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MPHTI: 15.41.39

<https://doi.org/10.51889/2959-5967.2026.87.2.003>

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Individual style qualities of a personality as predictors of life success

Abstract

In a dynamically changing modern society, the problem of personal success in life is becoming particularly relevant. Socio-economic instability, increasing demands for professional and personal self-realization, as well as increased competition in all spheres of life necessitate the search for factors contributing to achieving sustainable life success. In this regard, the psychological determinants of success are of particular interest, among which the individual stylistic qualities of a personality attract increasing attention of researchers. The concept of life success is multidimensional and is interpreted ambiguously in the scientific literature. In a number of studies, it is considered through the prism of objective indicators professional achievements, social status, income level, academic success. Other works focus on subjective criteria such as life satisfaction, a sense of self-fulfillment, subjective well-being, and matching life outcomes to personal values and goals. Modern approaches increasingly emphasize the need to integrate objective and subjective parameters of life success, which requires an in-depth analysis of the personal mechanisms that ensure its achievement. One of these mechanisms is the individual stylistic qualities of a personality, which are understood as stable ways of organizing activities, thinking, behavior, and emotional response. This group of characteristics includes cognitive styles, self-regulation styles, communicative and behavioral styles, decision-making features, and coping strategies. Unlike relatively stable personality traits, stylistic qualities have greater contextual sensitivity and functional orientation, which allows them to be considered as important predictors of adaptation and efficiency of life in various fields.

Keywords: life success, self-regulation, style qualities, behavioral styles.

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Жеке тұлғаның жеке стиль қасиеттері өмірдегі сәттіліктің предикторы ретінде

Аңдатпа

Динамикалық өзгеріп отыратын қазіргі қоғам жағдайында жеке тұлғаның өмірлік жетістігі мәселесі ерекше өзектілікке ие болады. Әлеуметтік-экономикалық тұрақсыздық, кәсіби және жеке өзін-өзі жүзеге асыруға қойылатын талаптардың өсуі, сондай-ақ өмірдің барлық салаларында бәсекелестіктің күшеюі тұрақты өмірлік жетістікке жетуге ықпал ететін факторларды іздеуді қажет етеді. Осыған байланысты сәттіліктің психологиялық детерминанттары ерекше қызығушылық тудырады, олардың арасында жеке тұлғаның жеке стильдік қасиеттері зерттеушілердің назарын көбірек аударады.

Өмірлік жетістік ұғымы көп өлшемді және ғылыми әдебиеттерде екіұшты түсіндіріледі. Бірқатар зерттеулерде ол объективті көрсеткіштердің объективі арқылы қарастырылады — кәсіби жетістіктер, әлеуметтік мәртебе, табыс деңгейі, академиялық жетістік. Басқа жұмыстарда өмірге қанағаттану, өзін-өзі тану сезімі, субъективті әл-ауқат және өмірлік нәтижелердің жеке құндылықтар мен мақсаттарға сәйкестігі сияқты субъективті критерийлерге баса назар аударылады. Қазіргі заманғы тәсілдер өмірлік табыстың объективті және субъективті параметрлерін интеграциялау қажеттілігін көбірек атап көрсетеді, бұл оған қол жеткізуді қамтамасыз ететін жеке механизмдерді терең талдауды қажет етеді.

Осындай тетіктердің бірі-жеке тұлғаның жеке стильдік қасиеттері, олар іс-әрекетті, ойлауды, мінез-құлықты және эмоционалды реакцияны ұйымдастырудың тұрақты тәсілдерін білдіреді. Бұл сипаттамалар тобына когнитивті стильдер, өзін-өзі реттеу стильдері, коммуникативті және мінез-құлық стильдері, шешім қабылдау ерекшеліктері және көшіру стратегиялары кіреді. Салыстырмалы түрде тұрақты жеке қасиеттерден айырмашылығы, стиль қасиеттері контексттік сезімталдық пен функционалдық фокусқа ие, бұл оларды әртүрлі салалардағы бейімделу мен өмір тиімділігінің маңызды болжаушылары ретінде қарастыруға мүмкіндік береді.

