

## STRUCTURAL AND CONTENT MODEL OF FORMATION OF PSYCHOLOGICAL STABILITY OF STUDENTS IN EDUCATIONAL AND PROFESSIONAL ACTIVITIES

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*This article presents a structural and content model of the formation of psychological stability of students in educational and professional activities. Its content and the main components that determine the essence of this structural and content model, as well as the main factors influencing the formation of psychological stability of students in educational and professional activities are presented. The model contains current technologies and methods that solve several problems at once. In addition to the main one included in the title, topical issues of the reorganization of the educational process, motivation of students of the professional level, etc., can also be solved. The formation of psychological resistance to various negative professional and educational factors occurs in the process of learning activities and is based on the functional and physical capabilities of a person. All of them are an integral part of the personality and develop collectively, albeit within the framework of variability.*

**Key words:** *psychological stability of students, educational and professional activity, structural and content model of formation of psychological stability of students.*

*Бұл мақалада студенттердің оқу-кәсіби қызметіндегі психологиялық тұрақтылығын қалыптастырудың құрылымдық және мазмұндық моделі келтірілген. Оның мазмұны мен негізгі компоненттері ұсынылған, олар осы құрылымдық-мазмұндық модельдің мәнін, сондай-ақ студенттердің оқу-кәсіби қызметіндегі психологиялық тұрақтылығының қалыптасуына әсер ететін негізгі факторларды анықтайды. Модельде бірден бірнеше мәселені шешетін өзекті технологиялар мен әдістер бар. Атауға енгізілген негізгі мәселелерден басқа, оқу процесін қайта ұйымдастырудың өзекті мәселелері, кәсіптік сатыдағы студенттерді ынталандыру және т.б. шешілуі мүмкін. әр түрлі теріс кәсіби және оқу факторларына психологиялық тұрақтылықты қалыптастыру іс-әрекетті оқыту процесінде жүреді және адамның Функционалды және физикалық мүмкіндіктеріне сүйенеді. Олардың барлығы жеке тұлғаның ажырамас бөлігі болып табылады және өзгергіштік аясында болса да, бірге дамиды.*

**Тірек сөздер:** *студенттердің психологиялық тұрақтылығы, оқу-кәсіби қызметі, студенттердің психологиялық тұрақтылығын қалыптастырудың құрылымдық-мазмұндық моделі.*

*В данной статье представлена структурно-содержательная модель формирования психологической устойчивости учащихся в учебно-профессиональной деятельности. Представлено ее содержание и основные компоненты, которые определяют сущность данной структурно-содержательной модели, а так же основные факторы, влияющие на формирование психологической устойчивости учащихся в учебно-профессиональной деятельности. Модель содержит актуальные технологии и методы, решающие сразу несколько задач. Кроме основной, включенной в название, могут быть так же решены актуальные вопросы реорганизации учебного процесса, мотивации учащихся профессиональной ступени и т.д. Формирование психологической устойчивости к различным негативным профессиональным и учебным факторам, происходит в процессе обучения деятельности и опирается на функциональные и физические возможности человека. Все они являются неотъемлемой составляющей личности и развиваются совокупно, хоть и в рамках вариативности.*

**Ключевые слова:** психологическая устойчивость учащихся, учебно-профессиональная деятельность, структурно-содержательная модель формирования психологической устойчивости учащихся.

I would like to start the article by emphasizing once again why it is so important to form the psychological stability of students in educational and professional activities. Firstly, because the term psychological stability of the individual in psychology itself implies the ability to maintain the optimal functioning of the psyche in changing circumstances, in a stressful environment. The idea is that the personality system as a whole is undergoing changes, but some of its properties remain unchanged. For students, this is relevant due to their young age and unformed psyche, which is subjected to excessive stress. Secondly, because this skill will be useful in further professional activities for all students, without exception. [1]

The purpose of creating this model was the formation of psychological and emotional stability of students in the educational process, increasing their academic performance and interest in the educational process. It was decided that the content of the structural and content model will include 3 main stages: initial, working, and final. The content of which, in turn, will be based on the main factors of the formation of psychological stability of students in educational and professional activities, shown in Figure 1. [2]

