

Scientific Journal

Founded in 2006

Registered by the Federal Service for Supervision of Communications,
Information Technology and Mass Media
PI № ФС77-61037 of March 5, 2015

Translated Title:

Herald of Tver State University. Series: Pedagogy and Psychology

Founder:

Federal State Budget Educational Institution of Higher Education
«Tver State University»

Editorial Board of the Series:

Acad. of RAE, Dr. of Pedagogical Sciences, prof. I.D. Lelchitskiy (*editor-in-Chief*) (Russia);
Acad. of RAE, Dr. of Pedagogical Sciences, prof. S.K. Bondireva (Russia);
Acad. of RAE, Dr. of Pedagogical Sciences, prof. I.V. Dubrovina (Russia);
Corresponding Member of RAO, Dr. of Psychology, prof. O.K. Pozdnyakova (Russia);
Corresponding Member of RAS, Dr. of Pedagogical Sciences, prof. A.V. Jurevich (Russia);
Dr. of Pedagogical Sciences, prof. A.L. Busygina (Russia);
Dr. of Psychology, prof. O.S. Deineka (Russia);
Dr. of History sciences, prof. Wang Rui (China);
Dr. of Psychology, prof. T.A. Zhalagina (Russia);
Dr. of Psychology, prof. N.V. Kopylova (Russia);
Dr. of Psychology, prof. S.N. Makhnovets (Russia);
Dr. of Pedagogical Sciences, prof. Venka Kuteva-Tsvetkova (Bulgaria);
Dr. of Pedagogical Sciences, prof. O.N. Oleynikova (Russia);
Dr. of Pedagogical Sciences, prof. I.M. Osmolovskaya (Russia);
Dr. of Psychology, prof. A.L. Sirotuk (Russia);
Cand. of Psychology, assoc. prof. E.D. Korotkina (Russia);
Cand. of Psychology, assoc. prof. M.V. Moroz (*executive sekretary*) (Russia)

Editorial Office:

24, 2nd Griboedova st., Tver, 170021, Russia
Tel.: +7 (4822) 52-09-79 (ext.117)

*All rights reserved. No part of this publication
may be reproduced without the written permission of the publisher.*

CONTENTS

General psychology, personality psychology, history of psychology

Komarova O.N., Rasskazova A.L. Family as a resource of resilience in adolescence.....	5
Kuzmin K.B., Makhnovets S.N. The genesis of scientific ideas on the phenomenon of life-meaning orientations of personality	18

Labor psychology, engineering psychology, cognitive ergonomics

Babichev I.V. Features of professional personality development in sports.....	27
Vodopyanova N.E., Sabitova E.A. Features of professional burnout among specialists in the field of it development of various specialties	35
Grigoryan A.R. Psychodiagnostic study of individual psychological characteristics of heads of multi-level departments of the regional Ministry of emergencies situations	44
Demidenko N.N., Shverina V.M. Values and meanings of the subject of scientific and pedagogical labor: a review of current researches	53
Zhalagina T.A., Pisarevsky K.L. Category of professional subjectivity in relation to students – future psychologists	63
Kopylova N.V., Mikhaylyuk Yu.V. Conceptual approaches to the study of the phenomenon of medical students' professional development.....	72
Lenkov S.L., Rubtsova N.E. Social and professional determinants of engagement in the field of artificial intelligence.....	82
Makarova O.A., Kandybovich S.L., Razina T.V. Criteria for the success of the operator's work in obtaining continuous glass fiber	95
Rozhkin A.V. Psychological characteristics promoting and hindering employment of unemployed pre-retirement age engineering and technical workers	108

Correctional psychology and defectology

Mednikova L.S., Matasov Yu.T., Zhalmenova Zh.A. The specifics of the structural components of the moral sphere of adolescents with mental retardation.....	118
Sirotyuk A.L., Sirotyuk A.S. Neuropsychological approach to rehabilitation of fighters after local brain lesions.....	133

Pedagogy, history of pedagogy and education

Divnogortseva S.Yu., Tikhonova E.S., Tishkina M.I. Social and pedagogical charity project in the content of education of master's students of a confessional University.....	142
Ivanova A., Milyugina E.G. Between taste and meaning: aesthetic evaluation as pedagogical phenomenon	151
Milyugina E.G., Merzlikin A.D. Moscow piano school in the middle the XIX century chooses the professional development concept: the experience of A.I. Dyubuk	161
Rudneva T.I. Modern pedagogical science: methodological problems.....	173
Silchenko A.P. Technology for creating digital projects in the educational process within the framework of the culturological approach	182

Methodology and technology of vocational education

Alimov F.Sh. Creative approach to the development of written speech in English in non-linguistic university students	201
Muravyeva A.A., Oleynikova O.N. Eastern and Western systems of education – prospects for cooperation	213