Түйін сөздер: өмірлік жетістік, өзін-өзі реттеу, стиль қасиеттері, мінез-құлық стильдері.

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Индивидуально-стилевые качества личности как предикторы жизненного успеха

Аннотация

В условиях динамично изменяющегося современного общества проблема жизненного успеха личности приобретает особую актуальность. Социально-экономическая нестабильность, рост требований к профессиональной и личностной самореализации, а также усиление конкуренции во всех сферах жизни обуславливают необходимость поиска факторов, способствующих достижению устойчивого жизненного успеха. В этой связи особый интерес представляют психологические детерминанты успеха, среди которых все большее внимание исследователей привлекают индивидуальные стилевые качества личности. Понятие жизненного успеха является многомерным и интерпретируется в научной литературе неоднозначно. В ряде исследований он рассматривается через призму объективных показателей — профессиональных достижений, социального статуса, уровня дохода, академической успешности. В других работах акцент делается на субъективных критериях, таких как удовлетворенность жизнью, ощущение самореализации, субъективное благополучие и соответствие жизненных результатов личным ценностям и целям. Современные подходы все чаще подчеркивают необходимость интеграции объективных и субъективных параметров

жизненного успеха, что требует углубленного анализа личностных механизмов, обеспечивающих его достижение. Одним из таких механизмов выступают индивидуальные стилевые качества личности, под которыми понимаются устойчивые способы организации деятельности, мышления, поведения и эмоционального реагирования. К данной группе характеристик относят когнитивные стили, стили саморегуляции, коммуникативные и поведенческие стили, особенности принятия решений и coping-стратегии. В отличие от относительно стабильных черт личности, стилевые качества обладают большей контекстуальной чувствительностью и функциональной направленностью, что позволяет рассматривать их как важные предикторы адаптации и эффективности жизнедеятельности в различных сферах.

Ключевые слова: жизненный успех, саморегуляция, стилевые качества, поведенческие стили.

Introduction. The relevance of studying individual stylistic qualities of a personality as predictors of life success is also due to the fact that they largely determine the ways a person interacts with the social environment, the nature of setting and achieving goals, the specifics of overcoming difficulties and the level of psychological stability. Stylistic characteristics act as a kind of "mediator" between personal potential and real life results, ensuring the transformation of internal resources into socially and subjectively significant achievements [1].

Despite the existence of a significant number of studies devoted to individual personality style parameters, the problem of their complex analysis in the context of life success remains insufficiently developed. Most of the work focuses either on the study of individual cognitive or regulatory styles, or on the analysis of success in narrow fields (professional, educational), which limits the possibility of a holistic understanding of this phenomenon. In addition, there is a lack of empirical research aimed at identifying the predictive significance of personality style qualities in relation to various components of life success.

Thus, addressing the problem of individual stylistic qualities of a personality as predictors of life success seems to be theoretically and practically significant. The study of this issue makes it possible not only to deepen understanding of the psychological foundations of successful life, but also to create a scientific basis for the development of psychological support programs aimed at developing effective style strategies and increasing the level of personal success in life [2].

Main points. Individual stylistic qualities of a personality are stable ways of organizing mental activity, manifested in the peculiarities of thinking, behavior, emotional response and self-regulation of activity. Unlike basic personality traits, stylistic characteristics are functional in nature and reflect how a person realizes his potential in specific life situations. They are formed at the junction of the innate features of the nervous system, individual experience and the requirements of the social environment, ensuring the adaptation of the subject to the conditions of life. In the structure of personality, stylistic qualities occupy an intermediate position between temperamental and characterological properties, on the one hand, and socially conditioned forms of behavior, on the other. This allows us to consider them as relatively stable, but at the same time amenable to development and correction of psychological education, which significantly increases their applied importance in the context of life success [3].