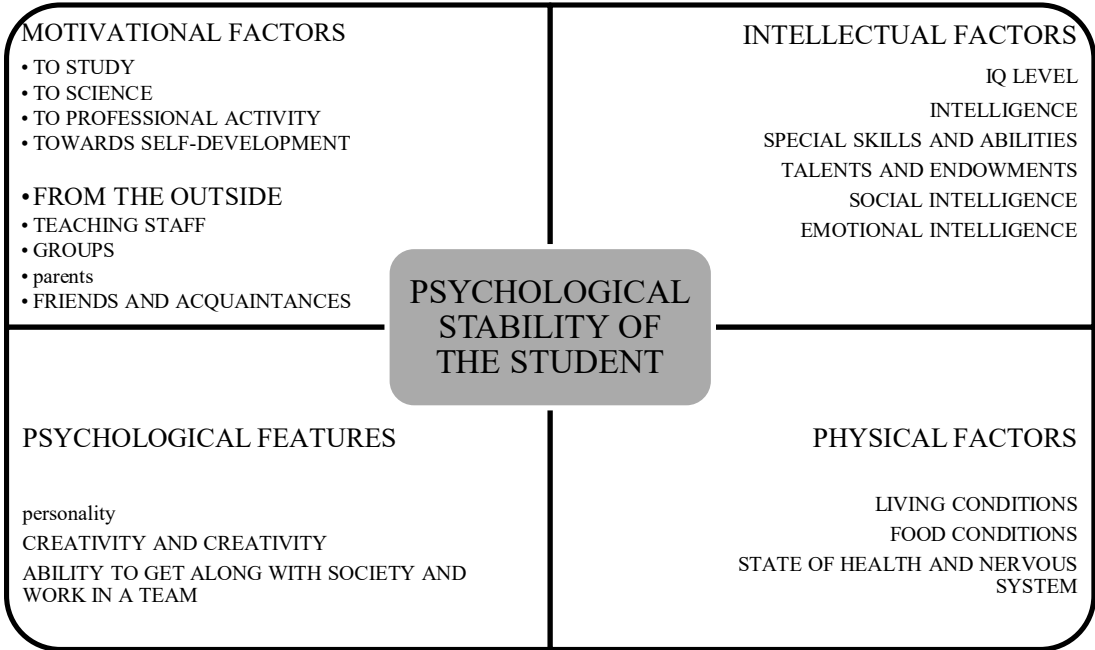


Figure 1. Factors influencing the development of psychological stability of a student in educational and professional activities

In the modern global information community, a person's life sphere is a social environment consisting of a number of hierarchically organized systems:

- microsystems related to the interactions of an individual and his immediate environment (family, neighborhood, peer groups, educational, social, etc. organizations),
- mesosystems formed by the interconnections of two or more microsystems (for example, formal and informal connections between family and school or family, school and a group of peers);
- an exosystem related to those conditions of the social environment or social structures that, being outside the sphere of an individual's direct experience, nevertheless affect him (for example, living conditions distinguished by locality and type of settlement - region, village, city);
- a macrosystem that includes life values, tasks and traditions of the culture in which an individual lives (country, ethnicity, society, state);

- megasystems (space, planet, world, Internet), which in one way or another directly, and in mainly through other groups of factors affects or may affect the vital activity of all inhabitants of the Earth. [3]

The initial stage included: Questionnaires, psychological tests to assess emotional mood, the SAN technique.

Working stage: Motivational discussions, seminars, lectures and exercises on time management, study and practice of relaxation methods, project and group work.

The final stage: Repeated questioning, psychological tests to assess emotional mood, SAN technique. Comparison of results.

Modern approaches to understanding psychological stability and a healthy lifestyle of a person contain three main ideas: exclusion of the causes (circumstances, motives, factors) of destructive, including dependent behavior; creation of environmental factors for the upbringing and manifestation of spiritual, psychological qualities of a person; creation of conditions for the development, improvement of creative abilities of a person and their manifestations at all age stages of life. In our opinion, spiritual and moral factors are particularly important here, which, unfortunately, are given the least attention in existing studies. [4]

The psychological and pedagogical work carried out and its results convince that the psychological resistance of the individual to addictive factors can be effectively formed in the conditions of psychological and pedagogical work on the dialogization of family and other social relations in which the personality is included, through the competent and competent use of the developed program aimed at overcoming the existential vacuum, destructive neoplasms of the self-concept and dependent behavior. [5] Structural and content model of technology for the development of psychological stability of students in educational and professional activities is shown in Figure 2.

