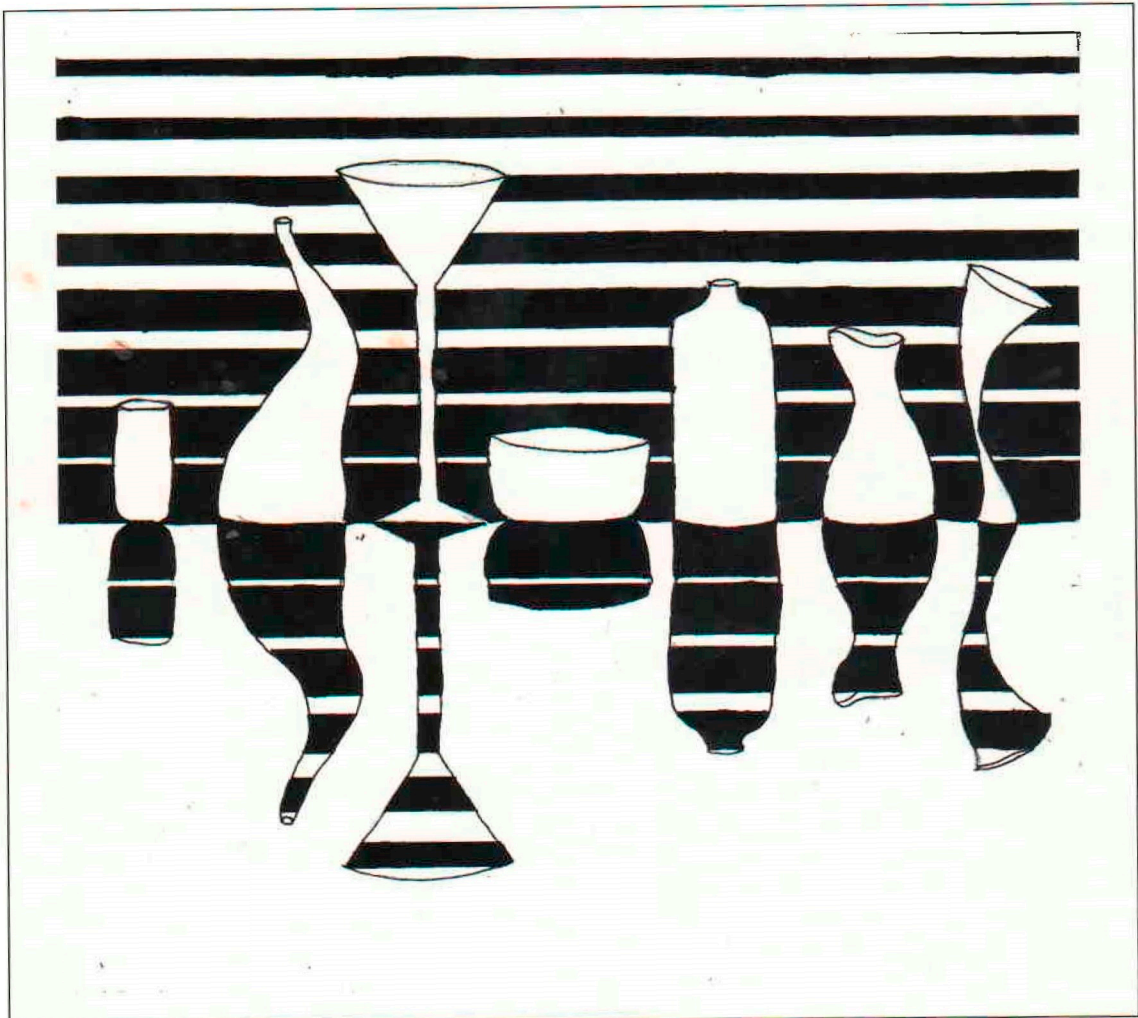


**Institute of Psychology
of Russian Academy of Sciences
(Russia, Moscow)**

**International Higher School of Practical Psychology
(Latvia, Riga)**



**Possibilities of Actualization
of Human Mental Resources**

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of Russian Academy of Sciences
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Possibilities of Actualization of Human Mental Resources

