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# FEATURES OF THE PROFESSIONAL IDENTITY FOR THE FUTURE PSYCHOLOGIST IN THE ASPECT OF HIS PROFESSIONALIZATION

*Nataliia Starynska, Oksana Kraieva, Inna Mykhailyuk, Tetiana Tsyhanchuk, & Anna Perepelytsia*

Modern society makes high demands to the specialists in the conditions of labour-market and new technologies. They not only activate searching of new ways and conditions of professional training, but also psychological mechanisms, factors of professional and personal development of future specialists. The most important thing among of all is professional identity.

The aim of the investigation is the study of the characteristics of professional identity of future psychologists. The identification of the expert with the profession provides a complete mastery of it, which is accompanied by changes in human perceptions of themselves, their abilities and weakness, intense self-determination and finding their own place in the professional world.

Theoretical and practical approaches of the problem of personal professionalization were analyzed.

The main indicators of the professional identity were determined and they are consciousness, self-discipline and acceptance. The problems of formation in the educational and professional activity for the future psychologists were highlighted in the area of practical psychology.

The meaning and dynamic of personal sense of the notion “psychologist” for the future specialists were explained. Differences in indicators of professional identity of the future psychologists who depend from the phase of training and form of financing for the education were analyzed and identified.

*Keywords: Professional mentality, professional identity, personal sense, phase of the professional training and form of financing*

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## INTRODUCTION

Special features of modern Ukrainian society require psychological recovery of the nation, which is leading to increase of the social demand for psychological services: individual consultation, psychotherapy, psychocorrection, social and psychological training, etc. Thus, the problem of achieving professional identity for the psychologists and some difficulties of professional self-consciousness are formed. That is why the problem of psychologist as a highly professional specialist is especially actual. There are several reasons for the growing demand for psychological services in Ukraine. First, modern society is increasingly aware of the importance of mental health and psychological well-being. The general education of the population is growing, and with it the understanding of the need for professional support to solve problems and maintain emotional well-being. Secondly, modern life is accompanied by stressful situations that cause the need for psychological help. Increasing workloads, conflicts in personal life, and social instability encourage people to seek psychological help. Third, the understanding of the value of psychological help is spreading to various areas of life, including education, business, and sports. The growing awareness of the impact of psychological well-being on academic performance and life satisfaction is contributing to the growing demand for psychological services. In general, the growing popularity of psychological services in Ukrainian society reflects changes in people's perceptions and needs for professional support to improve their quality of life and ensure mental well-being. The problem is that the psychological profession requires not only knowledge and skills, but also an internal awareness of identity as a professional. The study aims to identify the factors that influence the formation of professional identity in future psychologists and determine their importance for the professionalization of psychological practice. The problem also concerns the development of effective approaches and strategies to support the formation and development of professional identity in students of psychological specialties in order to train high-quality and competent psychologists.

In connection with above stated, the aim of the investigation is the study of the characteristics of professional identity of future psychologists. The task of the study is to examine the theoretical and practical approaches to the definition of the concepts "professionalism", "professional identity" in the modern psychology. The students' personal understanding of the concept "psychologist" is determined. The analysis of changes in professional identity of future psychologists is depending from the stage of training and forms of financing for the education. Thus, professional identity refers to a person's sense of self-identification with a particular profession or professional role. It is an internal perception of oneself as a representative of a certain professional group, including an awareness of the values, skills, knowledge and roles associated with this profession. Professional identity is formed through interaction with the surrounding professional environment, training, work experience, and other factors. Professionalization, on the other hand, refers to the process of becoming a professional, which includes the acquisition of specialized knowledge, skills and competencies necessary for the successful performance of professional duties. It is a process of professional growth, development of professional skills and appropriation of professional standards and practices.

In the current science, processes of the professionalization of the personality and its professional development are examined in various contexts. These include: the study of age patterns of the personality (Bozhovich and Slavina, 1968); analyzing the problem of forming the human as a subject of professional activity (Morosanova, 1997; Konopkin, 2006); exploring the concept of the system genesis of professional activity (Bodrov, 2007); understanding the place and role of abilities and interests in professional development (Teplov and Nebylitsyn, 1974; Markova, 1982; Shadrikov, 1997); and considering the problems of life's course and self-identity (Kronik et al., 1999; Antsiferova, 2004; Rubinstein and Myasoed, 2009). Complete concepts of the professionalism are formed, which include almost the whole process of professional identity formation (Kudriavtsev, 1982; Mitina, 1998).

