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Formation of emotional stability of a person through a the positive mood

Abstract. *The article discusses the role of the positive attitude method in the formation of the emotional stability of the individual. Self-development, self-improvement, self-management, self-control, and other abilities of the individual are associated with the state of his or her emotional stability. At present, in the process of training and education, along with educational achievements, special attention is paid to the formation of personal qualities of students. The authors seek the formation of qualitative personality traits which is directly related to the psychological state and emotional self-control of the individual. The main issues of emotions, emotional restraint, emotional state, and other descriptions of the essence of psychological components are described. The authors considered the connection between personal qualities, behavior, abilities in the emotional stability of a person. It also analyzes the issues of emotional stability in psychological research in foreign literature. The practical significance of the study of this problem is considered in the method of a positive attitude in the lessons of self-knowledge.*

Keywords: *positive attitude, emotional restraint, emotional stability, personality development, self-knowledge, self-development.*

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Introduction

In the development of today's changing digital information society, the development of the emotional stability of students is a complex issue that is relevant in pedagogical, psychological, and sociological research. The ability of students to cope with various emotional difficulties in the process of learning depends primarily on their mood and emotional restraint. In the pedagogical sciences, this issue is reflected in the form of the nature of the emotional culture of the teacher, as emotional stability is formed in the learning process and learning experience. Psychological bases of emotional stability Abolin, B.Vilyunas, K.G.Dikaya, B.Y.Dolgova, P.B. Zilberman, A.N.

Leontiev, V.L. Marishchuk, Y.A. Milyarin, Y. Reykovsky, S.I.Rubenshtein, O.A. Chernikova, and other scientists have studied the formation of the emotional sphere of the person, believing that it develops in the context of action.

A person is a person who has his own, views, ideals, dreams, conscience, duties, and responsibilities in the system of culture and universal values. In the process of action development, a person's emotional stability, emotional resilience, and self-control are characterized by the ability to cope with the difficulties encountered in the learning process, in relationships with people, and in all spheres of life. The development of students' emotional stability is characterized by the rational use of

training methods, which increase their mood, increase confidence, and reduce anxiety. At the same time, the use of positive thinking in the subject "Self-knowledge" in secondary schools allows you to control the emotional state of students, to control their behavior in any situation in personal relationships. An important factor in the process of socialization of a person in society depends on his level of moral and emotional satisfaction. This is because a person's adaptation to any social environment, making optimal decisions in the learning process, and in extracurricular situations, is reflected in his own actions, combined with pedagogical requirements. Therefore, emotional stability is considered to be very important in the personal development of schoolchildren. Consideration of emotional stability as a personal phenomenon and action is studied in conjunction with the functions of educational activities that combine personality components. Although the formation of emotional stability is comprehensively analyzed in the works of psychologists, it is always relevant to the importance of this issue in the process of education, training, and upbringing.

Research methodology

In the study of the emotional stability of the person, scientists define their scientific conclusions, guided by different platforms, guiding ideas, and research objects. Scientists M.I. Dyachenko and V.A. Ponomarenko define the emotional stability of students with the development of personality as an integrative feature of emotional, willpower, intellectual and motivational components, revealing the uniqueness of each component in the development of the subject. For example, the emotional component is analyzed by a person's sensitivity, inability to cope with certain situations in life, level of instability, the degree of anxiety. The intellectual component is based on the concentration of intellectual skills, cognitive activity and self-prediction, and self-organization. The motivational component is manifested in the tendency to overcome psychological barriers, to manage abnormal situations. The component

willpower is characterized by the ability of a person to control his behavior, responsibility, and competence in self-examination. [1].

Polish scientist Ja.Reikovsky emphasizes two features of a person's stability: 1(if the emotional anxiety is not excessive, the person will have emotional stability; 2) the absence of disorders in human behavior, reflects his emotional stability. [2].

