

**PSYCHOLOGICAL ASPECTS OF THE EXAMINATION OF
EMOTIONAL-VOLITIONAL COMPONENT OF PROFESSIONAL
SUSTAINABILITY OF THE FUTURE PRACTICAL PSYCHOLOGIST**

1. Before problem statement. At the time of socioeconomic and social transformations in our state, attention is being paid to more productive use of labor resources, the importance of state indicators of psychological health and well-being of workers, who are involved in a wide variety of fields, has significantly increased and health is seen as a necessary condition for high labor potential.

Professional health, according to Kharkiv V.P. and Groysman O.L., represents a certain level of the characteristics of a professional health who meets the requirements of professional activity and ensures its high efficiency such as an organism's property to maintain the necessary compensatory and protective mechanisms that ensure professional reliability and efficiency in all conditions and at all stages of professional activity [5]. The central point in this interpretation is the question of functional states and, consequently, the assessment of functional reserves in order to identify the ability of a person to productive professional activity in different stress conditions, as well as resistance to adverse factors that accompany practical activities. The current state of society development in the unstable conditions of the country's development contributes to increasing demand for the services of practical psychologists. Such a situation stimulates the scientific psychological community to develop an effective training of specialists in the field of practical psychology and training that meets the requirements of an increasingly progressive society, and the needs of a modern person who is exposed daily to stresses of varying character and intensity. That is why the emotional sphere occupies an important place in the process of a productive professional activity of a specialist, and the development of emotional and voluntary self-regulation allows to keep the work of future psychologists and serves as the basis for ensuring professional health in the process of activity. That is, emotional and volitional self-

regulation contributes to the formation of a person's ability to set himself the tasks of preserving and maintaining the ability to work, to realize them, to solve professional problems with the mindset for obtaining high results in the activity [9]. The professional practice of the psychologist introduces special conditions to the personality of a specialist, who is called to provide psychological support to a person in the situation of "inability to live" (F.U. Vasilyuk) [3]. The personality of a practical psychologist serves as a benchmark for psychological health and comfort, and, according to R. May, the main tool of labor. Thus, the serious task of the system of professional training of practical psychologists should be to promote their personal development, cultivate the need for constant self-improvement, the formation of skills of emotional and volitional stability and self-regulation, as a component of professional resilience.

2. Analysis of the state of development of the problem in the special literature. From the analysis of psychological literature (V.E. Chudnovsky), the main provisions of the concept of psychological stability of the individual (E.P. Krupnik) and experimental studies devoted to this problem (Y.P. Krupnik, N. A. Larin, E.M. Lebedev, R.A. Tagirova, T.B. Sizov), it follows that the quality of psychological and professional stability is characterized by a mature person with a high level of intellectual and ethical culture, highly developed creative abilities [11]. This causes a rarity, even uniqueness of a professionally stable personality. The problem of professional stability constantly attracts the attention of researchers. Some of its aspects are investigated in the works of V.G. Aseyeva, L.I. Bozhovich, F.E. Vasilyuk, G.L. Gavrilova, L.P. Grimak, K.M. Duray-Novakova, E.F. Zier, P.B. Zilberman, V.O. Ivannikova, Z.K. Korgieva, P.L. Koropova, I.D. Lushnikova, B.C. Merlin, O.G. Moroz, T.V. Osadchav, H.O. Podimov, P.E. Reshetnikov, E.E. Simanuk, V.E. Chudnovsky etc. The phenomenon of "emotional stability" is considered as an important factor in the subject's development of a person and the prerequisite of the success of his professional and other activities in difficult conditions (L.M. Abolin, L.G. Dika, P. B. Zilberman, M.S. Korolchuk, V.L. Marishchuk, E.L. Nosenko, V.O. Ponomarenko, O.Y. Chebikin and others). In

psychology, theoretical and experimental studies of volitional regulation (V.A.Ivannikov, E.P.Ilyin, A.O.Smirnov, V.I.Selivanov, T.I.Shulga, etc.), emotional regulation (I A. Vasiliev, O. Dashkevich, O.K.Tikhomirov and others) have been formed and continue to develop. The researchers point out the relationship between the emotional and volitional sides of the regulation (L.S. Vygotsky, V.I.Selivanov, L.I.Bozhovich, O.V.Dashkevich, etc.). However, there is still insufficient amount of works devoted to the study of the role, methods and ways of forming the emotional-volitional component in the context of professional stability at various stages of the professionalization of the future practical psychologist.