Young researchers and graduate students

Burlachenko L.S. The value-semantic aspect of self-understanding of professional identity within the framework of the subject-being approach.....	228
Dubinina A.A. Students' social activity: content, structure, diagnostic criteria.....	239
Ilyina O.S. Spiritual and moral development as a special educational area of preschool education.....	247
Fadeeva Ya.E. Stages of formation and development of local hospital pedagogy practice (1870–1990s).....	258
Khairullin R.A. Psychological counseling as a way of providing help to work subjects experienced professional disadaption.....	270

Family as a resource of resilience in adolescence

O.N. Komarova, A.L. Rasskazova

Moscow City Pedagogical University, Moscow

The article analyzes psychological aspects of different approaches to the problem of family resources, theoretically substantiates the connection between the nature of family relationships and the peculiarities of adolescents' resilience. Important resources of the family system in the context of adolescent resilience are such indicators as: the degree of family differentiation, flexibility and cohesion of the family system, communication skills of the family in solving complex issues of its functioning. The study involved 160 respondents: 80 adolescents (40 boys and 40 girls) and 80 parents. The age range of the adolescents was 14-16 years. The data were collected using S. Muddy's «Resilience Test» (adapted by D.A. Leontiev and E.I. Rasskazova); Dembo-Rubinstein personality self-esteem diagnostic technique (modified by A.M. Prikhozhan); S.S. Stepanov's «Strategies of Family Education» technique modified by I.I. Makhonina; questionnaire «Family adaptation and cohesion scale» (D.H. Olson). Differences in parenting styles of parents of young men and girls are found. The results of indicators of adolescents' resilience levels depending on parenting styles are presented.

Keywords: *resilience, family resources, cohesion, adaptation, family upbringing styles.*

The genesis of scientific ideas on the phenomenon of life-meaning orientations of personality

K.B. Kuzmin, S.N. Makhnovets

Tver State University, Tver

This article examines the phenomenon of «meaningful life orientations» from the point of view of the historical development of this concept in philosophy, cultural studies, psychology and other related fields. The ontological aspects of the term «meaning of life» in the context of culture and history are analyzed. The key aspects of the metasystem approach are also highlighted, which is a promising method for studying the essential characteristics of «meaningful life orientations» in a person.

Keywords: *meaning of life, life orientation, system, metasystem approach*

Features of professional personality development in sports

I.V. Babichev

Federal Scientific Center for Psychological and Interdisciplinary Research, Moscow

The purpose of this study is to determine the main features of the process of professional personality formation in sports, including in the aspect of its periodization. In the article, the following are highlighted as the main features of the professional formation of athletes: the early beginning of professional formation; significantly shorter stages of professional formation in comparison with other types of activities; the absence of an educational stage of professional formation; the need to consider the effectiveness of professional formation in sports, including taking into account the early end of a sports career and the possibility of effective professionalization in new types of work.

Keywords: *psychological formation, professional and personal development, children's and youth sports, sports-important qualities.*

Features of professional burnout among specialists in the field of IT development of various specialties

N.E. Vodopyanova¹, E.A. Sabitova^{1,2}

¹ St. Petersburg State University, St. Petersburg, Russia

² Ural Federal University named after the first President of Russia B.N. Yeltsin, Ekaterinburg, Russia

The article reveals the specifics of professional burnout among specialists in the field of IT development with different professional activities: programmers, testers, analysts, project and product managers, as well as other specializations. To study the features of professional burnout of specialists in the field of IT development, Vodopyanova N.E. methodology for IT specialists (2023) was used. The features of professional burnout do not have significant differences among IT-workers with different specialties, do not depend on the level of their position, working experience in the IT-sphere and in a particular company.

Keywords: *professional adaptation, psychological well-being of the individual, professional burnout.*

Psychodiagnostic study of individual psychological characteristics of heads of multi-level departments of the regional ministry of emergencies situations

A.R. Grigoryan

Ministry of Emergencies in the Tver Region, Tver

The article presents a study of the individual psychological characteristics of the heads of the of multi-level divisions of the main directorate of the ministry of the Russian federation for civil defense, emergencies and disaster management in the Tver region at the middle and senior levels, as subjects of labor. The article considers the symptom complexes of communicative, emotional, intellectual and motivational-volitional personality traits of the heads of the Ministry of Emergency Situations of the middle and senior levels. A comprehensive psychological portrait of the heads of the Ministry of Emergency Situations has been developed.

