

нение комфортного зрения наблюдается на 7 сутки. Мы видим (рис.1), что в первый день пациент читает уже восьмую строку из десяти, далее средняя острота зрения достигает десятой строки – 1,0.

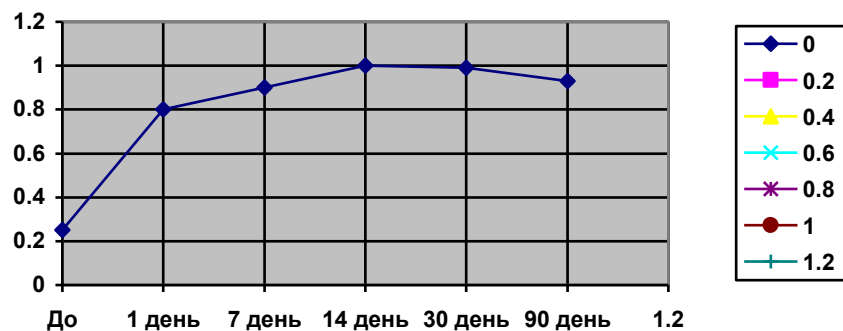


Рис 1. Диаграмма повышения остроты зрения

**Выводы:** Ортокератология – эффективный, самостоятельный способ коррекции миопии до  $-6,0D$ . Максимальный рефракционный эффект наступает в первые сутки после начала терапии. Стабилизация эффекта, и сохранение комфортного зрения до конца дня наблюдается на 7 сутки, в зависимости от первоначальной величины миопии. Пациент имеет отличное зрение в течение суток.

## LAZINESS AS A MOTIVATION FOR ACTION

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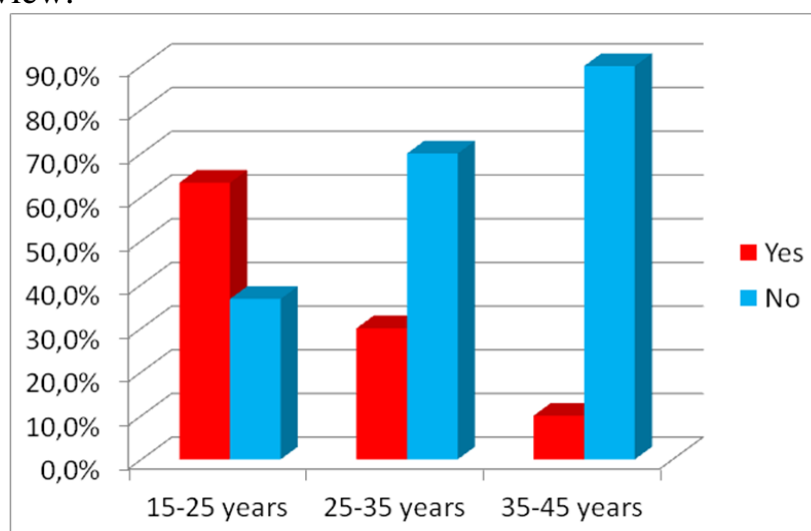
This paper studies laziness as a basic human feature and provides an insight into its nature and functional value.

Traditionally, laziness, defined by Dahl's Explanatory Dictionary of the Living Great Russian Language as 'reluctance to work, aversion to labor, inclination to idleness, to parasitism', is viewed as a negative quality which is clearly not welcome. However, modern psychology sees laziness either as the motor of progress that helps a person to 'first choose the most reasonable and efficient way of performance and then to proceed to direct action' [2], or a protective response to physical or mental overload, which manifests itself in reduced productivity [1]. Therefore it is logical to assume that laziness is a human condition accompanied by a desire to relax and do nothing, which, in moderation, helps a sick or exhausted individual to recover. Other positive aspects of laziness include avoiding doing something unpleasant or undesirable, saving energy and (ironically) time; giving one a chance to relax, and signifying a true desire to act in a different way.

A survey of 50 persons of different age, wealth and social position has been conducted. The subjects were asked two questions:

- Do you consider yourself a lazy person?
- Do you think that laziness helps to make life easier?

The study revealed that in the 15-25 years' age group, 63.3% of persons (19 out of 30) consider themselves lazy, but they never put the responsibility on other people and take a proactive stance improving themselves; in the 25-35 years' age group 70% agreed that laziness prevents them from learning something new; in the 35-45 years' age group 90% believe that laziness is an addiction and has to be helped. These results demonstrate that the younger generation tends to perceive laziness as a motivation for action, while the older generations do not agree with this view.



In the proactive perspective, laziness is a good indicator of whether a person is engaged in a truly meaningful and satisfying activity. The feeling of irresistible laziness may be a signal of one's subconscious that some actions are senseless. So staying lazy at this point may provide an opportunity to reflect and reassess priorities and make a better decision. In this respect, laziness links well with the idea of Slow Motion [3], a philosophy and set of practices to slow down against the heedless pace of contemporary life. Secondly, laziness is an excellent diagnostician of one's physical and energy status [4]. And yet another functional value of laziness is that, after a period of total idleness, a person springs to action with a replenished eagerness to act. So, in practical terms, one has to accept their laziness as a necessary and temporary condition rather than fight it to reach to a new level of alertness.

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