achievement motivation [23]. It should be noted that B. Weiner is the author of the original attributional theory of emotions and motivation [22; 24].

Such Ukrainian researchers as O. Dudnyk, L. Malimon, T. Duchiminska considered the attributional style as a determinant of the modality of emotional manifestations of personality, as well as its contribution to the formation of personal helplessness [2; 8]. The works of E. Yevlanova and her co-authors are devoted to the psychological features of the attributive-style determination of personality resilience [3; 4; 5]. K. Fomenko studied the influence of attributional styles on a wide range of psychological characteristics of a person: a tendency to loneliness, sensitivity to stressful situations in educational activities, and humorous motivation [11; 12; 13]. The dissertation by N. Pyliavets presents a study of the influence of conative personality styles on the formation of self-preservation behavior in students [9]. The study of O. Lozova and O. Lytvynenko [7] is devoted to the analysis of schemes for constructing author's texts (narratives), in which the person who

creates them invests his or her own experience, worldview and conceptual constructs.

There are a number of works that consider the essential and phenomenological features of attributive personality styles. In this aspect, we can note the works of H. Kelly, in which the attributional theory is applied in the field of social psychology [16]. The content of attributive styles and psychological patterns of their formation as a basic subject of scientific consideration were presented in a thorough dissertation study by T. Klibais [6].

In recent years, many studies have appeared in the foreign and domestic segment of scientific works that consider optimism as a type of attributive personality styles and its constructive influence on the life, educational and professional success of an individual. Particularly common are the works that study the optimistic attributive style among higher education students and the peculiarities of its impact on academic performance and the dynamics of mastering the profession. For example, N. Pidbutska studied the optimism of the future engineer as a condition for his successful personal and professional development [10]. V. Shapovalova is the author of a study on the anticipatory potential of the optimistic attributive style in relation to the formation of students' fears in the conditions of educational and cognitive activity [14]. L. Baletska conducted a dissertation study of the psychological features of attribution of success in the professional self-determination of higher education students, among which optimism occupies a prominent place [1].

The fundamental works of M. Seligman, J. Rotter and N. Kelly are classical, in which the attributional style is considered as the basis for the formation of an external or internal locus of control. The author of the locus of control concept and the most famous researcher of this scientific issue in the context of attributional styles is J. Rotter [19].

Thus, the problem of psychological characteristics of attributional styles of personality and their influence on numerous psychological variables is quite developed in modern psychological science. However, given the heterogeneity of researchers' views and explanations of the essence of attributive personality styles, psychological mechanisms of their influence on the emotional, motivational sphere of a person and his/her behavioral activity, it seems appropriate to carry out a systematic analysis of information on the characteristics of attributive personality styles.

Task statement. The purpose of the article is to organize and systematize the data accumulated in

psychological science on the content, manifestations and varieties of attributive styles of a personality as an integral part of its cognitive sphere, as well as the psychological mechanisms of influence of attributive styles of a personality on the peculiarities of functioning of its emotional sphere. To achieve this goal, it is necessary to consider the general psychological interpretation of the definition of "style", the views available in psychological science on the essence of the category of attributive style, the component composition of the attributive style of personality, i.e., stable internal criteria by which causal-attributive assessment is carried out, the peculiarities of the influence of the attributive style on the emotional state of a person, and also to formulate the author's definition of the concept of "attributive style of personality" and to highlight the key psychological features of attributive styles of personality.

Outline of the main material of the study.

The category of style in psychology is used to identify stable individual characteristics of a person that distinguish him or her from other people and determine a specific individual profile of his or her interaction with the world around him or her, which is manifested in activity and communication. That is, style is evidence of a kind of uniqueness that distinguishes a person from many others, the presence of which undoubtedly defines the owner of the style in dress, manners, artistic skill or scientific activity as a person with certain individual psychological characteristics and level of intelligence. Its use within psychological science has a rather long history, which began with Adler's "life style." N. Pyliavets rightly notes that in studies of various aspects of human mental activity, attention is increasingly paid to the characteristics of style, and in the source base one can increasingly find concepts such as "emotional style", "evaluative style", "style of mental activity", "style of pedagogical communication", "activity style", "lifestyle", "style of behavior in difficult life circumstances", "cognitive style", etc. In this galaxy, a special place is occupied by the concept of attributive personality style.

