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INFLUENCE OF THE MENTAL STATE ON PROFESSIONAL ACTIVITY

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Abstract. Effective activity of law enforcement officials is a basis of successful development of democratic society. It depends on many factors, including on their emotional and mental state. The purpose of this article is to analyze the socio-psychological factors affecting the level of professionalism of staff of the departments of internal affairs, their behavior, work and outline ways that reduce the impact of negative situations on the stability and the emotional balance of employees. As an important factor of professional development of law enforcement officials the motivation of their activity, creating the conditions for removing anxiety, irritability, prevention, possible conflict situations is considered. Data on results of the research conducted in groups of law enforcement officials with the different experience of work, which reflect the characteristics of the level of anxiety. The conclusion is drawn on dependence of a disturbing condition on degree of formation of feelings of satisfaction by professional activity, self-confidence of understanding, the importance of the work. The listed above qualities are gained in the process of long years of work in law enforcement officials. In psychology researches about importance of professional activity in development and formation of the personality are conducted. The studied subject was considered in psychology of foreign countries as "career psychology".

In the psychological literature is widely used, the term «professional development», which is to be considered from different points of view of studying.

There are a large number of the Russian researches conducted within legal psychology, devoted to various problems of professional activity of power structures. There are works and within research of professionalism and success of activity of the law enforcement officials, studying factors and ways of their achievement (Baznov I. A., *Lichnostno-professionalnoye stanovleniye gosudarstvennih slujashih v sisteme organov prokuraturi: dis. ... kand. psiholog.nauk*, 2000; Irisheva A. M., *Professionalnoye stanovleniye advokata v sovremennom rossiyskom obshestve: dis. ... kand. psiholog. nauk*, 2005; Maltseva T. V., *Psihologicheskoye konsultirovaniye kursantov i slushateley visshih obrazovatelnih uchrejdeniy MVD Rossii v situatsiyah vnutrilichnostnih konfliktov professionalnogo stanovleniya: dis. ... kand. psiholog. nauk*, 2004).

Among them is the work of covering the educational contingent, which solved the problem of psychological readiness for the future of their profession (Molokanova A. V., *Professionalno-psihologicheskiye kachestva sledovatelya I ih razvitiye v visshem obrazovatelnom uchrejdennii MVD Rossii: Dis. ... psiholog. nauk*, 2000; Pristav O. V., *Formirovaniye i podderjaniye psihicheskogo sostoyaniya kursantov voyenno-transportnogo universiteta jeleznodorozhnykh voysk fizicheskimi uprajneniyami i mentalnim treningom: Dis. ... kand. psiholog. nauk*, 2005; Ryabokon Y. A., *Professionalnoye stanovleniye budushego voyennogo spetsialista v vospitatelno-obrazovatelnom protsesse vuza: dis. ... kand. ped. nauk*, 2003).

Professional development is viewed through the study of motivation (Dubnyakova A. I., *Motivatsiya kak faktor professionalnogo razvitiya sotrudnikov organov vnutrennih del: dis. ... kand. psiholog. nauk*, 2009), as an important factor of professional development, its structure, and levels of severity and multidimensional contribution of the leading motives in the professionalism of the staff of Department of Internal Affairs (Lyah S. F., *Psihologicheskiye osobennosti professionalnoy motivatsii sotrudnikov vnutrennih del MVD Rossii: dis. ... kand. psiholog. nauk*, 2005).

As such psychological factors in our research acted: features of regulation by conflict situations and level of anxiety. Within this empirical research, we assumed that marked features in dynamics of career growth (length of service) have some influence on professionalism of the staff of Department of Internal Affairs.

On the basis, of the preconditions for professional development of staff of Department of Internal Affairs, our tasks were set: to determine the sense of personal anxiety (according to the methods of J. Taylor) and to reveal the dynamics of their professional career.

In research took part as young employees (experience of 3-5 years), and with the experience (12-17 years).

In legal psychology anxiety is noted by some authors, as a positive mental state, if it is caused in the investigator by big responsibility before destinies of suspects and accused. Anxiety is also attributed to the personality of the investigators, the property of its character, without which it is impossible to successful implementation of investigation activities (Kotov D. P., Shihantsov G. G., Psihologiya sledovatelya, 1976; Levitov N. D., Psihicheskoye sostoyaniye bespokoystva, trevogi, 1969; Levitov N. D., Psihologiya haraktera, 1969).

So, influence of a factor of anxiety on professionalism was considered by us through selection of two groups with length of service from 3 to 6 years ("Young") and with length of service from 14 to 17 ("Skilled"). Having checked the scale of anxiety on a distribution normality, we revealed that the obtained data submit to the law of normal distribution and aren't casual. Proceeding, from this we revealed various levels of anxiety of our examinees. Statistically we issued this procedure through the one-factorial dispersive analysis, in the SSPS program.