Keywords: *individual psychological characteristics, managerial activity, communicative, emotional, motivational-volitional, intellectual personality traits, head of the Ministry of Emergency Situations, psychological portrait.*

Values and meanings of the subject of scientific and pedagogical labor: a review of current researches

N.N. Demidenko, V.M. Shverina

Tver State University, Tver

The article presents a retrospective look at the history of studying the phenomena of values and meanings, provides an overview of current studies of the values and meanings of the subject of scientific and pedagogical work. The relationship between the phenomena of value, meaning, value orientations, labor motivation is determined, and the conceptual structure of the study of the stated topic is shown. In the context of the description of current studies of the values and meanings of work and life of a higher education teacher, a conclusion is made about their dynamics. Based on the analysis of the presented studies, generalizing conclusions are made, scientific and practical questions are posed and problems of further study of these phenomena in the field of labor psychology are identified.

Keywords: *higher professionally oriented education, subject of scientific and pedagogical work, meanings, values, value orientations, motivational goal, managerialism.*

Category of professional subjectivity in relation to students – future psychologists

T.A. Zhalagina¹, K.L. Pisarevsky²

¹Tver State University, Tver

²Russian International Academy of Tourism, Khimki, Moscow region

Examines the concept of professional subjectivity in relation to students-future psychologists. The essence of professional subjectivity is analyzed and clarified from the position of various authors, the importance of the formation of components of professional self-determination among psychology students is revealed.

Keywords: *subjectivity, professional subjectivity, subjectivity of novice specialists, peculiarities of subjectivity formation, indicators of subjectivity, psychology students.*

Conceptual approaches to the study of the phenomenon of medical students' professional development

N.V. Kopylova, Yu.V. Mikhaylyuk

Tver State University, Tver

The article examines various approaches to studying the phenomenon of professional development in medical students. In labor psychology, personal and professional development are interrelated aspects of professional development, since achieving professional mastery depends on the development of key personal and professional qualities. This article may be useful for developing programs for training and retraining specialists at the university, as well as for creating new teaching aids and methodological recommendations.

Keywords: *conceptual approaches, professional development, personal and professional development, professionalization, medical students*

Social and professional determinants of engagement in the field of artificial intelligence

S.L. Lenkov¹, N.E. Rubtsova²

¹Russian Academy of Education, Moscow

²Russian New University, Moscow

The objective of the study is to identify the influence on engagement in the field of artificial intelligence of a number of social and professional factors, such as gender, age, profile of professional activity and professional training, region of work or study, etc. The theoretical and methodological foundations were the subject-information approach, the integrative-typological approach to the psychological classification of professional activity, the author's concept of engagement in the field of artificial intelligence. For psychodiagnostics, the «Questionnaire of engagement in the field of artificial intelligence» (S.L. Lenkov et al., 2025) was used, which allows determining the severity of the desired engagement, both general and for its components – cognitive, motivational, affective and behavioral engagement. The sample included 612 respondents aged 17 to 76 years, including working specialists of various profiles, as well as students and graduate students of colleges and universities. Factors that have a statistically significant impact on engagement in the field of artificial intelligence were identified. These patterns (except for the influence of the sex factor) were established for the first time in both domestic and foreign psychology. The prospects for their practical application are associated with the introduction of artificial intelligence systems into the labor sphere and the corresponding modernization of general and vocational education.

Keywords: *artificial intelligence, artificial intelligence field, engagement in the artificial intelligence field, determinants of engagement, professional focus.*

Criteria for the success of the operator's work in obtaining continuous glass fiber

O.A.Makarova¹, S.L.Kandybovich², T.V. Razina²

¹ Kazan Federal University, Elabuga

²University of World Civilizations named after V.V. Zhirinovsky, Moscow

The article presents a comparative analysis of the capabilities of two methods for studying professionally important qualities of a continuous fiberglass operator. The results of a diagnostic examination of the operators' professionally important qualities using testing and expert assessments are presented. The analysis of the ratio of the obtained results is carried out and the presence of a number of limitations in the experts' ideas about the necessary qualities for an operator and the representation of these qualities in employees is proven. Additional limitations of the use of expert assessment in psychological research are shown.

Keywords: *operator of continuous glass fiber production, success, success criteria, professionally important qualities.*

Psychological characteristics promoting and hindering employment of unemployed pre-retirement age engineering and technical workers

A.V. Rozhkin

V.V. Zhirinovsky University of World Civilizations, Moscow

In order to analyze the psychological conditions that promote and hinder employment of unemployed pre-retirement age engineering and technical staff (ETW), an empirical study was conducted. The methods of expert assessments, survey, and testing were used. The following conditions were established that facilitate employment of unemployed pre-retirement engineering and technical workers: competence, responsibility, persistence, emotional stability, literacy, speed and efficiency. Conditions that hinder employment of pre-retirement engineering and technical workers were also established: increased anxiety, unconstructive motivation to avoid failures and external locus of control, irresponsibility, selfishness, lagging behind modern professional technologies, unwillingness to learn, lack of time, own ideas, suddenness, lack of information.

