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CHARACTERISTICS OF AN OPTIMAL STATE OF FUTURE SOCIONOMY MASTER'S PERSONALITY

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Abstract. *The relevance of the research is caused by the study of optimal state peculiarities of a future socionomy Master. The understanding of the essence of this state is determined by the interaction level of such basic systems of personality functioning as motivational, cognitive, emotional, perceptive, operational and evaluative, and productivity of a professional activity training depends on the harmonious interaction of the defined systems. The research made it possible to state that the necessary condition for obtaining the optimal state of preparedness is a motivational mindset for the transition from a lower state to a higher one, as well as cognitive and emotional components in the structure of a personality, and these components provide the driving force of future specialist's claims. The three defined interrelated components, namely: motivational, cognitive and emotional systems contribute to the mobilization of personality's volitional efforts and a personality's stable emotional mood for a gradual transition from a lower level of preparedness to a higher one.*

Sufficient conditions for obtaining the optimal state of preparedness are perceptual, operational and evaluative components, the interdependence of which contributes to personality energy-efficiency as self-determination for a successful result in professional self-development. The results of these conditions diagnosis indicate that the majority of Masters in total remain in the passive and moderate states – 56%, the rest of Masters remain in the optimal state – 44%.

Keywords: *optimal condition of a personality, the preparedness of a Master to professional self-development.*

Statement of the problem. A future socionomy specialist's personality in the dimensions of a pedagogical analysis is considered through the prism of the interaction problems in the system of "person to person" relations. Among the fundamental problems of the existence and activity of this field specialists, there can be defined the interaction problem of subjects in the educational process in general as well as the interaction problem of subjects in the socio-pedagogical process in particular.

The basis of a subjects' interaction is communication as a specific dimension, owing to which socially significant features of human existence are evaluated. The problem becomes particularly critical for socionomic professions specialists when there arises a need in communication and interaction with children, young

people and elderly people, who are either in a crisis state or have behavioral disorders and life difficulties. A conscious interaction acts as an integral system that ensures a certain functions fulfillment, in particular those functions that are necessary to serve activities, behaviour, thoughts, and emotions and provides overcoming difficulties while achieving the goals of professional activity.

The features of the interaction between socio-pedagogical sphere specialists and activity subjects are investigated with the help of different methodological approaches, among which there should be stated the following approaches as system, personal-and-activity, integrative, competence-based, resource approaches, etc. The interrelation of these approaches makes it possible to find out the integrity of phenomena and processes of the objective reality, that provide an opportunity to identify the essential components of the interaction process, the essence of interinfluence and changes that occur as a result, to identify the most important structural qualities of specialists' personalities, the sources of their activity and motivational mindsets.

The scientific sources analysis also makes it possible to find out the most effective pedagogical conditions for the acquisition of the ability to control oneself by the personality of a specialist, aiming at the transformation to a completely new state, connected primarily with the inclusion of an individual into an active social and pedagogical activity.

Modern approaches to the personality development of Masters in social and pedagogical spheres prove that future specialists of higher qualification are characterized by a measure of socialization, a level of real connections and relations, the achieved degree of acquired social life conditions, and in their individual development claim to be the subjects of creativity in a professional activity.

Therefore, this circumstance obliges to analyze scientific works on the formation and development of a future Masters' personality and consistently generate our own strategic guidelines in their life activities training in the modern world. It is known that the change in the professional state of future specialists depends on a set of circumstances that affect the process of their growth, which, in turn, is the first step to personal self-development.

Future Masters' preparedness to self-development gives possibilities to single out a personal formation, the structural unit of which is an optimal state that provides approving oneself as a subject of creativity.

Analysis of recent research and publications. The involvement of a personality in a system of social relations, its essence, functions, actions, etc. are subjects of research in many scientific fields, among which the sphere of future specialists' training to professional activities should be highlighted. Scientific research on training of future specialist's personality is dedicated to various aspects, and the significant place among these aspects is taken by a problem of social maturity (V. V. Radul, Ye. A. Yacuba and others), the

characteristic feature of which is a certain state of the personality integrity, the establishment of its relationships with the subjects of activity, its social activity as an indicator of preparedness and readiness to perform professional functions [3, p. 31].