O.A.Chernikova explains emotional stability as an intense manifestation of emotional reactions and its impact on problem solving [3]. The ability to manage any difficult situation is formulated by different laws, so in today's scientific community, the exact mechanisms of emotional stability need to be studied. After all, this problem is often associated not with personal qualities, but with mental characteristics.

A number of scholars consider emotional stability in terms of competencies, emphasizing the multi-functionality of pedagogical support and psychological support. P.B.Researchers, L.M. Abolin, P.B. Zilberman, E.A. Mileryan, V.M. Pisarenko, etc. identifies psychological and pedagogical aspects of the development of special programs for the effective regulation of the emotional state. According to L.M. Abolin, emotional stability is the ability to successfully perform complex and responsible actions in a tense and emotional situation without significant negative impact on health, well - being and further results. [4]. An educated person who is able to self-esteem is able to control his emotions and maintain stability at the intersection of social coordination mechanisms, even in a very high emotional situation. Self-regulation of levels of emotional stability and the ability to develop in accordance with the individual characteristics of each person, the correct organization of the educational process is a guarantee of the emotional stability of students. Pisarenko argued. [5].

From this we see that cognitive abilities and reading skills play an important role in the development of students' emotional stability. Problems of emotional development of the person in the science of psychology in Kazakhstan M.M. Mukanov, S.M. Zhakypov, D.M/ Dzhusubalieva,

H.T. Sheryazdanova, K.H/ Zakiryanov, a.M. Kim, S.L. Kalieva, N.Loinova, Z.B. Madalieva and others. Professor S.M/ Dzhakupov said that “a person’s ability to understand emotional reactions is characterized by an understanding of his individuality. Prohibition of emotional leads to its unconsciousness” he said. (Dzhakupov S.M. 2009.-226p.)[6].

Although there are different definitions of “emotional stability”, the definition of this concept still needs to be studied. This is because some researchers understand emotional stability as «stability of emotion», while others consider it as a person’s functional stability in crisis situations. In determining emotional stability, scientists rely on a person’s ability to successfully solve complex and responsible tasks in a tense environment. The problem of emotional development is one of the philosophical, psychological, and pedagogical problems. The literature in Russian and English speaks a lot about the need to develop students’ emotional stability. Comparing them, we see abroad, more than in the CIS countries, research is being conducted on the effectiveness of various preventive and therapeutic programs to develop psychological stability in children and adolescents by overcoming the symptoms of anxiety, depression, and behavioral disorders. Muzychenko M.V. believes that emotional stability is a guarantee of the mental and physical health of students, the result of learning activities. Emphasizes that emotional stability teaches to avoid stress, to be prepared for difficult situations and that emotional stability is a factor in the success of learning activities [7].

Kazakhstani scientists often link the lack of emotional stability in the person with the lack of self-confidence of the child and various natural, genetic, and social factors. It also promotes the effectiveness of using various art therapies to solve emotional difficulties in this matter. The problems of emotional stress in children, in particular, the problem of childhood indifference, despite its long history, do not lose their relevance. It is known that anxiety can be the source of many physical and mental problems. Its action is particularly harmful in the social environment and during the educational process, when there

are obstacles to the harmonious development of the individual and self-formation of the individual, as well as socialization and social adaptation of the individual. We can say that one of the tasks of a teacher is to form the ability not to show external emotions, self-control, calm and balanced attitude to negative situations. By identifying the cause of the student’s anxiety and forming his emotional stability, it is possible to turn him, on the contrary, into a source of comprehensive development for the student. Anxiety shows a person’s tendency to anxiety, anxiety, and fear, taking care of everything. In many scientific studies, it is reported that anxiety is caused by a feeling of fear that lasts for a long time. M. Zhumabayev in his book «Pedagogy «(ways to raise a child) wrote: «the feeling of fear is when the human soul is waiting for some misfortune. There are several steps to the feeling of fear. Mild fear is called anxiety, and severe fear is called panic flight. The strength of the feeling of fear depends on the magnitude of the coming fear, on the sensitivity of the body. The stronger the feeling of fear, the stronger its effect on the soul and body [8]. From this we can see that in order to suppress the child’s fears, it is necessary to educate him with warm, kind words.

