



# THE IMPORTANCE OF PSYCHOLOGICAL TRAINING IN THE SPIRITUAL DEVELOPMENT OF STUDENTS

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**Annotation:** This article discusses the essence of social psychological training and its role in human life.

**Key words:** physiological training, learning motivation, interaction, emotions, mutual understanding, skill, competence.

**Introduction:** In our rapidly developing era, every year thousands of educated students graduate higher education institutions and look for jobs that are suitable for their fields. No matter how these changes are keep happening, the intellectual, social and emotional knowledge of a person does not lose its importance. The employer pays attention to the qualities above during the interview with a candidate.

## Discussion and results

The term “training” comes from English and “train”, “training” has many meanings: teaching, educating. The same ambiguity applies to the scientific interpretation of training. In particular, it consists of preparing a person for various areas of social activity, in which the level of knowledge in the field of communication of an individual or a whole group is appropriately developed through a system of special experiences. That is, it prepares a person for a social communication in a purposeful way. Including:

- preparing future specialists for effective implementation of their future activities;
- training of leading personnel in effective management methods;
- development of mutual cooperation in educational institutions;
- increase communication competence in all interpersonal relationships in the social environment;
- to prevent and stabilize existing emotional tensions expected to occur in the process of social interpersonal communication, etc.

Social psychological training is entering various spheres of social practice in order to achieve healthy relationships between people. Its diagnostic analysis, psycho-corrective capabilities show the effective impact on the work of personnel: specialists, psychologists, pedagogues, psychotherapists, enterprise and organization managers, entrepreneurs.

Psychological training allows not only to develop and analyze new experience but also directs a person "feel himself". We do not think about our feelings and although feelings are more important than hearing and seeing, we are usually taught not to pay attention to our own feelings. James Bugental writes: "If a person is born blind or nearly blind, the only way to teach him about the sense of sight is by hearing, touching, or other senses that are not similar to others".

It is also worth noting that training sessions may not solve people's problems, but also create opportunities to develop skills and competencies necessary to analyze the basis of these problems. Therefore, training is considered a type of training conducted through various games and exercises in order to create the skills and competencies necessary to solve problems that exist or may arise in a person. Its essence is to teach people to know and understand themselves and others, human relations. The emergence and practical application of social psychological training methods have a unique tradition, especially in our age, when industry is developed, migration processes are accelerated, and the importance of the role of the human factor is emphasized is becoming more relevant now.

Interest in the issue of positive solutions to various problems started in the 30s of our century. Because by this time, the interest in this phenomenon had spread to the fields of pedagogy and psychology, and the Swiss psychologist Jean Piaget was the scientist who made the first scientific psychological conclusions about it. As he studies the process of the child's socialization, his discussions or debates with his peers on various topics lead to a decrease in the child's egoistic position and thus self-awareness, as well as the ability of putting himself instead of others. Then he began to study the ability to put through research, and later also within the framework of purely social psychic phenomena. After Moreno, interest in working with groups in foreign psychology can be seen in the works of the German scientist Kurt Lewin. Before Kurt Levin, several specialists worked in this direction, but Kurt Levin can be called the father of training groups.

Victor Kagan emphasizes that training is a special form of education based on imparting knowledge and skills and is related to the concept of "experience" which is general and fundamental for understanding psychological training. We can say that group psychological training is a method of deliberate change aimed at personal and professional development of a person by studying, analyzing and reassessing his life experience in the process of interaction in a group.

It is no secret that in many cases there is a lack of educational motivation among pupils and students studying in schools, secondary and special educational institutions and higher education institutions. As a result of our survey conducted after social psychological training with students of the 3<sup>rd</sup> level within the subject of "Social psychology", we found that the students' educational motivation for science increased by 21%, and the participants themselves and the students in the group we found that awareness of emotions increased by 18%. During the training sessions, the students also noted that they learned about themselves and how to manage conflicts.



Based on the above reasons, regular organization of social psychological training sessions in higher education institutions in order for students to be able to carry out their future activities effectively, to take a worthy place in any competitions, to develop their social and emotional intelligence, and through this we came to the conclusion that it is appropriate to increase the above indicators.

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