The category of attributional style was introduced into psychological science by the American psychologist M. Seligman, who, before actively developing an innovative area of research in the field of personality psychology – positive psychology, dealt with the problem of cognitive determinants of emotional disorders and the phenomenon of acquired helplessness. The attributional style of personality is a way in which a person explains to himself or herself

the reasons for various events in his or her life. In many works, one can find the use of the term “causal attribution”, which seems to emphasize the attempt to find the causal attribution of life events in the course of which cognitive and mental structures specific to each individual are formed. These cognitive-mental structures determine a stable attributional style of a personality. To prove this, we can again refer to the works of M. Seligman and his colleagues. M. Seligman and his colleagues use the term “attributional style” (manner of explanation) to characterize the personality traits of attribution. They believe that over the course of a person's life, they develop a certain consistent way of interpreting the causes of what is happening. The personal style of explanation affects the level of optimism or pessimism – the way people perceive future events. When they encounter certain situations or results of their activities, they explain their reasons according to their attributional style. For example, studies have shown that depressed students interpret their successes in completing tasks because of their ease (external, specific, and permanent attribution), and failures because of their inability to complete the task (internal, global, and permanent attribution) [2; 17; 18; 20; 21]. In this regard, it should be noted that within the concept of learned helplessness and depression proposed by M. Seligman, L. Abramson, A. Zemmell, and S. von Bayer, the attributional style is a systemic basic concept [21].

It is important to identify the criteria that a person uses in the process of explaining the events that happen to him or her, and which actually serve as a component of the attributional style. One of the most obvious criteria is the “internal/external” dichotomy, which allows us to distinguish 2 types of attributional style: 1) including orientation to internal causes; 2) including orientation to external causes [2]. J. Rotter uses this criterion to determine the levels of subjective control of the individual – internal (internal causal attribution of life events by a person) and external (external causal attribution of life events by a person) [19].

B. Weiner and A. Kukla note that this indicator is not enough to adequately classify the four most common attributions for failures and successes: luck, task difficulty, ability level, and effort level [23]. There was a need for an additional indicator that would properly distinguish between these attributions, so these researchers proposed the stability parameter. The locus of causation and stability parameters were used together to accurately distinguish between the four attributions of failure and success in a given task. Subsequently, B. Weiner introduced another

parameter – controllability/uncontrollability [24]. As a result, in his attributional theory of achievement motivation, B. Weiner identified three main parameters that determine the perception of the causes of success and failure: 1) the locus of causality parameter, which characterizes the internal or external origin of the cause in relation to the subject; 2) the stability parameter, which determines the constancy and immutability of the cause; 3) the controllability parameter, which reflects the degree of controllability of the cause [22].

In accordance with the parameters defined by B. Weiner, M. Seligman and L. Abramson introduced the global-specificity parameter. This parameter allows us to determine whether a person extends his or her attributions about one phenomenon to others or not [15; 21]. Accordingly, K. Peterson, M. Seligman, and G. Weiland characterize the component composition of the attributional style using the criteria of locus (personalization), stability (stability over time), and globality (generalization). The locus (personalization) criterion is responsible for the personal or external orientation of the causal explanation: personal orientation means that a person sees the causality of an event in himself/herself, in certain internal factors; in the case of external orientation, the cause of an event, in the individual's opinion, is outside of him/her – in external circumstances or other people. The criterion of stability is an important characteristic of the attributional style, which allows us to assess the cause of an event as permanent or temporary. The criterion of globality is a spatial characteristic that describes the universality or specificity of causal explanations, the tendency to overgeneralize or, conversely, to analyze specific situations [17; 18].

Subsequently, M. Seligman also introduces the criterion of controllability to explain the attributional style, since it is the feeling of chaotic uncontrollability of events that leads to helplessness and depression. According to the author's concept, in the optimistic attributional style, successes are perceived as permanent, global and controlled, while failures are perceived as temporary, random, local and controllable. The pessimistic style of explanation means that a person sees negative events that happen to them as caused by permanent and global causes that will last for a long time and will affect most of their life, and does not believe that they can control them. Successes, on the contrary, are perceived as temporary, random, and beyond control, independent of human efforts [20].