Keywords: *engineering and technical workers, psychological conditions, employment; age discrimination; pre-retirement age*

The specifics of the structural components of the moral sphere of adolescents with mental retardation

L.S. Mednikova, Yu.T. Matasov, Zh.A. Zhalmenova

Herzen State Pedagogical University of Russia, Saint Petersburg

The article presents the results of a pilot experiment aimed at studying the moral sphere as a multicomponent personality education for adolescents with intellectual disabilities. The experimental study examined adolescents' ideas about morality, their attitude to moral norms and moral self-esteem, the moral feelings they experience, as well as behavior in situations of moral choice. The results of the pilot experiment allow us to talk about the specifics of the components of the moral sphere of adolescents with mental retardation. The conclusions drawn are based on a psychological analysis of the subjects' self-assessments and their subsequent typologization, as well as a qualitative analysis of the results of adolescents' solving problematic situations proposed by them, and generally indicate a prosocial orientation of the personality of adolescents and a willingness to follow generally accepted moral norms.

Keywords: *adolescents with mental retardation, cognitive component of the moral sphere, behavioral component of the moral sphere, emotional component of the moral sphere, moral self-esteem, moral choice situation, prosocial position.*

Neuropsychological approach to rehabilitation of fighters after local brain lesions

A.L. Sirotyuk¹, A.S. Sirotyuk²

¹Tver State University, Tver

²Military Academy of Aerospace Defense
named after Marshal of the Soviet Union G.K. Zhukov, Tver

The article deals with the problem of neuropsychological rehabilitation of fighters after local brain lesions during a special military operation. A functional description of the structural and functional blocks of the brain is given. Methods of restoring higher mental functions are proposed. Examples

of exercises for neuropsychological rehabilitation of structural and functional blocks of the brain are given.

Keywords: *neuropsychological approach, rehabilitation, local brain lesions, systemic dynamic localization of higher mental functions, structural and functional blocks of the brain, restorative learning, methods of restoration of higher mental functions.*

Social and pedagogical charity project in the content of education of master's students of a confessional university

S.Yu. Divnogortseva, E.S. Tikhonova, M.I. Tishkina

Saint Tikhon's Orthodox University, Moscow

The article substantiates the importance of social and pedagogical design in the content of the educational program of the master's degree related to the study and analysis of new trends in education in the context of Orthodox culture. The logic of the authors of the educational program in building an interdisciplinary connection of the training courses for master's students aimed at studying the theory of pedagogical design, current problems of special and inclusive education, the practice of organizing and developing social and pedagogical charity projects reflecting the historical service of the Russian Orthodox Church is shown. The tasks that are solved by including activities on social and pedagogical design in the content of the educational process of the university, as well as the prospects for this work are outlined.

Keywords: *design, social and pedagogical charity project, content of pedagogical education, confessional university*

Between taste and meaning: aesthetic evaluation as pedagogical phenomenon

A. Ivanova^{1,2}, E.G. Milyugina¹,

¹Tver State University, Tver

²Art School named after V.A. Serov, Tver

The objective of the study is to develop a theoretical basis for developing the young artists ability to aesthetically evaluate the phenomena of art and life. Using terminological and metaseantic analysis, the authors defined the content of the aesthetic evaluation concept and identified the specifics of the interaction of taste and semantic principles in its structure. The authors clarified the definition of the concept of the young artists ability to aesthetic evaluation, developed its structure and determined the indicators of the formation of this ability in relation to young artists.

Keywords: *aesthetic culture, aesthetic evaluation, taste evaluation, semantic evaluation, additional education, art education.*

Moscow piano school in the middle of the XIX century chooses the professional development concept: the experience of A.I. Dyubuk

E.G. Milyugina, A.D. Merzlikin

Tver State University, Tver

The authors have updated the problem of the search by the Moscow piano school in the mid-19th century for a concept of pianists professional training in response to the time challenges. As a key concept, the authors analyzed the piano pedagogy of the Moscow school head A.I. Dyubyuk, developed in the pre-conservatory period of his activity. The authors identified the degree of traditionalism, innovation and prospects of A.I. Dyubyuk's experience for the development of domestic piano art, his contribution to the development of the domestic professional piano education foundations and forecasting the directions of its further development.

