

- 3) Great scientists don't describe their discoveries as _____ as other men do in textbooks.
A) rigid B) approximate

Summing up our thoughts, we want to say that traditional teaching methods tend to separate teaching certain skills from teaching other skills, such as reading, listening, speaking and writing. The communicative teaching method in contemporary life is the right one. Since linguistic communication in real life cannot include only one activity (listening, speaking, reading or writing and excluding the other three. Communicative language learning plays great importance on comprehensive teaching of listening, speaking, reading and writing. In this regard, the combination of a communicative approach and a traditional teaching method shows that it focuses on a certain skill, but does not ignore the teaching of other skills.

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PSYCHOLOGICAL STABILITY AS A FACTOR OF PREVENTION OF BURNOUT OF STUDENTS IN EDUCATIONAL AND PROFESSIONAL ACTIVITIES

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This article examines the psychological stability of the personality of students as one of the factors of the prevention of emotional burnout of students in educational and professional activities. During the preparation of this work, the causes of burnout among students were studied in detail, as well as the influence of the level of development of psychological stability of students in educational and professional activities on this process. The importance of the chosen topic is due to the fact that the prevention of any psychological problem is the guarantor of its solution even at the stage of the emergence of a particular problem. Within the framework of this article, the psychological stability of the individual as one of the factors influencing the prevention of professional and emotional burnout is analyzed in detail. For the reason that the earlier you start to deal with this problem, the less likely it is to occur in the future work and career of university graduates.

Key words: *psychological stability, burnout, burnout prevention, educational and professional activities.*

Бұл мақалада студенттердің жеке басының психологиялық тұрақтылығы студенттердің оқу-кәсіби қызметіндегі кәсіби күйін қалуының алдын алу факторларының бірі ретінде қарастырылады. Бұл жұмысты дайындау барысында студенттердің күйін қалу себептері, сондай-ақ студенттердің оқу-кәсіби қызметіндегі психологиялық тұрақтылығының даму деңгейінің осы процеске әсері егжей-тегжейлі зерттелді. Таңдалған тақырыптың маңыздылығы кез-келген психологиялық проблеманың алдын-алу белгілі бір мәселенің туындау сатысында оны шешудің кепілі болып табылатындығына байланысты. Осы мақала аясында адамның психологиялық тұрақтылығы кәсіби күйін қалудың алдын алуға

әсер ететін факторлардың бірі ретінде егжей-тегжейлі талданады. Осы мәселені неғұрлым ертерек шеше бастасаңыз, оның болашақ жұмысында және университеттің түлектерінің мансабында пайда болу ықтималдығы аз болады.

Тірек сөздер: психологиялық тұрақтылық, жану, күйіп қалудың алдын алу, оқу және кәсіби қызмет.

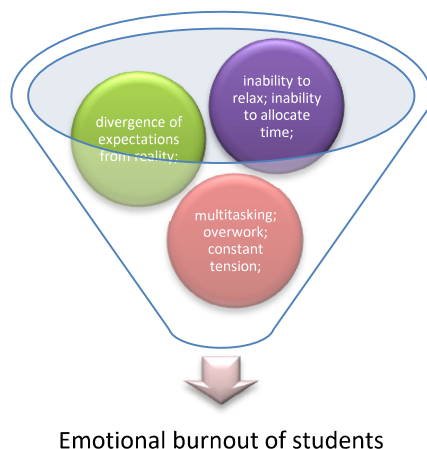
В данной статье рассматривается психологическая устойчивость личности студентов, как один из факторов превенции эмоционального выгорания студентов в учебно-профессиональной деятельности. В ходе подготовки данной работы были детально изучены причины возникновения выгорания у студентов, а так же влияние уровня развития психологической устойчивости студентов в учебно-профессиональной деятельности на данный процесс. Важность выбранной темы обусловлена тем, что превенция любой психологической проблемы является гарантом ее решения еще на стадии возникновения той или иной проблемы. В рамках данной статьи детально проанализирована психологическая устойчивость личности как один из факторов, влияющих на превенцию эмоционального выгорания. По той причине, что чем раньше начать разбираться с данной проблемой, тем меньше вероятность ее возникновения в будущей работе и карьере выпускников ВУЗа.

Ключевые слова: психологическая устойчивость, выгорания, превенция выгорания, учебно-профессиональная деятельность.

Our life is changing every day, the reason for this is universal scientific progress, so future specialists should be prepared for all the difficulties that arise on their career path. Emotional burnout among students is an urgent problem that requires timely solution at the initial stage. Because this can have an extremely negative impact on their attitude to the chosen profession, which promises disappointment not only in the future job, but also in the process of obtaining a particular specialization.

