The role of external components of the speech act in a provocative psychotherapy session

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Abstract. The article analyzes the external speech act components in the session of provocative psychotherapy and characterizes their functional roles. The aim of the paper is to study the process of speech interaction between a psychotherapist and his patient from the perspective of implic implic pragmalinguistics, to identify relevant factors that realize the speaker's intentions to influence the listener, to determine the conditions for their implementation. The relevance of highlighting the designated range of problems is explained by the interest to them of both highly specialized doctor engaged in pragmalinguistics, and the general public - people who want to know the process of speech creation, capable of readjusting the thinking process and/or behavior of a person requiring psychological help.

The study is based on the classification of external components of an act of speech highlighted in 1975 by D.H. Hymes: speaker, listener, message form, topic, code, communication channel and setting. These components were studied by the authors from the position of latent pragmalinguistics on the basis of medical discourse of the psychotherapeutic genre, so variant denotations were given for the speaker and the listener: the speaker is the sender of the text or the psychotherapist; the listener is the receiver of the text or the patient. The study of the external components functionality of the speech act was based on R. Jakobson's works devoted to this topic.

Studying the external components function of a speech act in psychotherapy, the authors come to the conclusion that each of them is subordinated to the common goal of any speech creation - to influence the interlocutor (in our case - the patient) implicitly, to transform the destructive worldview attitudes and to induce him to a certain speech act. Such an effect is carried out by means of actualization of grammatical forms, common for both participants of speech interaction.

1 Introduction

Over the last decades, the humanities have emphasized the priority of an anthropocentric approach to the study of reality, that puts the human being in the focus of its attention. In this regard, the study and analysis of any linguistic phenomenon is viewed and analyzed through the prism of its connection with the addressant. Any speech production is connected with the speaker's intention to influence his listener. This is especially apparent in provocative psychotherapy, which introduces the method of provocation into

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psychological practices. This method is based on the provocative speech effect of the psychotherapist on the patient. It contributes, according to psychologists, to a more rapid reorientation of the patient's destructive thinking to constructive thinking and its reversal from the depressive state. Consequently, provocativeness in implicit pragmalinguistics is the characteristic of provocation to have a positive influence on the addressee and thus perform a corrective and stimulating function in speech interaction.

On the other hand, immersed in the speech environment, speech units, indeed, are subject to individual reinterpretation and reflect the speaker's speech style and speech experience. Being embodied in a specific speech situation and uttered by a certain person in a particular spatial and temporal interval, utterances are enriched by new senses, or nuances of meaning. But they become accessible to understanding only in a speech act "a purposeful speech action of communicators, realized at a given time and place" [14].

The simultaneous performance of a speech act (in implicit pragmalinguistics) is fully determined by the aims and tasks of the addressee and is associated with the external components of the speech act. The proposed article is devoted to the analysis of its external structure.

2 Methods and types of the Earth’s remote sensing

Speech acts of psychotherapeutic discourse representing a session on rehabilitation of the emotional state of a person were attracted to the study as speech material. The method of modified content analysis in the aspect of implicit pragmalinguistics revealed speech signals of the psychotherapist and the patient, on the basis of which the interlocutors determined each other's personal characteristics and decided on the choice of appropriate tactics for speech interaction. Speech acts of a psychotherapeutic session on rehabilitation of the patient's emotional state were used as empirical material. A total of 500 small syntactic groups (SSGs) "minimal actualized predicative-modal units" were considered [14] from one session of provocative psychotherapy. The session was conducted by a 40-year-old doctor of the highest category, who consults patients on depressive states and psychiatric personality disorders. The psychotherapist's patient was a young woman, a housewife in need of psychological help.

The method of modified content analysis in the implicit pragmalinguistics aspect revealed speech signals of the psychotherapist and the patient, on the basis of which they determined each other's personality characteristics and decided on the choice of appropriate tactics in speech communication.

