

Full text in Russian: [Усенко А.Б., Кузьмина К.А. Особенности произвольной саморегуляции поведения младших подростков с разными типами вегетативного реагирования](#)

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The characteristics interlevel relationships in the system of mental self-regulation in junior adolescents aged 11–14 (total of 170 subjects) with different types of autonomic nervous system (ANS) response were studied. Junior adolescents with vagotony demonstrate relatively low level of voluntary self-regulation development. Optimal state of regulatory system with minimal use of functional reserve, openness and willingness for social contacts provide conditions for development of harmonious voluntary self-regulation system. In junior adolescents with sympathotony voluntary self-regulation processes occur under mental and emotional tension. Need for new experiences and striving for activity diversification provide conditions for development of voluntary self-regulation strategies which can prevent emotional stress development. Junior adolescents with low activity of both parts of ANS exhibit plasticity of regulatory processes of neuro- and psychophysiological levels that predetermines development of harmonious voluntary self-regulation system. In junior adolescents with dystonia the quick access to functional reserves provides favorable conditions for successful exploration of objective world, expansion of social contacts and development of the most effective system of voluntary self-regulation. However, high level of neuro-regulatory strain may lead to breakdown of adaptation processes that can be prevented by using saving resources strategy.

Keywords: vagotony, autonomic nervous system balance, autonomic nervous system response, voluntary self-regulation of behavior, psychic self-regulation, sympathotony, temperament

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Cyrillic letters are transliterated according to BSI standards.

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