Another important aspect of the psychological features of attributional styles of personality is their

ability to cause certain emotional reactions of the subject. O. Dudnyk and L. Malimon note that causal attributions play a significant role in understanding emotions and determine both specific attitudes and emotional reactions of an individual. Causal attribution can act as a factor that causes emotions. Therefore, these researchers consider optimistic and pessimistic attributional styles, which reflect characteristic and stable ways of explaining the causes of events, as determinants of emotional states and emotional reactions of the individual [2, p. 14].

People can display a pessimistic or optimistic attributional style. The first type is characterized by attributing negative situations to a permanent, general and internal nature, while positive events are perceived as temporary, limited and caused by external factors. Representatives of the optimistic style of interpretation view negative events as temporary, local, and independent of them, and good events as lasting and comprehensive, the cause of which they see in themselves. A person with a pessimistic attributional style believes that failures will always last, will occur in all areas of life, and that he or she is the source of his or her problems, while good things are something short-lived that happen only in limited areas due to external circumstances [10; 14]. When faced with negative events, people with pessimism tend to show symptoms of helplessness, apathy, depression, and depressed mood more often than those with an optimistic attribution style. Individuals with an optimistic style believe that troubles are temporary, limited to one area of life, and caused by external circumstances; they consider positive events to be permanent, occurring in different areas of life due to themselves [11]. Such people usually have a good mood, are able to optimistically perceive favorable situations, feel psychological well-being (happiness, self-esteem, faith in the future) and confidence in their activities, such as studying. They are able to deal with setbacks flexibly, explaining them as temporary, specific, and controllable. Even in an unfavorable external environment, people with optimistic attributions remain resistant to helplessness, unlike pessimists [12].

According to O. Dudnik and L. Malimon, mood can change under the influence of individual impressions, past memories, or thoughts. For a single memory or thought to determine mood, its emotional effect must find a prepared ground. Mood is most often associated with how a person develops vital relationships with others and with the process of their own activities. At the same time, not only the objective course of events, regardless of the individual's attitude to them, but also how a person evaluates everything

that happens around him or her are important for the mood [2, p. 16-15].

According to B. Weiner, the method of attribution determines the nature of emotional experiences and related motivational processes. In his early research, the scientist hypothesized that the internal localization of the causes of success and failure leads to different manifestations of emotions. This assumption was subsequently refined and became the basis of the attributional theory of motivation, which describes the complex relationships between cognitions, emotions, and motivation in the process of achieving performance results [22]. According to B. Weiner's theory, controllability is associated with a variety of social emotions directed at both oneself and other people. For example, these can include emotions such as guilt and shame towards oneself, as well as anger and pity towards others. A person feels guilty when he or she has experienced a failure that he or she believes to be the result of factors that are entirely within his or her control. These factors include not only personal shortcomings or lack of effort, but also any other reasons that the individual can control. Feelings of shame, on the contrary, are more likely to arise when the failure, in the subject's opinion, occurred due to reasons beyond his/her control, for example, due to insufficient abilities [2; 22].

Based on the theoretical analysis, we can offer our own definition of the definition of "attributive personality style". Our own interpretation of the category "attributive style of personality" is that it is a complex set of stable cognitive and mental structures that include models of cause and effect relationships between phenomena and are actualized by a person every time he or she encounters emotionally significant life events.

The results of our theoretical review allow us to identify the key psychological features of attributional styles of personality, namely:

- determines a person's stable tendency to perceive and explain life events through the prism of established cognitive criteria;
- includes a set of criteria for the deterministic assessment of life events, which can be classified according to the parameters of locus of control, stability, controllability, and globality;
- underlies the optimistic/pessimistic worldview of the individual;
- is characterized by positive or negative valence, which determines the degree of constructiveness/destructiveness of the attributive style of a personality, which in practical terms is expressed in the degree of optimism or pessimism;

– has a close connection with emotional experiences, motivation and communication behavior of the individual.

