of the empirical research are published. The «sweet candy» effect was revealed, according to which the candy becomes sweeter if one shares with the other and thus acts prosocially. Grounding on the analysis of respondents' essays on the topic «What does it mean to bonify to others?» such types of understanding the sense of prosocial activity were distinguished: theoretical-synthetical (the highest), eudemonic (aimed at pleasure, enjoyment), egocentric (the understanding of one's profit from other's good), awarealtruistic, others-oriented, critical-analytical, emotional. The empirical results based on «The Interpersonal Diagnosis of Personality» technique (by T. Leary, modification by L.N. Sobchik) before and after the experimental interactions proved the experiment participants' response modifications, although the experiment itself continued for approximately two academic hours. The conclusion is driven that the personality's prosocial activity is a complex multicomponent phenomenon, deeply dialogical in its essence.

Key words: prosocial activity, interaction, dialogue, help, personality's activity, «sweet candy» effect, altruism, understanding.

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Theoretical and methodological principles of professional maturity of socionomic specialist's personality

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Л.А. Онуфрієва. Теоретико-методологічні засади професійної зрілості особистості фахівців соціономічних професій. Здійснено теоретичне узагальнення і нове вирішення проблеми психологічно значущих детермінант професійної зрілості майбутніх фахівців соціономічних професій. Розглянуто феномен професійної зрілості фахівця соціономічних професій. Зазначено, що професійна зрілість — характеристика стану розвитку особистості, що виявляється у високій професійній кон-

структивній активності та професійній функціональній продуктивності людини. Акцентовано, що теоретичними засадами розвитку особистісної зрілості майбутніх фахівців соціономічних професій є положення гуманістичної психології і диспозиційного підходу, згідно якого особистісна зрілість розглядається як динамічний феномен, що є результатом вродженого і неперервного прагнення особистості до самоактуалізації та досягнення особистісної зрілості. Структура значущих характеристик професійної зрілості майбутніх фахівців соціономічних професій включає характеристики інтраперсональної конструктивної активності, що виражають прояви вдосконалення структури та функцій особистості (саморегуляція, самостійність, креативність, інтелектуальність); прояви вдосконалення способів міжособистісної взаємодії та конструктивного особистісного впливу (комунікабельність, емпатійність, моральність, відповідальність); прояви вдосконалення структури самоідентичності (Его-ідентичність, самоактуалізація). Вказано, що проблема саморозвитку та самореалізації є значущою у багатьох сучасних концепціях розвитку людини, а актуальна потреба саморозвитку, прагнення до самовдосконалення є цінними вже самі по собі та є показником особистісної зрілості й водночає умовою її досягнення. Зроблено висновок, що постійне прагнення до саморозвитку приносить і закріплює успіх у професійній діяльності та сприяє професійному довголіттю особистості. Наголошено, що професіоналізм і професійна компетентність є важливими чинниками соціального розвитку особистості та невід'ємними складовими її психологічної зрілості.

Ключові слова: теоретико-методологічні засади, професійна зрілість, особистість, розвиток, майбутні фахівці соціономічних професій, професійна діяльність, професійна компетентність, професіоналізм, психологічна зрілість.

Л.А. Онуфриева. Теоретико-методологические основы профессиональной зрелости личности специалистов социономических профессий. Осуществлено теоретическое обобщение и новое решение проблемы психологически значимых детерминант профессиональной зрелости будущих специалистов социономических профессий. Рассмотрен феномен профессиональной зрелости специалиста социономических профессий. Отмечено, что профессиональная зрелость – характеристика состояния развития личности, проявляющая в высокой степени профессиональной конструктивной активности и профессиональной функциональной производительности человека. Акцентировано, что теоретическими основами развития личностной зрелости будущих специалистов социономических профессий является положение гуманистической психологии и диспозиционного подхода, согласно которому личностная зрелость рассматривается как динамический феномен, являющийся результатом врожденного и непрерывного стремления личности к самоактуализации и достижения личностной зрелости. Структура значимых характеристик профессиональной зрелости будущих

