

ОПУБЛИКОВАТЬ СТАТЬЮ

в изданиях НИЦ "Социосфера"



[ПОДРОБНЕЕ](#)

СОЦИОСФЕРА

- *Российский научный журнал*
- *ISSN 2078-7081*
- *РИНЦ*
- *Публикуются статьи по социально-гуманитарным наукам*

PARADIGMATA POZNÁNÍ

- *Чешский научный журнал*
- *ISSN 2336-2642*
- *Публикуются статьи по социально-гуманитарным, техническим и естественно-научным дисциплинам*

[ПОДРОБНЕЕ](#)



СБОРНИКИ КОНФЕРЕНЦИЙ

- *Широкий спектр тем международных конференций*
- *Издание сборника в Праге*
- *Публикуются материалы по информатике, истории, культурологии, медицине, педагогике, политологии, праву, психологии, религиоведению, социологии, технике, филологии, философии, экологии, экономике*



[ПОДРОБНЕЕ](#)

4. Koryakovtseva N. F. Theory of teaching foreign languages: productive educational technologies: a textbook for students of linguistic faculties of higher educational institutions. - Moscow: Publishing center "Academy", 2010. - 192 p.
5. BBC News. Russian service. Learning English - English: lessons and tests. URL: <https://www.bbc.com/russian/learning-english-41003378> (date accessed: 02/09/2021).

ABOUT IMPROVING THE PSYCHOLOGICAL AND PEDAGOGICAL SUPPORT OF THE EDUCATIONAL PROCESS IN MILITARY UNIVERSITIES IN ORDER TO STRENGTHEN THE PSYCHOLOGICAL HEALTH OF CADETS

A. S. Zheltuhina

*Teacher,
Military Educational and Scientific
Center of the Air Force
N. E. Zhukovsky and Y. A. Gagarin
Air Force Academy,
Voronezh, Russia*

Summary. The use of the psychological and spiritual resource of a serviceman in modern realities is increasingly coming to the fore and it is on an equal position along with the development of military equipment and other areas of the country's strategic defense potential. This aspect is based on the peculiarity of professional activity associated with high functional and psychological stress that a soldier experiences in the process of professional life. In this regard, the educational process of cadets needs a special approach to the organization of educational and professional activities in order to strengthen and maintain the psychological health of future officers. The article discusses proposals and recommendations for improving psychological and pedagogical support in military universities.

Keywords: psychological health; cadets of military universities; psychological and pedagogical support.

Historical experience convincingly testifies that one of the constantly acting factors that determine the army's ability to solve assigned tasks has been and remains now the morale of servicemen. At one time, the great French commander Napoleon Bonaparte said that «in war, moral strength is related to physical strength as three to one», determining the importance of the high potential of spiritual, moral and psychological forces of each individual warrior in the success of an entire battle.

At the present stage, in the conditions of rapid technical, social and informational development of world realities, the quintessence of this statement has not lost its relevance. Measures to form psychological stability and readiness to perform combat (combat training) tasks, to maintain the mental and psychological health of servicemen are carried out within the framework of psychological work as one of the areas of military-political work in the Armed Forces of the Russian Federation.

The results of the studies (A. N. Alekhin, A. V. Beloshitsky, K. Yu. Grineva, V. V. Klimov, V. A. Markelova, Yu. V. Muchkina, S.V. Pimonova, P. N. Prikhodko, S. Yu. Pchelintsev, A. N. Teslenko, I. A. Varchenko, etc.) on various aspects of the health-preserving environment of the educational space, maintaining and strengthening the psychological health of students (including cadets of military universities) made it possible to identify a number of areas on optimization of psychological and pedagogical support in military universities:

1. Improvement of the interaction system of the psychological service of the university with officials in order to increase the efficiency of work. This direction is an organizational basis that requires a primary decision.

2. Active introduction of psychological training elements into the educational process, demonstration of the practical significance of this type of work. It should be noted that it is necessary to take into account the organization of raising the level of knowledge of all officials on the application of psychological training methods.

Previous studies have revealed the importance of psychological training in a military university as an important and integral element in the training and development of a future officer [1].

3. Improving the organization of psychological information in order to solve problems to raise the level of awareness of students about measures to preserve their own psychological health, learning methods for assessing their functional state, ways of self-regulation, providing first psychological aid and self-help.

Thus, in the course of one study, it was revealed that slightly less than a quarter of the respondents (23 %) are fully proficient in the skills of self-help and mutual assistance; 39 % said that they «heard about such methods», 30% of the respondents have a general idea of the methods of self- and mutual assistance, and 8 % know nothing about it at all.

4. A variety of options for social and psychological training as a method of developing students' adequate awareness of their abilities, personal, emotional and volitional resources, the ability to predict their behavior in changing life circumstances, including stressful situations.

5. Increasing the psychological and pedagogical competence of officers, improving their moral and psychological qualities, knowledge in the field of managing group processes in the unit and creating a healthy psychological climate, methods of collecting information about the state of their subordinates. Increased attention should be paid to course officers who took up this position immediately after graduating from a military university.

