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PROCRASTINATION AND ITS INFLUENCE ON COPING BEHAVIOR

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The article examines the phenomena of procrastination and coping behavior in the light of scientific ideas. The results of an empirical study of the dependence of coping behavior and decision-making style on the level of procrastination are presented. Research methods: the scale of general procrastination (K. Lay), Coping Methods Questionnaire (OSS) (R. Lazarus, S. Folkman), Melbourne Decision-making Questionnaire (L. Mann, P. Burnett, etc.). The study revealed that procrastination affects social support and avoidance.

Keywords: *procrastination, coping behavior, coping strategies, social support, avoidance, research.*

PSYCHOLOGICAL RESOURCES FOR ACCEPTING RESPONSIBILITY IN ADOLESCENT ATHLETES: A LONGITUDINAL STUDY

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The article presents the results of the annual formative experiment using the method of psychological training aimed at the formation of psychological resources of responsibility formation in teenage handball players. During the annual training cycle, 30 sessions were conducted, the effectiveness of which was evaluated by three diagnostic surveys conducted at the beginning, middle and end of the training program. The results of the formative training of responsibility development showed that by its completion the indicators of constructive components of responsibility increased reliably. There were also changes in the correlations between the parameters of responsibility and the indicators of psychological resources of readiness to accept it, indicating an increase in the inclusion of motivational, emotional, regulatory, socio-psychological resources that contribute to the manifestation of responsibility at the level of personal quality. The effectiveness of the training program testifies to the great potential of sport as a source of positive socializing influences aimed at the formation of adolescents' readiness to be included in the modern life world.

Keywords: *responsibility, personal resources, handball players, sports team training, longitudinal study.*

FEATURES OF PROFESSIONAL BURNOUT AND JOB SATISFACTION OF MEDICAL WORKERS IN CONDITIONS OF PROLONGED INFLUENCE OF GLOBAL RISKS

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The purpose of the study was to identify the characteristics of professional burnout and job satisfaction of medical workers under conditions of prolonged influence of global risks. During the period of prolonged influence of global risk situations, the studied medical workers are characterized by a low level of stress, despite the fact that 30% of respondents showed a high level of anxiety about global risks. A low level of professional burnout is associated with the desire of medical workers to benefit people, to see the concrete fruits of their work, the focus on developing their professional qualities, the realization of the need to manage others, and a sense of responsibility for the life of another person. Medical workers with a low level of reduction in professional achievements are more often focused on solving complex issues that arise when treating patients. Medical workers with a high level of depersonalization are more likely to catastrophize the current situation. High interest in work and satisfaction with the achievements of medical workers is associated with direct assistance to people, managing the behavior of their patients and the desire to solve complex problems that arise in the process of professional activity. The higher the preference for work over high earnings, the more often professional orientations related to the development of one's professional qualities and the focus on directly helping people are expressed.

Keywords: *professional burnout, global risk, job satisfaction, value orientations, stress.*

PSYCHOLOGICAL SUPPORT FOR WOMEN IN A STATE OF FRUSTRATION

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Theoretical and empirical materials are presented that reveal the problem of psychological support for women in a state of frustration. The relationship between the level of frustration and indicators of the mental state of women aged 30–40 years was studied. An assessment was made of the effectiveness of a comprehensive program of psychological support for women in a state of frustration, aimed at increasing stress resistance, working through negative emotional states, teaching stress relief and relaxation skills, and developing adaptive behavior strategies. It was shown that after conducting classes according to the program, the subjects of the experimental group significantly decreased the general level of social frustration, dissatisfaction with relationships with family and the immediate social environment, decreased situational anxiety and increased mood compared to the control group.

Keywords: *frustration, level of social frustration, adaptation, anxiety, situational anxiety, emotional state of women, well-being, activity, mood, psychological support, program to reduce frustration in women.*