специалистов социономических профессий включает характеристики интраперсональной конструктивной активности, выражающие проявления совершенствования структуры и функций личности (саморегуляция, самостоятельность, креативность, интеллектуальность); проявления совершенствования способов межличностного взаимодействия и конструктивного личностного влияния (коммуникабельность, эмпатийность, нравственность, ответственность); проявления совершенствования структуры самоидентичности (Эго-идентичность, самоактуализация). Указано, что проблема саморазвития и самореализации является значимой во многих современных концепциях развития человека, а актуальная необходимость саморазвития, стремление к самосовершенствованию являются ценными уже сами по себе и является показателем личностной зрелости и одновременно условием её достижения. Сделан вывод, что постоянное стремление к саморазвитию приносит и закрепляет успех в профессиональной деятельности и способствует профессиональному долголетию личности. Отмечено, что профессионализм и профессиональная компетентность являются важными факторами социального развития личности и выступают неотъемлемыми составляющими её психологической зрелости.

Ключевые слова: теоретико-методологические основы, профессиональная зрелость, личность, развитие, будущие специалисты социономических профессий, профессиональная деятельность, профессиональная компетентность, профессионализм, психологическая зрелость.

The urgency of the research problem. The concept of professional maturity becomes more and more popular in modern studies. It is being developed by many scientists, in particular researchers A. Derkach, V. Zazykin consider the professional maturity of future specialists as acmeological invariant of professionalism; V. Bodrov, A. Brushlynskyi consider it as the system property of the subject of work; L. Mitina – as a stage of professiogenesis of a personality; O. Bodaliov, S. Druzhylov – as a value of a professional and strength of his motivation; K. Abulkhanova-Slavska, B. Ananiev, O. Anisimov, L. Antsyferova, L. Vyhotskyi, A. Derkach, Y. Klimov, N. Kuzmina, D. Leontiev, A. Markova, V. Miasyschev, A. Petrovskyi, Y. Rohov, S. Rubinstein, D. Uznadze, M. Yaroshevskyi and others – as a result of professional and personal development.

Analytical review of the literature on the problems of personal maturity gave the reason to combine the concepts of mature personality by defining the most striking features that characterize a mature personality. In order to study these traits, the properties of the personality, which develops productively, were analyzed. They were found in the studies of Carl Jung, G. Allport, V. Shtern, A. Maslow, E. Shostrom, J. Stevens, G. Sallivan, R. Kehan,

A. Ellis, K. Narankho, F. Perls, P. Weinzweig, C. Hall and G. Lindsay, B. Livehud, S. Holliday and M. Chandler, P. Jacobson, K. Abulkhanova-Slavska, M. Tutushkina, H. Abramova, N. Bordovska and A. Rean, D. Leontiev, H. Skrypkina, M. Savchyna, L. Ovsianetska, L. Lepykhova, T. Tytarenko.

The aim of the research consists in the theoretical determination and experimental reasoning of personal maturity determinants of future socionomic specialists' professional training.

Methodological basis of the study consists of the national psychology principles: the principle of unity of human consciousness and activities (S. Rubinstein); principle of determinism, known as the logical and necessary dependence of mental phenomena giving rise to conditions and internal factors (S. Rubinstein, O. Leontiev); the principle of systematic study of personality and activities (B. Ananiev, B. Lomov); activities approach to the study of personality (O. Leontiev); the concept of personal development at ontogenesis (D. Feldstein); theoretical situations, revealing patterns of professional maturity and personal development (E. Klymov, L. Mitina, M. Priazhnykov, O. Osnytskyi, T. Chernikova); the onditions of humanistic psychology (A. Maslow, G. Allport, D. Rogers).

A separate attention is paid to the research of the category of mental image, the image of the world, the image of Me as part of professional maturity (V. Barabanschykov, T. Berezina, B. Bratus, L. Vekker, A. Hostev, L. Dyka, Y. Zabrodin, A. Zaporozhets, V. Zinchenko, E. Klymov, V. Komarov, I. Kon, A. Kronyk, V. Lektorskyi, O. Leontiev, B. Lomov, D. Medvediev, V. Petrenko, A. Petrovskyi, O. Poddiakov, A. Ponukalyn, Z. Reshetova, V. Semykyn, S. Smyrnov, V. Stolyn, A. Etkynd).

The main material research. On the basis of the analysis of the literature on the problems of personal maturity, we have presented the phenomenon of personal maturity in relation between the personal potential and personal growth of a human. The reason of this was determined by the need to correct the idea of correlation between personal maturity and personal growth of a human and to complement the characteristics of personal maturity as an expression of personal potential.