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INTRODUCTION

The theme «mental resources» is a new line of psychological research. On the one hand, it is timely, promising and challenging, and on the other hand it involves serious and liable steps by the pioneers paving the way for the new research. The notion of «mental resources» studied by Russian scholars slightly differs in meaning from the same notion in European psychology. In its development Russian psychologists rely on theoretical and methodological works by both Western and Russian scholars. «Mental resources» can be viewed in the narrow sense as «a mechanism enabling the person to maintain and develop (regulate) personal activity through the process of individual mental capacity and event conceptualization. In the person's experience mental resources are represented as perceivable, categorizable, interpretive and assessable aspects of physical, social and intra-psychological setting, which have personal relevance and value for achieving positive results» (S.A. Khazova). On the other hand, human mental resources can be regarded broadly as any mental and psychological personal characteristics, which exist latently and manifest under certain specific conditions in order to optimize an activity or improve its efficiency. Such a broad understanding of mental resources is represented by this collected works uniting theoretical and empiric works, based on a strictly scientific approach, and applied research-oriented articles covering psychotherapeutic and other aspects of a psychologist's work.

We hope that this collected works dedicated to the study of the problem of human mental resources shall become a major landmark in this line of research and shall be of interest to both researchers and practical psychologists.

*Co-chairman of the Organizing Committee
of the Seminar Ozhiganova G.V., PhD,
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SPIRITUAL VALUES AS A MENTAL RESOURCE OF A LEADER

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The notion of human community and its leaders existed from the time when people feel the need and understand the need for interaction. Transforming ideas about authority over that State occurred in human history toward increasing acceptance of responsibility to the human community, strengthening cooperation elected officials with the community to resolving urgent life problems and issues of state buildi

To date, people can instantly join in the Internet space, to express their will, to reconcile the views, take joint decisions to join the group activities and correcting the selected by them representatives, government. For the ideal state need a perfect president. In a perfect of the President its professional activity coincides with the implementation of its own vital mission plan allows for the creation of an ideal state for people on the basis of Beauty, Goodness, Truth and Love. Selflessness in this way is the most powerful force thanks to which the impact on others, to the world at large.

The work of president is nonnormable, causing great intellectual load can lead to over- fatigue. Thus, the focus of the president with high potential for spiritual self-improvement, spiritual self-realization and common good thinking gives its special strategic importance, orientation to the future of humanity. The ability to remember the main priorities of life leads to greater emotional balance, the ability to separate the important from the secondary.

The high president responsible for the fate of other causes significant emotional stress, but a person with high spiritual potential are distinguished not only a wide range of positive emotions, but emotional stability, which is achieved by constant practice of self-volitional emotions and feelings - their intensity, strength and focus.

The high spiritual potential allows ideal president to combine different ideological positions and find common in various religious traditions and scientific concepts, and thus - to unite citizens of different ideologies common ideas of building an ideal state. (Pomytkin E., 2014. 17).

At the same time war misunderstanding between people of different segments of society and social groups, corruption, crisis of confidence in leadership need to be revised people management schemes, new vision and features local leaders in this

process. According to our beliefs, political crisis has spiritual roots. It is obvious that politics often becomes sphere of "professional activity" people distant from the ideal harmonic spiritual personality. Therefore humanity need other political leaders, administrators, which would be strategic thinking, understanding the true values in life, the presence of these characteristics, which would take a fresh look at the basic needs of modern people and states. Such leaders can be considered intelligent people.

By S. Yelpatyevskym "Intellectuals - is socially sensitive and socially thinking ... is armed of knowledge driven social impulses of society, which in their thoughts and feelings in his world outlook and his social behavior repelled not by narrow personal, group, professional or class interests but the interests of the country as a whole, nation as a whole "(Yelpatyevskyy S., 1905, p. 59).

Interesting in this context is the results of a survey conducted by our students Borys Grinchenko Kyiv University and the National Pedagogical University of Drahomanov various areas of professional training (psychology, sociology, physics, mathematics, philology). Respondents age requirement from 18 to 20 years; the total sample was 210 people.

