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TRENDS IN PERSONAL SELF-DEVELOPMENT OF FUTURE PSYCHOLOGISTS: RESOURCE ASPECT

Olena Shtepa

*Ivan Franko National University of Lviv,
Doroshenko St., 41, Lviv, 79000, Ukraine,
e-mail: helenwillow3@gmail.com*

Psychological resourcefulness as the main factor of personal development of students are analyzed. Results of empirical research of conditionality trends personal development of students-psychologists their main personal-existential resources. It is established that the psychological resourcefulness provides the possibility to exercise "self-development with the tendency of increasing the positive qualities". It was revealed that the main trends in the personal development of students-psychologists are such as "to become more pliant" and "to become more caring", and students-psychologists – "to become more confident" and "to be more friendly".

Keywords: personal self-development, psychological resourcefulness, personal-existential resources, future psychologists.

1. INTRODUCTION

Speciality psychologist special fact that it is the level of professionalism connected with the personal eccentricity specialist. Therefore, special training of psychologists pay more attention to their personal readiness for professional activity. One of the main indicators of personal readiness of psychologists in the future professional activity of Russian scientists define the formation of professional and personal identity [17, p. 48] or self-concept of a future professional.

At the same time, in his student years I have one of normative identity crisis, which is, Ericsson, accompanied by conflict «a sense of intimacy-isolation» (with E. Erickson, Century crane [4, p. 375–376]). The personality is formed constant core of self-concept, which includes openness to experience, rationality, personal responsibility, self-esteem [12, p. 95]. According to B. Livekhud (from O. Khukhlaeva [16, p. 99]), it is in 20-40 years a person gets access to your own spiritual power, contributing to its ability to develop. In turn, the ability to self-development becomes a main factor in forming moral and spiritual type of the life orientation of the individual, that is evidence of harmony and maturity of personality [8, p. 381–385].

So, changes in self-concept, which occur in the student's age, explain the features of development of a personality of a future specialist and the efficiency of its further professional activities. At the same time uncertain factors, which characterize the positive самозміну. In our opinion, the factor constructive personal development of students-psychologists are their psychological resourcefulness.

2. PECULIARITIES OF PSYCHOLOGICAL CONNECTION RESOURCEFUL AND PERSONAL SELF-DEVELOPMENT TRENDS

Researchers problems the formation of the profession at student's age are convinced that an indicator of personality level of readiness of students for professional work is their own reflection preparedness, which occurs in the course of their professional and personal development [11]. The result of this reflection for the students-psychologists, according to N. Mikhalechuk and N. Khupavceva, should be to develop in them a certain individual experience, which designate as "individual experience psychologist" [11]. Researchers interpret the personal experience of psychologist in accordance with the idea K. Rogers on "learning experience person to be free", namely, the experience of becoming an independent, more self-confident. "This is an experience of being you. ... A person realizes that increasingly is becoming the architect of itself, becomes freer in decision-making and choice. Feels capable through the adoption of its own identity, the adoption of himself as he is, to realize their own uniqueness, their potential" (from R. Trach, G. Ball) [3, p. 38–39].

Possibility of the acquisition of a psychologist specific experience in a largely associated with actualization psychological self-development resources [6]. In the opinion of S. Kuzikova, self-development should be understood as the effective perceived and managed process of personal change [7]. The author is convinced that personality changes occur only under condition of constructive dynamics of image-I [6]. At the same time, the concept of individual goals of human self-development A. Lengele, in which the problems of personal self-development are analyzed through the concept of "basic aspiration" (psychodynamic manifestation of vital personal-existential motivation), lost psychological disturbances person who ceases to implement their basic desire, that is not engaged in, or ceases to self-development, namely: unfulfilled aspiration security transformed into hatred, unfulfilled desire for a relationship with rage, to respect stubbornness, to sense the cynicism [9, p. 262]. Probably, that the direction of change will depend upon factors.

The concept of psychological maturity of man J. Stevens changes self-attitude personality explained match between the level of its maturity and age [15]. N. Panina, E. Golovakha allow that type of individual development due, as the meaning and goal of self-improvement and expectations of persons in respect of the influence of the other [2]. S. Kuzikova proved that the personal changes lead to psychological resources of self-development, namely: 1) the need for (potential) self-development, which is due to a basic level of personal self-development and saturation of a life, and there is a transformation of semantic entities, mainly because of changes in the personal meaning of the future [5]; 2) psychological conditions that ensure the success of self-development, in particular the existence of a conscious goal of self-actualization; 3) mechanisms of self-development, in particular by reflection, self-regulation, feedback [7].