Several symptoms may indicate the presence of emotional burnout syndrome: somatic diseases, fatigue, lack of sleep, lack of appetite and a feeling of emptiness. A person subject to burnout will look apathetic and sluggish, because he has neither the strength nor the desire to do anything. This is an unconscious way of avoiding the learning process or professional interaction. The body is exhausted and thus tries to avoid unnecessary tension. [1]

The causes of burnout have been studied by many foreign and domestic researchers, including S. E. Jackson, C. Maslach, K. Miller, I. A. Zimnaya, V. V. Boyko, S.M.Maltseva, etc. Having carefully analyzed the available literature sources, we have formed a list of reasons that cause emotional burnout of students in educational and professional activities. [2] They are shown below in Picture 1.



Picture 1. “Reasons of emotional burnout of students”

Many scientists have repeatedly proved that in the conditions of professional training, when there is a special need to receive new knowledge in a large volume every day, it accelerates the exhaustion of the psyche. This reaction is associated with nothing other than the fact that the brain needs a lot of energy to create new neural connections, so learning a new one requires many times more strength than using already mastered skills. Therefore, most often emotional burnout is temporary, but it is quite capable of leading to more serious consequences, up to complete disappointment in the profession. [3]

Psychological stability of the individual can help to cope with the syndrome of emotional burnout even in its early stages. Because firstly, psychological stability is a special characteristic of a person, which makes it easier to endure stressful life situations, as well as self-regulate the state of the psyche. Good self-control and the ability to control yourself are useful in any situation. In particular, stress-resistant employees move up the career ladder faster, and in some types of activities it is impossible to do without this trait at all. And in everyday life, calm and balanced people are usually more sympathetic to others. Secondly, developed stress resistance, as the analysis of existing studies shows, solves a number of problems that are associated with and cause emotional burnout at once. Look at Picture 2:



Picture 2. Components of Psychological stability

Psychological stability is a valuable skill that helps to cope with difficult life situations. Working on its improvement, you can become a much more successful and self-confident person. At the same time, it is important to make efforts in all directions: to work on physical health (sleep, nutrition and sports), on emotional state (rest and pleasant pastime), on mind and character. [4]

Psychological stability thereby helps to solve a whole list of problems leading to emotional burnout of students. For example, the ability to predict events or the results of a certain activity allows students to be ready and responsible for their actions and decisions that they take in academic activities. Self - confidence allows you to feel yourself openly and set aside your point of view. Motivation encourages striving to improve an individual's academic performance.

Psychological stability, acting as a factor in preventing emotional burnout of students, allows them to better understand their feelings and emotions in the learning process, form a positive attitude to the chosen specialty, as well as set goals for the long and short term. It has been repeatedly proven that people who suffer from an unstable psychological state are much more likely to be exposed to stress and other mental-related problems. Mental health is crucial in the prevention of any kind of mental illness. Psychological stability is one of the components of psychological health.

Thus, after analyzing the literature, we came to the following conclusions, which are formulated below. Burnout is a state of mental, physical and emotional exhaustion caused by excessive exertion and stress. Signs of burnout: fatigue, poor sleep, frequent colds, memory

problems, anxiety, attention and concentration, laziness and chronic unwillingness to do anything at university. Psychological stability is the process of preserving the most optimal mode of operation of the human psyche in conditions of constantly changing circumstances and their stressful effects. It is interesting that this personality trait is formed in a person in the process of his development and is not genetically determined. It depends on factors such as a person's nervous system, his upbringing, experience, level of development, etc.

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ҚЕХС ЖАҒДАЙЫНДА БУХГАЛТЕРЛІК БАЛАНСТЫҢ ҚАРЖЫЛЫҚ ЕСЕПТЕГІ РӨЛІ

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Мақалада, бухгалтерлік баланс оның есеп беру нысаны ретінде, сондай-ақ кәсіпорын туралы негізгі ақпарат көзі ретінде пайдалану тұрғысынан қарастырылған. Жылдық балансстың негізгі компоненттері, сондай-ақ оның бөлімдері мен баптары сипатталған. Бухгалтерлік балансты құру принциптеріне назар аударылған және бухгалтерлік есепті қалыптастырудағы негізгі проблемалары зерттелген. Жылдық бухгалтерлік есептілікті қалыптастырудың нормативтік – құқықтық реттеулері қарастырылған.

Тірек сөздер: ҚЕХС, бухгалтерлік баланс, жылдық есептілік, бухгалтерлік есеп, баланс құрылымы, есептілік нысаны.

В данной статье рассмотрен бухгалтерский баланс с точки зрения использования его как формы отчетности, а также основного источника информации о предприятии. Описаны основные составные части годового баланса, а также его разделы и статьи. В статье также уделено внимание принципам построения бухгалтерского баланса и изучены основные проблемы с формированием бухгалтерской отчетности. Рассмотрено нормативно – правовое регулирование формирования годовой бухгалтерской отчетности.

Ключевые слова: МСФО, бухгалтерский баланс, годовая отчетность, бухгалтерский учет, структура баланса, форма отчетности.

This article examines the balance sheet from the point of view of using it as a form of reporting, as well as the main source of information about the company. The main components of the annual balance sheet, as well as its sections and articles are described. The article also pays