Summary results conducted survey made it possible to determine the basic requirements for a modern social state leader and important personal characteristics, which it must possess in the opinion students. As the analysis of the survey results present generation of students wants to see the head of state leader-intellectual, who has a high level of spiritual development.

In the hierarchy of the most important characteristics that students would prefer to see government leaders, in the first place is patriotism: *love of country, ability to think primarily about the state, to love people, to Ukraine, devotion of the people* (52%).

Another most important property for state leaders, according to respondents, is the high level of education: *competence, developed intelligence, language skills, broad general erudition, ability for objective evaluation of different life situations and quickly informed decisions* (44%). Obviously, administration of the state needs primarily competence, because the state can love, but do not know how to manage it. Such characteristics can we be attributed to the properties of the leader-intellectual. So according to some scholars the intelligence is the quality of the individual that is based on the desire for a high level of education, of constant self-improvement and self-reflectivity of consciousness, and is immanent anthropological quality that common to all historical communities (Moskalyk E., 2012).

In the hierarchy of leader traits that students have put in third place dominated by a positive, moral and respectful attitude towards people: *disinterestedness, altruism, service to others, the desire to help people make their lives better, honesty, respect for people* (55%). It is about the national leader of the dreams and needs of the modern younger generation Ukrainian. Of course, it features intelligent person. In fact the intelligence is manifested in particularly sensitive attitude to man: the aspiration not to offend her, the ability to argue respectfully and inconspicuously help another.

Among the properties that put students in 4th place dominated by features that are indicators of the high level of spiritual development leader: *integrity, honesty, wisdom, conscientiousness, ability to follow the words, courage, and no tolerance for corruption*. This indicates the importance of having in modern leader high-level of psychological culture that relates it to the category of intellectuals. We know that personal qualities

intelligent person is benevolent attitude to the world and people, commitment to his people to their Motherland to their culture and at the same time, respect the culture and rights of others nations. Important is developed sense of justice, honor and conscience, sense of independence, particularly socially independent position and ability to defend this position.

Among the features that put students in fifth place dominated by volitional characteristics of the leader: *the ability prove it started to end, consistency, dedication, organizations, principle, responsibility and willpower.*

In sixth place among the important features of national leaders dominate traits that define it as a policy, with developed leadership and communication skills: *good politician, politically literate, politically mature, guarantor of the Constitution, diplomatic, communicative, talented in leadership, able to lead, hardworking, dedicated to the cause, does more than speak.*

So young people today put forward such requirements to the leader of the state where come first characteristics that define him as a person who has reached the high level of psychological culture and spiritual development. And it is encouraging. Further research direction see to conduct a survey in all corners of Ukraine among the various segments of the population. Clearly, the answer would be varied, as students - is the most progressive part of the population.

Generalizing receive a results of the poll can state that the students defined the portrait of political figure, which is inherent in such characteristics as intelligence. By definition, L. Keleman the intelligence is an expression of the universal quality of human nature, as integration of intellectual and moral qualities that are the product of evolution of culture and implemented in the theory and practice of people's attitude to the world and to each other (Keleman L., 2005).

In our opinion, as soon as the mass consciousness will be ready to choosing the leader with such characteristics - it is sure to appear. That is why before the intelligentsia is a serious problem, because the modern reality is what intellectuals should become the environment in which born and will form the political elite. According to Ivan Belebeha struggle in the 21st century will be not so much for territory, energy and transit, as for meanings, ideas and identity. Intellectuals, cultural and humanitarian elite - and a fine of society that these meanings and identities creates, operates them, or kill them (Belebeha I., 2013).

The spiritual crisis of contemporary Ukrainian leaders may be seen as the realization of certain mental facilities when they build their lives according to the hierarchy of values in which such basic concepts as kindness, honesty, dignity were changed agility and success.