Personal growth and personal potential are the concepts which help to describe a mature human desire to make sense. It is usually a process close to self-actualization of a personality or identical to it. D. Leontiev criticize the term «personal growth» when underlining it as a metaphor rather than a scientific concept [4]. Considering

this interpretation, we stopped at a defining the personal growth as the development of personal in a personality and actualization of the process of self-development under certain conditions. The need for favorable conditions for personal growth proves the influence of the social environment on the development of a personality. According to this criterion of human social development the concept of personal potential is qualitatively different. The scientists associated it with the concepts self-attribution (I. Kohn), self-transformation (O. Shapovalova) and self-determination (D. Leontiev). So, personal potential reflects the extent of overcoming set of circumstances by the personality [5].

According to D. Leontiev, a form of expression of personal potential is the phenomenon of personality's self-determination that is mediation of some values, motives, vital relationships by means of others [5]. If self-determination is the mechanism is functioning, form of expression of personal potential, there must be properties to consist the content.

These components of personal potential are seen to be the duty, sense and faith. Personally mature man can be called a resource person who finds the strength to overcome the circumstances and himself. Carknuff & Berenson called such a man «a real one» [14]. The triad of internal resources provides competence in time to a personally mature man, i.e. the ability to see and feel the life intergrated. In our opinion, the obligation is a mature personality attitude to the past, because the obligation is considered the continuation or completion of previous actions. Moral obligations can keep a person «alive» at a time when he/she is facing a crisis of sense or faith. Faith is understood as a belief in their own right, non-rational knowledge [3, p.31], hope and aspirations – as a bridge to the future. A person, who is experiencing the pressure of duty, that is difficult to accept, or lack of meaning in his/her actions, turns to faith to be established in life. Meaning represents the present moment in human life, because this time appears and goes back in time to experience. The main purpose – the meaning of life - through autobiographical memory, combines discrete series of personal meanings that reflect the values, experiences, personal experience during significant periods in human life. Personally mature person is seeking meaning every moment of his life. When he/she is facing existential anxiety, existential crisis or existential vacuum [7], i.e. the lack of sense in life, he can find a temporary reliance in a duty (logical continuation of initiated cases) and in the faith as hopes to understand irrationally the purpose.

Thus, duty and faith can create a sense of completion or achievement of objectives. Internal resources of a personally mature man are duty, meaning and faith; they provide a productive and independent experience of crisis situations.

A. Maslow wrote that people being self-actualized are free of neuroses. It may be noted that the presence of internal resources that provide competence in time, keeps a mature person within the mental health and, thus, gives the reason to be «the synthesis of possible and necessary» (T. Tytarenko).

In our opinion, every crisis of duty, sense and faith has the effect of transcendence. Critical life events are a kind of «shock conditions,» during which a new view of reality is formed (A. Ananiev). A man feels the need for a new sense, a new understanding of existing meanings, rules, regulations, guidelines, something that call reinterpretation of experience, reflection. According to S. Frank, a secret of peronality lies in this ability to rise above himself, to be beyond himself. Thus the ability to transcendence enables a personally mature person does not get into the situation and create the situations for self-improvement, that is to be their own «project» (A. Sartre) [12].

According to D. Leontiev, the personal potential is implemented in the choice in the existential situation if it is possible to be based on existing personality structure. The choice is one of the key concepts of existential psychology, being «formed personal structure», which has a high level of significance for human self-determination in a critical life situation.

A positive human potential coexists with the negative potential, which is called as a Shadow by C. Jung [2, p. 74]. Although, according to O. Khukhlaieva, existential crisis is the norm for the period of maturity and it is often complicated with identity crisis.

The crisis of identity is defined as the particular situation where most of social categories seem to have lost their limits and integrity. Using the categories the human can define him/herself and his/her place in society. According to E. Erickson, the development of identity has eight stages, each of which potentially contains the possibility for the formation of dichotomy formations. Harmonious personality formation is determined by the internalization of positive values and constructive ideas of a man about himself.

