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**CORRELATES OF PSYCHOLOGICAL HEALTH AND CAREER
ORIENTATIONS OF PSYCHOLOGY STUDENTS**

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The article presents the results of research of interconnection between individual model of psychological health and career orientations of psychology students. The research comprises psychology students of 1-5th year; in total 85 respondents took part in the research. The methods of research are psychodiagnostic, mathematical and statistical. Research techniques are “Career anchors” (E. Schein), “The individual model of psychological health” questionnaire (A. V. Kozlov). The interconnection between career orientations of psychology students and individual models of psychological health has been found. The structure of career orientations among psychology students is presented by six factors, i.e.: “family wellbeing”, “pro-social profession”, “achievement”, “autonomy”, “creativity”, “service”.

Key words: psychology students, psychological health, career orientations.

Такійун Ч. Д. Корреляты психологического здоровья и карьерных ориентаций студентов-психологов / Харьковський національний університет імені В. Н. Каразіна, Україна, Харків, Насаравський державний університет, Нігерія, Кеффі

В статье представлены результаты исследования взаимосвязи между индивидуальной моделью психологического здоровья и карьерными ориентациями студентов-психологов. В исследовании приняли участие студенты психологи 1-5 курсов обучения; всего в исследовании приняло участие 85 респондентов. Методы исследования – психодиагностический, математико-статистический. Методики исследования - «Якоря карьеры»

(E. Schein), опросник «Индивидуальная модель психологического здоровья» (А. В. Козлов). Выявлена взаимосвязь между карьерными ориентациями студентов-психологов и индивидуальными моделями психологического здоровья. Структура карьерных ориентаций студентов-психологов представлена шестью факторами, а именно: «семейное благополучие», «просоциальность профессии», «достижение», «автономия», «творчество», «служение».

Ключевые слова: студенты-психологи, психологическое здоровье, карьерные ориентации.

Такійун Ч. Д. Кореляти психологічного здоров'я і кар'єрних орієнтацій студентів-психологів Харківський національний університет імені В. Н. Каразіна, Україна, Харків, Насаравський державний університет, Нігерія, Кеффі

У статті представлені результати дослідження взаємозв'язку між індивідуальною моделлю психологічного здоров'я і кар'єрними орієнтаціями студентів-психологів. У дослідженні взяли участь студенти психологи 1-5 курсів навчання; всього в дослідженні взяло участь 85 респондентів. Методи дослідження - психодіагностичний, математико-статистичний. Методики дослідження - «Якір кар'єри» (E. Schein), опитувальник «Індивідуальна модель психологічного здоров'я» (О. В. Козлов). Виявлено взаємозв'язок між кар'єрними орієнтаціями студентів-психологів і індивідуальними моделями психологічного здоров'я. Структура кар'єрних орієнтацій студентів-психологів представлена шістьма факторами, а саме: «сімейне благополуччя», «просоціальність професії», «досягнення», «автономія», «творчість», «служіння».

Ключові слова: студенти-психологи, психологічне здоров'я, кар'єрні орієнтації.

Introduction. The topicality of the research is determined by the need to activate the process of personal and professional self-determination in the course

of psychology students' education; to form and develop the value-meaningful component of future professional activity.

E. Shein developed an approach, which makes it possible to identify what motivates people in their professional career. To characterize the career choice and career motivation E. Shein introduced such notion as "career anchors", which are the leading motives and fundamental values, used by the person when realizing his career. The career anchors keep the person within the chosen vector of career progress and professional development. The author considers eight career anchors:

- *Technical- functional anchor («professional competence»)*. The example of the person with technical-functional anchor is a specialist who is very fond of his profession and who is interested in being a good specialist in his area of work. He is not much interested in the work, which assumes general management if it does not give him the opportunity to study the trade in detail. People with such orientation experience an acute need in belonging to professional associations.

- *General management («management»)*. For the person who is inclined to general management, the intensive motivation occurs in situations when he can perform the functions connected to general management. For such specialist the need to belonging to his initial professional is almost absent. He strives to reach higher and higher levels of organizational control and management.

- *Autonomy and independence («autonomy»)*. The employee, who is guided by aspiration for independence is the specialist who is trying to do everything in his own way. He does not need outer structural boundaries other than those determining if he has achieved the set goals. Such people can experience difficulties working in a team and prefer to have their own approach to work.

- *Sense of security and stability («work stability» and «place of residence» stability)*. This person experiences a need in continuous and stable job; very often his main goal is to keep the current working place for a long time. The main things for him are the guarantee of employment, stability of the reached living

standard, problem solution; he is not interested in working in a new role or making innovative decisions.