HISTORIOGRAPHIC ANALYSIS OF THE MAIN APPROACHES TO CHARACTERIZING THE DEVELOPMENT OF RUSSIAN PSYCHOLOGY

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The purpose of this article is to study the scientific works of Soviet and Russian psychologists who made a significant contribution to the development of the theoretical and methodological foundations of the history of psychology. The significance of the psychological knowledge of scientists is assessed through the prism of considering the subject-logical, socio-historical and personalistic aspects of the development of psychology. It is necessary to study the contribution of domestic specialists to the study of the phenomenon of «regional psychology». Methods of theoretical analysis, bibliographic analysis, comparison, generalization were used. five historiographical periods of development are identified, each of which had its own specific characteristics. It is revealed that scientists have been actively developing the subject-logical and personalistic aspect of the development of psychology. The socio-historical aspect of psychological cognition begins to be included by the authors in research only since the mid-80s of the twentieth century. The novelty of the work is determined by the fact that for the first time the diversity of psychological cognition is studied within the framework of the selected historiographical periods, and the representation of the regional component of knowledge within the boundaries of these periods is revealed. The obtained conclusions in the research work contribute to the further systematic analysis of the development of psychology in Russia, including in regions, defining fundamentally new approaches in scientific activity.

Keywords: *historiographical periods, the diversity of psychological cognition, regional psychology.*

THE FORMATION OF THE PERSONAL COMPONENT OF THE SYSTEMOGENESIS OF A PSYCHOLOGIST AS A SUBJECT OF WORK AND HIS PSYCHOLOGICAL WELL-BEING AT THE STAGE OF PROFESSIONAL TRAINING

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The article describes the changes in the personal component of the systemogenesis of the professional formation of a psychologist as a subject of work and his psychological well-being at the stage of professional training. The study involved 817 1st– 4th year psychology students studying at leading Russian universities. The interpretation of the research results is confirmed by the methods of mathematical and statistical data processing. The results of the study show that going through a difficult path of professional development at the stage of professional training, reaching the phase of readiness for activity, practical entry into the profession, the relationship of personal characteristics of psychology students with psychological well-being is mediated by the capabilities of the profession and their psychological well-being, thanks to professionally skillful handling of the resources of the situation and their personal resources becomes possible with any typological based on personality.

Keywords: *professional formation, pre-professional development, personal component of systemogenesis, psychological well-being, professional training of psychologists, reflection.*

PROFESSIONAL BURNOUT AS A FACTOR OF STAFF TURNOVER IN THE CRIMINAL PRINCIPAL SYSTEM

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The article considers the syndrome of professional burnout as one of the factors that influence the decision of employees of the penal enforcement system to leave the service. The main directions of activity of the penal enforcement system are described, special attention is paid to stress factors arising in the process of execution by employees of official and official duties. Based on the analysis of the problem, it was decided to identify the impact of professional burnout as a factor contributing to dismissal from the penal system. The analysis of staff turnover among employees of the penitentiary system who decided to leave the service was carried out using a specialized questionnaire that allows identifying the main determinants contributing to dismissal. The level of professional burnout of employees who have not reached a preferential pension was studied using the questionnaire for assessing professional burnout by K. Maslach (MBI). A correlation analysis of factors contributing to dismissal was carried out on the basis of employee questionnaires and a questionnaire. The obtained results can be used to identify areas of psychological support of personnel by employees of psychological laboratories of correctional institutions of the penal system.

Keywords: *staff turnover, professional burnout, employees of the penal system, motivation, penal system, personnel potential, psychological support, prevention of professional burnout.*

THEORETICAL ASPECTS OF THE PROBLEM OF DEVELOPING MENTAL SELF-REGULATION SKILLS IN ADOLESCENTS

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The purpose of this study is to consider the problem of developing mental self-regulation skills in adolescents. The article defines the main conditions for the development of mental self-regulation skills in schoolchildren within the framework of psychological support of the educational process in secondary school, as well as the most effective methods of mental self-regulation taking into account the peculiarities of adolescence.

Keywords: *mental self-regulation, adolescence, psychological support, methods of mental self-regulation.*

DIAGNOSTICS OF PERSONAL AND PSYCHOPHYSIOLOGICAL CHARACTERISTICS OF A UNIVERSITY STUDENT AS A CONDITION FOR BUILDING HIS INDIVIDUAL EDUCATIONAL TRAJECTORY

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The article proposes the author's approach to studying the personal and psychophysiological characteristics of a student as a tool for constructing an individual educational trajectory for a student at a humanities and economics university. An interpretation of statistically significant relationships between the stated parameters is given, on the basis of which recommendations are presented for optimizing the structure of the educational process of students.

Keywords: *personal and psychophysiological characteristics of a student, individual educational trajectory, diagnostics of a student's personality.*

THE IDEAL OF A TEACHER THROUGH THE EYES OF STUDENTS

T.A. Golubeva, S.Yu. Shcherbakova

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Through a survey of undergraduate students in the field of «Pedagogical Education», personal and professional qualities were identified that reflect students' ideas about the ideal teacher: love for children, humanity, justice, responsibility, patience, sociability, rigor, sense of humor, broad outlook, emotional restraint, good manners.