In the study of M.V. Petrovskaya the insufficient level of formation of psychological and pedagogical competence of officers of the course level was revealed. During conversations with cadets, it was found that officers who do not have sufficient psychological and pedagogical competence are poorly aware of the individual characteristics of their subordinates, have little contact, do not

seek to establish and maintain pedagogically expedient relationships, find it difficult to select the means and methods of psychological training and psychological support of the divisions life, moreover, do not show any desire to improve themselves professionally. Of course, this has an impact on the development of personal and professional qualities of cadets, adversely affecting the level of their psychological health [2].

6. Actualization of the process of psychological support of the educational process in a military university. This direction should be started with the correction of self-awareness of cadets, since the formation and development of their «I-concept» is conditioned by a number of factors, both internal and external. In this direction, a number of recommendations can be made for optimizing psychological support from the command staff:

Commanders and chiefs should adhere to a certain system in their behavior with cadets, which allows them to equally participate in various processes of the collective's life.

To provide positive emotional support to cadets, with a fair amount of support. Moral rewards are an important means of stimulating performance, but if they are addressed to this or that student often and undeservedly, then they quickly devalue, since they can become immune to them. Praise should be based on a real and honest assessment of the student's performance. If the student knows that his commander (chief) accepts him as he is in reality, then there is no need for false praise or attempts to embellish the facts.

In the educational process, the command is recommended to take into account the individual characteristics of the cadets. In addition to presenting general requirements to them, it is necessary to set individual goals for each of them, taking into account the level of their abilities and general development, which contributes to their fullest self-realization and self-affirmation in cadet groups, forms the correct vector of personality development, and ensures positive dynamics of psychological health as a personal resource. At the same time, commanders are encouraged to strive to set real tasks for cadets, taking into account their level of preparedness, in order to avoid possible overstrain with the subsequent onset of frustrating states, the appearance of a feeling of dissatisfaction, a decrease in self-esteem and, as a result, official ambitions.

It is suggested that the tactics of comparative assessment of each student with the rest of the team be considered unacceptable. An individual approach consists of presenting the requirements to the cadets, which they fulfill without fear of failure and being ridiculed in front of the team. This approach is a reliable means of creating positive reinforcements in the process of developing a positive self-concept.

In the system of disciplinary practice, commanders are advised to focus not on penitentiary measures of influence, since a person cannot endure constant reprimands, which more than all other stressors make work exhausting and harmful, but, on the contrary, focus on the active use of incentives. Relying on

the awakening of a sense of self-esteem often gives better results in work than an order, punishment, prohibition, etc.

Thus, the improvement of psychological and pedagogical support in military universities seems to be an important direction in maintaining and strengthening the psychological health of military personnel. The highlighted recommendations require further in-depth study and empirical testing.

Bibliography

1. Zheltukhina A.S. Psychological training as a method of strengthening the psychological health of cadets of military universities [Electronic resource] / A.S. Zheltukhina // Psychological and pedagogical issues of military professional activity. – 2020. – No. 2; URL: vpd.esrae.ru/20-50 (date accessed: 17.10.2020).
2. Petrovskaya M.V. Psychological competence of course officers as a factor in the formation of psychological culture of cadets of military universities in the system of general psychological training [Text] / M.V. Petrovskaya, V.V. Timoshenko, I.V. Derepasko // Materials of the All-Russian scientific-practical conference with remote and international participation «Actual problems of modern education: experience and innovations», December 20-21, 2020 / otv. ed. A.Yu. Nagornova. – Ulyanovsk: Zebra, 2020. – Pp. 491–497.

PSYCHOLOGICAL CULTURE OF PERSONALITY AS A BASIS OF THE TEACHER PROFESSIONAL SUBJECTIVITY

M. V. Petrovskaya

*Candidate of psychological sciences,
associate professor,
Military Educational and Scientific
Center of the Air Force
N. E. Zhukovsky and Y. A. Gagarin
Air Force Academy,
Voronezh, Russia*

Summary. Psychological culture, being the basic part of personality culture, plays an important role in the processes of human life, communication, social adaptation and productive personal and professional development. The article examines some theoretical aspects of the problem of psychological culture as one of the determinants of the development of professional subjectivity. Professional subjectivity appears as a reflexive reflection of the teacher's psychological culture.

Keywords: psychological culture; professional subjectivity; professional identity.

The main life task of a person is to give life to himself, to become what he potentially is. The most important fruit of his efforts is his own personality.

Erich Fromm

There is no doubt, that modern society demands specialists, not only proactive and independent, not only easily adaptable, but, above all, capable of ac-

СРОЧНОЕ ИЗДАНИЕ МОНОГРАФИЙ И ДРУГИХ КНИГ



*Два места издания Чехия или Россия.
В выходных данных издания
будет значиться*

**Прага: Vědecko vydavatelské
centrum "Sociosféra-CZ"**

или

**Пенза: Научно-издательский
центр "Социосфера"**

РАССЧИТАТЬ СТОИМОСТЬ

- Корректурa текста
- Изготовление оригинал-макета
- Дизайн обложки
- Присвоение ISBN



У НАС ДЕШЕВЛЕ

- Печать тиража в типографии
- Обязательная рассылка
- Отсудка тиража автору