Keywords: *piano pedagogy, Russian piano school, Moscow piano school, piano art, professional education, cultural values, Moscow Conservatory, A.I. Dyubyuk, N.S. Zverev, N.D. Kashkin, T.I. Filippov.*

Modern pedagogical science: methodological problems

T.I. Rudneva

Samara National Research University named after Academician S.P. Korolev, Samara

The article focuses on the methodological positions of modern pedagogy, which realises the integrated function. Being an independent science, pedagogy goes for integration with other sciences, acquiring interdisciplinary character. Under these conditions, pedagogical research can also be interdisciplinary to obtain objective scientific data on the modern educational process. Attention is drawn to the object of pedagogy – education, the problems of which are addressed by representatives of different scientific spheres. Complex research contributes to a comprehensive study of pedagogical processes and various aspects of innovative education. Complexity becomes the main pedagogical principle of pedagogy, the pedagogue-methodologist is in demand. It is debatable whether pedagogy retains its system-forming role, which will contribute to the development of pedagogical sciences, improvement of pedagogical practice through the implementation of the results of integrated research.

Keywords: *education, interdisciplinarity, complexity, pedagogical science, pedagogical research, methodology.*

Technology for creating digital projects in the educational process within the framework of the culturological approach

A.P. Silchenko

Tver State University, Tver

The stages of project work are characterized: team building, research, design, prototype implementation, and demonstration of results. The technology integrates modern digital tools, flexible project management methodologies, and traditional didactic principles, focusing on the development of key competencies and the formation of a new type of educational experience. It is shown that involving students in the phased implementation of a project stimulates their independent search for solutions, creative approach, reflection, and awareness of personal responsibility, and contributes to the development of readiness for the creation and use of digital resources in the educational process.

Keywords: *culturological approach, project-based pedagogical technology, digital projects, project-based learning, competency-based approach, educational process, team building, research, design, prototype implementation, demonstration of results.*

Creative approach to the development of written speech in english in non-linguistic university students

F.Sh. Alimov

Andijan State University, Andijan, Republic of Uzbekistan

The article is devoted to interactive methods of developing creative thinking of chemistry and biologist students of non-philological faculties in the conditions of digitalization. Analysis of literature and scientific articles on a creative approach of non-philological faculty students is provided, the advantages and disadvantages of the development of written English in general and professional education are highlighted. It is noted that systems of exercises and tasks aimed at improving the creative approach to the development of written speech should work to achieve specific goals. Total 265 students were involved to the experimental work. The results of the experiment proposed a methodological system for the formation of a creative, independent approach in the development of career guidance writing in English.

Keywords: *creative thinking, creativity, writing, non-linguistic faculty, digital education.*

Eastern and western systems of education – prospects for cooperation

A.A. Muravyeva, O.N. Oleynikova

¹Centre for Vocational Education and Training Studies, Moscow

The article examines possibilities of interaction and enrichment of the cognitive philosophy of education and educational practice of the countries of the conventional West and the conventional East. The research is relevant for the development of international education and strengthening academic exchanges, academic mobility in the context of globalization and changing the contour of interaction between the Global South and the Global North. The proposed discourse addresses values, traditions, educational theories and practices in the East and West, as well as their future shape with regard to increasing complexity of developmental challenges. The ontological affinity of the education systems in the East and West is confirmed together with their inherent processes of cognition and epistemologies. The results of the study comprise proposals for effective use of mutually significant parameters of both systems for the further development of the international dimension in education. The novelty of the study lies in examining the education systems from the standpoint of antinomy, conventionally termed «Eastern education – Western education».

Keywords: *philosophy of education, eastern education, western education, antinomy, modernization of education, international cooperation.*

The value-semantic aspect of self-understanding of professional identity within the framework of the subject-being approach

L.S. Burlachenko

Kuban State Technological University, Krasnodar
Kuban State University, Krasnodar

The article presents the data of an empirical study of self-understanding of professional identity of people belonging to a professional group that is in the process of formation (bloggers) within the framework of the subject-being approach. The purpose of the empirical study was to analyze and describe the constituent elements of self-understanding of professional identity of representatives of the forming professional group - bloggers. The following methods were used: theoretical analysis, projective techniques, personal interviews, the Career Anchor technique by E. Schein, adapted by V.A. Chiker, V.E. Vinokurov. The rationale for using these methods is given, as well as the relevance of the subject-being approach for studying this issue. As a result of the study, the components of self-understanding of professional identity (emotional-volitional, personal-semantic and value-semantic aspects) were identified, measured and characterized, the possibility of applying this empirical model of self-understanding of professional identity to professional groups with different conditions of being was analyzed. Further directions for studying self-understanding of professional identity are outlined, and the prospects for applying the obtained data in the practical activities of psychologists, personnel adaptation specialists, in professional self-determination and professional orientation are considered.

