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DETERMINANTS OF PSYCHOLOGICAL SAFETY OF STUDENTS IN THE CONDITIONS OF PANDEMICS

Abstract

The pandemic has had a negative impact on the social, economic and psychological situation of people around the world. Therefore, it is important that students learn to overcome difficulties and adapt to new learning conditions. In this regard, the article clarifies and analyzes the psychological security, theories and features. The author's views on psychological safety have been substantiated.

The article is based on the consolidation of information obtained as a result of selection, analysis, systematization and logical generalization of the scientific literature, analytical and synthetic interpretation of theoretical materials and information that comprehensively describe the current state of the problem, as well as identify key trends, directions and prospects.

The article considers the conditional increase in the level of meta-resources, which allows a person with a high level of psychological security to feel happy to maintain psychological health.

The article is intended for students, undergraduates, doctoral students and teachers-psychologists, psychologists.

Keywords: psychological security, health psychology, happiness, metaresource

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ПАНДЕМИЯ ЖАҒДАЙЫНДА ОҚУШЫЛАРДЫҢ ПСИХОЛОГИЯЛЫҚ ҚАУІПСІЗДІГІНІҢ ДЕТЕРМИНАНТТАРЫ

Аңдатпа

Пандемия бүкіл әлемдегі адамдардың әлеуметтік, экономикалық және психологиялық жағдайына теріс әсер етеді. Сондықтан студенттердің қиындықтарды еңсеріп, оқытудың жаңа жағдайларына бейімделуі маңызды. Осыған байланысты мақалада психологиялық қауіпсіздік, теориялар мен ерекшеліктер нақтыланып, талданады. Автордың психологиялық қауіпсіздік туралы пікірлері негізделген.

Бас проблеманың ағымдағы жай-күйін жан-жақты сипаттайтын, сондай-ақ түйінді үрдістерді, бағыттар мен перспективаларды айқындайтын ғылыми әдебиеттерді іріктеу, талдау, жүйелеу және қисынды қорыту, теориялық материалдар мен ақпаратты талдамалық және синтетикалық түсіндіру нәтижесінде алынған ақпаратты шоғырландыруға негізделген.

Мақалада мета-ресурстардың деңгейін шартты түрде көтеру қарастырылады, бұл психологиялық қауіпсіздігі жоғары адамға психологиялық денсаулықты сақтау үшін өзін бақытты сезінуге мүмкіндік береді.

Мақала студенттерге, магистранттарға, докторанттар мен педагог-психологтарға, психологтарға арналған.

Кілт сөздер: психологиялық қауіпсіздік, денсаулық психологиясы, бақыт, метаресурс

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ДЕТЕРМИНАНТЫ ПСИХОЛОГИЧЕСКОЙ БЕЗОПАСНОСТИ УЧАЩИХСЯ В УСЛОВИЯХ ПАНДЕМИЙ

Аннотация

Пандемия оказывает негативное воздействие на социальное, экономическое и психологическое положение людей во всем мире. Поэтому важно, чтобы студенты учились преодолевать трудности и приспосабливаться к новым условиям обучения. В связи с этим в статье уточняется и анализируется психологическая защищенность, теории и особенности. Мнения автора о психологической безопасности были обоснованы.

Статья основана на консолидации информации, полученной в результате отбора, анализа, систематизации и логического обобщения научной литературы, аналитической и синтетической интерпретации теоретических материалов и информации, всесторонне описывающих текущее состояние проблемы, а также определяющих ключевые тенденции, направления и перспективы.

В статье рассматривается условное повышение уровня мета-ресурсов, что позволяет человеку с высоким уровнем психологической безопасности чувствовать себя счастливым для поддержания психологического здоровья.

Статья предназначена для студентов, магистрантов, докторантов и педагогов-психологов, психологов.

Ключевые слова: психологическая безопасность, психология здоровья, счастье, метаресурс

Introduction. In the current situation, as COVID-19 coronavirus infection has spread in the country and around the world, the work of all spheres of life has changed significantly. To prevent the spread of coronavirus infection, the Ministry of Education and Science of the Republic of Kazakhstan has begun the transition to distance learning. As the "coronavirus crisis has affected 421 million students worldwide," educational institutions have switched to distance learning.

The widespread pandemic has become a severe test for the education system around the world. Mankind has faced such a global problem for the first time. Since independence, educational institutions have not had a distance learning system. Despite the advanced times, some students did not even have a computer, so the school decided to provide students with materials and equipment.

The unknown virus COVID-19 has hit the education system hard. This is confirmed by Chakladar J., Diomino A., Li W.T., Tsai J.C., Krishnan A.R. in a cross-survey of 300 students from 5 states in the United States on the impact of the COVID-19 pandemic on the quality of education, professional development and mental health. The impact was analyzed and it was found that the level of depression, anxiety and uncertainty about the future of students increased [1]. The COVID-19 pandemic has had a negative impact on the psychological state of students, psychological damage is caused by a state of fear, so we need to maintain psychological safety.

