

AN INTEGRATIVE APPROACH TO BUILDING OF PSYCHOLOGICAL COMPETENCE IN THE CONTEXT OF PROFESSIONAL DEVELOPMENT

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The most important task of modern life-science education is to provide quality education, personal guidance, and opportunities for updating content and form of the educational process, implementation of educational innovation and information technology, the formation of professional identity.

In pedagogical purposes it is essential to pay some attention to the formation and improvement of students' emotional sphere. Moreover, experience shows that start of the formation of the emotional sphere is necessary even during training at the high school.

The investigation of the current state of professional medical and psychological education has proved that there is no sufficient attention paid to the resolution of this problem. In our opinion, a high level of efficiency in the formation of emotional competence of physicians is impossible without a systematic, focused training within the appropriate course. Therefore, given these considerations, we have developed a specialized training course entitled «Psychology of emotions», aimed at preparing students studying «doctor» specialties such as «Medicine», «Medical Psychology» and the formation of the emotional sphere. Shaping of emotional sphere of future doctors occupies an important place in psychological research, and is one of the urgent and complicated in psychology and pedagogy of modern higher education. Its complexity is due in particular to the fact that the formation of the emotional sphere's going together with the development of other abilities of the individual [1].

Review of the literature demonstrates that there is lack of investigations of the emotional sphere within pedagogy. There has been accumulated considerable material on approaches regarding formation of the emotional sphere. The authors of modern teaching media point out importance of the formation of the emotional sphere of students – future professionals, but do not stop on a detailed examination of the issue. In addition, the ambiguity of understanding the concept of «emotional sphere» in psychology is difficult to

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separate from professionally important properties of physician-psychologist describing this phenomenon, which in turn is a serious shortcoming in future work of psychology expert, limiting the development of measures to improve their professional skills, and mental health ability. However, in our opinion, it is important to find out how to solve the problem in practice of higher medical education [2].

It is sufficient to examine the formation of the emotional sphere of the student in terms of two areas of training future specialists: theoretical and practical. Obviously, the content analysis of higher medical education is insufficient without investigating opportunities for practical training of students for professional careers.

It is known that the job of healthcare professionals, including medical psychologist is very specific in its essence, significance and controversy. For it is specific objective the creation of mental stress, realization in extreme conditions that lead to the emergence of prolonged negative emotional states that have devastating impact on the psyche of the individual specialist. As you can see, the medical profession, including profession of medical psychologist, gives specific mental and emotional stress and attempts to understand the problems of patients who are in stressful or crisis situations; there is also a possibility even to become the object of aggression of the patient.

In any type of activity is important harmony of rational and emotional. Hence, sociologists, psychologists, teachers and doctors – all those whose profession is associated with people need to take into account the role of emotional factors in their activities and develop professional competence. The final, highest result of becoming a professional expert is his job, as reflected in the sheer psychological readiness to perform their duties. Moreover, the level of development is determined by the formation of professional readiness at all stages of the development: applicants to the medical institution, graduate, young specialist professional.

Among the properties that are important for the professional activity and characterize the significance of emotional sphere of doctor specialty in particular, the most common are the following: the plasticity of behavior, the ability to understand others emotions, empathy, and social maturity of personality, emotional stability, self-regulation and so on. Note that the nature of emotional disorders of personality changes due to the formation of his/her social motives of (the desire to do something necessary, useful not only for themselves but also for others) [3].

Thus, among the professionally important properties of doctor, including medical psychologist, one can identify the emotional maturity and equilibrium; appropriate mental emotional condition; self-control; understanding patient, friendly attitude. Unacceptable to the doctor is the

increased excitement, irritability. Other professional properties in our deep belief are also plasticity behavior, ability to understand emotion, empathy, social maturity of the individual. The sphere of emotional personality traits are professional, enthusiasm their work, sincerity, peace, balance. To professionally important features of the specialist also belong emotional stability and emotional tenacity. Thus, control of mental state includes self-education that is of strategic importance, appearing in the doctor's practice, and medical psychologist in particular; tactical task is to master the techniques of self-active mental states and required skills. This fact shows that the performance of professional activities of doctor requires knowledge and skills in mastering the ways of regulation of emotional states, but not only empirically after graduation during professional activity, but also during training in higher medical establishment.

The future doctor must, first, be aware of possible emotiogenic situations that arise in the profession; secondly, the student must not only provide situations but adapt his reactions to them. Long-term studies of the emotional sphere showed that not only the doctor should be well-educated in emotions overall, but also confirm the great importance of emotions themselves, and emotional factor in his career. Personal developments of students, forming its readiness for future professional activities are important factors to optimize the learning process in higher educational institutions in modern society. From other side, the educational process in high school is an integral part of a student's personality – future professional that promotes professionalism, emotional competence, in particular.

It is also very important that in the process of psychological training of medical personnel, the properties of emotions are studied. The formation of emotional culture of future medical psychologists is one of the leading challenges, as well as mastering the essentials of expressive qualities of man that lead to favorable conditions for the physician communication with patients. We have identified the following development potential of emotional sphere of students: the formation of self-esteem, self-diagnostic skills, analysis of their own emotional states, as well as a further means of emotional self-mastery and more [4].

This gives reason to say that in teaching purposes it is essential to pay some attention to the formation and improvement of the emotional sphere of students. And, as experience shows, starting the development of the emotional sphere is necessary in the period of training at the high school. Multiple observations and recent studies show that today there is a huge number of exercises, assignments, training, seminars, tutorials that are actively implemented in the educational process aimed at developing the emotional sphere of students. But our deep conviction is that a high level of efficiency in

the formation of emotional competence of doctors is impossible without systematic, focused training within the appropriate course.

The study of the current state of professional medical and psychological preparation shows that insufficient attention is paid to the solution of this problem by higher education institutions. The analysis of curricula and training programs for health professionals indicate that the psychology of emotions is not allocated to a separate facility pedagogical impact, and therefore there is an objective contradiction between the actual need for future specialist knowledge in learning psychology of emotions and the ability to get them in the learning process at higher medical institution. To solve this contradiction can be achieved by forming emotional competence of future specialist since accumulates as professional competence and personal characteristics of the individual.

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