3. *Problem of work.* In the conditions of future professional activity, the leading role in overcoming stress and optimizing adverse emotional states begins to belong to emotional and voluntary self-regulation, as a component of professional stability, in the process of which reveals the internal personal resources of man, which give the relative freedom from circumstances that ensure possibility of self-actualization, even in the most difficult conditions. In the tense and difficult conditions of activity, a person can control his experience, using various methods of self-control and self-regulation [2]. Therefore, emotional and volitional self-regulation becomes a mean of managing the emotional state, volitional processes and behavior in general, and the possession of means of emotional and volitional self-regulation determines the degree of professionalization and suitability of the subject (V.O. Bodrov, G.M. Zarakovsky, N.D. Zavalov, M.S. Nikiforov, M.M. Reshetnikov, V.L. Maryshchuk, U.K. Strelkov, etc.).

S. D. Maksimenko describes three consecutive stages of formation of self-regulation behavior in the system of personality integration: 1) basal emotional self-regulation; 2) volitional self-regulation; 3) semantic, value self-regulation. He notes: "... Previous links do not disappear in the process of becoming, they become auxiliary and secondary, but continue to exist. To some extent, it will be correct to say that the predominance of certain mechanisms of self-regulation behavior

should be regarded as an indicator of the level of development of the integration processes of the individual "[3, p. 48-49].

The acuteness of the problem of emotional and voluntary self-regulation as a component of professional resistance in the future of its activities is associated with the development of mechanisms of personality readiness for the professional activity of a psychologist and prevention of the destruction of emotional state, disorganization of professional activity (up to the abandonment of it), loss of health, deprofessionalization [4].

As mechanisms of development of readiness for the professional activity of a psychologist we distinguish: the mechanism of emotional and voluntary self-regulation (which implies the development of the ability to adequate spontaneity and conscious regulation of emotional manifestations); the mechanism of value-semantic self-regulation (which involves the acquisition of motives for the professional development of the status of personal meaning and the transformation of the motive into the goal, that is, the establishment of a correspondence between the goals of professional activity and the system of personal values of the meaning and the realization of the possibility of realizing personal aspirations by means of professional activity); self-identification mechanism (awareness and acceptance of a professional role); the mechanism of self-subjectivization (manifestation of subjective activity in relation to oneself, self-creation oneself as a subject of life (including professional activity)) [10].

Morosanova V.I. provides that emotional stability is mediated by the whole process of emotional self-regulation in the unity of rational, emotional and physiological symptoms. Emotions in the process of self-strenuous activities perform many private regulatory functions that can be grouped into certain functional units. Emotions are involved in the direct coordination of the emergence and transformation of the character of the functioning of intellectual and volitional regulators [4]. So emotions are "internal projection", which being minimized reflect rational level that provides the efficient and effective professional activity. Emotionally unstable people transform the experiences of intense activity pass into

affective processes, the manifestations of which affect the basal emotional content. The affective process is syncretic [4]. Thus, in order to increase emotional stability as a component of professional stability, a specialist must use a specially designed program that provides a rational and preconceived transformations of subject conditions and situations by human. The formation of biased transformations is carried out in conditions of activity that can be characterized as "emotionally colored". Therefore, the question of self-study of emotional and volitional sphere as an integrated system of professional activity in different conditions of modality is becoming increasingly important as a theoretical perspective, and for development scientifically based recommendations on forecasting and management activity of subject of psychological activity.

4. *The main goal of the work* is to investigate the problems of forming the emotional-volitional self-regulating structure of the personality of the future specialist as the dominant component of his professional stability.

5. *Materials of experimental research.* Within the framework of theoretical and methodological analysis of the problem of professional resilience of the consultant psychologist, we found the following main components: cognitive, emotional-volitional, motivational and behavioral (pragmatist). The empirical research on the basis of Melitopol State Pedagogical University named after Bohdan Khmelnytsky (Ukraine) among students of 1-5 courses of specialty "Practical Psychology", "Biology. Practical psychology" allowed us to develop and test the psycho-correction training "Optimization of the process of forming the professional stability of the future specialist", which was introduced in the experimental group within the framework of the course "Practicum of group psychocorrection " for the 3rd and 4th year specialty "Practical Psychology". The structure of this training provides a block of lessons aimed at shaping the skills of emotional and voluntary regulation of their own activities and behavior in the future by future practical psychologists. In this regard, we set ourselves the following main goals:

- increase of emotional stability and, accordingly, emotional and volitional self-regulation should be connected with the purposeful formation of the process of self-regulation with the inclusion of a person in real activity. The purposeful formation should be preceded by the mastery of knowledge about the holistic process of self-regulation of psychological activity, its separate links and links between them (in the process of solving this problem we used the case-method and modern art-therapeutic technologies for the expanding and realizing emotional experience);

- emotional and volitional mechanisms which implement the process of self-regulation or its separate parts should be formed as a result of the analysis of really existing tense circumstances, due to which they become necessary (in the process of solving this task were used Gestalt therapy technologies and stress management technologies);

- a person must learn to specify the leading goal in the system of derivative emotional characteristics that are manifested in such unity, which would provide flexible transitions from goal to result and vice versa (at this level, more techniques were used for simulation in-line or cognitive-behavioral therapy). In order to diagnose the level of emotional and volitional regulation, the following methods were used: "Investigation of volitional self-regulation" (O.V. Zverkov and E.V. Eidman), "Expentancy-2" questionnaire for assessment of neuropsychological stability [6; 7; 8]. In the most general form, under the level of voluntary self-regulation the measure of mastering its own behavior in different situations, the ability to manage consciously their actions, states and motives is understood. The level of development of volitional self-regulation can be characterized in general and separately in such character properties as perseverance and self-control.

Table 1

Determination of the level of voluntary self-regulation

N=140

Indices of voluntary	Before corrective work				After corrective work			
	High Level		Low Level		High Level		Low Level	
	Absolute	%	Absolute	%	Absolute	%	Absolute	%

self-regulation								
Total self-regulation	62	44,3	78	55,7	110	78,6	30	21,4
Presumption	52	37,1	88	62,9	98	70	42	30
Self-control	56	40	84	60	89	63,6	51	36,4

According to the results of statistical data processing, we received the following indicators:

- after corrective work the number of respondents of emotionally mature, active, independent and independent respondents increased by 34.3%. They are distinguished by calmness, self-assurance, sustainability of intentions, realism of views, a developed sense of their own debt. As a rule, they reflect the personal motives, plan their intentions well, are able to distribute their efforts and are able to control their actions, have an obvious socio-positive orientation. Accordingly, the number of subjects with a low level of general self-regulation decreased by 2.6 times, which is manifested in low reflexivity, decreased activity. Such individuals are characterized by impulsiveness and instability of intentions. This can be due both to immaturity and to the expressed grace of nature, not backed by the ability to reflect and self-control.

- also after the introduction of the training program, the number of people who are actively seeking to carry out the planned increase by 32.9%, they are mobilized by barriers to the goal, but are diverted by the alternatives and temptations, their main value is the set-up case.

- after the correction program, the number of emotionally stable future specialists who have a good command of themselves in different situations has increased by 23.6%. Intrinsic calm, self-confident frees them from fear of ignorance, increases readiness for the perception of a new, unexpected and, as a rule, combines with freedom of opinion, a tendency toward innovation and radicalism.