Despite the measures taken to continue the most effective training of students, further strategies need to be developed to ensure the psychological safety of students in the current and future emergencies in the country.

E. Erickson R. Johnson, M.Lipsey, H. M. Walker, B.J. Wise Psychological safety of the person according to researches [2] :

- ensuring adaptation

- development of social competence
- a condition for the development of a positive attitude.

Therefore, the student must be able to confidently and positively communicate in a relationship, not only to effectively resolve conflict situations, but also to share, the main thing is the psychological security of the relationship, ie safe, non-violent.

Hence the need for the theory and practice of the development of psychological security of future professionals in the process of globalization and the current state of life of Kazakhstan. And the world science has the necessary theoretical and methodological guidelines for this. Also, today the real theoretical preconditions for the development of psychological safety of future professionals in the system of professional education in higher education are relevant in the science of psychology.

Ermentaeva A.R. in the study of the full mental development of students, associated with the development of mechanisms of personal development, modern when meet giving youth deviant behavior, indifference, irresponsibility, vulgarity, cruelty considered [2]. Of this self often psychological security non-compliance consequences that count. Therefore, the study of psychological security is relevant in the science of psychology, as the determinants of psychological security increase the metaresource.

At present, it is necessary to maintain a new psychological security for the youth of Kazakhstan in the event of a pandemic. This leads to an increase in the requirements for personal qualities, knowledge and abilities of professionals in various fields. Therefore, it is especially important to address psychological issues related to personal development and professional success.

It is known that the psychological security of students in the conditions of a pandemic in psychology is a much new category, a new direction. Thus, there are various definitions, psychological theories and approaches in the literature on the psychological security of the person, let's focus on them. It is clear that the most important thing here is the psychological safety of students.

Today, the psychological safety of students is one of the most pressing issues. With the development of society, there is a growing need to develop the psychological safety of students. Psychological safety of students is an issue related to the implementation of the requirements for personal and professional development of future professionals. And the psychological safety of students in a pandemic will be even more important.

And in domestic science to date in the system of vocational education in higher education is not based on the psychological concept, model, program of experimental research, complex characteristics, technology of psychological security in the event of a pandemic, taking into account the socio-psychological, individual characteristics of future professionals.

In science, the psychological security of the individual is considered in the theories of scientists. According to A. Maslow's hierarchy, security is the security of life, comfort, stability of living conditions, in "the basic human need". Security is a phenomenon that ensures the normal development of a person. The need for security is central to the hierarchy of human needs, without which the harmonious development of the individual, self-regulation is not possible. Psychological safety is very important for self-development.

In the work of H.T. Sheryazdanova shows the importance of psychological training in the educational and professional activities of students, the need to develop psychological security [3].

Research materials and methods. G. Edmondson researches found that everyone in a group should have a common belief that psychological security is safe for interpersonal safety, a belief that allows them to create a climate of psychological security and allow people to express and share their ideas. In his research, the scientist believes that in order to create a psychologically safe environment, the analysis and observance of mutually agreed norms in the group is very important for success and activity. In this regard, higher education institutions have a task to train specialists who are competent, able to develop professionally, to create a climate of psychological security, to express and share their ideas with people, and in this regard, the research of the scientist is important. And

psychological security allows the relationship to be productive. The psychological security of the student includes the ability to choose an environment that is comfortable for him, as well as a creative contribution to society. For the student, for the family and for society, on the basis of valuable relationships, it is important to first of all develop themselves, that is, to maintain psychological security in contextual research. Students try to correct their shortcomings by developing themselves. They feel that they are adults, they do not depend on anyone's opinion, they take responsibility for themselves. In addition, the scientist argues that psychological security is the ability of the group to act without interpersonal risk. According to the concept of psychological security, it is usually considered as one of the characteristics of the individual, which characterizes the degree of protection from various adverse and destructive factors from the outside world. In this regard, we believe that the psychology of student safety. In this regard, we believe that the psychology of student safety is associated with the ability to perform their professional and social functions without fear for their lives and without fear of the negative consequences of their development [7].

Research results and their discussion. In T. Clark's works psychological security is defined as the elimination of fear in a person's relationship and its replacement by respect and trust. And the pandemic revealed shortcomings and showed the need to change the legislation on education: it was necessary to change the basic rules to ensure psychological safety, rather than making endless amendments.

In the study, people in psychologically safe groups feel that they are valued according to their status and respect. According to the results of the study, psychological safety is considered an important condition for the development of team learning and group dynamics. In this regard, a student with high psychological safety does not engage in activities that he does not want. He does it of his own choosing and is responsible for it, not dependent, so he does not suffer from dependence. The student is emotionally stable, does not give in to emotions, solves any situation wisely. Observes the differences between other people's true feelings and attitudes, understands that they are people with their own characteristics and differences, analyzes the causes of certain events in their lives and can predict what will happen next. It also considers that psychological safety in the workplace improves the well-being of employees and makes it easier for a mentally healthy employee to work at an optimal level and avoid stressful situations. Therefore, in our study, we consider psychological health as one of the conditions of psychological safety. A person who is able to maintain psychological security is able to maintain psychological health and believes that his psychological health is strong [4].

