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To the Problem of Ecology of Understanding Human Being by Human

Abstract: There are several approaches to considering the concept of environmental friendliness of psychological impact, among which the dialogical one should be especially highlighted. Dialogue as a way of "co-being" and "being-human", acts as a natural form and method of psychological influence and help, specifying the peculiarities of understanding the client in a situation of psychological counseling, the collapse of the atmosphere of dialogue means failure to be oneself and the loss of the possibility of inter-human contact. A meaningful indicator of professional understanding in psychological counseling is understanding strategies as ways of forming meaning that lies in the approaches to understanding themselves. Environmental friendliness of understanding presupposes understanding that is born in dialogue, "co-existence", "fundamentally responsive", characterized by "direct contact" with the inner world of another, reflecting the process of experiencing his / her otherness, its capabilities, necessity, and productivity, the presence of a need for understanding, functions, and factors of understanding. It is important to understand that in addition to the values and goals of those communicating, understanding and transitioning to his / her new strategy is possible if a human has the desire to look and understand, it is determined in the event of the response.

Keywords: dialogue, psychological counseling, strategies for understanding a human by a human, strategy of explanation, strategy of interpretation, strategy of dialogization.

Introduction

The development of psychology as an area of theoretical and practical knowledge, the formation of its psycho-technical functions both in the life of an individual and society as a whole, is reflected in the solution of its central question: the goal and methods of psychological influence. Recently, this problem has increasingly come to be seen as a problem of permissible (for one reason or another - ethical, pragmatic,

etc.) impact and the problem of environmental relevance and validity of the impact and understanding of the client in the process of psychological counseling.

The process of globalization and integration takes place in all spheres of modern society - economic, political, social, and cultural. A person lives and develops in a group of people around him in society, changes his thoughts and behavior in accordance with his needs, and feels various connections through interaction with other members of the group. Without communication, self-knowledge, and socialization, the development of a person as a person, the transfer of social experience from person to person, the existence of communities and states, as well as the mental activity of a person (individual) are impossible (Kenzhebaeva et al., 2022).

Research problem. Analysis of the state of the problem of the Ecology of Understanding Human Being by Human, clarification of the essence, content, and strategies raises a question of what conditions can be considered necessary and sufficient for the Ecology of Understanding Human beings.

The problem of the Ecology of Understanding Human Being by Human is a relative topic to search especially since the emergence of the Internet because people understand and consume the information from social media totally different than it was initially written for other consumption (Pratiwi et al., 2022; Kassymova et al., 2020 and 2021; Pratama 2021a and 2021b).

History and Characteristics of Communication

Every living thing needs communication. Communication with each other and between other creatures. Humans as living creatures also need communication, communication with others, self-communication, and also with nature. Communication between individuals, individuals with groups, and communication between groups, either directly or through the media.

Unong Udjana Effendy in Zikri & Ahmad, communication occurs when the people involved in it have the same meaning about the thing being communicated. In other words, if the people involved in dialog understand each other what is being communicated, then the relationship between them is communicative. Aristotle who lived hundreds of years BC to modern communication experts born in the 20th century realized how important communication is for social, cultural, educational, and political life. In the past, Aristotle's communication studies only revolved around rhetoric in small circles. Communication developed rapidly with the industrial revolution in Europe which then expanded to the rest of the world (Zikri & Ahmad, 2017).

At this time communication has developed into a science and knowledge that is studied, researched, and continues to be developed. Even so, there are still many ineffective communications that lead to misunderstandings or miscommunication between communicators. Therefore, a strategy is needed to understand the meaning of communication, so that a solution can be found in overcoming problems or changing behavior.

The main components of communication include communicator (source), media (channel), communicant (receiver), and effects. Communication cannot be separated from psychology and vice versa. The discussion of communication will never be separated from the behavior and experience of human consciousness. With good communication skills and using an understanding of psychology, information addressed to someone will be easily received and well-received to form a common understanding (E-learning Bina Sarana Informatika University). In the opinion of Monroe (Zikri & Ahmad, 2017), if we want to influence other people, first grab their attention, then arouse their needs, give instructions to the person on how to satisfy these needs, then give an idea in his mind about the advantages and disadvantages that will arise. He will get if he applies or does not apply our ideas, in the end, give him encouragement to take action.

Understanding someone is closely related to the psychology of communication. George A. Miller defines Communication Psychology as "the science that seeks to describe, predict, and control mental and behavioral events (behavior) in communication". Describing means analyzing why an act of communication can occur. Predicting means making certain generalizations over a number of behaviors associated with certain psychological conditions, so we will predict what form of behavior will appear if a stimulus is given to people with certain psychological characteristics. Controlling means we can manipulate if we want or don't want a certain effect from the communication that occurs (E-learning Bina Sarana Informatika University).

