The structure of the psyche
Psyche

The structure of the psyche

- Mental process
- Mental properties
- Mental state
- Mental compositions
Mental process

- **Mental processes** act as primary regulators of human behavior. Mental processes have a certain beginning, course and completion, that is, have certain dynamic characteristics, which include parameters that determine the duration and stability of the mental process.

- Mental processes are divided into three groups: cognitive, emotional and volitional.

- Mental processes are closely interrelated and act as primary factors in the formation of mental states.
Mental state

- **Mental states** characterize the state of the psyche as a whole. They have their own dynamics, which is characterized by duration, direction, stability, intensity.
Mental properties

- Mental properties - characterized by greater stability and great constancy.
- Under the mental properties is understood to be the most significant features that provide a certain quantitative and qualitative level of human activity and behavior. Mental properties include orientation of the personality, temperament, abilities and character.
Mental compositions

- **Mental compositions** - a mental phenomenon formed in the process of acquiring a person's life and professional experience, the content of which includes a special combination of knowledge, skills and abilities.

- Knowledge is a set of information, concepts and ideas acquired by a person about objects and phenomena of objective reality.

- **Initial skills** - is an independent application of the acquired knowledge in human practice.

- **Simple skills** are simple techniques and actions performed automatically, without sufficient concentration of attention.

- **A complex skill** is learned automated physical, sensory and mental complex actions that are performed accurately, quickly and easily with little tension on the mind and ensure efficiency of human activities.

- **Complex skills** - is achieved in the process of learning the ability of a person to creatively apply knowledge and skills and achieve the desired result in a continuously changing environment of practice.