A.m. Prikhozhan, noting that anxiety is the experience of an individual with emotional discomfort associated with a sense of danger, studying it as an emotional state and as a personality trait or temperament, classifies types of anxiety into the following situations: related to the learning process-learning anxiety; related to thoughts about himself – self – esteem anxiety; related to relationships-interpersonal anxiety [9]. Generally, treating anxiety or anxiety as situational and personal allows us to choose the necessary methods to eliminate various anxiety disorders in the child. Of course, psychologically there are a lot of different techniques, exercises, and things.

The signs of emotional stability in pedagogical activity are considered, firstly, the result of an integral functional system of self-regulation, productive activity, and secondly, the will of the individual and the manager of emotional, intellectual abilities in the activity of the

individual. The concept of «emotional stability «is currently being considered together with the concept of» emotional intelligence». People with high emotional intelligence tend to think positively, that is, positively. «I don't know,» he said. On the contrary, it strives to learn lessons and experience from every event, every case, and draw the right conclusions from it. For people who are able to do this self-promotion, motivation brings success. Thus, such individuals will be interested in maintaining emotional stability. In the reasoning of M. A. Manoilova, emotional intelligence is a set of communicative and regulatory personality qualities that provide knowledge, perception and regulation of their states and feelings, as well as the feelings of other people [10].

In this article, we will look at how to get rid of anxiety and stabilize emotions in the classroom and outside of the classroom through positive thinking. Therefore, we will focus on the method of «positive thinking», one of the special methods used in teaching the subject «self-knowledge» in general education schools. Using the method of positive thinking in the lessons» self-knowledge», it is possible to develop its general cognitive sphere, forming the emotional stability of students. Working on the formation of emotions, expanding their range, and creating a «subtle emotional response», the teacher ensures the development of students ' potential and thus creates the basis for their further successful learning.

Methodologist-scientist B. A. Arinova noted that «the main feature of teaching the subject» self-knowledge «in the system of General secondary education is aimed at developing the personal potential of future generations, revealing their own qualities, stimulating creative and cognitive activity, forming a harmoniously developed personality through love, humanity, kindness, sincerity, honesty, truthfulness, beauty, compassion, correct behavior. «The main goal of the program» «self-knowledge «»is to provide an opportunity for every child to learn to recognize and reveal their creative potential, to understand their emotional mood and character traits, to manage and evaluate their behavior and

behavior,» he said, emphasizing the importance of teaching students to correctly assess the emotional state of others, as well as to control their emotional stability and ensure that they do not interfere with the learning process» [11].

Positive thinking is particularly important in the self-development, self-realization, and achievement of success in life. Positive thinking is characterized by learning from bad situations and gaining experience through a person's ability to select good and bad thoughts and develop them positively. With positive thinking, a person dispels fear, stabilizes his emotions, and expects good and peace in the coming time. Positive thinking is the only way to get rid of anxiety and restore your mood. Psychologists say that to develop emotional stability, it is necessary to support students to sit in silence for a few minutes every day. At the same time, one of the most effective methods of the subject» self-knowledge «is the method of» moment of calm», which is used at the beginning of the lesson. There are such types of this method as «sunbathing», «walking in the Forest», and «traveling to the bottom of the Sea». The teacher uses them according to the content of the topic, and the order of the atmosphere in the classroom. R.A.A. «The methodological approach to internal positive mood is aimed at overcoming the state of hyperactive and emotional arousal of the student after cognitive and physical exertion. It takes about 2-5 minutes to create a positive mood, during which it is impossible to enter a deep trance state, but it is possible to bring a state of positive thinking, calm the mind and purify it,» Mukazhanova R. A. notes the effectiveness of this method. So, let's focus on the method of» radiating light».

