

PHENOMENOLOGY AS A METHODOLOGY FOR KNOWING IN EDUCATION AND PROFESSIONAL PRACTICE

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The specificity of modern life characterized by growing indeterminacy, which affects all aspects of today's life changing personality in a changing world" [1]. Phenomenology, in our view, is a potential methodology for creating a formative relationship between being and action, who we are and how we act.

Phenomenology in education should focus on the creative potential of the individual as a holistic interaction of bodily, mental and spiritual factors. It is not aims at creating systems, but at preparing people for the unpredictable life situations that characterize modern life [2, 3]. This study draws on phenomenological methods and concepts that had better understand the possibilities for creating formative relationships between being and acting, between who we are and how we act.

In this study, we will consider the application of one of the ways of studying the universal experience of phenomena through phenomenological research the possible meaning structure of interaction in professional encounters in the field of health care.

The aim of our recognized as the discovery of one's involvement in human existence and the establishment of relations with the outside world.

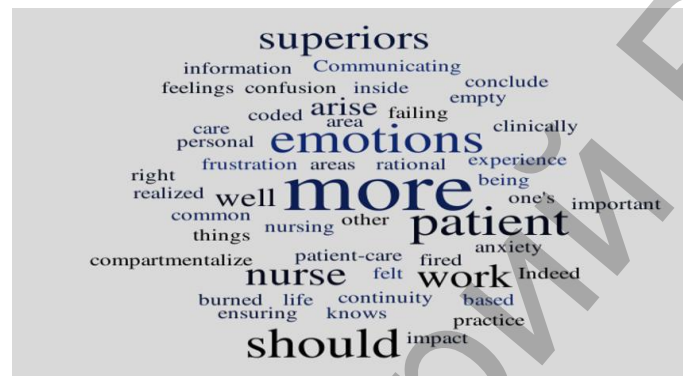
Material and methods. This study conducted in Vitebsk, by using the descriptive phenomenological psychological method A. Giorgi. The study participants consisted of nurses working in different medical institutions. Data were collected through individual interviews with 5 nurses, which included a few open-ended questions to allow the participants express their experiences and perceptions professional activities. The decrypted data obtained from the interview was imported into a Word document and then into the NVivo 10.

Findings and their discussion. A word-frequency query, containing 50 of the most frequently used words with a minimum of 4 letters, revealed the words that were most common in the interviews of the participants. The most visible words were «work», «patient», «emotions», «more», «should», «superiors» (Picture 1).

Following a version of Giorgi's recommendations of data analysis and classification of interview data in NVivo, through the coding process, helped to identify three the themes: nurses ' perception of the work environment, physical and emotional overload, perception of professional activity.

Work Environment. Relationships with Co-Workers: the experience of nurses regarding relationships with colleagues is actualized as working alongside each other, but not working together: participant 1: «... We have less respect, support each other, relations have become tense...». Participant 3:

«...Before we had a sense of support, we were all for each other...». Note the importance of communication and support from colleagues, which "sets a note" in the work: participant 5: «...Just supporting the team would make me feel better...». Patient relationships: participants seek to alleviate the suffering of patients, acknowledge their subjective experiences, show empathy, and manage the emotions associated with providing care. Some participants suppress their emotions and feelings towards patients, and have difficulty in establishing contact with them: participant 4: «...However, we must always remember that hurts the same and good, and evil...». Participant 5: «...Put yourself in the patient's shoes...». Participant 3: «...Difficult to communicate, difficult to explain...».



Picture 1. – Word Cloud diagram.

Physical and emotional overload. The results of the participants' answers showed that the main cause of physical overload is an increase in the intensity of labor due to lack of personnel: participant 1: «...Day work procedural and dressing nurse, and in the evening, you are left alone...». Participant 2: «...Nurse due to congestion cannot provide full patient care...». Participant 4: «...Not always and snack is obtained...». Participants experience negative emotions as a result of emotional overload. The combination and intensity of negative emotions causes excessive anxiety, depression, callousness, interfering with the performance of professional tasks, a sense of uncontrollability and short temper with family members and patients: Participant 1: «...People are disappointed in their profession». Participant 3: «...You become stale, you do not pay attention to anything, and you do not perceive already so acutely the patient's condition...». Participant 5: «... Lost fuse in the profession...».

Perception of professional activity. Almost all participants at the beginning of their professional career had a positive attitude to work and duties, as well as dreamed of obtaining medical education, and had romantic and humanistic ideas: participant 1: «There should be such a need in the soul-to help people, to surround them with attention and care». Participant 3: «When I came to work, I wanted to be useful, to benefit». Participant P5: «I wanted to help, all wanted to learn». Many participants during the interview stated that their perception of professional activity has changed over the years: Participant 1: «The prestige of

our profession has recently begun to fall; it has become unprecedented to be a nurse». Participant 5: «Now I would never go to surgery».

Thus, the combination and intensity of negative emotions causes excessive anxiety, depression, callousness, interfering with the performance of professional tasks, a sense of uncontrollability and short temper with family members and patients. Efforts to overcome stress due to conservatism, rigidity of thinking, unpreparedness for change, are ineffective, which leads to a sense of helplessness and lack of control over their lives.

Conclusion. In the analysis of the problem of indeterminacy, different aspects of the attitude to the future come to the fore: in everyday life, people often face changing circumstances to which they must adapt. Inability to cope with difficulties, the negative impact of stress factors can lead to the formation of destructive attitudes and inadequate reactions. It is therefore necessary to realize the potential of a phenomenological perspective in order to gain a deeper understanding of the pressing problems faced by people in this late modern world. The phenomenological method is positioned by us as the basis of understanding and inclusion in the experience, the ability necessary in an era of change from a representative of any profession.

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SOCIO-PSYCHOLOGICAL ADAPTATION OF THE NEWLY ARRIVED SOLDIERS REPLENISHMENT WITH DIFFERENT EXPERIENCE OF SPORTS

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Psychological adaptation of personality in most cases, the level of adaptability of personality, its ability to change their ideas, values, relationships, adapt and rebuild them in accordance with the requirements of reality (E. Bern, L. G. Egorov, A. N. Leontiev, N. P. Lukashevich, V. L. Primakov, E. Musaeva, A. A. Nalchajyan, Zh.g.Senokosov, N. A. Sviridov). This applies equally to military activities.

Unfortunately, the problem of adapting young recruiting into the ranks armed forces to the conditions of service in recent years acquires increasing relevance. This period is particularly acute in the first months of military service at the servicemen of the newly arrived replenishment.