Therefore, Ukraine intellectuals today should be seen in the context of social development of the country, described as the source media and product education and culture, which is responsible for the formation of value principles of those who tomorrow will take responsible decisions on the positions of politicians. Representatives of such a progressive intellectuals should be primarily school teachers and high school teachers. It is in educational institutions under the supervision of highly spiritual mentors can effectively prepare those who will make history tomorrow on the spiritual principles of the individual and society. Personality traits of teachers, their spiritual potential should

become the external resource that pupils and students can use for their successful professional and spiritual development.

Today there are all possibilities for the full flowering of Ukrainian intelligentsia and the Ukrainian elite. However, the reality often presents us with very different examples. According to I. Belebehy intelligentsia, brought up the invader, is a danger to the postcolonial country. He believes that a powerful resource for the formation and revival of national intelligence is a national morality - fundamental category in the system of spiritual values. It has for many years been the main treasure of human behavior, the main measure of quality as individual human beings and society. It was divine morality, which lost trust in God because of poor management on Earth was the most serious self-lowering. (Belebeha I., 2013).

S.O. Stavytska believes that spiritual development potential of young people need to search in close cooperation of the secular education and religious education through the establishment of appropriate curricula and introduction of training courses in the educational process as a secondary and high school; the combined effect of official institutions of socialization of the younger generation - school, secondary and higher education, non-school institutions and traditional religious institutions of socialization, including education - Sunday schools, seminaries, academies, as well as holding joint scientific conferences, seminars and cultural festivals etc .. (Stavytska S., 2010).

Therefore, important task of modern high school are harmoniously combine traditions of the past, specific of present and prospects for the future. The upcoming specialist should be focused on personal success, but in combination striving for provide the general government and the public interest; able to quickly adapt to changing living conditions on humane principles of interpersonal interaction. Teachers should focus on the education of personality traits that will become a powerful internal resource aspirations future specialist for continuous improvement. It is important that in the future politician, statesman, the leader had understanding of social awareness of the need for spiritual growth.

As the number of jobs requiring a high level of spiritual consciousness (scientists, psychologists, pedagogues, politicians, doctors, artists, clergymen), involving them people with strong spiritual potential should be the main objective of career guidance in the selection of students in educational institutions for training, which will determine the direction of the spiritual development of society. Prospects of scientific research and teaching work we see in creating a socially oriented psychological and pedagogical technologies of spiritual self-consciousness of youth and providing psychological support its implementation in the educational process of secondary and higher education (Stavytska S., 2007).

Awareness of the individual that he is a spiritual being to realize his capacity for positive transformation of their own life and the outside world; aspirations be in a state of continuous improvement, moving forward and upward. Man's ability to change, acting on his own impulse, based on high esteem for the ideals of good, is the result of her soul (Panova O., 2004). Appropriately, spirituality plays a fundamental attribute role in the overall scheme of building the individual. Intellectual beginning permeates the entire nature of man, his empirical character; spiritual life is the basis and source of identity (Kayua R., 2003).

Only guided by higher values cognitive personality is creative forces, not a source of chaos and futile search. The content of spirituality in a person definitively is revealed in its universality, being involved in the Higher Mind, to the world. Stage of the universality reveals to man awareness experiences of sense of deep communication with nature and the world; his involvement in the common basis outside the time being, to the world as an infinite whole. It allows the individual to go beyond developed individuality and enter into the sphere of conciliar vital meanings and spiritual values. The spiritual experience of man, as the basis her spiritual life, always turned to the other, to society, to the human race as a whole. Spiritual man to the extent that it operates according to the highest moral values of human society. The sphere of moral relations is an extremely important part of the mental dimension of spirituality (Stumpf C., 2012).

New time puts new requirements for state leaders. That intelligentsia should become the environment where born and will form the political elite. It is important for the formation of a true statesman to create conditions for the free development of his positive intrinsic strength. Only following the highest spiritual values the state leader can unleash their creative cognitive power, to identify the correct orientation of the state and build strategy for its existence with other countries. To generate future political elite as the true statesman must create a moral and humane environment of residence, provide examples of true humanism. And the role of the intellectual mentor of his authority, lifestyle and live contact with students here indispensable.

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