Teacher: sit comfortably and keep your body straight. Place your hands above your knees or on your desk, without crossing your legs. Close your eyes and take a deep breath. Now imagine. The light of the day will pass through your roof and go down to your poor. In the middle of your chest is a flower tuber, the flower tuber slowly opens from the light. A fresh and clean flower has opened the dandruff of your heart, washing away every thought, every feeling, and desire. The ray of light is gradually getting stronger. Let

this light fall into your hands with your thoughts. Your hands radiate light and radiate light. Our hands do only good and good deeds, help everyone. Now the light has spread to your feet. Your feet will only take you to the best places. They become the light, the means of love.

The light has spread to your mouth, to your tongue. You speak only the truth, good, good words. The light was directed at your ears. Your ears will only hear a good word and a beautiful melody. The light also reached our eyes. Now our eyes look only at the good and see the good in everything. Your head is completely illuminated, and only good and radiant thoughts come to your head. The light gradually began to radiate more and more radiance, emanating from your body and radiating to your soul. Direct this light to your loved ones, friends and classmates, teachers, and other acquaintances. Let their hearts shine, too. Let this light spread throughout the world, all people, souls, animals, and plants... Direct light to all corners of the universe. Mentally say, « I am the light! The light is inside me... I am the light! »

Sit in such a bright, calm state... Now place this light in your heart. A world full of light is in your heart. Keep it in this elegant shape.

Slowly open your eyes and smile! [12].

The main goal of the humane direction is to suppress inner fears, awaken self-confidence, and develop the achievement of inner peace by adapting the person's game to virtue through positive thinking. «A person becomes a victim of bad thoughts,» says the famous psychologist, Martin Seligman. According to the opinion that bad thinking is a harbinger of what is happening to the environment, and the power of positive thinking is aimed at increasing the level of self-esteem», everything depends on the person himself, because the ability to restrain emotions, restrain yourself or create the necessary positive conditions for yourself is, of course, characteristic only for a strong, able to cope with anxiety. (Seligman M. E. P. 2011. -320 P. [13].)

The basis of positive thinking can be attributed to the power generated by a feeling of satisfaction with life, a bright attitude to the future, confidence, etc. Similarly, when Positive Thinking is satisfied with interesting books, and

conversations with funny people, the person develops positively and becomes a confident, energetic person. That is, the more a person communicates in a cheerful environment, the more negative thoughts move away from him. According to scientists-psychologists, when a person takes one word that his soul wants (for example, silence) and repeats it from the inside out, his soul is refreshed.

In general, to achieve positive thinking, we need to clear our minds and enlighten our hearts with good thoughts. It is very important not to go back to the past, which is why in self-knowledge lessons there is an important thought - «the power of the present moment». The past does not return, a person should only wait for good from the future, then negative thoughts will not be able to control our consciousness. By purifying the ultimate consciousness, we reach spiritual consciousness. If so, various tips are given in Applied Psychology to get rid of anxiety and stabilize emotions while thinking positively. Based on these tips, we will consider the development of students' emotional stability in relation to the methods of self-knowledge lessons. For example:

Divide one sheet of paper in half and write down your thoughts(positive or negative) at the moment;

Try to identify the qualities that you don't like in yourself, comment on them and identify them;

Be able to control your behavior in any situation, do nothing with anger;

Strive to bring joy to your surroundings, never be vindictive;

When you respond to evil with good, your mood will be calm;

Always say a good word, hear a good word, and listen to fun music.

Training with students has a high potential for developing emotional stability. Training is aimed at identifying a person's life values as one of the special psychological techniques that help to raise a person's mood and gain self-confidence. The term «training «(from English train, training) means several meanings, such as» training»,» education»,» training»,» training», which is used in psychology, in the educational process,

etc. in order to develop and improve skills and abilities in any field, to increase the effectiveness of activities. I. V. Vachkov defines the concept of» training «as» a set of active methods of Applied Psychology used for the purpose of developing self-development and self-determination skills» [14].

