
**PSYCHOLOGICAL FEATURES OF ACHIEVING PROFESSIONALISM IN
THE WORK OF DOCTORS**

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Annotation

Medicine, as a system of sciences, practical activities aimed at preserving and strengthening human health, prolonging his life, preventing and treating diseases, and acmeology, whose efforts are aimed at personal and professional development, human improvement, are closely interconnected.

Keywords. medicine, doctor, medical acmeology, mental stability, professional activity, intellect, emotion.

Medicine is a system of sciences, practical activities aimed at maintaining and strengthening human health, prolonging his life, preventing and treating diseases. Medical acmeology is the science of achieving professionalism in the work of a medical worker, medical support for the acmeological process. Medical support of the acmeological process is a system of measures, practical activities aimed at maintaining and strengthening mental stability, professional health, and achieving professional longevity.

The mental stability of a specialist is the level of development and harmony in the manifestation of volitional, emotional, intellectual and personal-professional qualities of a specialist, which determine his ability to successfully fulfill the tasks of professional activity. Occupational health is the quality of life of a specialist, characterized by perfect adaptation to the impact of factors of the professional environment, provided by a functional reserve of the body sufficient to perform a certain type of professional activity, manifested by a state of working capacity, physical and spiritual well-being.

The professionalism of a medical worker is an integral psychological characteristic of a specialist's personality, a combination of psychological qualities that ensure an effective, environmentally friendly solution of professional tasks of preserving and strengthening human health. Medicine, as a system of sciences, practical activities aimed at preserving and strengthening human health, prolonging his life, preventing and treating diseases, and acmeology, whose efforts are aimed at personal and professional development, human improvement, are closely interconnected.

Usually we talk about the medical aspect in acmeology, when it comes to the impact of the state of health on the process of personal and professional development, the achievement of acme. In turn, in medicine, in recent years, modern achievements of acmeology have been used - psychological and acmeological support at the stage of postgraduate training of specialists in medical institutions, methods for assessing and self-assessing the level of professionalism of heads of medical institutions, etc. The process of interaction between acmeology and medicine is interpenetrating, complementary nature as a process of interaction between the elements of a system that functions for the benefit of a person. The unique features of acmeology: its integrative nature, methodological principles - a comprehensive, systematic and subjective approach, the principles of development and humanism - provide an opportunity to use the achievements of medicine to solve acmeological problems of improving a person, achieving higher levels in personal and professional development. Medicine is inherently acmeological, since its main goal is human health. Physical, mental, professional health, manifested by the state of working capacity, physical and spiritual well-being, is the most desirable, perfect, optimal state for each person. For the education of surgeons, it is necessary to pay attention to moral, ethical and professional principles, while the moral principle is of paramount importance. V.M. Bekhterev sought to build a natural-scientific psychological doctrine, in practice he sought to implement the ideas of an integrated approach to the study of man.

B.G. Ananiev and his students studied the individual, personal, subject-activity characteristics of a person in the process of his development, integrating all these aspects into personality, using mathematical methods of data processing. As a result, they empirically substantiated theoretical ideas about individuality as a concrete embodiment of the psychobiosocial integrity of a person. Using these important scientific data, as well as one of the leading methodological principles of acmeology - a systematic approach, today we can say that a person is an open psychobiosocial system. This system is exposed to substances entering the body, constantly interacting with environmental stimuli.

As a result of the interaction of the elements of the system, an important systemic quality of the human body arises - homeostasis, which is necessary for the preservation of the system. "Acme" is also a systemic quality that arises as a result of a complex interaction of the three main groups of system elements: mental, biological, social. The state of biological and mental elements in terms of their compliance with indicators of professional health can be considered as medical and acmeological conditions and factors. As for the group of social elements, their influence on the process of "birth" of acme as an integrative systemic quality of a person - a psychobiosocial system is obvious. The deterioration of social living conditions inevitably leads to the emergence of a whole group of socially conditioned diseases. An enriched social environment and a sufficient standard of living are largely favorable for the expression of human ability genes in one or another period of his life.