It should be noted that the concepts of self-development, self-transformation factor is the internal factor, not external. This prompted us to thinking about the immanence of a person ability of self-development. The position of the determining an individual's ability to self-movement is one of the principles of modern integrative psychology, which asserts that for overcoming crisis situations with the aim of preserving its integrity, identity can actuality psychological resources [20]. Specified, gives grounds to consider the factor of self-development features of psychological and personal resources of a person.

Resources interpret and initiative, responsibility, aspiration to the sense, that is, internal forces are necessary for a constructive overcome the crisis of life [13]. S. Hobfoll calls resources

that is valuable for a person and helps them adapt to stressful situations (for N. Vodopianova [1]). F. Maylenova defines a resource person as a state in which it has more freedom and the maximum number of choices. These can be internal state of happiness, confidence, values) and environmental conditions (books, socializing with friends, travel). According to researcher, a resource is anything that can bring a person to the perception of happiness, strength, confidence required to solve problems, and the resource is a strategy experience that you can move from the current state to the desired result [10, p. 16; 246]. In the opinion of N. Rubshteyn, the resource is that by which a man draws the energy and the thing with which it reaches the goal, and that is always handy when a person starts a new business, and therefore becomes confident. The author described the sorts of resources personality – life experience, obstacles and difficulties, which are actually non-realize unfulfilled needs, support of loved ones, inner wisdom as knowledge about yourself decision to move forward and not look backward [14, p. 198–205].

The analysis of literary sources let us suppose that the peculiarities of self-development of a psychologist are in the transformation of own life experience in a professional. And constructiveness of personal self-development of a psychologist is caused by its own reserves, that is, the ability to rely on itself. This ability A. Antonovski called coherence [19]. In our opinion, the possibility of a person to trust myself even in a time of self-transformation determines its psychological resourcefulness.

The aim of the article is to present the results of empirical study of peculiarities of psychological connection *печерності* and trends in personal self-development.

3. RESULTS OF AN EXPERIMENTAL STUDY OF TRENDS PERSONALITY SELF-DEVELOPMENT OF STUDENTS, FUTURE PSYCHOLOGISTS

In our opinion, self-development is the aspiration of a man form a certain qualities and skills, which, in its opinion, it can realize their personal potential more fully. We believe that self-development vectors can be three: behavioral, cognitive and emotional sphere of the individual. In each of these directions self appropriate to characterize the relevant categories, namely: cognitive vector define self-development of self-understanding, self-esteem, self-actuality, self-effectiveness; behavioral – self-motivating, self-development, self-realization, self-improvement; emotional direction open self-interest and self-acceptance.

Mean self-worth is in the “positive”, approvers categories, because they more accurately reflect the nature of self-development of personality. However, the person may seek to limit himself in the manifestation of certain qualities. But, we assume that the non-acceptance of a person loses the sense of internal unity, whereas the desire to discover in themselves the positive properties, man transforms, it has become integrity.

Assume that the formation of a person in a certain qualities that she defines as negative, is not linked to the development of the self, and with pseudo self-development.

In our opinion, axiology feature of self-development is the domination of the moral and ethical values (compassion, altruism, helping others). Axiological orientation of the subject of self-development predetermines its attitude to himself as a promising project that appears tolerance in relationships with others. The Central aspiration of a man, who improves his skills is to cooperate with others.

For pseudo self-development in persons dominate the values of the environment. It refers to itself as to the absolute, which is selfishness and intolerance in our relationships with others. Its Central aspiration becomes dominance over the other.

We believe that the desire for cooperation or the provision of benefits domination, a sense of personal integrity or rejection accurately see the personal and professional readiness of future psychologists to professional activity.

To clarify the nature and peculiarities of self-development trends of students-psychologists we have conducted an empirical study, which was attended by 86 students-psychologists aged 17-25 years, 56 of them girls and 30 children.

Examine trends of personal development was applied questionnaire multidimensional quantification of interpersonal relationships T. Liri, adapted A. Rean [12, p. 65]. An idea of determining trends in personal self-development as the ratio of the I-perfect until I am real And belongs to A. Rean. We have clarified the statement to the job, namely the studied were among the characteristics of the person noted as those that are inherent in them now, and those that they seek to establish themselves within the next three years. In our opinion, such a formulation of the tasks emphasized purposeful formation reviewed some features.

The study of psychological resourcefulness was carried out with the help of the author of the questionnaire (the questionnaire was appropriate verification of the reliability) [18]. Psychological resourcefulness we consider the ability of man to actualize and operate its own resources with the aim of self-development, self-opening in relations and support other. Components of psychological resourcefulness are personal and existential resources, as well as the ability to operate them. We believe that personality-existential resources is a disposition trend that are updated in situations of moral self-determination as an opportunity and a way of providing life a sense of meaning, and determine the transposition of the stay person with complex situations in her unique life experience. Personal-existential resources we note such as self-confidence, kindness to people, helping others, success, love, creativity, and faith in the goodness, the pursuit of wisdom, working self-realization in the profession, and responsibility.

