

ПСИХОЛОГІЯ

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VOLUNTEERING AS A PROFESSIONAL PREPARATION FOR FUTURE SPECIALISTS

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Abstract. *The article substantiates the expediency of introducing volunteer practice into the process of professional training of future specialists. The proposed content of this type of activity of students and recommendations for its implementation.*

Key words: *volunteer activities, student youth, professional training of future specialists, content of volunteer practice.*

Introduction. Today, Ukrainian society is increasingly aware of the importance of optimizing various aspects of social development, solving social problems. The success of the planned political and economic changes in the state depends to a large extent on the qualifications of workers, including those employed by social services and protection. One of the most known ways in the world to establish productive social work is volunteer activity.

Volunteering is an effective way to solve complex problems of an individual, society and the environment. It brings in the social sphere new, as a rule, creative and bold ideas for solving the most acute and complicated problems. This is a way, which helps every member of the public to participate in improving the quality of life. It is a mechanism, which helps people to address directly their problems to those, who can solve them.

It is extremely important that young people take such an active, indifferent attitude towards their neighbors. That is why, in our opinion, it is necessary to support and stimulate student volunteering.

Analysis of recent researches and publications (E.M.Balashov,

Z.P. Bondarenko, T.M. Volkovnitsky, A.M. Kin, R.V. Kozubovsky, I.S. Litvinenko, etc.) from the stated topic testified, that the problem of volunteer activity of student youth is becoming increasingly relevant. Common in all studies is an understanding of the essence of volunteering and its importance for the personal and professional development of future professionals.

In particular, volunteering is seen as voluntary non-profit activities, which contributes to improving the situation of various vulnerable groups of the population. Volunteering activities are not for financial rewards (although it may include compensation for costs and some symbolic payment), according to the individual's goodwill, it benefits another individual or society as a whole (although it can bring some benefits and volunteers, in particular, moral satisfaction, acquisition new skills and abilities). The largest number of volunteers in Ukraine is young people, university students. Volunteering does not oblige for permanent, regular, long-term work. The time and place of assistance should not interfere with the normal life of a person. If the volunteer is a student, then his activity should be in the free time, or the work schedule must

be agreed with the management of the educational institution.

Volunteer activities are of great importance for the formation of the personality of a future specialist. In the process of participation in the volunteer movement, leadership skills of young people are formed, the conscious motives of their behavior are enhanced, personal qualities such as purposefulness, determination, endurance, perseverance, principledness, autonomy, initiative, ability to own, organizational and communicative skills, moral qualities are developed [1-5].

In general, volunteering is an inexhaustible extra-curricular supplementary resource that helps: to develop the professionalization of the personality of a future specialist, deepens interest in the chosen profession, develops a sense of professional responsibility; to acquire practical own professional experience; deliberately make a qualitative definition of its future area of professional activity, based on its individuality [6].

In spite of the large amount of reporting information of many universities about volunteer activity of students, in the vast majority of them it is referred to its implementation by future specialists of the sphere "man-man" (social educators, social workers, psychologists). However, in our opinion, its introduction has great importance for students of other specialties.

Purpose is to substantiate the expediency of introduction of volunteering as a mandatory practice in the process of professional training of students.

Results. Our own experience of volunteer work and the study of experience in volunteer work of our colleagues and students has suggested that such a practice will be important for the professional and personal development of future specialists and will receive positive feedback and attitude.

To accomplish this goal and outlined tasks in its context, we conducted an empirical study.

The content of the study was a written anonymous survey of students on

the following questions: 1. At what course do you study? 2. What profession do you get? 3. Have you ever been a volunteer? If so, what and where did you have to do as a volunteer? What were your impressions, experiences from the work you have done? 4. Are there any volunteers among your friends? If so, how do you treat such a case? If not, how do you treat volunteers in general? 5. Would you like to do some volunteer work in the future? If so, how much time per week are you ready to give to such a job? What skills, abilities, knowledge can you implement through volunteering? If not, what prevents you, what is missing from doing it? 6. Imagine that your university rank is significantly influenced by the number of hours you worked as a volunteer. Will you be volunteering in this case? 7. What form of volunteer activity would you choose (if it had to be carried out obligatory during the period of study at the university): given and organized by someone or self-determined and organized? Such that you need to apply the knowledge and skills you acquire as a future specialist, or related to your hobby, life-long skills? 8. In your opinion, who needs a volunteers help and what is situations when someone very much needs this help? 9. What volunteer assistance related to your future specialty, you could already provide and to whom? 10. If you now had the opportunity to choose: to study at a university where, starting from the first year, students are actively involved in volunteering (during which they try to apply the acquired knowledge and skills) and to study at a university where such practice does not exist, which of them would you choose?

