

**ISOLATION IN THE PERSONALITY IS A SERIOUS OBSTACLE  
TO THE DEVELOPMENT OF CREATIVITY AND HEURISTIC STYLE  
OF COGNITION**

*Abstract: the article highlights important aspects of closure. Isolation is a permanent personality quality or a temporary condition, expressed in a decrease in communicative activity and conscious restriction of contacts with other people. A closed person usually avoids large companies and does not like to be the center of attention, because he is focused on his inner world. He prefers to immerse himself in his own thoughts and experiences, being in solitude and knowing for sure that no one will bother him.*

*Keywords: isolation, protection, mechanism, dialectic, model, cognition, creativity*

**Introduction**

Every well-read person remembers the expression "Man is a social being" [2]. Its meaning lies in the fact that we all constantly interact with other people: relatives, friends, acquaintances and strangers [1]. It's easy for some people. They are always happy to communicate and easily make new acquaintances. For others, it is difficult to make contact and get closer to people. They avoid noisy companies and prefer to spend time in a very narrow circle of the closest people or even alone [3].

**Materials and methods:**

This includes empirical methods such as modeling, fact-finding, experiment, description and observation, as well as theoretical methods such as logical and historical methods, abstraction, deduction, induction, synthesis and

analysis, as well as methods of heuristic strategies. The research materials are: scientific facts, the results of previous observations, surveys, experiments and tests; means of idealization and rationalization of the scientific approach.

This behavior, contrary to the social nature of man, is due to such a quality as isolation. This quality is quite common and, of course, creates significant difficulties in a person's life.

Isolation is a permanent personality quality or a temporary condition, expressed in a decrease in communicative activity and conscious restriction of contacts with other people. A closed person usually avoids large companies and does not like to be the center of attention, because he is focused on his inner world. He prefers to immerse himself in his own thoughts and experiences, being in solitude and knowing for sure that no one will bother him.

The main synonyms of the concept of "closeness" are: unsociability; unsociability; lack of communication; closeness; secrecy; lack of contact [3].

It is difficult for a closed person to start communicating with strangers, make new acquaintances and get closer to people. He feels uncomfortable in large companies, it is difficult for him to develop and maintain social ties.

Naturally, this affects all areas of life. In particular, introverted children almost always have problems with their studies. Of course, they could achieve success through diligence, but when faced with incomprehensible moments, they are in no hurry to ask questions to the teacher, so they begin to lag behind. And an adult, being withdrawn, constantly misses opportunities, because he often does not dare to "knock on the door" in the literal and figurative sense of the expression.

### **Results and discussion:**

It happens that a person is tired or thinking about something of his own, and they decide about him that he is withdrawn. And it also happens that an introverted person is required to be excessively sociable, simply not noticing

that he is not predisposed to it. There are several signs that allow you to avoid these mistakes and accurately identify a closed person:

- lack of communication. Such a person keeps silent as much as possible, and when addressed, tries to answer as concisely as possible, avoiding entering into a dialogue. He also almost never starts communicating first.;
- lack of initiative. Introverted people avoid taking the initiative not only in communication, but in general in all matters. In order not to attract too much attention to themselves, they prefer to be behind other people's backs;
- characteristic poses. Such people constantly adopt so-called "protective" poses, shutting themselves off as much as possible and closing themselves off from the outside world. They tilt their heads, cross their arms over their chests and hold a briefcase or bag in front of them. At the same time, they try to take a place in the corner so that no one "gets close" to them from behind or from the side;
- nervousness. Being in a noisy place, a closed person feels uncomfortable and cannot hide it. He wants to get out of there as soon as possible, so he is constantly nervous, looks at his watch and does not hide his displeasure when someone addresses him.

Both external and internal factors can transform a person into a closed person, of which the most significant are: lack of communication skills; shortcomings that interfere with communication; negative experience; low self-esteem; upbringing; influence of temperament.

Isolation is often a consequence of how the parents raised the child. They could severely restrict his communication with other children and strangers in general. In addition, the reason may be the parents' detachment, their emotional coldness towards the child. For example, if he drew a drawing and showed them, but did not hear the praise, he would later be reluctant to show the results of his efforts;

Closeness is often associated or even identified with shyness, but there is not much in common between these qualities. Yes, they can be related and mutually conditioned. And yet these are different concepts. To understand the difference between them, let's compare their features.

Isolation is a voluntary isolation of a person from society, reflecting his orientation towards his inner world. He does not like being in the center of attention, being in a big company and communicating with unfamiliar people. He does not feel such a strong need for constant communication and social interaction as the owners of an extroverted personality type. And it's not about fear or timidity at all [8].

Shyness is a personality trait that implies indecision, fearfulness and stiffness in communication. A shy person restricts his social contacts not because he does not need them, but because he is afraid of appearing intrusive or being rejected. He needs communication, intimacy and love just like all other people, but his timidity hinders him [4].

It should be noted that shyness may well cause isolation. If a person often gets into awkward situations because of it, it can gradually make him uncommunicative and unsociable. Under the influence of negative emotions, he may decide for himself that he simply does not like to communicate and be in large companies [5]

### **Conclusion**

Isolation is considered to be a negative personality trait. She is viewed together with sullenness and unsociability, and the people to whom she is peculiar are sometimes considered sociopaths. And yet she also has positive aspects, in particular, such as: the trust of others; loyal friends; the ability to focus.

In the long-term influence, isolation negatively affects the psychoemotional state of a person [6]. In particular, it can cause depression.

Taking into account this and all other internal limitations [7] that some creative personalities have to put up with, it is necessary to get rid of these character traits *избавляться как можно скорее* [8].

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