The theoretical foundation of the empirical study of the phenomenon of personal maturity was the data of the scientific literature concerning:

- 1) personal maturity is formed personal structure, which is a manifestation of personal potential and personal growth criterion (D. Leontiev);
- 2) the phenomenon of self-determination is the main phenomenon of personal maturity (D. Leontiev);
- 3) G. Allport's basic concept of personal maturity contains a description of personal characteristics, in particular traits of mature personality. Within the dispositional theory of G. Allport, the most important features of a man are fundamental and central ones;
- 4) the actual problem is the separation of personal maturity parameters that do not match the parameters of personal growth (D. Leontiev).

One of the most important factors in achieving personal maturity, realizing the human relationship with the environment, is the professional activities of the personality. It causes the achievement of new social levels and identifies it as an active, transforming individuality.

The maturity of the personality as a subject of professional activities is revealed primarily through the concept of professionalism and professional competence.

In the modern meaning, professionalism is, above all, the desire of the personality to offer personal «Me» to the world through «business field» of that or another activity, to be fixed in its results. Acmeological synthesis of personal and professional occurs when an employee implements not only necessary «subject-object» attitude, but at the same time open «vital meaning» attitude to the world in the activities.

The meaning of the professionalism of man is revealed in two ways: motivational and operational. Motivational aspects of the professionalism consist motives which are the point in the life of a professional activity, which targets people try to achieve, how happy he is of work. A key point in the motivational sphere for the high levels of professionalism is the inner content of the profession. The operating professional sphere means the ways or methods people achieve their goals, the technologies they use as a means (knowledge, thinking operations, capabilities).

Therefore, a professional is a specialist who mastered a high level of professional activities that deliberately changes and develops itself in work. It brings the individual creative achievements in the profession that found individual vocation.

Throughout professional life a person can undergo different stages in the development of professionalism. The transition from one level of professionalism to other levels occurs in most people as successive mastering stages. These stages at various levels can be observed at the same time and in parallel with each other. The relatively high levels can coexist with lower ones, which generally characterize the individuality and uniqueness of the individual professional way.

Competence is a characteristic of a specific person (or his/her actions), the individual nature of the degree of compliance with the requirements of the profession. The concept of competenc is defined at some dictionaries as mastering knowledge to express the authoritative opinion. Today the competence is defined as a combination of mental qualities like mental state that allows you to act independently and responsibly (action competence), as the person's ability to perform certain labor functions.

The competence of the individual is narrower than professionalism. A person can be a professional in his field, but cannot be competent in solving all professional issues.

There are types of professional competence:

- 1) special competence is the possession of professional activities at a high level, the ability to design the future professional development;
- 2) social competence is the possession of corporate (group, cooperative) professional activities, cooperation, as well as professional communication techniques adopted in this profession; social responsibility for the results of their professional work;
- 3) personal competence is mastering methods of personal self-expression and self-development, means of opposition to professional deformations of a personality;
- 4) individual competence is the ownership of methods of self-realization and the development of idividuality within the profession, readiness to professional growth, ability for individual survival, resistance to professional aging, ability to efficiently organize their own work without reloading time and effort, to work hard, tirelessly even with slightly stepped effect;
- 5) extreme professional competence is readiness to work in a situation of sudden complications manifested in the ability to solve problems associated with changes in the profession, retraining, and as a result reducing the risk of unemployment.

Consequently, professionalism and professional competence are important factors in social and personal development of the personality and they are the integral components of psychological maturity.

Recently the problem of professional socialization of a personality increasingly attracts attention of scientists, and among all important aspects of the study of specialists' professional consciousness there is an aspect of motivational determinants professionalization of a personality.

Professional socialization is a dynamic form of individual's entry in a professional environment (learning professional experience, mastering the standards and values of the professional community) and active implementation of accumulated professional experience, which involves continuous professional self-development and self-improvement.

The process of professional socialization provides personal activity, as the interaction and impact on the system of social relations requires the adoption of certain decisions and includes a set of characteristics, such as: goal formation, mobilizing subject of activities, building strategies of work. This, in turn, requires the improvement of knowledge, ideas about the profession, changes in the level of aspiration, motivation. All this allows us to assume that a person with formed «Me-concept» and developed motivational and cognitive characteristics can successfully master the professional socialization.

In this context motivational formations of personality, which are considered as a foundation being the basic for higher levels of the personality, which largely determines the main focus initially unconscious habits and then conscious choices of man that will affect the fate and social activity of the personality [3]. Having chosen the profession, the individual has to understand what problems are posed by a particular profession, and what prospects it opens before him in the future.