We formulated a number of assumptions concerning peculiarities of psychological connection resourcefulness personality and personal self-development trends that were tested with the help of methods of mathematical-statistical analysis.

The hypothesis that the psychological resourcefulness is a factor of changes in personal self-development was tested using a multivariate analysis. Determined that the model of personal self-development of students-psychologists consists of eight factors and collectively explains 76% of the variance of the data in the group. Before the first factor that explains the 30% of the variance of the data in the group, included such scale psychological resources, as "love", "work on oneself", "responsibility"; before the second factor that explains the 10% of the variance of the data in the group entered scale psychological resources "kindness to the people" and "helping others"; to the third factor that explains the 9% of the variance of the data in the group, entered the scale of such developments, self-development, as "to become more compliant" and "to become more tactical"; to the fourth factor that explains the 8% of the variance of the data in the group entered scale psychological resourcefulness "knowledge of own resources", "the ability to update their own resources", "the ability to use own resources". Together characterized by four factors explain more than 57% of the variance of the data in the group. The main factor in personal self-development trends detected personal-existential resources, which is the basis for the confirmation of the hypothesis.

Method of hierarchical factor analysis determined that the main trends in the personal development of students-psychologists highlighted the following: "to become more compliant" and "to become more caring" (Fig.1).

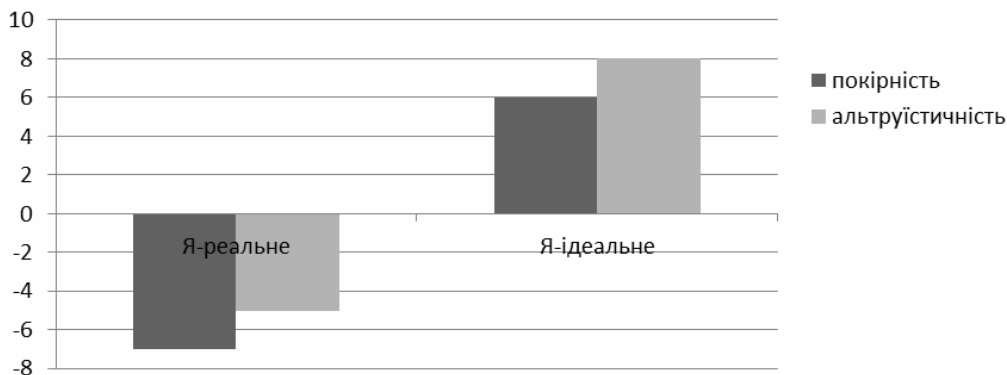


Fig. 1. The main trends of the personal self-development of girls for the students-psychologists

With the trend of personal self-development “to become more compliant” directly correlate such personal-existential resources, as “a success” (0,43) and “confidence” (0,39). With the trend of personal self-development “to become more caring” directly correlate these psychological resources, as “love” (0,32), “creativity” (0,35), “the belief in goodness” (0,29).

Method of hierarchical factor analysis clarified that the main trends in the personal development of students-psychologists is “confidence” and “to become more friendly” (Fig.2).

With the trend of personal self-development “confidence” is inversely correlated such personal-existential resource as “work on oneself” (0,46). With the trend of personal self-development “to become to be more friendly” directly correlate such personal-existential resources as “self-confidence” (0,52), “creativity” (0,41), as well as the ability to use their own resources (0,46).

The assumption that the level of psychological resourceful predetermines the different trends in personal self-development, was tested by the method of comparative analysis. Found that students with high levels of psychological resourceful are characterized by the following

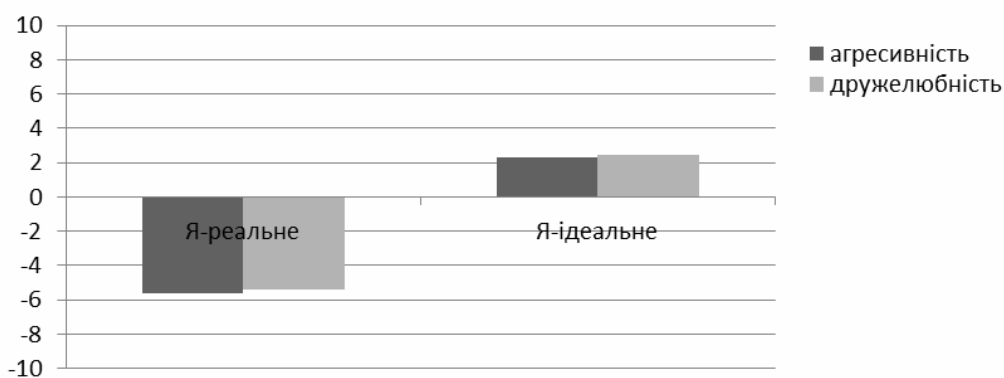


Fig. 2. The main trends of the personal self-development of men students-psychologists

trends personal self-development, as “confidence” and “to become more critical”. At the same time, students with low level of psychological resourcefulness characterized by the trend of personal self-development, as “less intrusive”. The hypothesis is confirmed.