Life success is a complex, integrative construct that includes both objective and subjective indicators. Objective parameters of life success include social status, professional achievements, level of material well-being, educational and career growth. The subjective dimension of life success is associated with a sense of life satisfaction, subjective well-being, an experience of meaningfulness of life and the correspondence of the achieved results to personally significant goals and values.

Modern psychological research emphasizes that objective achievements alone do not guarantee a subjective experience of success. In this regard, life success is considered as a result of the consistency of external achievements and an inner sense of self-realization, which is directly related to individual stylistic personality traits.

Cognitive styles reflect individual ways of processing information, making decisions, and solving problematic problems. Such characteristics as reflexivity — impulsivity, analyticity — synthetics, flexibility of thinking, tolerance to uncertainty, have a significant impact on the success of a personality in professional, educational and social spheres [4].

Individuals with marked cognitive flexibility and reflexivity tend to demonstrate a higher ability to strategically plan, adapt to changing conditions, and make informed decisions, which increases the likelihood of achieving sustainable life success. At the same time, rigid cognitive styles can limit the variability of behavior and reduce the adaptive potential of a person.

Materials and methods The methodological basis of the research is based on the fundamental principles of Russian and foreign personality psychology, the psychology of the life path and the systematic analysis of mental phenomena. The work uses complex, systematic and personal-activity approaches, which make it possible to explain the life success of a personality as a result of the interaction of individual stylistic qualities and the conditions of the social environment.

The key methodological principle of the research is a systematic approach, in which individual style qualities of a personality are considered as an integral, hierarchically organized system of interrelated components (cognitive, regulatory, communicative and coping styles). In this case, life success is interpreted as an integral result of the functioning of this system, and not as a consequence of the isolated impact of individual psychological characteristics [5].

The personality-activity approach allows us to consider the stylistic qualities of a personality in the context of an active life position of the subject. Within the framework of this approach, a person acts as an active subject of life, independently determining goals, ways to achieve them, and strategies for overcoming difficulties. At the same time, individual style qualities are interpreted as ways of realizing personal potential in activities and social interaction, which determines their predictive significance in relation to life success.

The subjective approach is of great methodological importance in the study, according to which life success is understood as the result of a conscious and responsible attitude of a person towards his own life path. The stylistic qualities of a personality are considered as a manifestation of subjectivity, reflecting a person's ability to self-regulate, reflect, and constructively transform life circumstances [6]. The methodological basis of the research is also the provisions of the theory of individuality developed in the works of B.G. Ananyev, according to which individuality is an integration of biological, psychological and social properties of a person. Within the framework of this theory, the stylistic qualities of a personality are interpreted as a system-forming component of individuality, ensuring the integrity and stability of a life strategy.

The research is based on the concepts of stylistic regulation of activity and conscious self-regulation of behavior (V.I. Morosanova), according to which individual styles of self-regulation act as the most important psychological resource of success in various spheres of life.

These provisions allow us to consider regulatory stylistic qualities as significant predictors of life success. The methodological basis of the study is also complemented by the provisions of the cognitive approach, in which cognitive styles are interpreted as sustainable ways of processing information and making decisions that affect the effectiveness of personal adaptation to the uncertainty and complexity of the modern social environment.

Thus, the methodological basis of the research is interdisciplinary and integrative, which provides a holistic understanding of individual stylistic qualities of personality as predictors of life success and creates theoretical prerequisites for an empirical analysis of this problem [7].

Results and discussion To diagnose the stylistic features of personality self-regulation, the study used a questionnaire for assessing the ability to self-regulate (SRQ), developed by Ch. By Carver and M. Shyer. The methodology is based on the theoretical provisions of the model of self-regulation of behavior, which considers a person as an active subject capable of goal-setting, control and correction

of their own activities. The SRQ questionnaire is aimed at assessing a person's overall ability to self-regulate and reflects individual differences in the ability to manage their own behavior in the process of achieving goals. In this concept, self-regulation is understood as a cyclical process that includes setting goals, planning actions, monitoring their implementation, evaluating results, and correcting behavior when deviations occur.