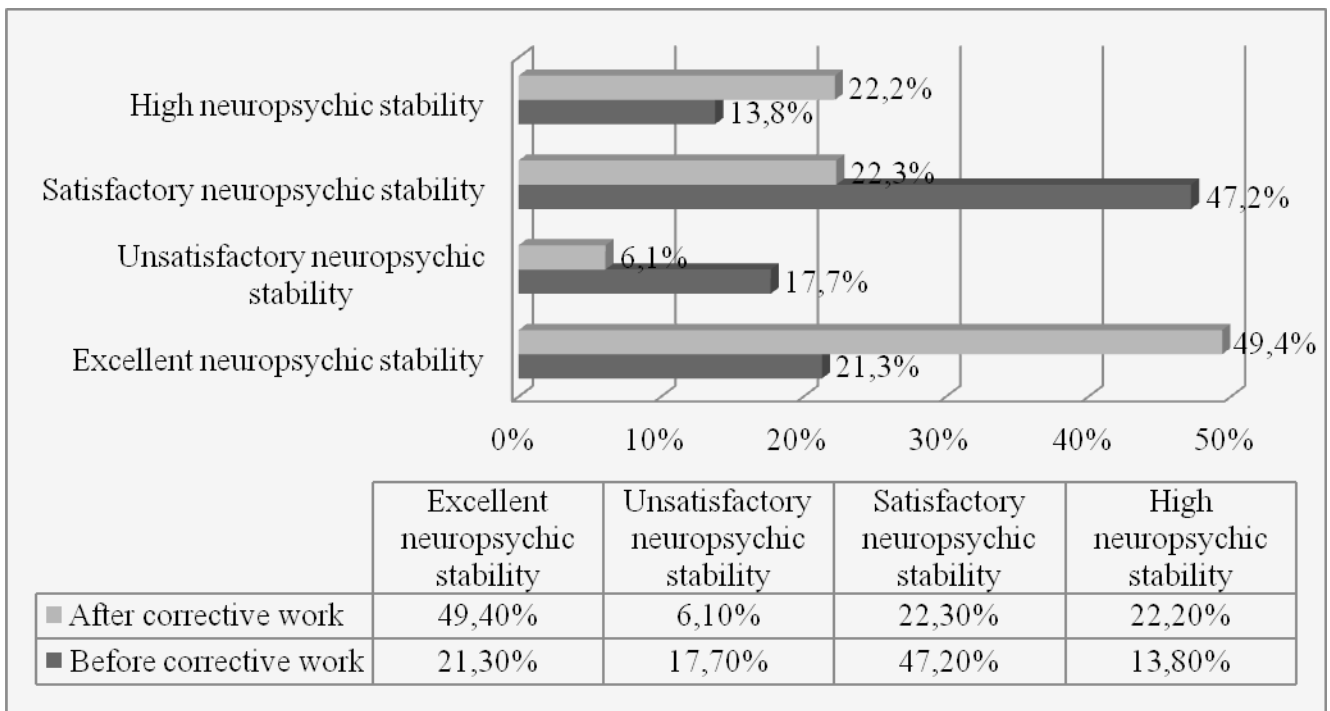


Fig. 1 Dynamics of the development of neuropsychiatric stability of future practical psychologists

As a result of the comparative analysis of statistical data, it was found that:

- after the corrective work the number of respondents with high neuro-psychological resistance has increased by 1.6 times, that is, these students has a low probability of violations of mental activity, high level of behavioral regulation;

- after participating in the training program, the number of subjects with a low probability of neuropsychiatric failures, which is adequate to self-esteem and assessment of the reality, has increased by 28.1%. Although single, short-term behavioral abnormalities in extreme situations with significant physical and emotional stresses are possible;

- after correctional work, the number of respondents with satisfactory neuropsychiatric stability, who can exhibit moderate violations of mental activity, accompanied by inadequate behavior, self-esteem and (or) perception of the surrounding reality, in extreme situations has decreased by 2.1 times;

- also after the implementation of the psycho-correction training "Optimization of the process of forming the professional stability of the future specialist" the number of people with unsatisfactory neuropsychiatric stability has

decreased by 11,6% , that is tendency to violations of mental activity at considerable mental and physical load.

6. Conclusions. The quantitative analysis of the results of testing and implementation of the psycho-correction program "Optimization of the process of forming the professional stability of the future specialist" in the framework of the course "Practicum of group psychocorrection" made it possible to state the increase of emotional stability and, accordingly, emotional and volitional self-regulation. Future specialists have learned to specify the leading goal in the system of derivatives of emotional characteristics, which are manifested in such unity, which provides flexible transitions from goal to result and vice versa. Emotional-volitional self-regulation becomes a mean of managing emotional state, volitional processes and behavior in general, and the possession of means of emotional and volitional self-regulation determines the degree of professionalization and suitability of the subject of activity.

7. Prospects for further research in this area are the development and testing of recommendations for optimization of the educational process of training future practical psychologists at the level of effective use of modern methods of practical psychology in the process of skills formation of emotional and voluntary self-regulation as a component of professional stability of future specialists.

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SUMMARY

The article deals with the main components of professional stability in the context of the professional development of the future practical psychologist and the results of empirical research of structural elements of emotional and volitional self-regulation of the future specialist are presented. As a result of empirical analysis it was revealed that the leading role in overcoming stress and optimization of unfavorable emotional states begins to belong to emotional and voluntary self-regulation in the conditions of future professional activity, as a component of professional stability, in the process of which reveals internal personal resources of a person that give relative freedom from circumstances and provide self-actualization even in the most difficult conditions.

Key words: professional stability, emotional-volitional self-regulation, neuromuscular stability, self-realization, professionalism.