Assumptions about the relationship of psychological resourcefulness with I-ideal verified by methods of cluster and correlation analysis. According to the results of cluster analysis determined that the psychological resources and trends in personal self-development belong to different psychological phenomena. At the same time, the cluster scales I-real students-psychologists contains I-ideal “self-confidence”. It is established that the psychological resourcefulness directly correlated with trends in personal self-development “to become more friendly” and “to become more caring”, and is inversely related to such tendencies personal self-development, as “to become less suspicious”, “to become less agreeable”. Relations between psychological resource intensity and I-ideal for statically meaningful level is not installed. The hypothesis is not confirmed. The method of “causes and effects” additionally found that the effect of psychological resourcefulness there is a tendency in personal self-development “to become more critical” (more realistic assessment of yourself, people, situations).

Empirical results from studies provide the opportunity to argue that a personal self-development of students-psychologists due to both the General level of their psychological resourcefulness and certain formation psychological resources “love”, “confidence” and “creativity”.

4. THE PSYCHOLOGICAL INTERPRETATION OF THE RESULTS OF A STUDY ON GENDER PECULIARITIES OF SELF-DEVELOPMENT OF FUTURE PSYCHOLOGISTS

It can be argued that constructive personal self-development of students associated with the ability to adequately perceive the causes of their own failures and to correct their own behavior, the ability to trust yourself in situations of choice, and their ability to self-disclose in a relationship and lack of envy, the ability to predict the consequences of their actions and to act in accordance with their own beliefs, the presence of the subjective feeling of successful self-realization. Therefore, there are grounds to conclude that positive personal change yourself was held for three aspects of self-development of cognitive, emotional and behavioral.

The main trends in the personal development of girls of students-psychologists are the following: 1) “to become more compliant”. In this direction, self-understanding and self-acceptance students prefer to get rid of the feeling of self-effacement and the tendency is always to yield to all and in all. Future girls of students-psychologists sought to develop such qualities as to compromise on the need for and be compliant in unimportant matters. Make change yourself in the direction of self-abasement to moderate concessions it allows the formation of psychological resources “success” and “confidence”; 2) “to become more caring”. In this direction self-esteem and self-transformation students get rid of hyper responsibility and donations from self and aim to acquire the skills to soothe and inspire others and be kind and to be able to share responsibilities with others.

The main trends in the personal development of students-psychologists are the following: 1) “to become more confident”. In this direction self-transformation and self-acceptance, students tend to be less strict and exacting in assessing other, at the same time prefer to see themselves more demanding to myself, persistent and more energetic. Implementation of self-transformation on the aggressiveness of confidence by the students prevents immaturity they personally-existential

resource “work on oneself”, that is, the inability to perform reflection and introspection their own personality and behaviour; 2) “to become more friendly”. In this direction, self-affirmation and self-understanding students aim to learn to cooperate with others, to master a wide range of strategies of behavior in conflict situations, in particular, not only to be able to insist on his own sight, but to compromise. Make change yourself from a desire to dominate the ability to cooperate it allows the formation of such personal-existential resources as “confidence” and “creativity”. It is noteworthy that the students-psychologists faster than students examine ways of using their own resources, namely: recognise their own ability to overcome difficult life situations, and help others in this; ability to implement their own life and creative and professional plans relying on themselves, that is, by their own human capital.

The direction of self-improvement male and female students, future psychologists can be described as a personal self-development with the increasing tendency of positive qualities. In accordance link psychological resourceful with the I-real personality can be interpreted as disclosure of personal potential, not personality changes. Now, psychological resourceful possible to allow factor objecting identity.

5. CONCLUSIONS

The main trends in personal self-development of girls for the students-psychologists is to “to become more accommodating” and “to become more caring”, and students-psychologists – “to become more confident” and “to become more friendly”. These directions self-initiated update psychological resources such as “self-confidence”, “love”, “the belief in goodness”, “creativity”.

It is important to find out the students’ ideas about their personal and professional self-development in order to pursue a conscious statement of purpose and self-development, but also teach future psychologists techniques introspection acquire professional competence and maturity.

Author’s translation of the article

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