Table 1

Assessment of influence of a factor of length of service on an anxiety indicator on J. Taylor

Factor	F – meaning	Level of significance
length of service	3,5	0,07

The received designations are the indicators (assessment) of influence of the factor of experience at the level of significance of F - value accounted for 3.5 at the significance level of 0.07 that by 0.02 exceeds the level of significance of 0.05. We believe that in this situation, one can argue about the presence of influence, as the sample in the course of a statistical test is non-parametric.

It in our opinion is a main issue on what the significance value exceeded on 0,02. Proceeding from it, we consider that influence of a factor of experience on anxiety indicator was revealed. Where, the experience of work in this case acts as some measure of professionalism.

Apparently, in work of law enforcement officials we explain manifestation of anxiety with the normal phenomenon, promoting to approach to work responsibly and more deeply that naturally increases quality of work. We also believe that anxiety should be an indispensable part of an employee of Department of Internal Affairs, which will predetermine the effectiveness of the work.

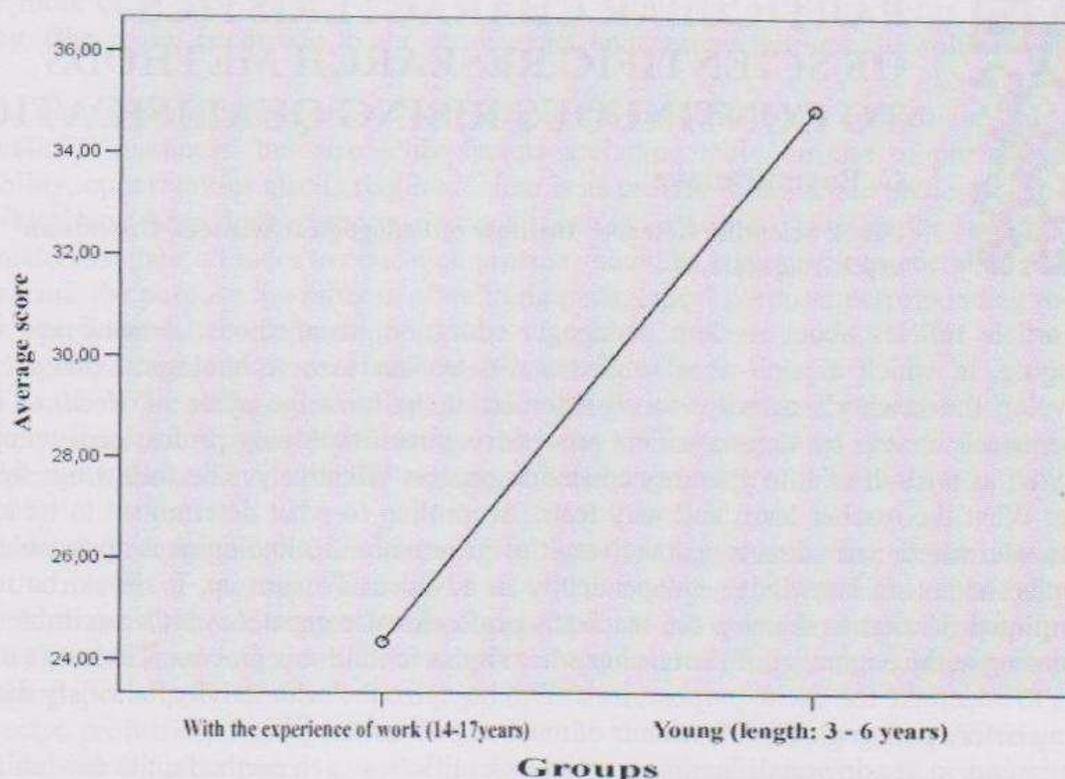
Table 2

Average score of two groups of subjects according to the method of anxiety J. Taylor

Groups	Average	Lower bound	Upper bound
With the experience of work (14-17years)	24,4	16,0	32,7
Young (length: 3 - 6 years)	34,9	26,5	43,2

So in the table, the average value of the level of anxiety in the group of subjects « Experienced» amounted to 24.4 million, while in the group of «young» average anxiety is 34,9. Such a situation in our view due to the influence of the factor of the length of service.

We also have assumed, that, apparently, for the many years of work in law-enforcement officials of the indicator anxiety leveled by the characteristics of the professionally conditioned emotional state, as a feeling of satisfaction with the professional activity, self-confidence, independence and awareness of the significance of their work. And in the performance of their professional tasks skilled worker in force that has rather long standing performs the work without being frightened of unexpected extreme situations in labor activity that reduces level of personal anxiety.



Anxiety is considered by us in dynamics of labor activity of staff of Department of Internal Affairs (comparison of levels of anxiety at employees differentiated on an experience) has indicators slightly above than norm that characterizes specifics of the profession (extreme conditions). According to research we believe that on the one hand such characteristics as personal anxiety with the experience are stabilized.

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