The study was attended by students of the I-V courses of different faculties of NULES of Ukraine with the total number of 110 people. The interviewees were randomly selected. The study was conducted during 2018.

The analysis of the received answers allowed us to state the following:

1) 35% of respondents, who have experience of volunteer work, evaluate it as positive;

2) a significant percentage of respondents (49%) have friends, acquaintances who are engaged in volunteer work, while clearly perceiving such activities as necessary, important;

3) all respondents who do not have volunteering experience and unfamiliar with volunteers personally respect their activities;

4) the majority of respondents (73%) expressed the desire to carry out volunteer activities in the near future, while they are ready to give such work from 1 to 5 hours a week, are ready to apply their skills related to domestic activities (in 68% of cases), with creativity (80%), hobby (54%), future professional activity (21%). Those, who did not show a desire to be a volunteer explain this lack of time (12% of those polled), uncertainty about their own abilities, ability to do this kind of work (46%), misunderstanding what and where they could do (42%);

5) understanding of volunteering as a way to increase its own ranking at the university (giving such activity prestige) contributes to an increase in the number of those, who are willing to implement it (89% wishing to become volunteers under such conditions);

6) if volunteer activity had be carried out during the period of studying in the university, then the respondents were more likely to choose a predetermined and organized by somebody than an independently defined and organized by themselves (61% vs. 39%). At the same time, those who already have such experience (80% vs. 20%) are more inclined to take the initiative in developing their own volunteer work. In addition, the most students are ready to apply life skills and hobby skills (69%) than those related to the future specialty (31%), which is probably due to the understanding of incomplete vocational education, a lack of competence, etc. e.

7) respondents understand the practical significance of volunteering

(98% of them can easily call the population groups that need help from indifferent people, describe situations in which people need help from volunteers);

8) a greater understanding of the content of volunteering related to a specialty is shown by students-future social educators, while students of other areas of training experience difficulties;

9) the majority of students would choose university, where they would be actively involved in volunteering (87%) as a way of working out professional skills and acquiring skills.

Summarizing the above, we can note that in general, students are aware of the importance of volunteering in Ukraine today, motivated and have the potential to implement such work, but need the organizing help of experienced mentors.

Discussion. The empirical research and the analysis of theoretical material from the stated topic allow us to talk about the possibility and necessity of introduction of volunteering as a mandatory practice in the process of professional training of students. It will promote: the manifestation and development of the prosocial qualities of the student's personality; the development of the ability to apply acquired learning skills in practice; will stimulate interest in learning and self-improvement; will contribute to solving social needs of society. Growth of interest and willingness of students to carry out volunteering activities will promote some steps. Among them: provision of this activity within the framework of the university status of prestige, organizing the assistance of senior mentors (which will help determine the content of volunteering, time and place of its implementation, duration, believe in their strength, act as advisers in the case of some difficulties, the emergence of negative mental states, etc.). Volunteer activities of students may be directed at people with special needs, orphaned children, forced returnees, lonely people of nursing homes, children from problem families, and so on. The content of such activities

may be: help in everyday life; provision of services related to the specialty; tutoring for, for example, inexperienced boarding school pupils from certain subjects (in which the student himself is strong); leisure activities for certain categories of people; driving a developing circle; organization of measures that allow to raise funds for their transfer to socially unprotected persons; psychological support of people who have fallen into difficult living conditions. It seems expedient to introduce the volunteer practice of students in university as a compulsory component of the educational process. It is important, that there been managers of such practice in the university, that this practice be documented in order. It is important, that this practice be encouraged (through the system of certificates, marks in the student's rating). Volunteer practice may be associated with the scientific and practical work performed by the students according to the curriculum, be metered, to enable the use of acquired professional knowledge and skills. Students must have the opportunity to (if it necessary) consult with an experienced specialist in the complex situation that could have arisen during the practice.

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ВОЛОНТЕРСТВО ЯК СКЛАДОВА ПРОФЕСІЙНОЇ ПІДГОТОВКИ МАЙБУТНІХ СПЕЦІАЛІСТІВ

Мартинюк І. А.

***Анотація.** У статті обґрунтовується доцільність запровадження у процес професійної підготовки майбутніх спеціалістів волонтерської практики. Пропонується зміст такого виду діяльності студентів і рекомендації з її запровадження.*

***Ключові слова:** волонтерська діяльність, студентська молодь, професійна підготовка майбутніх спеціалістів, зміст волонтерської практики.*