

Psychological and Pedagogical Principles of Students' Emotional Sphere Formation in the Process of Professional Training and Development

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The most important task of modern life-science education is to provide quality education, personal guidance, and opportunities for updating content and form of the educational process, implementation of educational innovation and information technology, the formation of professional identity. In pedagogical purposes, it is essential to pay some attention to the formation and improvement of students' emotional sphere. Moreover, experience shows that start of the formation of the emotional sphere is necessary even during training at the high school. The investigation of the current state of professional medical and psychological education has proved that there is no sufficient attention paid to the resolution of this problem. In our opinion, a high level of efficiency in the formation of emotional competence of physicians is impossible without a systematic, focused training within the appropriate course. Therefore, given these considerations, we have developed a specialized training course entitled "psychology of emotions", aimed at preparing students studying "doctor" specialties such as "medicine", "medical psychology" and the formation of the emotional sphere.

Keywords: emotional sphere, emotional competence, professional training, professional development, medical psychology

Shaping of emotional sphere of future doctors occupies an important place in psychological research, and is one of the urgent and complicated in psychology and pedagogy of modern higher education. Its complexity is due in particular to the fact that the formation of the emotional sphere's going together with the development of other abilities of the individual.

The purpose of the article is to outline the specific formation of emotional and psychological competence of specialists; determine the psychological and pedagogical principles of the students' emotional sphere formation in the process of training, and prospects for future research.

Review of the literature demonstrates that there is lack of investigations of the emotional sphere within pedagogy. The study of some aspects of emotional competence are devoted to: Bar-On (1997), Salovey and Sluyter (1997). There has been accumulated considerable material on approaches regarding formation of the emotional sphere. The authors of modern teaching media point out importance of the formation of the

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emotional sphere of students - future professionals, but do not stop on a detailed examination of the issue. In addition, the ambiguity of understanding the concept of “emotional sphere” in psychology is difficult to separate from professionally important properties of physician-psychologist describing this phenomenon, which in turn is a serious shortcoming in future work of psychology expert, limiting the development of measures to improve their professional skills, and mental health ability. However, in our opinion, it is important to find out how to solve the problem in practice of higher medical education.

It is sufficient to examine the formation of the emotional sphere of the student in terms of two areas of training future specialists: theoretical and practical. Obviously, the content analysis of higher medical education is insufficient without investigating opportunities for practical training of students for professional careers.

Emotions and feelings like all psychic processes are provided for reflection and perception of the surrounding world, reality but a man always has a certain attitude to perceiving objects and events. Appearance of emotions is caused by the exterior impacts, by the response of the organism to the situation (Lazurenko, 2014).

It is known that the job of healthcare professionals, including medical psychologist – is very specific in its essence, significance and controversy. For it is specific objective the creation of mental stress, realization in extreme conditions that lead to the emergence of prolonged negative emotional states that have devastating impact on the psyche of the individual specialist. As you can see, the medical profession, including profession of medical psychologist, gives specific mental and emotional stress and attempts to understand the problems of patients who are in stressful or crisis situations; there is also a possibility even to become the object of aggression of the patient.

Given this, it is reasonable to assume that the main task of training and education, professional formation resulting in higher medical professional is to develop the students' emotional sphere. Therefore, during training in higher medical facility, students must not only acquire the necessary knowledge of professional medical disciplines, but also develop appropriate psychological qualities, and form a positive attitude towards future profession from which the success of their practice fully depends on.

In any type of activity is important harmony of rational and emotional. Hence, sociologists, psychologists, teachers and doctors—all those whose profession is associated with people need to take into account the role of emotional factors in their activities and develop professional competence.

The final, highest result of becoming a professional expert is his job, as reflected in the sheer psychological readiness to perform their duties. Moreover, the level of development is determined by the formation of professional readiness at all stages of the development: applicants to the medical institution, graduate, young specialist professional.

Among the properties that are important for the professional activity and characterize the significance of emotional sphere of doctor specialty in particular, the most common are the following: the plasticity of behavior, the ability to understand others emotions, empathy, and social maturity of personality, emotional stability, self-regulation and so on. Note that the nature of emotional disorders of personality changes due to the formation of his/her social motives of (the desire to do something necessary, useful not only for themselves but also for others).