- *Entrepreneurial creativity (“entrepreneurship”)*. Such person strives to create new business enterprises and look for the situation where the likelihood of developing his business vision and implementing it into reality is rather high. When working in a team such people work most effectively if they can employ their innovatory and creative approach.

- *Service and dedication to a cause (“service”)*. Such person tries to be useful in professional activity, which has for him personal meaning and value. People with such inclinations often choose “helping” professions, such as medicine, education, and consultancy.

- *Pure challenge (“challenge”)*. The aspiration of people with such orientation lies in solving such tasks and performing such duties, which allow them to constantly challenge themselves, solving new professional (and personal) tasks. They try to solve difficult problems, risky tasks, “save the day” in critical situations. “Down to earth”, routine tasks may reduce motivation, cause discontent.

- *Lifestyle (“lifestyles integration”)*. This value does not contradict to the active participation in professional activity, however it indicates that for such person the main life priority is in living according to what he sees as an ideal lifestyle. This attention concentration on lifestyle may show that these people value personal time and performing professional duties should not take the time, which they consider to be personal.

According to the results of a recent research, the structure of psychological health is presented by a range of its realization areas, i.e.: emotional balance, pro-social orientation, physical wellbeing, humanistic position, aspiration to be oneself, creative self-actualization, family wellbeing, spirituality, goal orientation, intellectual perfection.

The aim of the article is to study the structure of psychological health and career orientations of psychology students.

Principal material statement. Psychology students of 1st-5th year took part in the research. In total 85 respondents took part in the research, who gave their consent on their personal data processing. To do the research, the “Career anchor technique” (E. Schein) as well as the “Individual model of psychological health” (A. V. Kozlov) have been used.

As the result of attribute space factorization of “Career anchor” and “Individual model of psychological health” techniques we have obtained six-factor matrix.

The first factor, which explains 17.96 % of dispersion, was named “family wellbeing”. The factor demonstrates interconnection between the individual model of psychological health “family wellbeing” and career orientation “lifestyle”. Thus, the structure reflects that for such person the main priority is in living according to family interest. Professional duties should not take time, which is considered personal. The main thing is balance between work and family life.

The second factor, which explains 17.09% of dispersion got the name “pro-social professions”. The factor demonstrates interconnection between pro-social model of psychological health and the “sense of safety and stability” in work. Such person experiences a need in permanent and stable job, very often his main goal is to keep this very work place for a long time. The main thing is the guarantee of employment, stability of the achieved life standard, solution of the problems. The work in a new role and innovative decisions are not his concern. Typical for such person are social activity, good interpersonal skills, acceptance of social standards.

The third factor, which explains 15.77% of dispersion, was named “achievement”. This factor demonstrates aspiration for creating new enterprises and looking for such situation, in which the probability to develop a new vision

and then put it into life is rather high. The model person is successful self-sufficient self-confident professional.

The fourth factor, which explains 14.31% of dispersion, received the name “autonomy”. This factor demonstrates centrality of ideas around one’s own “Self”. The leading factor here is aspiration for independence, this is a specialist, who tries to do everything in his own way, he does not need any external structural frames, apart from the appraisal of the fact whether he has achieved the set goals.

The fifth factor, which explains 13.08% of dispersion, was named “creativity”. This factor demonstrates that career orientation “challenge” is based on the idea of psychological health, which lies in the ideas of creative approach to life. The aspiration of people with such orientation is for solving such tasks and performing such duties which allow him to always test himself, solving new professional and personal problems. “Down-to-earth”, routine tasks can reduce motivation, cause discontent.

The sixth factor, which explains 12.00 % of dispersion, is bipolar in its structure, and got the name “service”. This factor demonstrates that the hidden motive for career orientation “service” is the notion of psychological health, centered around the idea of kindness, acceptance, altruism; for such people it is important to feel needed, do something useful. Such people are characterized with openness, ability to love, forgive, respect and appreciate others. At the same time service as the image of psychologically healthy person is negatively connected to the “strategic” vector of psychological health.

Conclusions. There is a connection between career orientations of psychology students and individual models of psychological health. The structure of career orientations of psychology students is represented by six factors, namely: “family wellbeing”, “pro-social professions”, “achievement”, “autonomy”, “creativity”, “service”.

The perspective of further research is connected to the study of correlation between value-meaningful orientations of psychology students and individuality structure, namely with its formally dynamic, object-intentional, spiritually-ideological features.

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