Keywords: *self-understanding of professional identity; professional values; subject-being approach; blogosphere; blogging; bloggers; self-understanding.*

Students' social activity: content, structure, diagnostic criteria

A.A. Dubinina

Tver State University, Tver

The formation and development of Russian students social activity is considered in the study as an indispensable condition for their successful socialization, which acts as a guarantor of further personal and professional self-realization. Since for the practical solution of this problem it is necessary to develop a pedagogical model for the forming the students social activity in modern socio-cultural conditions, the author determines the theoretical foundations of such a model. The author describes the content and structure of the social activity concept, identifies indicators that allow assessing the level of student youth social activity, determines the criteria for diagnosing the level of development of students social activity.

Keywords: *student youth, social activity, structure of social activity, initiative, responsibility, value orientations, readiness for action.*

Spiritual and moral development as a special educational area of preschool education

O.S. Ilyina

Kursk State University, Kursk

This article is devoted to the analysis of a mass experiment on spiritual and moral education of children in preschool educational institutions of the Kursk region, which was carried out on the basis of a specially created regional testing site. The purpose of the experiment was to test the hypothesis that spiritual and moral education is a special educational area. The positive results of the experiment, expressed in the successful spiritual and moral development of children, indicate that in preschool education not only is it necessary, but a new educational area - spiritual and moral development - can also be successfully created. Theoretical developments

and pedagogical experience gained during the implementation of the pilot work can be successfully implemented in the preschool education system and be in demand by various specialists: employees of the education administration system, scientists, but above all, teachers teaching the course on the basics of spiritual and moral culture in kindergartens.

Keywords: *spiritual and moral development of a preschool child, spiritual and moral education of a preschool child, preschool educational organizations, basics of spiritual and moral culture, regional pilot site, system of spiritual and moral education, spiritual and moral development as a special educational area of preschool education, system of continuous professional development of teachers of spiritual and moral culture.*

Stages of formation and development of local hospital pedagogy practice (1870–1990s)

Ya.E. Fadeeva

Tver State University, Tver

A retrospective analysis of the development of domestic practice of teaching and educating children in medical institutions is carried out. Key stages of the formation and disintegration of the hospital pedagogy system are identified, taking into account socio-political and conceptual innovations: «monarchic care and patronage», «philanthropic and charitable», «state support», «normative and legal reforms in the context of international principles», «retro-innovative».

Keywords: *hospital pedagogy, special education, long-term hospitalization of children.*

Psychological counseling as a way of providing help to work subjects experienced professional disadaptation

R.A. Khairullin

Saint Petersburg State University, Saint Petersburg

The article examines the specifics of psychological counseling in a situation of professional ill-being. Professional maladjustment is considered as a factor that can lead to the risks of professional burnout as a systemic destructive state, which combines personal and professional ill-being. The importance of psychological counseling in this context becomes a strategic asset for the company as a whole, since it contributes to the sustainable development of the organization and helps employers reduce additional costs associated with reduced productivity and staff turnover. The article provides an overview of the psychological research combining the problems of professional ill-being and the principles of psychological assistance in situations of professional and personal psychological deformations including the context of online therapy.

Keywords: *professional ill-being, burnout, psychological counseling, subjects of labor, maladjustment, stress, organizational environment, motivation, online therapy.*

