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ACMEOLOGICAL TECHNOLOGIES AS A MEANS OF PERFORMING SELF-IMPROVEMENT OF FUTURE TROMBONISTS

The study examines the application of acmeological technologies for performing self-improvement of future trombonists. The focus is on the systemic regulation and direction of personal and professional development processes with the help of structured techniques aimed at achieving ambitious performance goals and creative self-realisation. The main elements of such technologies are goal-setting, reflective practices and integration of digital resources, which together improve the level of performing skills.

Key words: *Acmeological technologies, future trombonists, performing self-improvement, musicality, goal setting, reflective practices, digital resources, holistic development.*

АКМЕОЛОГІЧНІ ТЕХНОЛОГІЇ ЯК ЗАСІБ САМОВДОСКОНАЛЕННЯ МАЙБУТНІХ ТРОМБОНІСТІВ

У дослідженні розглядається застосування акмеологічних технологій для виконавського самовдосконалення майбутніх тромбоністів. Акцент робиться на системному регулюванні та спрямуванні процесів особистісного та

професійного розвитку за допомогою структурованих методик, спрямованих на досягнення амбітних виконавських цілей і творчій самореалізації. Основними елементами таких технологій є цілепокладання, рефлексивні практики та інтеграція цифрових ресурсів, які в комплексі підвищують рівень виконавської майстерності.

Ключові слова*: Акмеологічні технології, майбутні тромбоністи, виконавське самовдосконалення, музикальність, постановка цілей, рефлексивні практики, цифрові ресурси, цілісний розвиток.*

Performing self-improvement among future trombonists is a multifaceted endeavor that necessitates systematic regulation of efforts directed towards enhancing personal attributes and professional competencies. Acmeological technologies present a promising avenue for such regulation, specifically aimed at attaining defined outcomes in the realm of performing self-improvement. These technologies are fundamentally rooted in the principles of acmeology, which perceives self-improvement as a concentrated effort towards achieving peak performance and self-actualization (Чжан Чун, 2019; Федоришин, 2014).

The term 'acme' is derived from the Greek word for 'peak' or 'highest point,' and acmeology focuses on the processes and conditions that enable individuals to realize their fullest potential across various domains, including artistic pursuits. The essence of acmeological technologies lies in their ability to create structured action algorithms oriented towards self-improvement and professional advancement. These technologies systematically combine techniques, tools, and strategies designed to cultivate individual capabilities, facilitating success in performance.

Acmeological technologies, particularly those employed in music performance, represent a complex system crafted for the self-improvement of artists, enabling them to achieve optimal results. By integrating diverse methodologies and resources, these technologies furnish musicians with structured developmental pathways, empowering them to attain the highest levels of realization concerning their creative potential and performance capabilities.

A salient characteristic of acmeological technologies is their focus on systematic learning processes. These technologies often incorporate goal-setting frameworks that assist musicians in delineating specific objectives pertinent to enhancing their performance skills. This structured approach amplifies motivation and fosters a heightened sense of accountability, prompting musicians to engage with the performance process in a more conscious manner (Tseng, 2023).

In addition to goal-setting mechanisms, acmeological techniques encompass reflective practices that encourage self-evaluation and critical analysis. Musicians may engage with reflective journals or digital platforms that stimulate them to scrutinize their performances, identify strengths and weaknesses, and devise strategies for

enhancement. This reflective process is integral to cultivating self-awareness, a fundamental component of effective self-improvement. Research indicates that musicians who engage in reflective self-awareness are better equipped to adapt their technical and performance capabilities, fulfilling artistic tasks more effectively, which ultimately leads to improved performance outcomes (Rucsanda et al., 2021).

Moreover, acmeological technologies leverage digital tools to enhance access to a broad spectrum of resources and learning materials. Online platforms provide musicians with instructional videos, tutorials, and interactive exercises designed to accommodate individual capabilities and learning preferences. This adaptability allows musicians to formulate an optimal algorithm of actions tailored to their unique pace and style of information assimilation, as well as their emotional responses and other personal characteristics (Tseng, 2023).

Another critical dimension of acmeological technologies is their commitment to holistic development. The acmeological methodology directs attention towards the integrated advancement of essential components of performing excellence, including personal, cognitive, technical, methodological, and artistic dimensions. The potential of acmeological technologies in musical performance is attributable to their systematic application of diverse methods aimed at nurturing the emotional sphere and fostering psychological mechanisms necessary for self-organization and effective performance direction (Реброва, 2018).

Acmeological technologies also facilitate cooperation and mutual learning among musicians, as collaborative creativity fosters a sense of community and support that is vital for personal and professional development. Research has demonstrated that musicians engaged in collaborative learning experiences are more likely to cultivate a robust sense of belonging and commitment to their craft (Araújo, 2016). By drawing upon the acmeological paradigm, which underscores the significance of collaboration within the self-improvement context, these technologies provide algorithms for applying effective communication methods.

In conclusion, acmeological technologies serve as a resource for systemic methodological support of the self-improvement process, structured around key components such as goal-setting, reflective practices, resource availability, emotional and psychological development, and collaborative learning. Each of these elements plays a crucial role in bolstering self-improvement efforts and maximizing productivity. By integrating these diverse elements, acmeological technologies establish a comprehensive framework that acknowledges and addresses the multifaceted nature of musical performance, thereby enhancing the overall efficacy of self-directed improvement for aspiring trombonists.

The transformative potential of acmeological technologies in the realm of music performance cannot be overstated. By fostering an environment conducive to personal

and professional growth, these technologies enhance individual performance capabilities and contribute to the cultivation of a vibrant and supportive musical community. As musicians continue to explore and implement acmeological principles in their practice, they can look forward to a future rich with artistic innovation and excellence.

In summary, the integration of acmeological technologies into the independent work of future trombonists represents a significant advancement in the pursuit of self-improvement and professional excellence. By systematically addressing the various dimensions of personal and artistic development, these technologies provide a robust framework that empowers musicians to reach their full potential. The emphasis on structured goal-setting, reflective practices, resource accessibility, emotional and psychological growth, and collaborative learning underscores the comprehensive nature of acmeological technologies, making them invaluable in the ongoing journey of self-improvement for aspiring musicians.

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