First of all, talking about a particular type of professional activities, we identify conditions of successful activities of socionomic specialists: *external conditions* of a professional activity (they include the nature of social and political relations, attitudes of society on the value of a person, its place in the public production, conditions and organization of professional activities, including specialist training); *internal*, *psychological conditions* (certain psychological characteristics or psychological fitness of a personality to the profession are necessary for the activity to be consistently successful).

A specialist of socionomic professions in any field of social practice performs specific functions, and accordingly he must have a certain system of knowledge and skills. In particular, he must have research skills, interactive and communicative (master innovative

style of professional activities and humane attitude to people), and didactic and designing skills. Professional self-identification is human realizing not only the level of professional abilities development and the structure of professional interests and motives, but realizing the compliance of the requirements posed by the activities.

In terms of motivational and semantic regulation it is important to study the reference model of personal and professional structure of a professional. The personality's imagination about oneself as a professional, the level of the Me-image identification is an indicator of motivational sphere of personality that determines the attitude to the profession [10].

The basis of motivational sphere of socionomic specialists should make humanistic orientation of the personality. This concept includes several personal qualities and traits, mainly of motivational and ideological nature. Motivational substructure of socionomic specialists' personalities provides formed positive motivation to the professional activities, to provide psychological help. The basic personal quality at this level is dialogism comprising dialogical readiness, unconditional acceptance of the other, personal reflection, a developed system of personal meanings, focus on mutual understanding [9].

Considering the issue on professional necessary qualities of socionomic specialists, it is important to focus on the success of their professional activities, defining the purpose, meaning, duration and form of their training.

Professional activities of a specialist in socionomic profession can be considered successful if a psychologist has motivation to succeed; positive perception about Me-image; cognitive attitude about success or failure.

Integrative psychological determinant that determines the success of professional activities of socionomic specialists, is a need for self-actualization, which determines the level of personal maturity.

The key point of socionomic specialists' activities is intercourse that takes place in the form of communication, interaction and perception. The effectiveness of the work will be observed when a specialist is showing genuine interest in people, their lifestyle, emotions, thoughts; it depends on the ability to choose necessary words and tone, providing installation of required contact, listening, patience [2]. Consequently, talent of intercourse is the most essential ability for professional realization of socionomic specialists.

According to the studies there are several groups of motives in choice of profession: social, moral, aesthetic, cognitive, creative,

physical, reasons of prestige and others. The motives of choice of profession are classically classified by the types of professional motivation: dominant type (persistent interest in the profession), situational type of professional motivation (the influence of circumstances that do not always correlate with the interests of the personality) and conformist (or suggestive) type of professional motivation (impact of the immediate social environment) [8].

The professional motivation is considered as the activities that determine the choice of profession and duration of the duties associated with the profession. Professional motivation is influenced by factors of the environment, career-oriented work carried out in schools or in appropriate career guidance centers.

Motivational area of the professional realization of a future specialist is primarily provided by the professional orientation of the personality, which is often considered as a dynamic system. In addition, vocational guidance acquires procedural characteristics that appear under the influence of objective and subjective factors [11]. There is a great importance in studying the following issues: developmental characteristics of the subject of professional activities (focus, direction, professional important qualities, knowledge, abilities and skills, professional competence, position, etc.), integrated training characteristics of the personality (interests, focus, emotional and behavioral flexibility etc.); stages of age mental development of man as the subject of work; stages of professional formation of the personality (professional training, professional adaptation etc.); forms of professional development of the personality (individual, personal) in accordance with the forms of mental regulation; and stages of psychological adjustment of the personalirty (self-determination, self-expression, self-realization) due to adaptive behavior or personality development in the profession [13].

Conclusions. The theoretical generalization and new solution of the problem on psychologically important determinants of future socionomic specialists' professional maturity has been made in the article. The phenomenon of professional maturity of a socionomic specialist was considered by the author. The professional maturity was mentioned to be the characteristic of personality's development that was reflected in the high degree of professional constructive activity and professional functional productivity of a person.

