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ПРИРОДА ЛЕВОРУКОСТИ: ГИПОТЕЗЫ И ТЕОРИЯ
THE NATURE OF LEFT-HANDEDNESS: HYPOTHESES AND THEORY

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Аннотация: в статье рассматриваются проблемы, связанные с природой леворукости, которая является одной из постоянных характеристик индивидуально-типологических особенностей человека. Рассмотрены причины возникновения леворукости, такие как наследственность или генетическое левшество (как индивидуальная врожденная характеристика), патологическое или компенсаторное (как результат работы механизма компенсации), вынужденное или приобретенное (как результат травмы правой руки или переучивание), трудности, с которыми сталкиваются леворукие люди.

Abstract: the article discusses the problems related to the nature of left-handedness, which is one of the permanent characteristics of individual typological characteristics of a person. The causes of left-handedness such as heredity or genetic left-handedness (as an individual innate characteristic), pathological or compensatory (because of the compensation mechanism), forced or acquired (due to an injury to the right hand or retraining) are considered, difficulties faced by left-handed people.

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Ключевые слова: леворукость, наследственность, адаптация, мозг, полушарие, когнитивные функции, генетика.

Key words: left-handedness, heredity, adaptation, brain, hemisphere, cognitive functions, genetics.

Research shows that left-handers differ from right-handers in a number of mental development parameters. Despite their abilities, left-handers are in less favorable conditions than right-handers. For example, left-handers easily adapt to individual activities that require initiative and intuition, and have the ability to anticipate and imitate. Left-handers are not hindered by mental activity, achieving success in the development and improvement of intellectual and motor abilities. An increase in the number of left-handers can lead to an increase in the general level of intelligence of society and even the emergence of geniuses in various fields.

Left—handedness is the ability to use the left hand to perform various tasks, both physically and cognitively. For most of history, left-handed people have faced various difficulties due to the social and cultural bias that exists against right-handed people. In this article, we will look at the main problems faced by left-handed people, as well as the theoretical aspects of left-handedness and ways to overcome them in practice.

Left-handedness is the use of the left hand, which can be congenital or forced. A person with congenital left-handedness is called left-handed. There is also latent left-handedness, when a person has been accustomed since childhood to use his right hand, but in some situations or in a state of passion he uses his left. Latent left-handedness can be identified by a variety of morphological and functional features. The presence of left-handedness, whether overt or latent, plays an important role in neuropsychological research.

Historically, attitudes towards lefties have been ambiguous, with many languages expressing negative attitudes towards lefties, including Russian. However, with the development of society and science, attitudes towards lefties are gradually changing. Currently, many aspects of left-handedness are being studied, which makes

it possible to change stereotypical perceptions and develop effective teaching methods for left-handers.

Given the different causes of left-handedness, as well as the differences between left-handedness and left-handedness, it is important to use a differentiated approach in teaching left-handed children. Left-handedness is not limited only to the use of the left hand, it also includes left asymmetry in the functioning of paired organs. Therefore, it is important to take into account all aspects of left-handedness when approaching left-handed people.

Throughout evolution, people who differed from the majority in some individual characteristics, such as lefties, aroused interest and surprise. However, the attitude towards lefties was often wary, and sometimes sharply negative. In the Middle Ages, left-handedness was associated with evil spirits.

Left-handers were also retrained, forced to use only their right hand. This greatly harmed their health and often led to tragedy.

Scientists have found that over-learning can lead to various disorders: neurosis, stuttering, tics, and developmental delay.

In addition, in Russia they were retrained until 1985. In a soft form, they placed all the objects on the right and constantly reminded which hand to use. [1]

From these studies, it can be concluded that left-handed people cannot be retrained. You can try to develop the other hand only if he wants to. We must try to create all the conditions for their normal life.

Fortunately, nowadays, when many stereotypes are being broken, the very concept of "norm" is becoming less rigid, and attitudes towards various manifestations of individuality are changing. The phenomenon of left-handedness is currently being studied a lot, and the results of this work make it possible to change the stereotypical perception of left-handers and even gradually develop methods for their education.

Scientists dealing with the problem of left-handedness put forward various concepts of its occurrence and, accordingly, talk about the various psychological

characteristics of left-handers. One thing is certain - lefties should not be treated as a homogeneous group. To implement a differentiated approach to left-handed children, it is not enough to show requirements for their behavior and learning that are different from those for right-handed children. It is necessary to take into account the various causes of left-handedness, as well as to differentiate the concepts of "left-handedness" and "left-handedness."

Researchers from the University of Michigan have found that men have a predominance of characteristics such as anger, fear, low self-control and conformity. These results were compared with handiness preferences and showed a link between temperament and left-handedness. [2]

The following factors can be attributed to the theoretical aspects of left-handedness.

1. Genetic factors. Research shows that left-handedness may be related to genetic factors. However, the exact mechanisms of transmission of this trait are not yet fully understood. There is a hypothesis that left-handedness is a consequence of an imbalance in the work of the cerebral hemispheres: left-handed people are more likely to have a more pronounced dominance of the right hemisphere.

2. Cultural and historical aspects. Attitudes towards left-handed people have varied significantly across cultures. In some societies, left-handedness was perceived as an anomaly or even as a sign of unkind qualities. For example, in the Middle Ages, left-handedness was associated with witchcraft and impiety.

3. Psychological characteristics. Research shows that left-handed people may have unique cognitive styles and creative abilities. They often show a tendency towards more out-of-the-box thinking and innovative approaches, which can be their advantage in certain areas.

The process that leads to manual laterality (LM), i.e. the preferential use of one hand over the other (and therefore also of the left hand over the right), seems to be influenced by various factors: genetic, prenatal, cerebral and environmental. A deterministic imprinting at the basis of manual laterality is suggested by several evidences. [3]

Beyond the fact that there is a higher correlation between the manual laterality of biological parents and children than that of adoptive parents and children, twin studies have offered an important contribution to the inheritability of manual laterality. What emerges from these studies, which typically compare twins sharing the same genome and heterozygous twins, is that about 25% of the phenotypic variance of manual laterality has a genetic component.

Research shows that left-handers differ from right-handers in a number of mental development parameters. Despite their abilities, left-handers are in less favorable conditions than right-handers. For example, left-handers easily adapt to individual activities that require initiative and intuition, and have the ability to anticipate and imitate. Left-handers are not hindered by mental activity, achieving success in the development and improvement of intellectual and motor abilities. An increase in the number of left-handers can lead to an increase in the general level of intelligence of society and even the emergence of geniuses in various fields.

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