Thus, among the professionally important properties of doctor, including medical psychologist, one can identify the emotional maturity and equilibrium; appropriate mental (emotional) condition; self-control;

understanding patient, friendly attitude. Unacceptable to the doctor is the increased excitement, irritability. Other professional properties in our deep belief are also plasticity behavior, ability to understand emotion, empathy, social maturity of the individual. The sphere of emotional personality traits are professional, enthusiasm their work, sincerity, peace, balance.

To professionally important features of the specialist also belong emotional stability and emotional tenacity. Thus, control of mental state includes self-education that is of strategic importance, appearing in the doctor's practice, and medical psychologist in particular; tactical task is to master the techniques of self-active mental states and required skills. This fact shows that the performance of professional activities of doctor requires knowledge and skills in mastering the ways of regulation of emotional states, but not only empirically after graduation during professional activity, but also during training in higher medical establishment.

We add only that, since the phenomenon is not an inherent skill, but developed as a synthesis of personality traits, and its level can be changed through conscious, purposeful work that should include the formation of emotional stability as one of the areas forming emotional sphere of students already in the process of training.

The future doctor must, first, be aware of possible emotogenic situations that arise in the profession; secondly, the student must not only provide situations but adapt his reactions to them.

Long-term studies of the emotional sphere showed that not only the doctor should be well-educated in emotions overall, but also confirm the great importance of emotions themselves, and emotional factor in his career.

Personal developments of students, forming their readiness for future professional activities are important factors to optimize the learning process in higher educational institutions in modern society. From other side, the educational process in high school is an integral part of a student's personality - future professional that promotes professionalism, emotional competence, in particular (Smila & Lazurenko, 2013).

It is also very important that in the process of psychological training of medical personnel, the properties of emotions are studied. The formation of emotional culture of future medical psychologists is one of the leading challenges, as well as mastering the essentials of expressive qualities of man that lead to favorable conditions for the physician communication with patients.

We have identified the following development potential of emotional sphere of students: the formation of self-esteem, self-diagnostic skills, analysis of their own emotional states, as well as a further means of emotional self-mastery and more.

This gives reason to say that in teaching purposes it is essential to pay some attention to the formation and improvement of the emotional sphere of students. And, as experience shows, starting the development of the emotional sphere is necessary in the period of training at the high school.

Multiple observations and recent studies show that today there is a huge number of exercises, assignments, training, seminars, tutorials that are actively implemented in the educational process aimed at developing the emotional sphere of students. But our deep conviction is that a high level of efficiency in the formation of emotional competence of doctors is impossible without systematic, focused training within the appropriate course.

The study of the current state of professional medical and psychological preparation shows that insufficient attention is paid to the solution of this problem by higher education institutions. The analysis of curricula and training programs for health professionals indicate that the psychology of emotions is not

allocated to a separate facility pedagogical impact, and therefore there is an objective contradiction between the actual need for future specialist knowledge in learning psychology of emotions and the ability to get them in the learning process at higher medical institution. To solve this contradiction can be achieved by forming emotional competence of future specialist since accumulates as professional competence and personal characteristics of the individual.

Based on materials from previous studies, we tried to make a scientific description of the process of formation of the emotional sphere: how to organize the learning process, how it contributes to the development of emotional sphere; conditions, methods and forms of work with students to promote the formation of this phenomenon.

In constructing our model, we proceeded with the following provisions: the formation of the emotional sphere of students - future doctor-psychologist to be one of the tasks of training; formation of the emotional sphere is more successful under conditions of coherent identity of the student, in conjunction with other spheres of the psyche and personal qualities; in the development of emotional sphere of students - future doctor-psychologists, special attention should be paid to the formation of professionally important component in this field; the formation of the emotional sphere of student is a long process; formation and development of the emotional sphere is a two-way process in which are involved the activities of the teacher on forming components of the emotional sphere and student activities on their emotional sphere; the formation of the emotional sphere of student is a continuous process that is carried out at certain stages, each of which should follow specific goals and corresponding tasks.