About authors

- ALIMOV Farhod Sharabidinovich – Candidate of Pedagogical Sciences (PhD), Associate Professor of the Department of Foreign Languages, Andijan State University (Republic of Uzbekistan, 170100, Andijan, Universitetskaya St., 129), e-mail: alimovfarhod1976@gmail.com
- BABICHEV Igor V. – PhD, Senior Researcher at the Laboratory of Human Capital Management and Organizational Behavior, Federal Scientific Center for Psychological and Interdisciplinary Research (125009, Moscow, Mokhovaya St., 9, build. 4), e-mail: 4377760@mail.ru
- BURLACHENKO Larisa Sergeevna – Junior Researcher, Department of Philosophy, Kuban State Technological University (350072, Krasnodar, Moskovskaya St., 2), Senior Lecturer, Department of Personality Psychology and General Psychology, Kuban State University (350040, Krasnodar, Stavropolskaya St., 149), e-mail: larisa-lulu@yandex.ru
- DEMIDENKO Nadezhda Nikolaevna – Doctor of Psychology, Associate Professor, Department of Psychology of Labor and Clinical Psychology, Tver State University, Tver (170100, Tver, Zhelyabova St., 33); e-mail: nndem@list.ru
- DIVNOGORTSEVA Svetlana Yuryevna – Doctor of Pedagogical Sciences, Head of the Department of Pedagogy of the Private Educational Institution of Higher Education «Saint Tikhon's Orthodox University» (115184, Moscow, Novokuznetskaya St., 23b), e-mail: sdivnogortseva@mail.ru
- DUBININA Anastasia Andreevna – postgraduate student, Tver State University (170100, Tver, Zhelyabov St., 33), e-mail: n4stya.dubinina@yandex.ru
- FADEEVA Yana Evgenievna – postgraduate student, Tver State University (170100, Tver, Zhelyabova St., 33); speech therapist of the early rehabilitation department of the Regional Clinical Treatment and Rehabilitation Center (170026, Tver, Gorky St., 50), e-mail: Fadeeva.YE@tversu.ru
- GRIGORYAN Arsen Rafikovich – Major General of the Internal Service, Head of the Main Directorate of the Ministry of Emergencies in the Tver Region (170034, Tver, Darwin St. 12), e-mail: psihologimchs@mail.ru
- ILYINA Olesya Sergeevna – candidate for the academic degree of candidate of pedagogical sciences, Kursk State University (305000, Kursk, Radishcheva St., 33); e-mail: olesya-ilina-46@mail.ru
- IVANOVA Alexandra – teacher at the Art School named after V.A. Serov (170100, Tver, Tchaikovsky Prospect, 31), postgraduate student, Tver State University (170100, Tver, Zhelyabov St., 33), e-mail: aleksandraivanova64941@gmail.com
- KANDYBOVICH Sergey Lvovich – academician RAE, Doctor of Psychology, Professor, Professor of the Department of Psychology, University of World Civilizations named after V.V. Zhirinovskiy (107078, Moscow, 1st Basmanny Lane, 3, building 1), e-mail: s.kandybivich@sodru.com
- KHAIRULLIN Rail Agzamovich – candidate for the degree of candidate of psychological sciences, Saint Petersburg State University (199000, Saint Petersburg, Universitetskaya Bank., 7/9), e-mail: 9396125@mail.ru
- KOMAROVA Oksana Nikolaevna – PhD (Psychology) Moscow City Teacher Training University, Moscow, Russia; Associate Professor, Associate Professor of Department of Clinical, Psychological and Pedagogical Foundations of Personality Development (129226, Moscow, 2nd Selskokhozyaystvenny proezd, 4, bldg. 1), e-mail: okomarova2009@yandex.ru
- KOPYLOVA Natalya Vyacheslavovna – Doctor of Psychology, Professor of the Department of Psychology, Tver State University (170100, Tver, Zhelyabova, 33); e-mail: Kopylova.NV@tversu.ru
- KUZMIN Kirill Borisovich – graduate student, Tver State University (170100, Tver, Zhelyabova, 33), e-mail: kuzmink865@gmail.com
- LENKOV Sergey Leonidovich – Doctor in Psychology, Professor, Chief Analyst of the Department for Coordination of Scientific Research and Training of Highly Qualified Personnel, the Russian Academy of Education (119121, Moscow, Pogodinskaya str., 8), e-mail: new_psy@mail.ru