The structure and diagnostic capabilities of the technique. The questionnaire includes statements reflecting various aspects of self-regulatory behavior, such as: the ability to consciously set goals; planning and sequence of actions; control over your own behavior; sustainability in achieving goals; the ability to adjust actions in case of failure; responsibility for the results of their own activities [8].

Respondents are asked to assess the degree of agreement with each statement, which allows them to obtain an integral indicator of the overall ability to self-regulate. High indicators indicate the formation of regulatory mechanisms, while low indicators indicate difficulties in managing one's own behavior and achieving goals. Quantitative analysis of the results of the SRQ questionnaire The quantitative analysis of the data obtained using the Self-Regulation Questionnaire (SRQ) by C. Carver and M. Shyer was aimed at identifying the level of formation of self-regulatory processes in the subjects. Descriptive statistics methods were used to process the data: calculation of averages (M), standard deviations (SD), minimum and maximum values, as well as the distribution of subjects by levels of self-regulation ability.

Interpretation of levels of self-regulation ability High level of self-regulation.

Respondents with high scores on the SRQ questionnaire are characterized by a pronounced ability to consciously manage their behavior.

They usually demonstrate a clear understanding of their goals, are able to plan actions and consistently implement their planned strategies. They are characterized by a high degree of responsibility for their own decisions and performance. Individuals with a high level of self-regulation are resistant to external and internal distractions, are able to remain motivated when faced with difficulties and flexibly adjust their behavior in changing conditions.

In the context of life success, this level of self-regulation is an important psychological resource that helps achieve both objective and subjective success rates.

The average level of self-regulation. The average level of self-regulation is characterized by relatively well-formed but unstable regulatory mechanisms. Respondents in this group are able to set goals and plan activities, but their behavior may be inconsistent and dependent on external circumstances. In situations of increased complexity or uncertainty, such subjects may have difficulty maintaining self-control and completing their tasks.

Nevertheless, if they have external support or additional motivation, they are able to demonstrate a sufficiently high level of efficiency. In the context of life success, this level of self-regulation can ensure situational success, but it does not always guarantee sustainable long-term achievements.

Low level of self-regulation. Low indicators on the SRQ questionnaire indicate an insufficient formation of self-regulatory processes. Individuals with this level have difficulty setting goals, planning activities, and controlling their own behavior.

They are characterized by impulsivity, reduced resistance to frustration, and a tendency to delay decision-making. In the context of the need for independent choice and responsibility for the results, such respondents often demonstrate insecurity and avoidant behavior. In the context of life success, a low level of self-regulation can be a risk factor limiting the possibilities of personal self-realization and achieving meaningful life goals.

Table 1. Descriptive statistics of indicators of self-regulation ability (SRQ)

Indicator	Minimum	Maximum	Average value (M)	Standard
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				Deviation (SD)
Overall score on SRQ	42	78	61,4	8,7

Note: the higher the value of the overall SRQ score, the higher the level of self-regulation ability of the individual. The obtained average value ($M = 61.4$) indicates the average level of formation of self-regulatory processes in the sample under study. The value of the standard deviation ($SD = 8.7$) indicates a moderate variability in self-regulation indicators, which reflects the presence of individual differences in the stylistic features of behavior regulation.

Table 2. Distribution of subjects by levels of self-regulation ability (SRQ)

The level of self-regulation ability	Score range	Number of people (n)	Percentage (%)
Low level	≤ 52	12	20 %
The average level	53–69	29	48 %
High level	≥ 70	19	32 %
Total	-	60	100 %

An analysis of the distribution of subjects by levels of self-regulation ability shows that the largest proportion of respondents is characterized by an average level of self-regulation (48%), which indicates the presence of basic regulatory mechanisms with insufficient stability. A high level of self-regulation was found in 32% of the subjects, which indicates a pronounced ability to consciously manage their own behavior and activities. A low level of self-regulation was recorded in 20% of the study participants, reflecting the lack of formation of goal-setting, planning and behavior control processes.

