

REFLECTIVE COMPONENTS OF PSYCHOLOGICAL READINESS OF FUTURE SPECIALISTS IN TO THE PROFESSIONAL ACTIVITY

POLOZENKO Oksana, UA

Abstract

It is substantiated the necessity and importance of development of reflection, it is analyzed the reflective component of the psychological readiness of the future specialist to the professional activity in the article.

Key words: professional activity, psychological readiness, reflection.

PSYCHOLOGICKÁ PŘÍPRAVA BUDOUCÍCH ODBORNÍKŮ NA PROFESNÍ ČINNOST A JEJÍ REFLEXE

Resumé

Příspěvek dokládá nutnost a důležitost reflexe. Je analyzována reflexní složka psychologické připravenosti budoucích odborníků na profesní činnost.

Klíčová slova: psychologická připravenost, odborné aktivity, reflexe.

Agricultural sector plays an important role in developing Ukraine's economy, in raising the quality of life of the country, in providing quality and environmentally friendly products, in preserving the environment and natural resources. Worldwide, agriculture is considered as one of the major factors of economic and social development. In terms of economic reforms in Ukraine, professional activity of specialists in agriculture substantially more complicated and is of particular social relevance, actualizing the importance of psychological resources of the individual. Increased stress, intensification of activity, irregular schedule, performance of professional duties in adverse weather conditions and complex production situations are those factors that increase the requirements for psychological readiness of specialists in agriculture to the professional activity.

Analysis of recent researches and publications has shown that psychological training is investigated by teachers and psychologists. The majority of researches are concerning the psychological training of teachers (V. Semychenko, D. Dzvinchuk, V. Kozakov, S. Lysenko, N. Denisova, V. Fedorchuk, V. Wovk, S. Tkachenko, N. Molodychenko, O. Kazharska, I. Ovdiyenko), employees of border guard service (S. Mule, A. Samokhvalov), staff of maritime transport (S. Sitnic), police (A. Kornev, N. Rogachev, I. Mashuk), pilots (I. Okulenko), athletes (A. Fedyk, O. Cherepyehina, S. Kuzmina).

The problem of development of professional reflection in students was studied by N. Chepeleva, Yu. Kulyutkinym, G. Suhobskoyu, G. Zahvyazynskym, I. Ladenko, I. Semenov, Yu. Stepanov, A. Karpov, I. Petrov and others.

Analysis of the literature was the theoretical background to justify the reflective component of the psychological readiness of future specialist in agriculture to the professional activity.

The purpose of the article is to justify theoretically the reflexive component of psychological readiness of future specialist in agriculture to the professional activity.

The main body. The leading features of adolescence is a professional self-determination, mastery of profession, choice of style and place in life, developing self-awareness, which in turn is connected with the reflection of their own actions, feelings, professional and personal qualities, goal-setting, self-designing in the future, the needs of self-knowledge. According to A. Karpov (1), reflexivity is the key to the high adaptability of the individual.

Reflection – is a process that is aimed at the analysis, understanding, and awareness of the man himself: their actions, behavior, speech, experiences, feelings, states, abilities, character, relationships with other people and to other people, their tasks, appointments and more. According to procedure and function reflection is associated with introspection, retrospection, self-consciousness and is a major factor in the regulation of behavior and personal development (2, p. 569). Reflection is not just knowledge and understanding of the subject itself, but also it is finding out how others know and understand «reflected man», his personality traits, emotional reactions and cognitive representations (3, p. 667).

According to S. Rubinstein, reflection is a mechanism of self-identity that leads people to «direct stream of life» (4). Using reflection personality integrates into a coherent «I»-image of its various substructures, generates its own system of values, always agrees with her behavior and finds meaning of life, provides updating internal potentials self-approval and self-criticism, provides overcoming contradictions and conflicts that arise in the process of solving problem situations (5).

Thereby, the reflective component of psychological readiness of specialist in agriculture to the professional activity enables to provide development and self-identity agrarian individual, to acquire new meanings and values, to set goals and define the problem of their activities, to understand the reasons of their successes and failures, promotes creative approach to the professional activity, to achieve its maximum efficiency and effectiveness, and enables the prediction of the consequences of their actions in their professional activities, planning and management, understanding and overcoming problematic situations.

The practical significance of the reflective component of psychological readiness is that the skills of reflection enable the future specialist in agriculture to understand and know both themselves and the environment, to rethink their own behavior, to understand the internal mental stress, to capture the moment of change this state, to track changes in the factors of mental states, which in turn affects the overall efficiency of specialists in agriculture and effectiveness of professional activity.

Over time parameters these types of reflection are distinguished (6):

- 1) retrospective reflection is in tracking the subject's own states in the past, the tendency to the analysis already performed activities and events that took place, serves as the identification and reproduction of behaviors and means of implementation, that occurred in the past,
- 2) perspective reflection appears promising in tracking the subject's own states in planning future activities, serves as the identification and reproduction patterns of behavior and their implementation in the future.

As it is noted in the psychological vocabulary (2, p. 569) according to procedure and functions reflection is associated with self-awareness of personality. Self-awareness is defined as a specific structural component of personality that is expressed in man's ability to isolate itself as some independent and different from all the surrounding reality (7, p. 259-263). Thereby, self-awareness is expressed in the reflection.