Counseling and Strategy Understanding Human Being

According to Gladding in Rezki Hariko (2016), counseling is defined as a mental health tool with psychological principles or human development through cognitive, affective, behavioral, or systemic interventions. Counseling cannot be separated from communication. To become an expert counselor, good communication skills are needed, back to the purpose of communication. Communication aims to inform, entertain, or influence or change behavior. According to Syaiful Akhyar in Henni & Abdillah (2019: 9), the goals of counseling are:

- (1) providing facilities for behavior change;
- (2) improving interpersonal relationships and fostering mental health;
- (3) improve skills to deal with problems;
- (4) provide facilities for capacity development;
- (5) improve the ability to make decisions.

Can be concluded the purpose of counseling is the occurrence of behavioral changes in the client in accordance with the abilities and potential of the client. Counselors seek to facilitate and provide support, together with clients to make problem-solving alternatives for the sake of change for the better and in accordance with the goals to be achieved in counseling (Mulawarman & Eem Munawaroh, 2016: 9).

Dan Ariely in his speech on Ted Talk stated that providing information to someone cannot simply change that person's behavior. He also said, if we want to change behavior, then we have to change the environment first. It can be concluded that if we want to change a person's behavior, then we must change his environment.

The environment is one of the factors in the formation of behavior in individuals. The environment greatly influences the development of the behavior of each individual. Individuals who are raised in a conducive environment with adequate facilities and infrastructure, so that all of their innate potentials can develop optimally. However, there are also individuals who live and are in a less conducive environment with limited facilities and infrastructure so that all of their innate potentials cannot develop properly and become wasted (Henni & Abdillah, 2019: 38). It also gives countenance that environment has an important role in changing a person's behavior.

In understanding human beings, it takes a special ability. Even perhaps need specific methodologies to understand human beings, at least when we try to understand them in a particular way. The idea is that there is a kind of understanding of other human beings that we can only derive by reconstructing their perspectives, "from within" those perspectives and based on their own terms (Grimm, 2021).

Understanding is one of the cognition abilities, Alison Hills characterizes the distinctive psychological abilities that undergird understanding in terms of "cognitive control" (Grimm, 2021). Giambattista Vico stated that understanding human beings different from understanding the natural world. According to Vico, just as we have special knowledge or understanding of things we have made or produced ourselves, so we can have special insight into things that other human beings have made or produced, where the things made or produced included not just physical artifacts but also human actions. Vico further thought of special ability — fantasia, or reconstructive imagination — in which we can enter into the minds of others and see the world through their eyes and in terms of their categories of thought (Grimm, 2021).

The first strategy to understand human beings is an explanation. Explanations are a really important thing in daily life. Features of the world that we cannot explain are a major focus of research, even if we know a great deal about them. It is thus not surprising that philosophers have been greatly concerned with the nature of explanation. If we understood what we had to produce in order to explain something, we would understand a lot more about human thought and the process of knowledge (Chart, 2018: 1). Environmental human-friendliness is a significant contextual determinant of quality of life (L. Horelli, 2006).

Research results

There are several approaches to considering the concept of environmental friendliness of psychological impact (Chiari, 2015; Dimcovic, 2021; Ekstein & Nelson, 1981; Marmor, 2021; Martinez et al, 2012):

- criterion of environmental validity impact - its effectiveness, fascinating impact,
- client's opinion on the course of counseling and legitimacy-desirability of his methods are not taken into account, the need and productivity of a particular procedure, interpretation,

- a process in which "nothing happens", the presence and nature of the client's "dialogical intention" is taken into account, and the "meeting" of equal partners of the dialogue determines the choice of a model of interaction and mutual understanding.

Features of one or another paradigm of interaction: the first two correspond to the monological paradigm and imperative and manipulative strategies of influence, respectively, the dialogical paradigm, based on the principles of probability and complex causality, will make it possible to make the subject's own experience the starting point of cognition, is realized in the developmental strategy of psychological influence. Environmental education plays a central role in the global continuing education system. Environmental education is the leading competence of a person in relation to understanding himself as an integral being (Arpentieva MR et al., 2019b; Friedman, 1988; Goldstein & Michaels, 2021).

Dialogue as a way of "co-being" and "being-human", acts as a natural form and method of psychological influence and assistance, specifying the characteristics of understanding the client in a situation of psychological counseling, the disintegration of the atmosphere of dialogue means "failure to be oneself and the loss of the possibility of inter-human contact" ... The problem of environmental friendliness of psychological influence is closely related to the problems of an ethical plan (psychological dependence of the psychologist and the client, and their dependence on society) and the problem of professionalism (Arpentieva, 2018; Korchagina & Arpentieva, 2017; Minigalieva, 2019).

In our opinion, the criterion of the professional maturity of a psychologist can be the peculiarities of his understanding of the client: understanding acts as a professional task of the psychologist-consultant. A meaningful indicator of professional understanding in psychological counseling is understanding strategies as ways of forming meaning that lies in the approaches to understanding themselves. Environmental friendliness of understanding presupposes an understanding that is born in dialogue, "co-existence", "fundamentally responsive", characterized by "direct contact" with the inner world of another, reflecting the process of experiencing his otherness: "It is quite possible to admit and think that a single truth requires a plurality of consciousnesses, that it is eventful by nature and is born at the point of contact of consciousnesses" (Bakhtin, 1975; Howard et al., 1969; Klosinski, 1992; Liu et al, 2021).