Training is a multi-faceted phenomenon that allows you to solve a wide range of tasks, so it is important to use it in order to control your emotions, behave yourself, and show competence in communicating with people. In the lesson of «self-knowledge», training is used to solve situational problems and various dilemmas. The training is based on the ability to clearly identify problems, comprehensively consider ways to solve them, and improve the skills and abilities of the individual, as well as the use of training in the work of a social teacher helps to stabilize emotions, contributing to the comprehensive development of students, self-control, responsible attitude to their actions.

Research results and their discussion

The rational use of innovative teaching methods in the educational process of various methods, trainings and game technologies, art therapy, etc. can serve as a means of forming emotional stability that contributes to the intellectual development of students, the formation of cognitive abilities, and ultimately contributes to their implementation. The correct didactic Organization of the technological direction in the learning process helps to optimally master new educational material. We combine this idea with the opinion of the scientist-psychologist V. I. Dolgova: “cognitive-content, socio-professional and informational aspects of psychological and pedagogical integrative technologies can become a kind of formation of emotional stability.” (Dolgova V. I., Goleva G. Yu., 2014-173 P.) [15].

Stabilization of students' emotions is carried out as necessary during all classes in the educational process. Considering this problem as a psychological and pedagogical problem in the world educational space, we can see that in

recent years, special attention has been paid to the development of such qualities as emotional stability. For example, studies conducted in the United States have shown that the direct link between positive emotions and emotional stability is one of the ways to deal with mental health problems in children and adolescents. Rooney R., Hassan, S., Kane, R., Roberts, C. M. the Aussie Optimism: Positive Thinking Skills Program, a program for developing cognitive and behavioral skills through games and activities, including 60-minute 10-week lessons on learning positive thinking, provides accurate indicators of a child's depressive symptoms and anxiety levels. (Rooney, R., Hassan, S., Kane, R., Roberts, C. M., & Nesa, M. (2013). 51(12), 845-854.) [16]. Myles-Pallister et al. the study examines the problem of socio-emotional learning within the framework of the school curriculum, aimed at developing positive thinking skills through group discussions, role-playing games, etc. the experimental “Aussie Optimism Positive Thinking Skills Program”, in which students of grades 4 and 5 took part. (Myles-Pallister, J. D., Hassan, S., Rooney, R. M., & Kane, R. T. (2014). 5, 1-11.) [17].

Foreign researchers have chosen the assessment of emotional skills, which reflects the ability of children to recognize various emotions, as a means of evaluating the effectiveness of the program used. This choice, in our opinion, seems to be caused by the theoretical position that the development of social and emotional skills in childhood contributes to increasing psychological stability in the future life. Statistically significant results are not recorded, the authors attribute this to several disadvantages of the methodological component of the study, as well as an initially very high level of emotional intelligence of the subjects. Based on such theoretically analyzed foreign studies, it can be seen that experimental effects do not have a statistically pronounced effect on the indicators of anxiety levels in children and adolescents. Such a theoretical review of the literature showed that such actions as inhibition of emotions by positive thinking of students, the ability to control themselves, and self-esteem can

serve as the basis for the formation of emotional stability of the individual.

In accordance with this, in our research article, we undertook to reveal the methodological possibilities of the method of "Positive Thinking", which contributes to the formation of emotional stability of students in the lessons of "self-knowledge".

In the general education system, the process of teaching and upbringing follows such directions as improving knowledge and creating conditions for self-formation, taking into account the peculiarities of psychological development of the individual. In this regard, such areas of training include the use of various methods in the lessons "self-knowledge" to control emotional states, self-control, moral behavior, the formation of human values and the development of students as individuals. In this regard, it is determined that one of the most important tasks of modern pedagogy is to educate students on the basis of common moral values and promote self-formation and self-development.