3 Analysis of the main ERS data sources for the DEM development

Human speech activity has been of scientific interest to both foreign and Russian linguists since the end of the last century. The pioneers of this new direction in linguistics, associated with an anthropocentric turn to the study of reality, were C. Peirce, C. Maurice[15] and Strohnson[20]. They considered language from the point of view of the sign and its pragmatic potential. K. Bühler[6], D. Haims[21], and R. Jakobson developed the sign idea in language by studying the realization of its models in speech: they singled out the participants of speech communication (its external components) and described the functional purpose of each of them. A considerable contribution to this area of linguistics was made by Russian scientists: G. G. Matveeva[14], G. V. Basenko[3], Y. I. Shcherbinina[25], T. A. Lisovskaya[13], and others. Their scientific interest is aimed at describing the pragmatic (influencing) function of speech and its realization in the speech act. Thus, defining the role of the sender and receiver of the text in speech cooperation,
These linguists have identified strategies and tactics of speech effect, as well as proposed by means of implicit pragmalinguistics methods of diagnosing the personality placed in real communication. A significant contribution to the research of external and internal components of the speech act of various institutional groups was made by L. G. Akhmaeva, A. Y. Baidavletov, N. P. Revyakina, V. A. Boldyreva, N. V. Golosova, G. I. Myasishchev, A. A. Dobrovolskaya, Y. V. Zadorozhnaya and others. The affecting function of speech from the point of view of psychotherapy was studied by N. A. Vedmesh, M. S. Shishov, A. Green, and others. Their works open up perspectives for further research of the speech act and creation of methodologies that improve the methodological base of linguistics-related sciences dealing with the issues of personality improvement. There is no consensus in the scientific literature regarding the quantitative and qualitative characterization of external factors of a speech act; we accept the point of view of D. Haims, who singled out 7 points. Let us present them in the table and correlate them with speech functions.

<table>
<thead>
<tr>
<th>№</th>
<th>Component</th>
<th>Priority function</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>text sender</td>
<td>emotive</td>
</tr>
<tr>
<td>2</td>
<td>text receiver</td>
<td>conative/evaluative</td>
</tr>
<tr>
<td>3</td>
<td>message form</td>
<td>referential</td>
</tr>
<tr>
<td>4</td>
<td>topic</td>
<td>referential</td>
</tr>
<tr>
<td>5</td>
<td>code</td>
<td>meta-linguistic</td>
</tr>
<tr>
<td>6</td>
<td>communication channel</td>
<td>relational</td>
</tr>
<tr>
<td>7</td>
<td>setting</td>
<td>contextual</td>
</tr>
</tbody>
</table>

Let us describe each component of the speech act and the main functions it performs. Let us consider the functions of the external components of a speech act using the example of a provocative psychotherapeutic session.

Psychotherapist: Okay! Tell us about your problem!
Patient: Well, I periodically poke my nose into other people's business. It makes me feel guilty for getting involved.
Psychotherapist: Well, you could apologize. You know how?! You could approach the person, give a recommendation, and then apologize. And the great thing about this is that you don't even have to worry about what kind of recommendation you're making and what the consequences are. Well, let's say you come to a friend, she has problems with her spouse. And you say to her, "Listen! You should leave him and divorce him." Apologize. And that's it!
Patient: That's what I do. So I've handled this problem?
Psychotherapist: Yes, we've dealt with this problem. Let's do the next one!
Patient: It's not working!
Psychotherapist: Ah! Your problem is that you're sweating about?
Patient: Yes!
Psychotherapist: Tell me about it!
Patient: Good! (https://www.youtube.com)
3. The form of the message is a dialog.

3.1 The genre of the message by genesis - primary;

3.2 The genre of the message by genre of communication - colloquial and conversational;

3.3 The genre of the message according to the purpose of communication - imperative.

4. The theme of the message - bad habits, negative associative relations that need to be transferred to the positive ones.

5. Communication code - oral spontaneous conversation.

6. Communication channel - auditory, visual and tactile.

7. Setting - an office in a medical private institution.

Let us describe the functional role of each component.

The fundamental goal pursued by the psychotherapist in this speech act is to relieve the patient of the obsessive desire to give advice to others through the speech effect.

The conative function assigned to the patient is to evaluate intuitively the quality of the psychotherapist’s speech acts and to identify their usefulness in solving his problem.

The setting - an office in a private medical institution - cleanliness, white color of walls, comfortable chairs, silence, etc. - takes communication from the domestic level and sets it in an official character.

The conditions of the speech act situation allowed the communication channel to realize the contact function: the interlocutors see and hear each other, and if necessary, the psychotherapist can touch the patient and cause pleasant feelings (which is assumed in provocative psychotherapy).