Keywords: *ideal, teacher's ideal, teacher's personal and professional qualities.*

FORMATION OF YOUNG ARTISTS' COMPOSITIONAL-IMAGINATIVE THINKING BY ADDITIONAL EDUCATION: METHODOLOGY AND DIAGNOSTIC RESULTS

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The article actualizes the problem of determining pedagogical technologies and tools for the formation of young artists' compositional-imaginative thinking for ensuring their value-semantic self-determination and creative self-realization in the fine arts field. The authors presented the first stage of a study aimed at theoretical justification and development of a program for young artists' compositional-imaginative thinking forming by visual activities in additional education. The authors proposed a working definition of the compositional-imaginative thinking concept, described the developed diagnostic program and the results of its testing. The authors formulated the leading directions for the formation of young artists' compositional-imaginative thinking for the further forming the corresponding program.

Keywords: *artistic thinking, compositional-imaginative thinking, young artists, additional art education, diagnostic program, pedagogical planning.*

YOUNG ARTISTS'S AESTHETIC CULTURE: THE PROBLEM OF DEFINITION AND DIAGNOSTICS

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The theoretical problem of the study is to determine the scientific and pedagogical conditions for the junior schoolchildren's aesthetic culture formation by visual activities in additional education. Among these scientific and pedagogical conditions, according to the research

hypothesis, the authors included clarification of key concepts, development of a program for the young artists' aesthetic culture formation and a corresponding diagnostic program. The authors formulated working definitions of the concepts of personal aesthetic culture and the junior schoolchildren' aesthetic culture and determined indicators for the young artists' aesthetic culture forming. The authors described the developed diagnostic program and the results of its testing and formulated directions for the young artists' aesthetic culture formation.

Keywords: *personal aesthetic culture, junior schoolchild, additional art education, diagnostic program, pedagogical planning.*

SCIENTIFIC APPROACHES TO DESIGNING ORGANIZATIONAL, METHODOLOGICAL AND PERSONNEL SUPPORT OF THE RUSSIAN LANGUAGE TEACHING PROCESS IN TANZANIA

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The article proposes a scientific interpretation of organizational, methodological and personnel support for educational activities in Russian in the education system of the United Republic of Tanzania as a unity of educational resources and pedagogical conditions; the possibilities of communicative, competence-based and cultural approaches in designing organizational, methodological and personnel support for the process of teaching the Russian language in Tanzania are revealed; the principles of implementation of these approaches are substantiated.

Keywords: *organizational, methodological and personnel support; communicative approach; competency-based approach; cultural approach; principles; Russian as a foreign language; Tanzania education system.*

TECHNOLOGY FOR FORMING CRITICAL THINKING OF UNIVERSITY STUDENTS

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The article offers the author's interpretation of the concept of «teacher critical thinking»; an analysis of technologies for the development of critical thinking of the individual was carried out; the possibility of using the technology for developing critical thinking of students through reading and writing (RCMCP) in the formation of critical thinking of future teachers is substantiated and its content is supplemented; the technology of forming critical thinking of students of a pedagogical university is presented in a sequence of stages: challenge, comprehension of content, reflection, homework, and the functions of each stage are justified; an example of the implementation of technology for the formation of critical thinking of future teachers in the classes of the academic discipline «Pedagogy» is proposed.

Keywords: *student; teacher; critical thinking; teacher critical thinking; technology; formation, pedagogical university.*

FUTURE TEACHERS ABOUT THE EFFECTIVENESS OF BLENDED LEARNING TECHNOLOGIES

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This article presents the results of the study of the effectiveness of assessing blended learning technologies used by a teacher during the implementation of an academic discipline by future teachers (N=104). Using the author's methodology, it was found that the students highly rated the effective and resource efficiency of the blended learning technologies used by the teacher, and as the optimal didactic one. Differences in the assessments of different years students were revealed.

