

depressive states (Zhmurov)", the following conclusions were made: according to the strength of the propensity in depressive states, men who do not play computer games can be put in the first place. As a result of the study of depressive states by the method of "Abbreviated Mini-Cartoon / RESIN test", a kind of confirmation was revealed that men and women playing computer games in early adulthood were less susceptible to depressive states than those who were not playing. Based on the results of the study of anxiety states by the method of "Integrative anxiety test" (A.P. Bizyuk, L.I. Wasserman, B.V. Iovlev) the following conclusion is made: according to the strength of the propensity to anxiety states, women who do not play computer games can be put in the first place (19,7%).

Conclusion. Therefore, the final conclusion was made: the analysis of the literature helped to determine the further direction of the study of the problem and made it one of the most pressing problems of the modern world, an important theoretical and practical task.

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STRUCTURE OF PERFECTIONISM IN STUDENTS OF VARIOUS SPECIALTIES

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Keywords: perfectionism, psychological well-being, interconnection, perfectionism, oriented towards others, socially prescribed perfectionism, student.

Perfectionism (from Latin *perfectio* – perfection) is a multidimensional psychological construct characterized by excessive demands on oneself and others in relation to any activity, behavior, personal qualities [1]. Perfectionism leads people to strive to achieve unattainable ideals or unrealistic goals, which often lead to many forms of adjustment problems such as depression, anxiety, OCD, OCDD, and low self-esteem. The relevance of the study of perfectionism is that it can affect other psychological, physical, social aspects of the life of children, adolescents and adults, is associated with

adaptation, can affect the subjective well-being of the individual, lead to suicidal thoughts and tendencies [4].

Material and methods. The purpose of this study is to study the structure of perfectionism among students of various specialties. To achieve the goal of the study, an empirical study was conducted using the Hewitt-Flett Multidimensional Perfectionism Scale [3]. This model describes perfectionism through the prism of its social aspects and distinguishes three main components: "self-oriented perfectionism", "other-oriented perfectionism" and "socially prescribed perfectionism". Adaptation of the methodology on the Russian-speaking sample was carried out by I.I. Gracheva [3].

The sample consists of 119 first, second and third year Polesky State University students in various specialties. These are students of the Faculty of Economics and Finance (FEIF, students of economics), the Faculty of Biotechnology (BTF, students of biotechnology), the Faculty of Engineering (IF, students of engineering) and the Faculty of Organizing a Healthy Lifestyle (FOLS, students-athletes). Among them there are 76 girls and 43 boys.

The distribution of subjects by specialty is presented in Table 1.

Table 1 – Distribution of boys and girls by specialties

	Total	Youths	Girls
FEIF	48	7	41
BTF	29	7	22
IF	25	23	2
FOLS	17	6	11

Next, we will consider the features of perfectionism among students of various areas of training (according to the results of the Hewitt-Flett multidimensional scale of perfectionism) (Table 2).

Table 2 – The severity of the general level of perfectionism among students of various specialties (% – severity of the group)

Speciality	Expression levels		
	Low level	Average level	High level
General sample	39,495%	49,579%	10,926%
Economists	31,25%	54,16%	14,59%
Biotechnologists	41,379%	51,724%	6,897%
Engineers	60%	40%	0%
Athletes	29,411%	47,058%	23,531%

Findings and their discussion. An analysis of the obtained empirical data allows us to conclude that the distribution of students according to the general level of perfectionism differs depending on the specialty. The highest percentage of a high level of perfectionism is observed among student-athletes (24%), the lowest is among engineering students (0%). In our opinion, this may be due to the fact that students of the faculty of organizing a healthy

lifestyle, in addition to educational activities, are very seriously involved in sports activities. This circumstance leaves an imprint on approaches to time planning, motivation for educational, sports and competitive activities, teaches to overcome obstacles and be demanding of oneself. Sport forms the volitional qualities of a person associated with overcoming obstacles and striving for success.

The most differentiated, depending on the direction of professional training, is precisely the high level of perfectionism. The low and medium levels of perfectionism in students of all areas of professional training vary slightly. As a trend, it can be noted that the low level of perfectionism is most characteristic of engineering students (60%).

In our opinion, the revealed differences in the level of perfectionism can be to some extent related to the peculiarities of the educational activities of students of various specialties: the humanities mainly perform tasks related to the search, reading and assimilation of a large amount of theoretical material. But engineering students are often faced with tasks of an applied nature that require a lot of time.

Let's move on to the consideration of the features of perfectionism among students of various areas of training, analyzing the components of perfectionism (Table 3).

Table 3 – The results of the analysis of the components of perfectionism

Speciality	Components		
	Self-centered perfectionism	Other-oriented perfectionism	Socially prescribed perfectionism
General sample	81,512%	5,042%	13,446%
Economists	89,6%	6,25%	4,15%
Biotechnologists	62,069%	6,9%	31,031%
Engineers	88%	4%	8%
Athletes	82,35%	0%	17,65%

Thus, students with an average and low degree of perfectionism have a smoother distribution across subscales, in contrast to a high degree, where the indicators differ significantly. Self-oriented perfectionism (90%) is more typical for students of the direction "Economics". Students typically make inflated claims to themselves and the results of their own activities. A large number of biotechnology students have socially prescribed perfectionism (31%). With this type of perfectionism, young people regard the demands placed on them by others (most often parents) as exaggerated and idealistic, which subsequently affects the learning outcomes.

The results obtained on other-oriented perfectionism are interesting. A low degree of orientation of all specialties to other people was found. This is due to the fact that students are quite self-sufficient and confident in their abilities and capabilities, which can also be considered as a type of avoidance of stress reactions and tension due to their own inconsistency with the requirements that they place on other people.

Similar results were obtained in the study carried out by I.S. Slasten and A.S. Danilova, who also conducted a study of perfectionism among students [2]. They established a smooth distribution of low and medium levels of perfectionism in humanities students. They also revealed a trend of higher demands on themselves than on other people, which leads to enormous difficulties, due to the fact that excessively

high demands are placed on their own personality and the results of their activities. The results of our analysis also showed no wide differences between low and medium levels of perfectionism. In addition, most “PolesGU” students equally showed a high level of self-oriented perfectionism. Since such people are proactive, enterprising, independent and risk-taking, they can be successful in various activities.

Conclusion. Thus, according to the results of the study, it can be concluded that the level of perfectionism among students differs depending on the specialty, while the greatest differences were found between students of various specialties in terms of a high level of perfectionism. The low and medium levels of perfectionism in students of all areas of professional training vary slightly.

The largest number of students with a high level of perfectionism was found among students of the faculty of organizing a healthy lifestyle. They also have a pronounced perfectionism, focused on themselves. Students of all analyzed specialties have a low level of other-oriented perfectionism. The highest values of socially prescribed perfectionism were found among students of the Faculty of Biotechnology.

The results of the study can serve as a basis for developing psychological recommendations on the problem of perfectionism.

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THE USE OF PROBLEMATIC TEACHING IN THE FORMATION OF SOCIAL IDEAS ABOUT LIFE SAFETY

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Keywords: social concepts, social experience, social development, socialization, life safety.

At the current stage, in order to organize the educational process for people with intellectual disabilities, they are increasingly resorting to creating special conditions in the formation of social ideas. As it is shown in the field of special pedagogy by a number of foreign and Belarusian researchers, social ideas of children with intellectual disability are formed in those spheres of life that are narrowly focused on the development of self-service skills, educational and labor activities [1]. Consequently, such a narrowly focused approach impoverishes the opportunities of the social experience of children and adolescents with intellectual disabilities, which requires improvement of the educational and process in auxiliary schools.