In our study, first of all, we rely on the concept of identity, because it involves the development of individual areas of personality, including its emotional sphere. In this regard, in our study, it is possible to review certain situations in the training of future professionals as components of communication, providing a psychological basis for training and implementation of laws aimed at the development of personality in general.

Obviously, the formation of the emotional sphere is a purposeful process. The system includes the following objectives: developing skills of results assessment of their own activities; analysis of the skills of emotional states; mastering the techniques of emotional regulation; definition of favorable and negative factors of their own emotional development. The system targets, reflecting the formation of professionally important components of emotional sphere of students include: analysis of the skills of professional activity; the skills to anticipate the possible emotional states of patients; creating an understanding of the characteristics of their own emotional sphere in readiness for professional activity; their own self-observation, empathy, emotional liability, reflection and other professionally important components of emotional sphere; the skills to design tactics of emotional self-improvement and others.

During the training at the higher medical institution students - future doctors need to get some knowledge that will provide formation in their mind of a clear picture of the emotional sphere of the individual and arm themselves with methodological approaches to form their own emotional sphere. In our opinion, these include knowledge about the organization of emotional sphere of the personality; age characteristics of the emotional sphere; abnormalities in the emotional development rights; link emotions with knowledge; professionally important properties of the doctor (emotional aspect); ways of regulating emotional states; methods of emotional self-regulation, etc.

The system of relevant skills is one of the important elements in the process of formation of students' emotional sphere. These include emotional skills; skills of emotional self-regulation; the ability to anticipate

possible emotional reactions in certain situations; ability to manage emotional states; ability to respond rapidly to emotiogenic situations; observation skills, empathy, perception, etc.

According to the model we built, formation of the above skills and abilities is done due to inclusion into the learning process. On this purpose, we have developed a system of tasks, covering the following:

knowledge about emotional states, expressive tools, techniques of emotion regulation; means of expression, emotional regulation techniques based on introspection; development of skills of emotional regulation; development of professional observation (perceptive, empathic components); psychological analysis of situations during professional activity.

Overall system tasks are based on the principles of professional orientation, the concept of identity, and the stages of formation of the emotional sphere of students during higher medical training.

Do not forget that knowledge and skills, which are formed during the training, include not only the content and functionality, but also the nature of the activities necessary for their learning. We believe that education of emotional relationship is realized when a certain feeling that is emotionally colored needs empathy. In this regard, the development of emotional sphere is associated with the development of mental and social influence in certain circumstances - circumstances that contribute to the success of the organization and implementation of the process of students' development. They are interconnected with teachers and students, and of course with the process of training.

The presented model of the student's emotional sphere formation is reflected in different forms: lectures, seminars, workshops, practical training, consultations, and independent work.

We relied on the fact that the model of emotional sphere of the student can be built if we know the age characteristics of the emotional sphere of students; essence of professionally important components of emotional sphere of future doctors; training opportunities in the development of emotional sphere (methodological aspect). Therefore, the main stages of emotional sphere of students - future doctors-psychologists in the training should include: overall development of the emotional sphere itself; formation of professionally important components of emotional sphere and their self-development.

Therefore, given these considerations, we have developed a course "psychology of emotions", aimed at training students of "doctor" specialties "medicine", "medical psychology" and the formation of the emotional sphere (Lazurenko, 2007).

Based on an analysis of the nature of professional medical, educational specialist's job description and the results of our investigation, there was determined the purpose of the course, which consists of mastering fundamental knowledge of emotional development of the individual, comprehensive study of the psychological nature of the emotional sphere of personality and learning its basic properties, including operation characteristics and emotional states, the specific interaction of emotion and personality development processes and social relations, the analysis of the impact of individual characteristics on the emotional sphere of personality, awareness of the role of emotional phenomena in establishing the relationship between people and the impact of emotions on human health, the formation of emotional competence of doctors.

The main objective of the course is to develop students' skills to be used in their professional careers and in the process of mastering knowledge of the psychology of emotion, theories of emotions, to fulfill the requirements for professional activities of doctor and features of his personality, to obtain a high level of skills in dealing with certain professional situations.

Development of the specific content of the course took place on the basis of the study of levels of

individual components of the emotional sphere, analyzing the nature, structure and characteristics of emotional competence of a future doctor.

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