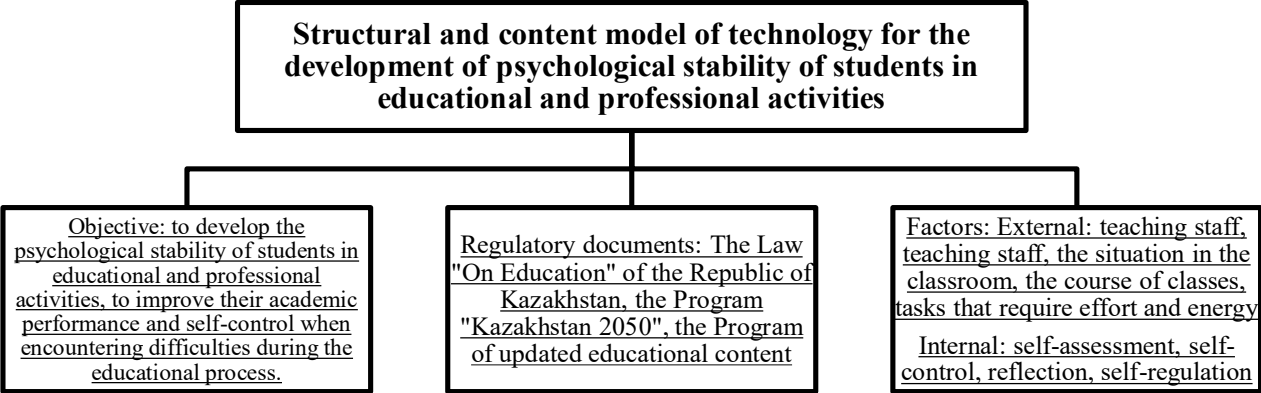


Figure 2. “Structural and content model of technology for the development of psychological stability of students in educational and professional activities”

Psychological characteristics of a person that have a significant impact on the formation of psychological stability of students in educational and professional activities are some stable psychological characteristics that describe their social behavior. Psychologist A. Rakhovich defines psychological stability as a character trait that provides the ability to endure great psychological and physical stress, the ability to close debts on time for studies, to move up the career ladder in professional activity. The author also advises not to compare people with psychological stability with optimists. Because the ability of the rack to perceive life situations is not at all a manifestation of optimism, but rather realism. [6] Psychologically stable people are realists, with a strong character, which they developed through purposeful actions. The main character traits that are inherent in a person who has developed psychological stability are self-confidence, perseverance and purposefulness, as well as the ability to adapt to any situation.

**LITERATURE:**

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**PROFESSIONAL TRAINING OF THE TEACHER-PSYCHOLOGIST IN THE  
PROCESS OF LEARNING A FOREIGN LANGUAGE CULTURE**

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*The article considers the professional training of the teacher-psychologist in the process of learning a foreign language. The main features of the professional training of a teacher-psychologist in modern education are outlined. Anthropological and cultural approaches are allocated as the most important condition for the training of future teacher-psychologists.*

**Key words:** professional training, teacher-psychologist, foreign language, conditions, approaches.

*Мақалада шет тілін оқыту үдерісінде педагог-психологтың кәсіби дайындығы қарастырылған. Қазіргі білім берудегі педагог-психологтың кәсіби дайындығының негізгі ерекшеліктері көрсетілген. Болашақ педагогикалық психологтарды дайындаудың маңызды шарты ретінде антропологиялық және мәдени тәсілдер айқындалды.*

**Түйінді сөздер:** кәсіби дайындық, педагог-психолог, шет тілі, шарттары, тәсілдері.

*В статье рассматривается профессиональная подготовка педагога-психолога в процессе изучения иностранного языка. Обозначены основные особенности профессиональной подготовки педагога-психолога в современном образовании. Антропологический и культурологический подходы выделяются как важнейшее условие подготовки будущих педагогов-психологов.*

**Ключевые слова:** кәсіби дайындық, педагог-психолог, шет тілі, шарттар, тәсілдер.