The research is theoretically based on scientific statements grounded on ideas about personality activity and development (H. O. Ball, I. D. Bekh, A. V. Brushlinskyi, L. S. Vyhotskyi, D. B. Elkonin, O. M. Leontiev and others), about the importance of perception and evaluation of social subjects state (H. S. Abramova, N. O. Antonova, L. S. Bazilevska, L. F. Burlachuk, and others), about peculiarities of interpersonal communication and perception in various spheres of life activities (N. V. Chepelieva, Yu. S. Shvalb, T. S. Yatsenko and others), opening up opportunities for new life choices of the personality, that determine the vector of personality development and a certain state of his/her readiness.

Research on professional training of future social and pedagogical workers (O. V. Bepalko, R. Kh. Vainola, I. D. Zvierieva, A. Y. Kapska, L. I. Mishchuk, V. A. Polishchuk, S. Ya. Kharchenko, and others) define essence of such a training, characteristic features of approving it in the present time, the corresponding level of certain qualities being formed, ability to manage the state and development, etc. Nowadays, a number of actual studies defines the processes degree of specialists' preparedness to professional activity, their readiness, competence, etc.

In the course of research on training of future social and pedagogical sphere Masters, there have been clarified the essence, structure and levels of their preparedness to perform professional activities (I. M. Bohdanova). There have also been clarified the essence of health-saving competence, integral self-regulation, personal mobilizedness, which in its turn is determined by a future social pedagogue orientation to professional self-development and is understood as a fundamental ability to successfully perform any activity owing to self-adjustment to control one's own actions, which depends on a volitional activity as self-adjustment to volitional efforts mobilization, emotional mood as a self-tuning to mobilization of protective and management resources of the organism, energy-efficiency as a self-determination for a successful activity result [1, p. 5]. The research results defined various states of preparedness of a future social and pedagogical sphere Master's personality to professional activity, for example, passive, moderate and optimal as basic states and adaptive, constructive and resultant as intermediate states.

The purpose of the article is to define the optimal state manifestation peculiarities of future social and pedagogical sphere Master's personality.

Presentation of the main material. On the basis of the conducted research during the last five years in South Ukrainian National Pedagogical University named after K. D. Ushynsky it was found out that the preparedness state of the

future social and pedagogical sphere Master's personality is determined by a level of interaction between such basic systems of functioning as motivational, cognitive, emotional, perceptive, operational and evaluative, and the productivity of training to professional activity depends on the harmonious interaction of these systems. The dominance of personal mobilizedness in this interaction directs a future specialist to a conscious choice of content, conditions, methods, means of professional self-development. The transition to a qualitatively new state in the process of professional activities training happens gradually and depends on the personality's ability to find out their potential abilities and manage them. The states evaluation occurred due to the determining of the mean score of academic achievements and Master's theses defence.

Evaluation scale of preparedness states of future social and pedagogic sphere Masters

Pic. 1

Preparedness states	Total score for types of work	ECTS	National grade
Passive	60-63	E	Satisfactory
Adaptive	64-73	D	Satisfactory
Moderate	74-81	C	Good
Resultant	82-89	B	Good
Optimal	90-95	A	Excellent
Constructive	96-100	A	Excellent

The diagnosis results of preparedness basic states testified that in total the majority of future Masters are at the passive and moderate levels – 56%, at the optimal level – 44%.

Therefore, educational achievements of students who are at passive and moderate levels should be better. Many years experience of work in the institution of higher education and scientific research analysis on the features of optimization of future specialists' educational activities indicate a violation of self-regulation mechanisms both at the physiological and mental levels. That is, learning as an activity is characterized by an increased stress [2, p. 135].

Among the defined basic states of preparedness, the optimal state is the most effective one, in which a specialist's personality acts as a properties holder of the subject of knowledge and creativity that provide professional self-development. This is clearly seen in the manifestation of the main personality features, which are a necessary and sufficient condition for obtaining the optimal state that provides professional self-development.

A necessary condition for obtaining the optimal state of preparedness is a motivational mindset to the transition from a lower state to a higher one, as well as cognitive and emotional components in the structure of a personality that provide the driving force of future specialist's claims. The three defined interrelated components, namely: motivational, cognitive and emotional systems contribute to the mobilization of personality's volitional efforts and a personality's stable emotional mood for a gradual transition from a lower level of preparedness to a higher one.