The theoretical principles of future socionomic specialists' personal maturity are the principles of humanistic psychology and dispositional approach, according to which personal maturity was

considered as a dynamic phenomenon being the result of continuous and natural desire of the personality to achieve self-actualization and personal maturity. The structure of the significant characteristics of future socionomic specialists' professional maturity includes characteristics of intrapersonal constructive activity, expressing manifestations of improving the structure and functions of the personality (self-regulation, independence, creativity, intelligence); improving methods of interpersonal interaction and constructive personal effects (communication, empathy, morality, responsibility); manifestations of improving the structure of self-identity (egoidentity, self-actualization).

The problem of self-development and self-realization is noted to be significant in many modern concepts of human development. The urgent need for self-development, self-improvement is valuable and it is a determinant of personal maturity and at the same time the condition of its achievement. It is concluded that constant desire for self-development makes the success in professional activities and promotes professional life longevity of the personality. The professionalism and professional competence are emphasized to be important factors in social development of the personality, as well as they are the integral components of psychological maturity.

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L.A. Onufriieva. Theoretical and methodological principles of professional maturity of socionomic specialist's personality. The theoretical generalization and new solution of the problem on psychologically important determinants of future socionomic specialists' professional maturity has been made in the article. The phenomenon of professional maturity of a socionomic specialist was considered by the author. The professional maturity was mentioned to be the characteristic of personality's development that was reflected in the high degree of professional constructive activity and professional functional productivity of a person.

The theoretical principles of future socionomic specialists' personal maturity are the principles of humanistic psychology and dispositional approach, according to which personal maturity was considered as a dynamic phenomenon being the result of continuous and natural desire of the personality to achieve self-actualization and personal maturity. The structure of the significant characteristics of future socionomic specialists' professional maturity includes characteristics of intrapersonal constructive activity, expressing manifestations of improving the structure and functions of the personality (self-regulation, independence, creativity, intelligence); improving methods of interpersonal interaction and constructive personal effects (communication, empathy, morality, responsibility); manifestations of improving the structure of self-identity (Ego-identity, self-actualization).

The problem of self-development and self-realization is noted to be significant in many modern concepts of human development. The urgent need for self-development, self-improvement is valuable and it is a determinant of personal maturity and at the same time the condition of its achievement. It is concluded that constant desire for self-development makes the success in professional activities and promotes professional life longevity of the personality. The professionalism and professional competence are emphasized to be important factors in social development of the personality, as well as they are the integral components of psychological maturity.

Key words: theoretical and methodological principles, professional maturity, personality, development, future specialists of socionomic professions, professional activities, professional competence, professionalism, psychological maturity.

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Життєвий і творчий шлях Масутацу Оями як вчинок буття: психологічний аспект

Osyka K.S. Life and Creative Work of Masutatsy Oyama as the Act of Existence: Psychological Aspect / K.S. Osyka // Problems of Modern Psychology: Collection of research papers of Kamianets-Podilskyi Ivan Ohienko National University, G.S. Kostiuk Institute of Psychology at the National Academy of Pedagogical Science of Ukraine / scientific editing by S.D. Maksymenko, L.A. Onufriieva. – Issue 31. – Kamianets-Podilskyi: Aksioma, 2016. – P. 271–281.

К.С. Осика. Життєвий і творчий шлях Масутацу Оями як вчинок буття: психологічний аспект. У статті висвітлено провідні етапи життєвого і творчого шляху відомого японського суспільного та громадського діяча, видатного спортсмена, основоположника сучасного кіокушинкай карате Масутацу Оями (1923 – 1994). Акцент зроблено на вивченні буттєвих періодів життєтворчості видатного каратиста, самобутності його тренувального й змагального процесів, унікальності психолого-педагогічної системи підготовки спортсменів високої кваліфікації. Представлено комплекс улюблених вправ М.Оями, класичні системи східної боротьби. Вони відіграли надзвичайно важливу роль в процесі формування неповторного вчинкового світу майстра, дійового і рішучого, морального й відповідального, де людина завжди знаходилась в центрі уваги. Даний комплекс вправ сприяв підвищенню популярності кіокушинкай карате: різноманітні комбінації ката (формальні вправи карате), тамешиварі (розбивання твердих предметів) та випробування стійкості (найскладніші завдання для досвідчених каратистів, які мають потужний позитивний потенціал у процесі загартування вольових якостей та становленні особистості справжнього каратиста). Життєвий шлях М.Оями різноманітний і плідний, величний і суперечливий, від