



EUROPEAN CONFERENCE

Conference Proceedings



IX International Science Conference
“Actual problems of practice and
science”

March 05 – 06, 2021

Ankara, Turkey

ACTUAL PROBLEMS OF PRACTICE AND SCIENCE

Abstracts of IV International Scientific and Practical Conference

Ankara, Turkey
March 5 – 6, 2021

UDC 01.1

ISBN – 978-9-40361-460-1

The IV International Science Conference «Actual problems of practice and science»,
March 5 – 6, 2021, Ankara, Turkey. 88 p.

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The recommended citation for this publication is: Ivaniv M., Hanzha V.

Biometric indicators and yield of soybean varieties of different maturity groups depending on the elements of technology in the conditions of drip irrigation // Actual problems of practice and science. Abstracts of IV International Scientific and Practical Conference. Ankara, Turkey 2021. Pp. 7-8.

URL: <https://eu-conf.com>.

9.	Черевко І.В. НІШЕВИЙ АГРОБІЗНЕС В УКРАЇНІ	31
10.	Чупир О.М., Бутенко О.П. УЗАГАЛЬНЕННЯ ФАКТОРІВ ЗОВНІШНЬОГО СЕРЕДОВИЩА ДЛЯ ВИЗНАЧЕННЯ ЙОГО ВПЛИВУ НА СОЦІАЛЬНИЙ РОЗВИТОК КОЛЕКТИВУ ПІДПРИЄМСТВА	33
MEDICAL SCIENCES		
11.	Огороднійчук І.В., Якимець В.В., Наконечна О.В. ВИЗНАЧЕННЯ ОСІБ (ВІЙСЬКОВОСЛУЖБОВЦІВ) З ПІДВИЩЕНИМ РИЗИКОМ ЗАРАЖЕННЯ ВІЛ-ІНФЕКЦІЄЮ	36
12.	Херсонська Т.Б. ПРОБЛЕМИ ОРГАНІЗАЦІЇ СПЕЦІАЛІЗОВАНОГО ЛІКУВАННЯ ВІЙСЬКОВОСЛУЖБОВЦІВ З УШКОДЖЕННЯМИ ЩЕЛЕПНО-ЛИЦЕВОЇ ДІЛЯНКИ	39
PEDAGOGICAL SCIENCES		
13.	Vezhnovets Y., Malakhov A. УПРОВАДЖЕННЯ ЕЛЕКТРОННОГО ДОКУМЕНТООБІГУ В ЗАКЛАДІ ОСВІТИ	42
14.	Дубневич Ю.В., Дубневич Н.Ю. СУЧАСНА МЕТОДИКА ВИКЛАДАННЯ ІНОЗЕМНИХ МОВ У ЗАКЛАДАХ ВИЩОЇ ОСВІТИ АГРАРНОГО ПРОФІЛЮ	45
15.	Полонська Т.К. ПРИНЦИПИ ФОРМУВАННЯ МІЖКУЛЬТУРНОЇ ІНШОМОВНОЇ КОМУНІКАТИВНОЇ КОМПЕТЕНТНОСТІ УЧНІВ ГІМНАЗІЇ НА УРОКАХ ІНОЗЕМНОЇ МОВИ	48
16.	Середа І.В. СПЕЦІАЛЬНА ОСВІТА В УКРАЇНІ ТА СВІТІ: ПОРІВНЯЛЬНИЙ АСПЕКТ	51
PSYCHOLOGICAL SCIENCES		
17.	Ponomarenko R., Ponomarenko I., Ivanov Y. REGARDING THE CHOICE OF METHOD OF PSYCHOLOGICAL TRAINING TO INCREASE THE LEVEL OF TOLERANCE TO UNCERTAINTY IN RESCUERS	54

REGARDING THE CHOICE OF METHOD OF PSYCHOLOGICAL TRAINING TO INCREASE THE LEVEL OF TOLERANCE TO UNCERTAINTY IN RESCUERS

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Employees of rescue units in their professional activities, regardless of any of its types, find themselves in a situation of uncertainty, accompanied by finding productive ways to solve problems, emotional experiences, cognitive thinking. Psychological training is an effective method for psychological training of a rescuer in order to increase the level of tolerance to uncertainty. Given that when performing the tasks assigned to the rescuer is constantly working in a team, it is promising psychological development of tolerance for uncertainty in group work.

Socio-psychological training - a set of group methods of skills development and skills of self-knowledge, communication and mutual understanding of people in the group. Socio-psychological training (SPT) is classified as interactive teaching methods. In contrast to traditional forms of training there is an active inclusion of behavioral models and there is an exchange experience of group members.

Formation of group forms of psychological work in the first quarter of the twentieth century had a number of prerequisites.

In medicine (particularly in psychiatry and psychotherapy), under the influence psychology and sociology, the position became more widespread, according to which mental disorders arise as a result of impaired interaction individuals with a social environment, in particular, with small groups in which it is included. Accordingly, the group can be not only a source of formation inadequate motives for human behavior, but can also be used for changes in these inadequate motives.

Using a set of group methods of forming skills and abilities of self-knowledge, communication and mutual understanding of rescuers in the group allows to form a promising and confident specialist of extreme profile.

The training actively involves behavioral models and there is an exchange of experiences of group members. Most effective changes in the behavior and attitudes of

rescuers occur not in the individual but in a group context, and in order to identify their attitudes, change them and develop new behaviors, the rescuer must learn to see himself as seen by colleagues.

With group training, you can get many benefits. For example, it is possible to receive feedback, ie as a result of self-disclosure of participants there is an accumulation of knowledge about each other, which provides an opportunity to provide meaningful feedback, as well as support from colleagues who have common problems and their experiences with specific group members. , a rescuer can learn new skills and abilities.

Training participants can identify with others and use emotional communication to assess their own experiences, feelings and behaviors. Hidden factors such as partner pressure, conformism, social influence, and role distribution become apparent in the group. The group can facilitate the process of self-examination and introspection, the formation of the «I» concept of the individual.

Thus, the use of the method of psychological training forms the ability not only to withstand stress in situations of uncertainty, but also to act productively and find solutions to such situations.

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Scientific publications

MATERIALS

The IV International Science Conference «Actual problems of practice and science»,
Ankara, Turkey. 88 p.

(March 5 – 6, 2021)