



PHENOMENOLOGICAL AND EXISTENTIAL APPROACHES TO THE PROBLEM OF CONSCIOUSNESS IN WESTERN PHILOSOPHY

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Abstract: In Western philosophy, the problem of consciousness has been studied for many centuries based on various approaches. Phenomenological and existential approaches are of particular importance in this topic. Phenomenology is an approach aimed at connecting consciousness with the external world, understanding its structure and experiences, and was developed by philosophers such as Edmund Husserl and Martin Heidegger. Existentialism, on the other hand, focuses mainly on discovering the individual life, freedom and meaning of man, and was also developed by figures such as Jean-Paul Sartre and Friedrich Nietzsche. These two approaches have complementary and sometimes opposing points of view in understanding consciousness. Phenomenology and existentialism reveal the deep layers of philosophical thinking and make it possible to reassess the meaning of human life, consciousness and existence.

Keywords: Phenomenology, Existentialism, Consciousness, Western philosophy, Edmund Husserl, Martin Heidegger, Jean-Paul Sartre, Friedrich Nietzsche, Human freedom, The structure of consciousness.

INTRODUCTION

The question of consciousness has always been one of the central themes in Western philosophy. The nature of human consciousness, its relationship to the external world, as well as the inner experiences of consciousness and the search for meaning are among the main problems of philosophical thought. Phenomenology and existentialism are the most studied and developed approaches in this field. Phenomenology is based primarily on the direct study of human experience, in which it sheds light on how consciousness is distinguished from objective reality and on each of its structures. Phenomenological thinking was developed by philosophers such as Edmund Husserl and Martin Heidegger, whose work opened up new ways of understanding consciousness.

In contrast, existentialist philosophy studies consciousness not only at an intellectual level, but also in terms of the meaning of human existence and its freedom. Philosophers such as Jean-Paul Sartre and Friedrich Nietzsche have focused on the study of human freedom, its existence, and the processes of self-realization. In existentialism, human existence is more of a subjective experience, determined by specific situations and choices.

The interaction of these two approaches and their views on the nature of consciousness complement each other, forming a deeper understanding of the essence of consciousness. Phenomenological and existential approaches offer different approaches to the study of consciousness, which further enriches this philosophical space.

Methodology:

The methodological basis of this study is based on the analysis of phenomenological and existential philosophical approaches. The purpose of the methodology is to identify the

specific features of phenomenological and existential approaches to the study of consciousness in Western philosophy, their common aspects and differences. The study is based on the following methodological approaches:

Phenomenological analysis: The methodology of phenomenology is based on the works of Edmund Husserl and Martin Heidegger. In this approach, the method of "phenomenological reduction" is used to study the internal experiences of a person and the structure of consciousness. Through this method, the manifestations of objects of the external world in our consciousness and the subjective experiences associated with them are analyzed. Through phenomenological analysis, the true content and structure of consciousness are revealed.

Existential analysis: The methodological foundations of existentialism are expressed, in particular, in the works of Jean-Paul Sartre and Friedrich Nietzsche. This methodology requires deep reflection on human freedom, existence and the meaning of being. In existentialism, consciousness does not arise only from objective approaches, but also from personal choices, human experiences of existence and the search for meaning in life. This method analyzes subjective experiences and the isolated existence of a person in consciousness.

Comparative method: The study uses the method of comparing phenomenological and existential approaches. This method helps to identify the specific features of the two approaches, their differences and common aspects in understanding consciousness. In the process of comparison, such basic concepts as external and internal relations of consciousness, subjectivity and objectivity, freedom and responsibility are studied.

Analytical approach: The analytical method is used in a deep analysis of phenomenological and existential approaches. With the help of this method, the psychological and philosophical aspects of consciousness, as well as the relationship of consciousness with the outside world, subjective experiences and personal freedom are considered.

Through the research methodology, it will be possible to study the specific approaches of phenomenological and existential approaches to understanding consciousness, as well as to identify the connections and differences between them. This methodology will also help to form deeper understandings of the problem of consciousness in Western philosophy and its role in human life.

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In Western philosophy, the issue of consciousness has a long history and has been studied from a variety of perspectives. Phenomenological and existential approaches have played a key role in shaping understandings of the nature of consciousness and its place in human life. This section examines in detail the distinctive features of phenomenological and existential approaches to understanding consciousness, their common and distinct aspects, and the relationships between these approaches.

Phenomenology and Consciousness:

Phenomenology is an approach to understanding subjective experience and consciousness, founded by Edmund Husserl. Phenomenology considers subjective experience rather than objectivity as the main concept in relating consciousness to the external world. Through Husserl's method of "phenomenological reduction" (or "epoché"), it seeks to determine how a person experiences and understands existence. According to him, a person perceives objects in the external world in a unique way, and this perception shapes the phenomena that arise in his consciousness.

Husserl's phenomenology aims to study consciousness in a "complete" and "exploratory" way, in which each experience should be shown to be what it really is. Phenomenology emphasizes the high importance of subjective experience and describes how consciousness is distinct from objective reality. Heidegger, on the other hand, views consciousness in terms of the human "relationship with the world", in which human existence constitutes the basic structure of consciousness.

Existentialism and consciousness:

Existentialism is a philosophical approach, developed mainly by Jean-Paul Sartre, Martin Heidegger, and Friedrich Nietzsche, concerned with human existence, freedom, and subjective experiences. In existentialism, consciousness is central to the understanding of human identity, existence, and freedom. Sartre particularly emphasizes consciousness as a means of fully understanding one's existence and creating one's own future by linking it to freedom and

choices. Sartre developed the concept of "ontological freedom" and claimed that a person is completely free to create himself and is responsible for all his decisions.

Nietzsche, on the other hand, put forward the idea that "a person creates his own destiny and existence." In existentialism, human existence is formed not only by external factors, but also by internal, personal experiences. At the heart of existential philosophy is the process of human self-awareness, a sense of strict responsibility for oneself, and making free choices.

Relationship and differences between phenomenology and existentialism:

Although phenomenology and existentialism have similar aspects, their approaches to understanding consciousness differ. Both approaches focus on subjective experience and the inner world of a person, but their main focus is different:

Phenomenology analyzes how consciousness connects with the objective world and how a person perceives the external world. In this approach, the phenomena of the external world are formed through human experience, and objective concepts are studied along with subjectivity.

Existentialism, on the other hand, studies the freedom, existence, and role of man in self-creation. In this approach, consciousness should be subjective, because each person creates the meaning of his life and has freedom in the process of self-awareness.

Phenomenology is more focused on studying the structure of consciousness and its relations with the external world, while existentialism talks about the existence and freedom of man, how he forms his identity. Phenomenology tries to obtain a "previous" experience in the study of consciousness, that is, a unique picture of events, while in existentialism, each decision and choice of a person plays a key role.

Subjectivity and freedom of consciousness:

Each of phenomenology and existentialism emphasizes the subjectivity of consciousness. In phenomenology, subjective experience, how we perceive events and how we imagine them, is important. Existentialism, on the other hand, shows the freedom of consciousness, the complete freedom of a person to create his own future and make choices. According to Sartre and Nietzsche, human existence should be free and responsible, because each person takes full responsibility for creating himself.

Conclusion

Phenomenological and existential approaches occupy a special place in Western philosophy in illuminating important aspects of consciousness. While phenomenology analyzes how consciousness connects with the external world and its subjective structure, existentialism studies human freedom, existence, and responsibility in self-awareness. The differences and similarities between these two approaches help to understand the philosophical foundations of the question of consciousness more deeply.

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