The psychotherapist has an initiating role. His goal is to influence the patient, to reorient his worldview, to help him get rid of the negative quality of “poking his nose into other people’s business.”, according to the patient’s own opinion. At the initial stage of communication he automatically evaluates the interlocutor on the scale of “education, culture, mental abilities”. Based on the phrase: “Well, I periodically poke my nose into other people’s business.” The psychotherapist intuitively concludes that the person in front of him is a somewhat selfish person with a low level of education and intelligence. This assessment is facilitated by the frequency of the first person pronoun usage (I) (That’s what I do). The diagnosed qualities and spontaneous transition to second person singular “you” help the psychotherapist to engage intuitively into the recipient’s speech style and to actualize the grammatical forms of words that are common to him or her, for example, – imperative verbs: Tell me! Listen! And leave him and divorce him! - lexemes with subjective modality: Good! - personal pronoun you: You come to your friend’s house...And you tell her... - verbs in the first person plural: Suppose. We admit... From the point of view of the structural design of the psychotherapist’s utterance, we think that his second utterance, equal to the microdiscourse, is exemplary. It not only reflects judgments correlated with some hypothetical extra-linguistic situations, but also contains additional, actually pragmatic information accompanied by a subjective opinion.

The utterance is rather extensive in structure and to a greater extent allows to reveal some speech peculiarities of the speaker and, consequently, to determine his personal characteristics.

Here, one of the explicit means of pragmatic content of the utterance at the grammatical level is intuitive repetition (you). It contributes to the establishment of closer relations between communicants, defines the links reflecting the present and directed to the future.

On the other hand, the frequent use of 1st and 2nd person personal pronouns and their corresponding verb forms, according to the emotion-oriented strategy “Participation/non-participation of communicants in the speech event”, serves as a speech signal of personal plan. This strategy allows diagnosing such qualities of a psychotherapist as authoritarianism...
and self-confidence. But the preference in the choice of pronouns of the 2nd person and verbs with non-categorical semantics (you can, you know) and introductory words with the meaning of the possibility of realization of action (let's say) directs the statement to the addressee, his problems and offers a possible way of their solution. Such speech behavior is a necessary condition for successful implementation of professional psychotherapeutic activity. The implicit effect on the patient acquires soft forms, and he sees the benefit of the received recommendations.

The reason for the psychotherapist's unconscious choice of words in the speech act is also of interest. Varying the official style lexeme "to recommend" instead of "to advise" grammatically more than once, the psychotherapist unconsciously removes the mask of a common man and reveals the face of a professional who possesses psychological and speech tools of manipulation. One of them is the law known to the psychologist: not to impose his opinion on the patient, but to create such conditions where the patient himself will find the best option for solving the problem.

The patient could intuitively diagnose the professional and personal qualities of the psychotherapist by his unconscious choice of words and grammatical forms and decide to continue the session (Good!).

4 Conclusions

The provided analysis clearly proves that the main goal of any speech act is the implicit speech effect of the text sender on the receiver. All its external components are subordinated to this goal: the sender of the text (psychotherapist), the receiver of the text (patient), the message itself, its topic, the code of speech interaction, the communication channel in it, and the environment.

1. The sender of the text performs the emotive function, i.e. influences the interlocutor by means of emotions received in the process of communication and realizes them in intuitive actualization of common grammatical forms.

2. The receiver of the text evaluates the speaker; realizing the conative function, he diagnoses the personal qualities of the text sender by speech signals and makes a decision on the further interaction.

3. The message and its topic should have, first of all, such properties, which in the best degree help to interest the listener and keep his attention, so they are connected with referential and referent purpose.

4. The auditory, visual and tactile channels of communication in the speech act have a contact-establishing purpose, so they fulfill a contact function in the speech act.

5. The environment—the place where communication is carried out—correlates with the contextual function and helps to understand the nuances of the meaning of the utterance placed in the speech act.

In natural conditions, the external components of a speech act always work in a complex: for the best achievement of the affecting goal, they are perceived not in a separate frame, but in close interaction.

To understand the mechanism of the unconscious choice of these units in speech production and to determine the degree of their influence on the formation of the nuances of meaning of the whole utterance is possible only in a complex, comprehensive consideration of them. Nuances of meaning, due to their ability to vary the general semantic content of a phrase, interpret it within the "here and now" and act as a supporting element that distinguishes the influencing component from the information segment.

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