Keywords: *blended learning technologies, effectiveness, effective, didactic, resource criteria of effectiveness, pedagogical students.*

THE EDUCATIONAL POTENTIAL OF SEVERAL MOBILE APPLICATIONS IN PRACTICE WHILE TEACHING AND LEARNING THE ENGLISH LANGUAGE

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Modern educational mobile applications («Say it: English Pronunciation», «Talk English Speaking Practice», «Elsa Speak») are analysed. The choice of these applications is explained by the methodological variety of didactic solutions suggested in them which gives a unique opportunity to improve phonetic, listening and speaking skills. The features and advantages of each application are highlighted, the target audience is identified, and the potential of every application is thoroughly and meticulously described in respect of their effective usage in the educational process that includes the development of pronunciation, listening and speaking skills, as well as the preparation for international certification exams. The analysis of these specialised mobile applications has found out their main advantage that provides users with a wide range of didactic and methodological self-learning opportunities.

Keywords: *the English language, mobile applications, phonetic competence, speaking practice, listening aspect, auditory skills, self-learning.*

PEDAGOGICAL ASPECTS OF FORMATION OF PERSONAL AND PROFESSIONAL COMPETENCE OF FUTURE EMPLOYEES OF THE PENITENTIARY SYSTEM

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A theoretical analysis of the problem of professional development of future employees of the penal system is presented from the perspective of the challenges of modern society. The role of the personal component in the structure of personal and professional competence is shown as a system-forming factor ensuring the formation of the professional subjectivity of the future employee of the penal system. Methods of changing the pedagogical process are proposed that contribute to the activation of the student's personal resources, which is considered as the most important factor in the success of his professional development.

Keywords: *professionalism, competence, professional subjectivity, legal awareness.*

FORMATION OF PERSONALITY IN THE SYSTEM OF THE SECONDARY VOCATIONAL EDUCATION AND TRAINING

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The article discusses the problems of personality development in secondary vocational education and training, the relationship between the level of personality development and the success of mastering professional skills. The author argues the importance of the environment of pedagogical interaction as constructive communication between the teacher and the student, as well as the importance of the level of self-actualization of the teacher's personality for the success of the pedagogical process and the development of the student as a professional.

Keywords: *personality formation in the secondary vocational education, psychological support of professional development, self-actualization of teachers of secondary vocational education, coaching support of professional development.*

THE EFFECTIVENESS OF STUDENTS' PROFESSIONAL TRAINING AT UNIVERSITY (BASED ON A COMPREHENSIVE STUDY)

T.I. Rudneva

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The article examines the problem of professional success as a result of the educational process. Materials from a comprehensive study provide evidence of the need to form an integrative personal characteristic of a specialist, considering the specifics and characteristics of his professional activity as a factor of professional success.

Keywords: *success, professional success, professional training, integrative personal characteristics, specifics and characteristics of activity.*

SPECIFICITY OF MENTAL BURNOUT OF SPECIALISTS OF SOCIONOMIC PROFESSIONS

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The article presents the results of an empirical study of the level of severity of burnout among workers in socionomic professions (social workers and teachers). Burnout inhibitors have been identified that help prevent the development of burnout.

Keywords: *mental burnout; socionomic professions; social workers; burnout inhibitors and catalysts.*

GAMIFICATION OF THE ADAPTATION PROCESS OF SALES MANAGERS IN THE NEW SOCIAL CONDITIONS

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The article discusses the methodology of adapting a sales manager using the gamification mechanism. The main advantages and opportunities of gamification in the context of adaptation are analyzed, especially when it comes to a new generation of sales managers who actively use technology and social networks in their lives. The article presents digital gamification tools that can be used to create a motivating and interactive environment in the process of adapting sales managers. The use of mobile applications, online platforms, video games and virtual reality as part of the adaptation process is discussed. A quest project has been developed for the adaptation of new employees, as well as the expected results from its implementation are analyzed. In conclusion, the article offers recommendations for the implementation of gamification of the process of adaptation of sales managers in new social conditions.

Keywords: *gamification, adaptation, gaming technologies, professional activity, sales managers, labor psychology, digital tools.*

THE PROBLEM OF MUSICAL REPERTOIRE IN THE PROCESS OF TRAINING MODERN PIANISTS IN CHINA

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The article is devoted to the problems of choosing and using a solo repertoire in the process of teaching modern pianists in China. The author considers the formation of a repertoire for piano in a historical context, focuses on the prerequisites, conditions and professional factors for the emergence of a particular repertoire. Attention is focused on the disclosure of the role of intercultural relations, the influence of foreign features on the formation of the piano concert repertoire in the Middle Kingdom.

Keywords: *repertoire, piano performance, modern China, virtuosity, professional education, piano style, composing art, playing technique.*

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