Self-awareness is broad and multifaceted in meaningful sense. Depending on what exactly a person distinguishes in itself and in which sense represents itself, the following components of self-consciousness are selected (7, p. 266-267):

- «I»-present – reflects what a person sees himself at this time. It acts as a center of consciousness and personality, which are related the life situations, own actions, other people.
- «I»-perspective – reflects what a person wants to become in the future. It is important for self-improvement and personal growth.
- «I»-perfect – indicates what should be a person, based on the acquired entity moral norms and values. It acts as the internal standard with which a person relates and evaluates him and others. Depending on this it is formed the relation of man to themselves and others, it is built the relationships.
- «I»-retrospective – reflects what people imagine them in the past. It is important to understand them and to explain their actions performed in previous ages and life stages that are necessary for understanding and evaluating their own lives.
- «I»-functional – reflects what is a man in the context of a particular social role: «I, as a student», «I, as an employee», «I, as leader» and so on. It is necessary to evaluate and correct their behavior in the relevant life and professional situations.
- «I»-display – shows how a person presents himself or shows himself to others.
- «I»-social – displays, which, according to the man, it appears to others: family members, friends, colleagues, subordinates, headship, representatives of the opposite sex and so on. Perception of self through the eyes of others is essential to building the best relationships and effective communication.
- «I»-physical – reflects how a person perceives his appearance.
- «I»-spiritual – is the inner spiritual core of the person and reflects what people imagine themselves to higher spiritual values: interests, beliefs, and attitudes towards people, country and more.

According to M. Vari, reflection as a property of an individual is the ability to display not only his image of «I», but also to understand the nature of their interactions with others, but in interpersonal relations the reflection is an important component of moral behavior of individual (8, p. 645).

Thus, taking into account the above, the formation of reflective components of psychological readiness of specialists in agriculture to the professional activity is necessary to make in such lines:

- personal – self-knowledge, self-improvement, analysis of their own thoughts, ability awareness and understanding of how the subject thinks and knows, what he knows as a mechanism of self-understanding; the ability to perception the content of his own psyche and its analysis and understanding of the subject experiences that arise; emotional attitude of the subject to that he is aware; monitoring their own mental states; the ability to be in the external position in relation to himself; thinking and rethinking their own stereotypes of behavior, thinking of own activity and behavior, tracking reasons (how subject this exercise and what exercises); planning and forecasting their own capabilities; goal-setting, analysis of personal experience;
- interpersonal – the ability to understand the mentality and behavior of others; patterns of communication in the course of professional activities; thinking about behavior and actions of others; understanding of others and the ability to put yourself in their place; ability to see and evaluate the life and professional situation through the eyes of the environment; ability prediction action and actions of surrounding; ability to reconstruction problems in interaction with the environment and identify their causes, etc.

Literature

1. КАРПОВ А.В. Рефлексивность как психическое свойство и методика ее диагностики / Психологический журнал. – 2003. – Т. 24. – № 5. – С. 45-57.
2. Большой психологический словарь / Сост. и общ. ред. Б.Г. МЕЩЕРЯКОВА, В.П. ЗИНЧЕНКО. – М.: АСТ: АСТ МОСКВА; СПб.: Прайм-ЕВРОЗНАК, 2009. – 811 с.
3. Психолого-педагогический словарь / Сост. Рапацевич Евгений СТЕПАНОВИЧ. – Минск: Современное слово, 2006. – 928 с.
4. ПЕТРОВ И.П. Рефлексивный механизм психологической готовности личности к самоопределению (на примере старшеклассников) [Текст] : автореф. дис. ... канд. психол. наук / Иван Петрович Петров; Бурятский университет. – Улан-Удэ, 2004. – 23 с.
5. СЕМЕНОВ И.Н. Проблема предмета и метода психологического изучения рефлексии. – И.Н. СЕМЕНОВ, С.Ю. СТЕПАНОВ // Исследование проблемы психологии творчества. – М.: ПЕРСЭ, 1993. – 256 с.
6. ТРУНОВ Д.Г. Виды рефлексии: феноменологическое обоснование // Вестник Пермского ун-та. Серия «Психология», 2009. – Вып. 2(28). – С. 47-58.
7. РОМАНОВ К.М. Практикум по общей психологии: учеб. пособие / К.М. РОМАНОВ, Ж.Г. Гаранина. – М.: Изд-во Московского психолого-социального ин-та; Воронеж: Изд-во НПО «МОДЭК», 2002. – 320 с.
8. ВАРІЙ М.Й. Загальна психологія: Підручник / Мирон Йосипович ВАРІЙ. – К.: Центр учбової літератури, 2007. – 968 с.

Assessed by: prof. Ing. Otakar Sláma, DrSc.

Contact address:

Polozenko Oksana Vasyľ'evna,
the candidate of pedagogical science,
the senior lecturer of National university of life and environmental sciences of Ukraine, Ukraine,
Kiev-191, Vil'yamsa street, 9/3, 218;
Phone 044-252-05-65, +38-067-505-42-07;
e-mail: polozenko.oksana@yandex.ru