The first ideas about psychological health were presented in classical psychoanalysis. However, the historical initiative in the formulation and development of the problem of psychological health was taken by Western humanist scientists A. Maslow, belongs to K. Rogers [4].

In their works, they describe the characteristics of psychologically healthy people. Thus, A. Maslow highlighted the following characteristics of people who are able to develop themselves in life: focus on reality; accept yourself and others as they are; focus on the problem, not on yourself; autonomy; spirituality; ability to build close relationships with people; high creativity, etc. In the event of a pandemic, the student will consider ways to develop himself while maintaining psychological security in order to maintain his psychological and physiological health. Al. K. Rogers believed that psychological health is "the full functioning of a person."

Humanities to psychological psychology health structure found out. M. Of Jihad n reluctantly, to him to yourself that right point of view kind of components includes; of the face optimal development, growth and self development; mental integration (authenticity, congruence); independence; others true reception; head to people adequate effect to do ability and etc.

Another principle of mental health Given in the work of Adler. According to his theory, the criteria of psychological health depend on how successfully a person can solve three main life tasks: work, making friends and love (Adler, 1997).

According E. Erickson, psychological health reveals the inner complexity of the person, connects the features of a vital person with the features of age.

E. Fromm and P. Tillich's work, he studies psychological health from a cultural and historical point of view, linking it with the features of the disease.

K. Horne was one of the first to focus on the social aspects of mental health issues.

E. Fromm connects the psychological health of the individual with the state of society, believes that a person's health or unhealthy, first of all, depends not on him, but on the structure of this society, the health of people in society hinders the development of society.

In M. Argail's works the fact that a person is happy is connected with psychological health, that is, a person with good psychological health, a person who is psychologically happy, a person who is happy with anything, a happy person. And it shows that a person who is not satisfied with anything has a mental health problem, such a person can not be happy. Therefore, only a person with good mental health can be happy [5].

The founder of psychoanalysis Z. Freud believed that the most important thing in a person's mental life is to seek pleasure and avoid resentment. In addition, Z. Freud's civilization prevents man from achieving happiness, forcing him to suppress instincts, give up his desires or postpone their fulfillment. "The happiness of this man was not part of the 'nature' plan. What we call happiness is the sudden satisfaction of a wish.

Humanistic psychology (K. Rogers, A. Maslow) implies the presence of innate human qualities, including the desire to self-actualize, which are "spontaneously" revealed in favorable conditions, moving from potential to concrete form. That is, from the point of view of humanistic psychology, it is enough to create a good, humane environment for human development, which will lead to the solution of most socio-psychological problems. And a person can be happy then.

Based on the latest advances in psychology, S. Lubomirsky refutes the popular myth of happiness and suggests step-by-step strategies to increase the potential for happiness in life.

Conclusion. Harvard psychologist D. Gilbert says that a person's predictions of future happiness are not true. But looking to the future, he concludes that a person forgets that he can and should be happy now .

Manfred Kets de Vries argues that there are no ready-made recipes for happiness, all the answers must be sought in themselves, but for this you need to make a difficult and interesting journey to your soul.

Bradburn, Diener, Veenhoven, Riff, Lyubomirsky, Kahneman, Argyle; Seligman, Crisp, Feldman, Jidaryan, Sheldon; in the research of etc. all, happiness is considered as follows: bright positive emotions; positive psycho-emotional state; analogue of subjective/personal/psychological well-being [5].

In Kraut and Waterman works considers happiness to be an emotional component of subjective well-being.

F. Feldman concludes that a person can say that he is happy if he is satisfied with himself, if he is in a good mood and has good moments.

According to W. Sumner's research, a person is happy if he is satisfied with the conditions of his life.

M. Tsekola believes that happiness is a set of positive moments and the harmonious satisfaction of desires and goals.

Gabron understands the definition of "happiness" not as a good mood, but as mental prosperity [6, p. 31].

The head of the World Happiness Database, Dutch scientist R. Weenhoven argues that "the degree to which an individual evaluates the general state of his life as positive".

P. A. Sorokin believes that a happy person is an important component of development, it is the basis of the hierarchy of spiritual values [29].

In D. Leontiev's research, happiness is defined as an emotional (or affective) state (experience) characterized by the maximum severity of positive color.

Domestic scientist I.A. Saparova's research revealed that inactive people understand happiness as success, and people in active position as happy success [6, p. 19].

M. Seligman's work has its own "happiness routers" that help to create a full, satisfying life, improving the theory of true happiness and introducing additional components: achievements and social interaction (communication with others) [6].

According to F. Borgonov's research, many people are happy when they help others [6, p. 19].

A person with a high level of psychological security is more likely to be happy with psychological health, and it is possible to conditionally increase the level of meta-resources.

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