The basis for the successful formation of emotional stability of students in the lessons "self-knowledge" is special psychological and pedagogical trainings and exercises, games, types of therapy and pedagogical work. The basis for the formation of emotional self-control is emotional volitional regulation at the psychological and pedagogical levels, self-esteem and mental functions of the individual that ensure emotional stability, and the ability and skills of self-development and formation. According to G. Zh. Sarbasova, one of the ways to form emotional stability is the regulation of emotional volitional activity at the psychological and physical levels, personal qualities and mental functions of the individual that ensure emotional stability. The main ones are considered to be the work carried out on sychodiagnostics and pedagogical activities in the formation of emotional stability. (Sarbasova G. Zh. No. 4 (63).2017.) [18].

For the formation of emotional stability of the individual, the work on the use of various methods in the lessons "self-knowledge" should also be carried out effectively and productively.

The age and behavior of students should also be taken into account. Their emotional restraint prevents future actions, learning and learning processes, such as finding themselves in an emotionally difficult situation, getting into an emotional crisis. M. G. Yanovskaya's statement about the connection of emotions with activity and cognitive activity, expressed by the triad "knowledge-feeling-action", in which feelings and emotions are central, indicates that the emotional state of a person directly affects cognitive activity, that is, the student's academic performance, the set of actions," can serve as proof of this. (Yanovskaya M. G.2009 No. 4 (1) [19].)

The method of positive thinking in the lessons of the subject "self-knowledge" helps to create an atmosphere of love, trust, and inspired creativity. A positive mood creates self-confidence. The child should develop positive emotions aimed primarily at a humane attitude to people, kindness, and compassion. All this is achieved through humane, direct communication with good people and good examples.

The method of positive thinking is a set of methods aimed at the formation of a person's ability to think about the good and distinguish between good and bad. With these methods, the person can think only of positive things and get rid of negative bad thoughts. Thanks to a positive mood, proper thinking is formed, which leads to a harmonious life of a person, a positive perception of the environment, and emotional restraint. With the help of positive thinking techniques, students can develop skills such as learning from a bad situation, gaining experience, and not accumulating negative thoughts.

Positive thinking has a positive effect on calmness, improving memory, focusing attention, self-control, developing the ability to balance and intuition. Each lesson should start with a positive thought and end with a positive thought. As a result, students better understand themselves, their environment, and improve their academic performance during the learning process.

One of the most important positive results of using the positive thinking method is health. All

this, of course, has a beneficial effect on physical and mental health if students are positive and think well. It helps students discover the truth in themselves, as a result of which they learn to control their emotions through positive thinking, to be restrained, to love themselves and their environment, to show restraint in solving any problem. All this creates emotional stability in the student.

Specific indicators of emotional stability:

ability to analyze the situation, correctly assess the situation when making a decision;

ability to act correctly to achieve your goals in the learning process;

orientation of activities, good academic performance;

ability to behave correctly in a social environment;

effective activity in building social relationships.

You can also use integration techniques of an integrative nature in the lessons' self-knowledge'. The only example of this is the integration of terms and examples of another discipline or the development of pedagogical activity using psychological methods as a branch of science. For example, a psychological technique is called quantity (self-awareness, activity, self-control). S. D. Spielberg's test of personality and situational restraint, K. Izard's methodology for classifying and managing emotions. Psychological methods of studying students' emotional stability are based on questionnaires and determine the emotional states of the individual.

The method of "Circle of Delight" is also effective in the formation of emotional stability of the individual. At the beginning of the lesson, the use of this methodological approach instills confidence in each student, instill the qualities of openness, and instill a sense of uniqueness with the environment as a whole. The use of this method in self-knowledge classes gives a group of students an opportunity to create a joyful mood, orient them in the best possible way, form creative abilities, and improve their social skills. In this regard, you can suggest the method "stay with yourself for a moment", by the method – the

student is given the opportunity to look at his inner world for a moment, understand it, listen to his inner voice and think. The method helps to control positive emotions, feelings and emotional state. All these methods are recognized as effective in the formation of emotional stability of students.

Conclusion

In conclusion, the problem of forming students' emotional stability through positive thinking is related to their learning process, assimilation of the educational load and establishing contact with the environment. Everyone is obliged to have high mental and emotional health in order to counteract the stressful factors surrounding the personality at the moment. Through the use of special techniques and techniques in the lessons' self-knowledge», it contributes to the formation of skills of emotional stability, improving the qualities of emotional self-control of students.