A sufficient condition for obtaining the optimal state of preparedness is perceptual, operational and evaluative components, the interdependence of which contributes to personality energy-efficiency as self-determination for a successful result in a professional self-development. Therefore, the existence of necessary and sufficient conditions ensures the dominance of future specialist's personal mobilizedness that in its turn triggers the ability to control his/her own thoughts, actions, emotions, i. e. to control oneself.

In general, the optimal state of preparedness is displayed in a stable positive motivation, values orientations, interests, goals, needs, mindsets, active life position of a future specialist's personality, commitment and persistence, readiness to continuous self-improvement, and also the optimal state is characterized by the idea of the purpose, plan and means of professional self-development, the ability to manage it and achieve the most effective result owing to the implementation of rational, systematic and orderly work.

The development of individual trajectories of personality development of future social and pedagogical sphere Masters, concerning changes in preparedness states, is based on certain statements. Let us consider the conceptual statements that contribute to the confidence awareness of future socionomic specialists in their potential abilities, and in their personal mobilizedness. The key statement of the concept is "personal mobilizedness is a conscious integral self-regulation of one's own state". These statements were offered to future specialists during the elaboration of their individual development trajectories in the process of professional training [1, p. 7].

Statement № 1. **Our thoughts control the state of integral self-regulation.** Our beliefs, our desires, and ideas affect the result of our life activities. Supposedly it is the well-known truth, which is common and quite ordinary regarding the fact that thoughts are material and they can be realized, but having become ordinary, this truth has lost its essence. Why are thoughts material?

Thoughts program our actions, especially significant are those that are often repeated by us and supported by our emotions, which means that they are supported by the corresponding state of integral self-regulation, the core of which is personal mobilizedness, as the essence of a successful activity. Personal mobilizedness as a source of strong-willed activity, emotional mood and energy-efficiency indicates the mobilization of potential abilities. Therefore, personal mobilizedness is a measure of realized opportunities. What state we program with our thoughts, such a level of its implementation we get!

Statement № 2. **Faith in your potential abilities provides a state of integral self-regulation.** Life activities success is determined by faith, i. e. the ability of a person to believe before seeing, the ability to create an optimal state of confidence in personal capabilities before getting a successful result. The formula of this truth is “state-activity-success”, i. e. before a person sees and carries out a successful activity, he/she believes that success already exists and creates his/her own corresponding state of optimal integral self-regulation, i. e. confidence in their ability to provide personal mobilizedness. Consequently, a person concentrates his/her thoughts, i. e. the energy without any extra effort on the corresponding state of personal mobilizedness, on the belief in his/her own abilities to carry out successful activities, then a person acts, and then he/she has success. Another formula “success-activity-state” is generally accepted, i. e. most people want to have a successful activity first, and then get a corresponding personal state. On this way there is not enough faith in one’s own abilities, i. e. there is not enough energy-efficiency for achieving goals of the activity.

Statement № 3. **The need for the implementation of the optimal state of integral self-regulation is inborn.** Most people want something more than they have, something better than they have, thinking that when dreams come true, they will be happy. However, having got what they’ve wanted, people strive for the better again, they want more again, and they only dream about the state of joy and happiness, but the state of suffering becomes real for them. Preventing suffering, they limit their activities, lose their faith in their abilities, and give in to difficulties. The state of passive personal mobilizedness becomes habitual, inherent, i. e. the feeling of self-satisfaction is not fixed. The question arises whether it is necessary to create a state of optimal personal mobilizedness instead of a passive one? It means that the state of optimal personal mobilizedness shouldn’t be dreamt of or created, but it’s important to stay in this state, internally feel it in the present moment of life, i. e. to create oneself successful, satisfied, happy now for one’s own new future. Thus, to be in a state of optimal personal mobilizedness means to carry out a conscious integral self-regulation of one's own state, i. e. the control of self-satisfaction now and then. A person should control one’s own pleasure now for oneself of future. We must remember that getting the desired result will not change the inner state,

a personality is only personally able to change it by his/her unconditional love for oneself, his/her thoughts about the joy of moving forward, about life as a process of successful development. Hygiene of thoughts suggests not letting negative thoughts come through yourself, but taking to heart thoughts about one's own potential, that will ensure the success of activities. The energy of thoughts should be accompanied by an emotional positive mood, which can be created artificially.