Quantitative inference using the SRQ method. The results of the quantitative analysis indicate that the ability to self-regulate in the study sample is represented mainly at an average level with pronounced interindividual variability. These indicators confirm the importance of self-regulation as a stylistic quality of personality, potentially acting as a predictor of life success and efficiency of life activity [9].

Table 3. Correlations of the ability to self-regulate (SRQ) with indicators of life success

Indicators	Overall SRQ score
Subjective assessment of life success	0,52**
Life satisfaction	0,47**
Professional / social self-realization	0,58**

Note: $p < 0.01$ is a statistically significant relationship.

The results of the correlation analysis show the presence of moderate positive statistically significant associations between the ability to self-regulate and all the studied indicators of life success. The closest relationship was found between the overall score on the SRQ questionnaire and the indicator of professional (social) self-realization ($r = 0.58$; $p < 0.01$), which indicates the important role of self-regulatory processes in achieving sustainable life results.

Regression analysis of the ability to self-regulate as a predictor of life success. To determine the predictive significance of the ability to self-regulate, a one-factor linear regression analysis was performed, in which the overall score on the SRQ questionnaire was considered as an independent variable, and the integral indicator of life success was considered as a dependent variable.

Table 4. Regression analysis results (SRQ as a predictor of life success)

Indicator	Meaning
R	0.59
R ²	0.35
Adjusted R ²	0.33
β (the beta coefficient)	0.59
T	5,12**
P	$\leq 0,01$

The results obtained indicate that the ability to self-regulate is a statistically significant predictor of a person's life success. The value of the coefficient of determination ($R^2 = 0.35$) indicates that about 35% of the variability of life success is explained by the level of formation of self-regulatory processes. The high value of the standardized coefficient β ($\beta = 0.59$; $p < 0.01$) confirms the significant contribution of the ability to self-regulate in predicting life success, which allows us to consider it as one of the key stylistic factors of successful life.

Quantitative conclusion based on the results of the analysis. The quantitative analysis showed that the ability to self-regulate, measured using the SRQ questionnaire, has pronounced statistically significant associations with indicators of life success and has a high predictive potential [10].

The data obtained empirically confirm the position that the stylistic features of self-regulation are an important psychological resource for achieving personal success in life.

Conclusion The conducted research was aimed at studying individual stylistic qualities of a personality as predictors of life success. Within the framework of the theoretical analysis, life success was considered as a multidimensional psychological phenomenon, including objective indicators of social and professional fulfillment, as well as subjective components reflecting life satisfaction and personal self-realization. In the course of the empirical study, special attention was paid to the analysis of the stylistic features of personality self-regulation, diagnosed using the questionnaire for assessing the ability to self-regulation (SRQ) by C. Carver and M. Shyer. The results of the quantitative analysis showed that the ability to self-regulate in the study sample as a whole is represented at an average level with pronounced interindividual variability, which indicates differences in the degree of formation of the regulatory mechanisms of personality.

Correlation analysis revealed the presence of stable positive links between the level of self-regulation ability and key indicators of life success, including a subjective assessment of success, life satisfaction and professional (social) self-realization. The results of the regression analysis confirmed the predictive significance of the ability to self-regulate, showing that this style parameter makes a significant contribution to explaining the variability of a person's life success. The data obtained empirically confirm the hypothesis that individual stylistic qualities of a personality, in particular the stylistic features of self-regulation, are significant psychological predictors of life success. Self-regulation provides conscious goal setting, planning and control of behavior, as well as flexibility in overcoming life difficulties, which contributes to the sustainable realization of life goals and the subjective experience of success.

The practical significance of the research results lies in the possibility of their use in psychological counseling, coaching, career guidance and personal development programs. Taking into account individual stylistic features of self-regulation allows us to develop targeted psychological and developmental programs focused on the formation of effective behavior management strategies and improving the level of personal success in life.

The prospects for further research are related to the expansion of the range of analyzed stylistic personality traits, the inclusion of cognitive, communicative and coping styles, as well as the conduct of longitudinal studies that allow us to trace the dynamics of the influence of stylistic characteristics on life success at various stages of the life path.

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