Based on the above-mentioned scientific principles and conclusions, we can say that conducting methods aimed at emotional stability in the lessons of «self-knowledge» is a very important and, in turn, topical issue for the student's personality. Available scientific data show that the survival of positive emotions can be an effective tool for improving the indicators of the psychological climate of schoolchildren. Based on the results of a descriptive review of the literature on the topic, we conclude that the use of psychological programs that include positive thinking practices significantly contributes to increasing the emotional stability of children and adolescents. If you do not know what you are doing, then you will not be able to do it, and you will not be able to do it. In order for our consciousness to act only with positive thoughts, we must keep our spirit high and preserve national values. And for him, it is our main duty to bring to light eternal universal values, to strive with kindness, spirituality and love for the knowledge of the truth, to always act correctly, to establish our inner peace and never abuse anyone.

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Жағымды ойлау арқылы тұлғаның эмоционалды тұрақтылығын қалыптастыру

Аңдатпа. Мақалада жағымды ойлау әдісінің тұлғаның эмоционалды тұрақтылығын дамытудағы рөлі туралы баяндалады. Тұлғаның өзін-өзі дамытуы, өзін-өзі жетілдіруі, өзін-өзі тәрбиелеуі, өзін-өзі басқара алу қабілеттілігі оның эмоционалды күйінің тұрақтылығына байланысты. Қазіргі таңда білім беру мен тәрбиелеуде оқу үдерісінің жетістіктерімен қатар білім алушының тұлғалық сапалық қасиет-

терінің қалыптасуына да ерекше назар аударылады. Авторлар тұлғаның сапалық қасиеттерінің қалыптасуы оның психологиялық жай-күйі мен эмоционалды ұстамдылығымен байланысты екендігін көрсетуге ұмтылады. Мақалада эмоцияның басты мәселелері, эмоциялық ұстамдылық, эмоциялық күй және т.б. психологиялық компоненттердің мәніне сипаттама жасалады. Тұлғаның эмоционалдық тұрақтылығындағы тұлғалық сапалары, мінез-құлқы, қабілеттері арасындағы байланыстар баяндалады. Сонымен қатар шетелдік әдебиеттердегі психологиялық зерттеулерге талдау жасалады. Аталған мәселенің теориялық сипаты практикалық тұрғыда өзін – өзі тану сабақтарындағы жағымды ойлау әдісімен ұштастырылып қарастырылады.

Түйін сөздер: жағымды ойлау, эмоционалды тұрақтылық, тұлғалық даму, эмоциялық ұстамдылық, өзін-өзі тану, өзін-өзі дамыту.

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Формирование эмоциональной устойчивости личности через позитивный настрой

Аннотация. В статье рассматривается роль метода позитивный настрой на формирования эмоциональной устойчивости личности. Саморазвитие, самосовершенствование, самовоспитание, самоуправление, самообладание и другие способности личности связаны с состоянием его эмоциональной устойчивости. В настоящее время в процессе обучения и воспитания наряду с учебными достижениями особое внимание уделяется на формирование личностных качеств обучающихся. Авторы стремятся показать, что формирование качественных черт личности напрямую связано с психологическим состоянием и эмоциональным самоконтролем личности. Описываются основные вопросы эмоций, эмоциональной сдержанности, эмоционального состояния и др. описание сущности психологических компонентов. Рассмотрены связи между личностными качествами, поведением, способностями в эмоциональной устойчивости человека.

А также анализируется вопросы эмоциональной устойчивости в психологических исследованиях в зарубежной литературе. Практическая значимость исследования данной проблемы рассматривается в преимущественности методом позитивный настрой на уроках самопознания.

Ключевые слова: позитивный настрой, эмоциональная сдержанность, эмоциональная устойчивость, развитие личности, самопознание, саморазвитие.

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