Attempts to overcome the monologue of consciousness lie in three planes:

1. construction of a "privileged" topos, a system of values ("Socrates strategy"),

2. principled pluralism as an attempt "to cover" absolutely everything ("Montaigne's strategy"),

3. "drift among many ideological islands", the eventfulness of truth as "co-meanings" ("Barthes strategy"), and "concrete understanding of the other", - each of which presupposes its own criteria for environmental friendliness of psychological impact and understanding.

It is implemented in the appropriate strategies for understanding the client: 1. complementary, 2. transformative, 3. integrating information about the problem and strategies for detecting the meaning inherent in the situation, creating (new) meaning, and creating "co-meanings" in a dialogue with another person. One of the criteria which are the specifics of the context of understanding the problems: orientation to the generalized experience available to the subject understanding at the moment, orientation towards the typical in the inner world of the client, correlated with normative knowledge, and orientation towards the individuality of the client and practical objectivity, etc.

The "ecological potential" of each of these strategies of understanding and psychological influence is obviously different, increasing with the transition to the strategy of integration in understanding and to the developmental strategy of influence: from monological to dialogical ways of interaction. Within the framework of the given strategies of understanding, there are qualitatively different approaches to considering its capabilities, necessity and productivity, the presence of a need for understanding, functions, and factors of understanding. The use of the complement strategy is based on the assumption that understanding is possible and necessary if the situation has a specific meaning, understanding is reproductive in nature, the need for it is weakly expressed, actualizing at moments of misunderstanding and ending with the discovery of the "meaning" of the situation.

The basis of the use of the transformation strategy is that understanding is possible, necessary, and productive, the need for understanding is realized and strongly expressed, the desire for "effective understanding" (creating the meaning of the situation), and the presence of an explicit theory of understanding in the subject are characteristic. The integration strategy assumes that understanding "can be", productively, responsively, and the need for understanding is actualized by the need of another "to be understood", aimed at the formation of "co-meanings" in the process of dialogue.

As already noted, the above strategies of understanding (strategy of explanation, strategy of interpretation, the strategy of dialogization) have different dialogical potentials (Arpentieva n / Minigalieva 2014; Arpentieva, 2017c; Minigalieva & Minigalieva, 1999), provoking the emergence of one or another type of speech, communication situations and the choice of one or another "form of discourse": practical, revolving around the justice of actions "judicial speech" (Phillips & Grattet, 2000), theoretical, revolving around the truth of the appearances ("business speech" and a business communication situation) and aesthetic - around the sincerity of feelings, authenticity ("carnival-forced speech" in a "game communication situation") (Arpentieva et al., 2019a; Kassymova et al., 2019; Goldstein & Michaels, 2021).

The implicit theory of understanding (representation of it) in each of the cases:

- is static, unconscious, understanding as a phenomenon which is realized only in situations of its absence, the subject relies on the "sense of comprehensibility" in assessing its results,

- is static, conscious, acts as a component of feedback, understanding is recognized as a goal and value, an implicit theory is close to explicit, the subject retains "faith in understanding" and the impossibility of knowing,

- dynamic, close to explicit (the desire for effectiveness is expressed), understanding is realized as a goal and means of transforming a problem situation.

The criteria for the effectiveness of understanding are:

1. understanding as finding a common language, the main criteria for understanding are the speech genres and techniques used,

2. understanding as finding common metaphors, the criteria for understanding are the nature of concepts of understanding and normative roles,

3. understanding as finding (emergence) common values, the main criteria are the position and values of the subjects (Arpentieva, 2017a; Arpentieva, 2017b).

Thus, the named strategies have different possibilities for understanding the other ("Alien"). Alien is available as a variant of the general as "His / Her" and through the formation of a stylistic analogy, "signified" by it (Bavelas et al, 2017; Mircea, 2015; Minigalieva & Minigalieva, 1999; Sanguineti, 2007). Alien is inaccessible, its understanding is carried out through reduction to meaning Alien, leading to its destruction, Alien is perceived as accessible only in the experience of "irresistible absence". Alien is perceived as relatively accessible. It is possible, that if a human has the desire to look and understand, is determined in the event of a response.

Conclusions

There are different strategies for a person's understanding of a person: the strategy of explanation, the strategy of interpretation, and the strategy of dialogization. These strategies differ in "environmental friendliness", in the degree to which they make it possible to understand another human as another, close to his or her own understanding, and not to his / her own. The explanation strategy primitivizes and reduces the other to the understanding person's own experience. The interpretation strategy reduces the other to the experience of the psychotherapeutic community. And only dialogization is full "environmentally friendly", it makes it possible to understand another person as an interlocutor from his own system of values, temporal and spatial "coordinates".

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