Thus, the psychological features of attributional styles allow us to qualify them as systemic intrapersonal formations that act as a prism of human perception of the world, determine the basic configuration of their external behavioral and emotional manifestations, and underlie the formation of a whole complex of dispositional individual psychological characteristics.

Conclusions. Thus, the attributional style in modern psychological science is interpreted as a way of explaining the reasons for various events that occur in a person's life. Throughout life, a person develops a certain consistent manner of interpreting the causes of what is happening. The evaluation criteria, which are actually the components of the attributive style, are such parameters as the degree of personalization, stability, globality, and controllability. The attributive style of a person underlies a person's tendency to optimism/pessimism and also determines the general

emotional state against which his/her activity takes place. Based on the results of the theoretical review, the author proposed his own definition of the concept of attributive personality style, which we understand as a complex set of stable cognitive and mental structures that include models of cause and effect relationships between phenomena and are actualized by a person every time he or she encounters emotionally significant life events. On this basis, the key psychological features of attributional personality styles were identified.

Prospects for further research may lie in creating a detailed classification of attributive personality styles, specifying the psychological mechanisms of their connection with psycho-emotional and behavioral manifestations of personality, determining the socio-psychological determinants of the formation of certain attributive personality styles, in particular, the role of emotional intelligence in the formation of attributive personality styles, as well as identifying and revealing the stages of their formation throughout the entire life course of a person.

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Сітцєва М.В. ПСИХОЛОГІЧНІ ОСОБЛИВОСТІ АТРИБУТИВНИХ СТИЛІВ ОСОБИСТОСТІ: ТЕОРЕТИЧНИЙ АНАЛІЗ ПРОБЛЕМАТИКИ

У статті представлено результати теоретичного аналізу з метою впорядкування та систематизації накопичених у психології даних щодо змісту, проявів та різновидів атрибутивних стилів особистості як невід'ємного складника її когнітивної сфери, а також ефектів впливу атрибутивних стилів особистості на особливості функціонування її емоційної сфери. Актуальність розгляду цієї наукової проблематики зумовлена тим, що атрибутивний стиль особистості має значний вплив на різні аспекти психологічного функціонування та у кінцевому рахунку лежить в основі її психічного здоров'я та психологічного благополуччя. Розглянуто загально-психологічне тлумачення дефініції «стиль». Проаналізовано представлені у психологічній науці погляди на сутність категорії атрибутивного стилю особистості та визначено його компонентний склад. Сформульовано авторську дефініцію поняття «атрибутивний стиль особистості». Виділено ключові психологічні особливості атрибутивних стилів особистості. Встановлено, що атрибутивний стиль у сучасній психологічній науці тлумачиться як спосіб пояснення особистістю причин різних подій, що відбуваються в її житті і протягом життя у людини формується певна стала манера інтерпретувати причини того, що відбувається. Акцентовано увагу на тому, що критеріями оцінювання, які фактично являють собою компонентний склад атрибутивного стилю, виступають такі параметри, як ступінь персоналізації, стабільність, глобальність та контрольованість. Теоретично доведено, що атрибутивний стиль особистості лежить в основі схильності людини до оптимізму / песимізму, а також визначає загальний емоційний стан, на тлі якого відбувається її діяльність. Запропоновано авторську дефініцію категорії «атрибутивний стиль особистості»: атрибутивний стиль особистості – це складний комплекс стійких когнітивно-ментальних структур, які включають у себе моделі причинно-наслідкових зв'язків між явищами та актуалізуються людиною кожного разу при зіткненні з емоційно значущими життєвими подіями. До основних психологічних особливостей атрибутивних стилів особистості віднесено її спроможність визначати стійку схильність особистості до сприйняття та пояснення життєвих подій через призму сформованих когнітивних критеріїв, наявність позитивної або негативної валентності, що лежать в основі схильності особистості до оптимізму або песимізму, тісний зв'язок атрибутивних стилів з емоційними переживаннями, мотивацією та комунікативною поведінкою особистості.

Ключові слова: особистість, стиль, каузальна атрибуція, локус контролю, когнітивні критерії, стабільність, контрольованість, глобальність, оптимізм, песимізм.