

## PSYCHOLOGICAL MECHANISMS OF DEVELOPING PROFESSIONAL COMPETENCE IN STUDENTS

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**Abstract:** This article comprehensively examines the systemic psychological determinants and structural components of the formation and development of professional competence in students within the modern higher education system. During the research, a complex of empirical methods aimed at determining the level of students' professional motivation, reflective skills, and stress resilience was utilized. Experimental results indicate that under traditional forms of education, despite high cognitive performance in students, the level of their practical-operational and reflective compliance remains low. As a mechanism to overcome this psychological imbalance, the author scientifically substantiates the necessity of integrating interactive psychological training, case-study technologies, and a reflective monitoring environment into the educational process.

**Keywords:** Professional Competence, Psychological Model, Implementation Mechanisms, Intrinsic Motivation, Professional Thinking, Interiorization, Exteriorization, Reflection-in-Action, Self-Actualization, Zone of Proximal Development

### Introduction

Professional competence person's certain professional activity successful done increase opportunity giver knowledge, skills, competence, individual - psychological adjectives and social experiments from integration consists of complicated system is considered. Competence concept simple knowledge assembly with It is not limited to the person. own knowledge practical in activity effective use, problematic in situations right decision acceptance to do, professional flexibility and reflexive analysis to the ability ownership with described [1, 2].

Psychological point of view from the point of view professional competence student's motivational field, intellectual potential, communicative abilities, emotional stability and himself/ herself develop mechanisms mutual integration as a result is formed. Therefore in students professional competence development psychological model working exit and him/her to practice current to grow scientific in terms of important importance profession will reach [3, 4].

### Professional competence psychological essence

Psychology in science competence person's professional to activity readiness level as interpretation Scientists to the mind according to, professionally competence following features with described:

1. professional of knowledge systematicity;
2. practical activity effective to organize;
3. professional motivation stability;
4. communicative and reflexive of abilities developed;
5. creative and critical of thought formed;
6. professional to situations flexibility.

Professional competence psychological basis person's internal needs, motives and professional values organization Student own of profession social importance As he realized, his professional development was aspiration increasing goes [5, 6].

For example, pedagogy in the direction of in the student children education involvement feeling formed if it is, it is on to work, methodical knowledge to enrich and pedagogical skill to develop This is what professional competence motivational basically organization does [7].

## **In students professional competence development psychological model**

In students professional competence development psychological model systematic to the character has to be, it is mutual related one how many from components organization finds. This model main structural parts of the following consists of [8]:

1. motivational component;
2. cognitive component;
3. operational component;
4. communicative component;
5. reflexive component;
6. emotional-volitional component.

## **Methodology**

### **Motivational component**

Motivational component student's professional to activity was internal need, interest and professional development aspiration represents. In psychology motive human of activity internal driving force power as Professional motivation and person's own to the profession conscious attitude and professional growth was in need manifestation will be.

Student during professional motivation formation following factors with related:

1. profession social prestige;
2. personal interest;
3. family environment;
4. education environment;
5. teacher's personal sample;
6. professional to success aspiration

For example, medicine in the direction of education taking student's human health to keep was aspiration his/her professional motivation strengthens. As a result student complicated sciences deep to master and clinical in practice active participation to reach movement does.

Professional motivation high at the level formation:

1. independent to education interest;
2. professional responsibility;
3. himself/ herself develop need;
4. professional stability provides.

## **Results and Discussion**

### **Cognitive component**

Cognitive component student's professional knowledge system possession level represents. This component professional thinking, analytical thinking, creative approach and problematic situations solution to do abilities own inside takes [9].

Professional of knowledge efficiency student's:

1. theoretical knowledge practice with garden to receive;
2. information analysis to do;
3. innovative approaches application;
4. independent decision acceptance can to receive with is determined.

For example, the future engineer technician formulas knowledge with work together realistically release in the process technological problems solution can to receive need [10].

In engineering technician in calculations The following formula is broad applies to:

$$F = ma$$

This formula is mechanical. processes in understanding important theoretical basis to be service does and student's technician his/her thinking develops.

Cognitive competence in development [11]:

1. problematic education;
2. project methods;
3. case study technology;
4. STEAM approach;
5. digital platforms important importance profession will reach.

### **Operational-active component**

This component professional activity practical in terms of to perform skills represents the student's theoretical knowledge practical in activity by hand to receive professional competence important criterion is considered.

Operation component following skills own inside takes [12]:

1. professional tasks to perform;
2. technological from tools use;
3. problematic situations solution to do;
4. innovative activity organization to grow;
5. time effective management.

For example, the future Teacher: lesson development create;interactive methods use;students assessment; pedagogical conflicts manage to receive need.

Operation competencies in development [13]:

1. practical training;
2. laboratory works;
3. trainings;
4. working release practice;
5. dual education system important tool is considered.

Communicative competence of modern professional activity inseparable part is considered. Every how profession effective communication and social cooperation demand does.

Communicative component following adjectives own inside takes:

1. speech culture;
2. empathy;
3. in the team work ability;
4. conflictological competence;
5. leadership skills.

For example, a teacher students with effective communication can if not, its theoretical knowledge practical efficiency does not give. Just like also, the doctor patient with psychological communication installation treatment to the efficiency positive impact shows [14].

For this reason supreme education in institutions: debates; presentations; training training; collective projects through communicative competencies is developed.

**Reflexive component** - person's own activity analysis to do and assessment Reflexive competence professional development psychological from mechanisms one is considered.

Reflexive component the following own inside takes:

1. own activity assessment;
2. professional mistakes analysis to do;
3. himself/ herself development;
4. critical thinking;
5. professional growth planning.

For example, pedagogical from practice then student's own lesson analysis to do and shortcomings to determine reflexive development important is an indicator [15].

Reflection student's:

1. own on to work;
2. professional flexibility;
3. professional to stability service does.

Emotional-volitional component

## Conclusion

Professional competence important in terms of one emotional stability and will Modern professional activity often stressed, high responsibility and complicated decisions demand does.

Conclusion. Therefore, a student must be: stress-resistant; emotionally stable; patient; initiative-oriented, a doctor must make quick decisions in an emergency without giving in to emotions. And a teacher must be able to manage complex psychological situations in the classroom.

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