The close relationship between the mental, biological and social in human nature is also confirmed by the studies of S. L. Rubinshtein, who paid special attention to the analysis of the determination of mental processes. Objecting to mechanistic views, he put forward a theory according to which external causes affect an object through internal conditions, created the concept of the mental as a process, and formulated the principle of the unity of consciousness and activity. Psychosomatic and somatopsychic reactions and pathological conditions are also known, which, in turn, depend on the nature of environmental influences. It is timely and relevant to state, designate the process of interaction between medicine and acmeology that is taking place in today's reality, study its characteristic features and, if possible, direct it in the direction desired for acmeology and medicine.

Medical acmeology is the science of medical support for the acmeological process - the process of personal and professional development of a person, as well as the achievement of professionalism in the work of a medical worker. The subject of medical acmeology is the study of the mechanisms, patterns of achievement by a medical specialist of peaks in professional and personal development; methods of preserving, strengthening, restoring mental stability, professional health, achieving professional longevity. The mental stability of a specialist is the level of development and harmony in the manifestation of the volitional, emotional, intellectual and personal-professional qualities of a specialist, which determine his ability to successfully fulfill the tasks of professional activity.

Occupational health is the quality of life of a specialist, characterized by perfect adaptation to the influence of factors of the professional environment, provided by a functional reserve of the body sufficient to perform a certain type of professional activity and manifested by a state of working capacity, physical and spiritual well-being.

For medical acmeology, not only pre-nosological, but also nosological diagnostics is important, since very often professional and somatic acme do not coincide in time. Achievement of professional skills often occurs against the backdrop of the formed set of chronic diseases. In this case, the need for medical support for the acmeological process is actualized in order to optimally use the body's physiological resources, their possible increase in order to achieve professional longevity.

The professionalism of a medical worker is an integral psychological characteristic of a person, a combination of psychological qualities that ensure a productive solution of professional tasks - the preservation, strengthening of human health, prolonging his life, preventing and treating diseases. Development, improvement of a medical specialist, medical acmeology focuses on achieving higher levels of productivity, effective solution of professional problems. Achieving the heights of professionalism does not occur "at any cost", but is environmentally friendly for the specialist's body, within the framework of moral standards, without harm to others. To this end, acmeological technologies are being developed and applied - programs of ways to promote a medical worker to the heights of personal and professional maturity. One of

the main tasks of medical acmeology is the medical support of the acmeological process - a system of measures, practical activities aimed at preserving, strengthening, restoring the mental stability of a specialist, professional health, and achieving professional longevity. The fulfillment of this task of medical acmeology is achieved through the efforts of acmeologists, medical psychologists, psychotherapists working in institutions and organizations of the medical acmeological support system. Their efforts are aimed at the optimal use of the functional resources of the specialist's body, their conservation and restoration. For this, medical-acmeological technologies are being developed - programs of methods (methods), environmentally friendly, optimal implementation, preservation, restoration of the functional reserves of the body in the process of personal and professional development with the help of medical acmeological techniques - specific techniques.

The doctor acts in a problematic non-standard situation, given by the uniqueness of the body and personality of a person, the openness of their systems. Creativity is not a by-product of medical activity, it is its very essence. Medical activity is characterized by intellectual complexity, monotony, risk and responsibility, moral problems, interpersonal conflicts. Monotony, moral problems and conflicts are often the causes of psychosomatic illnesses of medical workers. When determining the standard of the doctor's personality in accordance with the expectations of patients, preference is given to doctors of the same sex and older.

The standard of a doctor includes: mind, dedication to work, attentiveness, sense of duty, patience, intuition, seriousness, kindness, sense of humor. For most patients, the image of a teacher-doctor is regarded as ideal. The most significant factors in choosing a doctor are: ways of communicating with the patient; situational communication, the ability to navigate the needs of the patient; understand his attitudes; openness in the process of communication, good diction and accuracy of expressions, which are based on the great experience of the doctor and his inner freedom and creativity; authority, reputation, appearance. The therapist's clothing affects the patient's assessment of such qualities as attentiveness, sincerity, competence, and, in general, the patient's confidence in him.

In conclusion, we can say that medicine and acmeology are closely interrelated. This relationship is expressed in the subject, the goals of medical acmeology. Effective personal and professional development of a specialist is feasible, taking into account medical acmeological conditions and factors that reflect the quality of the psychobiological components of the integrity of his personality in terms of compliance with professional health standards; in order to achieve the goal of medical acmeology, it is necessary to form and effectively operate a medical support system for the acmeological process.

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