Professionalization is defined as a complete process of the continuous formation of the personality of the specialist and the professional. This activity begins with the choice of the profession, continues throughout the professional life of a person and ends when he stops the career (Markova, 1996). The main concepts that reflect the essence of the professionalism are the concept of "professional", "development (formation) of the individuality of the professional", "professional mentality", "professional identity" and so on. The term "professional" is used to denote a complex system and which components are characteristics of the person in general (individuality as the subject of activity), professional praxis and gnosis of the professional; competence, knowledge, experience, culture of the professional; psychodynamic of the employee, psychological difficulties, load in a specific professional field of activity; understanding of their gender and age characteristic in the relation with the requirements of the profession (Klimov, 1995; Williamson and Garbin, 2022). Cultural influences affect the formation of the professional

identity of future psychologists, including Ukrainian cultural characteristics. Ukrainian culture emphasizes family and community, which can contribute to the development of readiness to work with people. Traditional values, such as hospitality and mutual assistance, also influence professional identity by promoting empathy and collaboration with clients. Understanding these cultural influences is important for adapting professional learning to local contexts and values.

This study will help to reveal the factors that influence the process of professional identity formation, as well as understanding the role of this identity in the process of professionalization of psychological practice. The results of the study may have practical implications for curricula and psychological training of students, contributing to the formation of competent and motivated professionals in the field of psychology.

## **A COMPREHENSIVE STUDY OF PREVIOUS PUBLICATIONS**

A clear definition of the professional identity of the future psychologist is a critical aspect of their professional training. This means that students enrolled in psychology programs should understand and recognize the core values, skills, and knowledge that will form the basis for their practice. They must demonstrate intrinsic motivation and desire to develop as professionals, as well as exhibit ethical principles and behaviors that meet professional standards. Defining a professional identity helps future psychologists to navigate their career, understand their professional roles and responsibilities, and provides them with a basis for further personal and professional development. Professional development consists of four aspects: a process of socialization; a process of personal development (complete, natural development of quantitative and qualitative characteristics of the subject of the work); a form of activity of the person who is considered according to the activities, as a dynamic condition of its formation and movement; a professional self-realization in life. L.M. Mitina (1998) comprehends the professional development as growth, formation, integration and realization in the professional activity of the professionally significant personal qualities and abilities, professional knowledge and skills. Professional development, according to the author's meaning, covers three main phases of the psychological change of the personality, and they are self-determination, self-expression and self-realization. Ability and the possibility of self-realization of a human in the profession are determined by the subjectivity. It is caused by the highly developed level of integral personal characteristics such as aspiration, competence and flexibility. Each integral characteristic is a definite combination of professionally significant personal qualities which are essential for successful activity within a particular profession. Researches about the professional mentality reflect the fact of inclusion the man in the professional activity. Human's attitude to the world, perception, mentality and behavior are becoming a professional character. Professional mentality includes motivational components, system values, professional and social instructions (Oborina, 1992).

The professional identity is considered as the criterion of the professional development. It indicates a degree of the perception of the profession's subject and professionalization as way to satisfy needs and self-realization; the degree of acceptance of yourself as a professional; the degree of acceptance of yourself as an appropriate system of values in professional community. It is estimated on the basis of subjective indicators, especially in the satisfaction of work, profession, career, yourself, professional self-assessment, self-realization and self-actualization of the individuality, indicators of value orientated unity (Povarenkov and Tsymbaluk, 2019). Professional self-realization in different areas of specialization in psychology may differ in several ways. Firstly, different areas of specialization in psychology have different fields of application, such as clinical psychology, educational psychology, organizational psychology, and sport psychology, with their own requirements and challenges. Second, different areas may require different levels of education and training. Also, each specialization has its own ethical standards, level of interaction with clients, and professional opportunities. Understanding these differences will help future psychologists to choose the most appropriate area of specialization for their professional self-realization.

Professional identity as a systemically important characteristic of the individual ensures rapid adaptation to the new conditions, professional development and personal growth of the subject. Professional identity is the result of the process of professional self-determination, personalization and self-organization. It is to turn out in the understanding of yourself as a representative of a profession and professional community as a certain degree of differentiation of self-identification with the work and "other". Identity appeared on different levels: cognitive (perception of belonging to a certain category which is appropriate to certain the criteria), motivational and significative (recognition of the necessity and importance for yourself with the membership, coordination of the system of the personal aspirations), affective (subjective pleasure from this membership, desirability of it for yourself), behavioral (accordance of the own behavioral patterns of the social expectations which nominate to the representatives of a

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