Statement № 4. **Intentions set the vector in management of integral self-regulation state.** Why do so many of the promises we make to ourselves remain on the side of the road? In most cases, we focus our attention on the problems and what we wouldn't like to happen, i. e. there is a negative reaction to the current situation. Instead of this you need to focus on solving the problem and with the help of the subconscious it is possible to find out how to do it. Self-respect and belief in one's own capabilities and high value encourage other people to believe in us and help us too. Even children can be our teachers. It is important to understand that we get used to seeing and doing things that fit into our usual framework of reality representation, but it is necessary to open your mind to new information and focus on the final result. Those people who surround us also have to focus not on problems, but on a result. Negative mood of those who are around us can do a lot of harm, that's why people who surround you need to have high self-assessment and optimal personal mobilizedness. Thus, in order to achieve successful changes in life, it is necessary to learn how to raise the level of one's own claims. First believe in yourself, create a state of optimal integral self-regulation, and then see the result. It is necessary to be guided not by what we have now and not by what we did some time before, but by what we intend to do, by what I wish. Therefore, it is necessary to believe in advance before you see the result. Well-formulated intentions and determination to achieve them are a key to success. In any case, we make a choice, i. e. we make every step because we have decided so ourselves. You need to answer the question: "What first of all would I like to do if there were any opportunities for me?" Then you need to think about a question "What would I like afterwards, for the second step?"

Statement № 5. **Writing your own script of integral self-regulation management is energy-efficient.** A written plan of action implementation clarifies and reinforces intentions and makes them powerful. The motorial act of writing adds moral strength, helps to deal with obstacles and moments that distract from the main occupations. In addition, the plan provides better control over the progress of fulfilling the task and its efficiency assessment, as the progress of the plan implementation indicates the level of goal achievement. It is important to understand the benefit; it reinforces the desire to achieve the planned result. The benefit situation, potential compensation after receiving the result should be included into the target in advance. A specific benefit is an

incentive for an activity. However, it is necessary to start with a change in your inner state, i. e. to believe that the desired has already happened and to feel the state of personal optimal mobilizedness. To estimate realistically the possibility of a successful idea implementation there appears a need to appeal to the subconscious. It is important to think over all possible obstacles, possible difficulties, then there will be a way to overcome them and it will be easier to cope with unpredictable difficulties. Stage-by-stage fulfillment of the plan, i. e. step-by-step fulfillment will lead to a successful outcome.

Statement № 6. **Affirmation and visualization are the management means of integral self-regulation.** Success in achieving a result also depends on the positive feedback. Revision of the action plan, provided that it is constant, will give the opportunity to be charge with its energy and maintain motivation to achievements. All the information that we receive, we store in the subconscious, and soon it acquires the status of the truth, so there is a need to review regularly one's beliefs in order to verify their expediency, i. e. to find out if current beliefs help or hinder to achieve success in the implementation of the action plan. Thus, if the belief system that we are guided by is unsuccessful, then it means that it is necessary to create another, new system of beliefs that the subconscious will work with. This system should be created consciously and personally and a person should not allow others to interfere in the programming of his/her subconscious. Our subconscious is able to create everything that we believe in, i. e. our beliefs control our actions. Changing beliefs we change our activities, which means that we change our reality. Therefore, *it is important to remember that we always know what we need to know.*

Affirmations, or positive statements, ideas, thoughts, which can fill the consciousness and the subconscious in order to support our actions and emotions, automatically direct activity to success. The action principle of affirmations is pressing out, i. e. replacing inappropriate thoughts with those that will benefit. Consequently, the hygiene of thoughts, namely the elucidation of the essence of the dominant thoughts, is an effective way of programming oneself for success. Affirmation involves repeating of thoughts until they become convictions, i. e. the truth. To achieve a better effect it is necessary to combine affirmation with visualization, with a fancy image. Visualization is the process of imagination through the ability to see reality in images. A thought, generating an image that is supported by emotion creates a conviction. Therefore, visualization is the control of imagination. Affirmation must be formulated in the present tense, so the subconscious will perceive it as a fact that has already happened. In addition, the affirmation should contain only its own goals, important for the individual.

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