- MAKAROVA Oksana Aleksandrovna – senior lecturer, Department of Psychology, Elabuga Institute of Kazan Federal University, e-mail: gavrily.oksana@mail.ru
- MAKHNOVETS Sergey Nikolaevich – Doctor of Psychology, Professor of the Department of Preschool Pedagogy and Psychology, Tver State University (170100, Tver, Zhelyabova St., 33), e-mail: msn-prof@yandex.ru
- MATASOV Yuri Timofeevich – Dr. Sci. (Psychol.), Full Professor, Herzen State Pedagogical University of Russia (48 Moika Embankment, St. Petersburg, 191186), e-mail: matasovut@gmail.com
- MEDNIKOVA Lyudmila Sergeevna – Dr. Sci. (Psychol.), Full Professor, Herzen State Pedagogical University of Russia (48 Moika Embankment, St. Petersburg, 191186), e-mail: lume08@mail.ru
- MERZLIKIN Anton Dmitrievich – postgraduate student, Tver State University (170100, Tver, Zhelyabov St., 33), e-mail: anton.merzlikin.merzlikin@list.ru
- MIKHAILYUK Yulia Vasilyevna – master's degree, postgraduate student, Tver State University (170100, Tver, Zhelyabova, 33); e-mail: mih-julia.80@mail.ru
- MILYUGINA Elena Georgievna – Doctor of Philology, Associate Professor, Professor of the Department of the Russian Language with Methods of Primary Education, Tver State University (170100, Tver, Zhelyabov St., 33), e-mail: elena.milyugina@rambler.ru
- MURAVYEVA Anna Aleksandrovna – PhD on Philology, Senior expert, Centre for Vocational Education and Training Studies (111024, Moscow, Perovo Municipal District, 2-ya Entuziastov St., bldg. 5, office 41, room/office 6/4), e-mail: muraveva2003@inbox.ru
- OLEYNIKOVA Olga Nickolaevna – Doctor of Science (Pedagogy), Professor, Director, Centre for Vocational Education and Training Studies (111024, Moscow, Perovo Municipal District, 2-ya Entuziastov St., bldg. 5, office 41, room/office 6/4), email: on-oleynikova@yandex.ru
- PISAREVSKY Konstantin Leonidovich – senior lecturer of the department of pedagogy and psychology, Russian International Academy of Tourism (RIAT) (141420, Khimki, Moscow region, Skhodnya microdistrict, Oktyabrskaya st., 10), e-mail: Starway48@yandex.ru
- RASSKAZOVA Alla Lvovna – PhD (Psychology) Moscow City Teacher Training University, Moscow, Russia; Associate Professor, Associate Professor of Department of Clinical, Psychological and Pedagogical Foundations of Personality Development (129226, Moscow, 2nd Selskokhozyaystvenny proezd, 4, bldg. 1), e-mail: allarasskazova@mail.ru
- RAZINA Tatyana Valerievna – corresponding-member RAE, Doctor of Psychology, Associate Professor, vice-rector, University of World Civilizations named after V.V. Zhirinovsky (107078, Moscow, 1st Basmany Lane, 3, b. 1), e-mail: razinat@mail.ru
- ROZHKIN Alexander Vladimirovich – the applicant of the Department of Psychology, V.V. Zhirinovsky University of World Civilizations (119049, Moscow, Leninsky Prospekt, 1/2, b. 1), e-mail: av.strannik@gmail.com
- RUBTSOVA Nadezhda Evgenievna – Doctor in Psychology, Professor, Professor of the Department of General Psychology and Labor Psychology, Russian New University (105005, Moscow, Radio str., 22), e-mail: hope432810@yandex.ru
- RUDNEVA Tatyana Ivanovna – Doctor of Pedagogical Sciences, Professor of the Department of Theory and Methodology of Vocational Education, Samara National Research University named after Academician S.P. Korolev (443086, Samara, Moskovskoe highway, 34), e-mail: rudneva.07@mail.ru
- SABITOVA Ekaterina Alexandrovna – candidate of the degree PhD in psychology, St Petersburg State University (199034, St Petersburg, Universitetskaya Emb., 7/9); Senior Lecturer, Ural Federal University (620002, Ekaterinburg, Russia, 19 Mira st.), e-mail: rina.egorova@gmail.com
- SHVERINA Valeria Mikhailovna – postgraduate student, Tver State University (170100, Tver, Zhelyabova St., 33); e-mail: lerusik_shverina@mail.ru

- SILCHENKO Alen Pavlovich – Candidate of Pedagogical Sciences, Associate Professor of the Department of Mathematical and Natural Science Education, Tver State University (170100, Tver, Zhelyabova St., 33), e-mail: Silchenko.AP@tversu.ru
- SIROTYUK Alla Leonidovna – doctor of psychological sciences, professor, Professor of the Department of preschool pedagogy and psychology, Tver state University» (170021, Tver, Zhelyabova str., 33), e-mail: a.sirotyk@mail.ru
- SIROTYUK Anastasia Sergeevna – candidate of Psychological Sciences; AP of the Department of Military and Political Work in the troops (forces), Military Academy of Aerospace Defense named after Marshal of the Soviet Union G.K. Zhukov (170100, Tver, Zhelyabova str., 50), e-mail staska8769@mail.ru
- TIKHONOVA Elena Sergeevna – candidate of psychological sciences, associate professor of the Department of Pedagogy of the Private Educational Institution of Higher Education «Saint Tikhon's Orthodox University» (115184, Moscow, Novokuznetskaya St., 23b), e-mail: et33@mail.ru
- TISHKINA Maria Ivanovna – postgraduate student, «Saint Tikhon's Orthodox University» (115184, Moscow, Novokuznetskaya St., 23b), e-mail: maria.tischkina@yandex.ru
- VODOPYANOVA Natalia Evgenievna – Doctor of Psychological Sciences, Professor, St Petersburg State University (199034, St Petersburg, Universitetskaya Emb., 7/9), e-mail: vodop@mail.ru
- ZHALAGINA Tatyana Anatolyevna – Doctor of Psychology, Professor, Head of the Department of Labor Psychology and Clinical Psychology, Tver State University (170100, Tver, Zhelyabov, 33), e-mail: zhalagina54@mail.ru
- ZHALMENOVA Zhanara Amangeldyevna – postgraduate student, Herzen State Pedagogical University of Russia (48 Moika Embankment, St. Petersburg, 191186), e-mail: ZhanaraBis@yandex.ru