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АКТУАЛЬНІ ПРОБЛЕМИ ВИЩОЇ ПРОФЕСІЙНОЇ ОСВІТИ

XI Міжнародна науково-практична конференція: матеріали доповідей



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EMOTIONAL MATURITY OF THE PERSONALITY

It is of great importance in the society of the 21st century acquire personal qualities of a person that ensure the ability to adapt effectively to dynamic social, cultural, and global changes. The ability to independently determine the vector of one's own life activity and self-realization, choosing adequate constructive means and ways for this is necessary psychological conditions of adaptation and survival of modern human. In the realities of high stressogenic life and the ever-increasing pressure of various phenomena of mass society, the individual needs formed capacity for emotional self-regulation and preservation of one's own individuality identity At the same time, it is important that a person is able to save personal autonomy and build a productive interaction with the surrounding world in everyone its manifestations.

A. Maslow, K. Rogers consider emotional maturity as a characteristic of a fully functioning individual who, realizing own potential and abilities, revealing one's own true nature, approaches self-knowledge and the rich world of emotions and experiences. In our understanding, the individual's ability to the maximum possible self-realization is possible only under the condition of its self-sufficiency.

Today, there is no clear definition of the concept of "emotional maturity". Attempts the justification of the scientific understanding of this phenomenon can be found in the representatives of various psychological schools and directions. According to A. Adler, K. Horney, E. Fromm an emotionally mature personality is characterized by constructive acceptance of own internal neurotic conflicts. For M. Heidegger, J.-P. Sartre emotional maturity of the individual is a component of mental health, which manifests itself in a constructive transformation existential anxiety.

Foreign scientist (L. Gibson, 2015) considers emotional maturity as a component of personality maturity. In his opinion, the indicator of personality maturity is self-centeredness, reliance on own resources, lack of pronounced dependence on outsider's help. Such person, while maintaining own autonomy, consciously perceives the surrounding reality, observes, analyzes, assimilates only the external useful for experience or resource.

Emotional maturity is a set of characteristics of emotional response that are

common of an adult person, which consist in the development of self-control, the ability to predict the consequences of that or another event, as well as in the assimilation of reactions adequate to different situations, with which a person faces (O.Chebykin, 2008).

Understanding and managing one's emotions is an important aspect of psychological maturity. Emotional maturity is determined by a person's ability to recognize, express, and regulate their emotions, as well as interact with the environment, using the ability to manage their emotions according to the demands of the situation. This means the ability to accept responsibility for one's actions and reactions in emotionally draining situations.

One of the key characteristics of emotional maturity is the awareness that emotions can differ from facts and situations. An emotionally mature person feels and recognizes his/her emotions, but this does not prevent the person from correctly assessing the situation, reacting adequately, and making intelligent decisions. The person knows how to change own emotions so that they do not allow them to interfere with rational thinking and lead to unconstructive actions (O.Kocharyan, M.Piven, 2012).

Another important characteristic of emotional maturity is the ability for healthy and effective communication. Emotionally mature people not only know how to hear and understand other people, but also know how to express their feelings and thoughts clearly and effectively. They are not afraid to express their opinions, but they do it diplomatically, adhering to business norms and generally accepted rules of ethics. They also know how to listen to others and be objective interpreters of own thoughts (O.Chebykin, 2009).

Emotional maturity refers to a person's ability to recognize, understand, and manage their emotions effectively. It involves developing healthy coping mechanisms, handling stress and conflict in a constructive manner, and exhibiting appropriate behavior in social situations. Psychologists believe that emotional maturity is essential for overall well-being, as it helps individuals navigate their personal and professional relationships more effectively. It is a key factor in determining one's level of success and happiness in life (E.Ihnatovych, O.Liashch, 2020). To develop emotional maturity, individuals must be willing to explore their emotions and identify the underlying causes of their feelings. They must also be open to feedback, willing to take responsibility for their actions, and committed to personal growth. Emotional maturity is a certain degree of personal development. Some key elements of emotional maturity include: self-awareness, self-regulation, empathy, and social skills. This is the inner state that helps us overcome all difficulties with dignity, and at the same time get the maximum pleasure from living every day. Emotional maturity is a state when a person can completely rely on himself/herself, he/she is calm and reasonable. Unfortunately, even in adulthood, not all people can be called emotionally mature.

There are several signs of emotional maturity.

Separation from parents. This means that a person does not try to earn the love and approval of parents. And does not panic when parents are unhappy. Such a child does not feel guilty when he refuses his parents' requests. He does not feel strong resentment, fear, or anger towards them. He accepts them for who they are and lets them be just human.

Reaction to events. Such people react to events in their own lives according to the magnitude. That is, the brightness of emotional reactions corresponds to the significance of the event. They can cope with strong experiences, such as grief, without going into addiction or depression.

Emotional intelligence. Such people have developed emotional intelligence. They are aware of their feelings and know how to control them. They can determine different shades of their feelings, distinguish anger from irritability, guilt from shame. And at the same time, it is good to recognize the feelings of the people around you and you yourself are capable of empathy.

Private borders

Such people have built private boundaries. They clearly understand how they can and cannot be treated. They know how to say «no» without feeling guilt or fear of judgment. They know how to talk about their desires and needs, they know how to ask for help when necessary. At the same time, they also respect other people's personal boundaries and know how to accept refusals.

Self-sufficiency. They are self-sufficient and able to entertain themselves. They don't need someone else to feel fulfilled and harmonious. But at the same time, they are not afraid of closeness and sincere contact with others. Such people are good both alone and in relationships. They are pragmatic and realistic.

After the difficult work of figuring out their condition, emotionally mature people assess the problem with their characteristic calmness and humility. They are not stubborn. They do not insist on being right if they find out that they are wrong, and they react calmly when they discover mistakes. At the same time, even numerous mistakes cannot harm their condition too much, because they know that it happens to everyone all the time.

Live in the present. They know how to live in the present moment. Such people do not dwell on the past, and do not indulge in excessive fantasies about the future.

Awareness. Emotional maturity is manifested in awareness. It can be considered an achievement when at any moment a person can "press pause" and look at own self, evaluate own emotions and feelings despite their widest spectrum.

Emotional maturity in context the above can be expressed using emotional and value attitude, which involves the formation of not just an understanding of certain ethical and moral norms of behaviour and their observance in activities, but also the ability analyses the interaction of personalities. Therefore, it can be argued that emotional significance can be expressed using the above kind of attitude. In

characteristic features of emotional maturity, both positive and negative aspects of emotional perception, emotional attitude towards one or another are important phenomena, situations, environment, the latter is characterized as thrifty, conscious, valuable. Moreover, value is the highest link in the system of attitudes, therefore, it is expressed mainly in relation to important ones “significant others”.

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BULLYING PREVENTION MENTAL HEALTH PROGRAM AT SCHOOL

Taking into account the Transcarpathian recent years' events, a number of school-educational problems were formulated, which can be corrected by applying appropriate pedagogical-psychological methods. Considering the teachers' feedback the students are irritable, sometimes aggressive with their classmates, and cannot find



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