

THE PERSONALITY OF THE STUDENTS DIFFERENT SPECIALIZATIONS

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Summary. The article describes the psychological characteristics of students who study at the pedagogical University in different departments – music, history and foreign languages Department. An assumption was made that the students of the music Department are different from students in other faculties higher levels of anxiety and alexithymia. The experiment confirmed these hypotheses.

Key words: anxiety, alexithymia, the strength and weakness of the nervous system, emotionality.

The choice of a particular profession is largely determined by internal psychological characteristics of the individual. In some cases, the choice of a profession can influence the interests, founded family upbringing, other features of natural temperament. In some occupations are important logical thinking skills, while others have the ability to respond to the world with emotions, feelings and experiences.

There is no doubt that under the influence of the natural qualities of the person, and under the influence of specific activities, human behavior can significantly change. This was amply demonstrated in the famous experiments of American psychologist Philip Zimbardo at the Department of psychology at Stanford University.

In the proposed study, the task was to compare groups of students from the faculty of foreign languages with students who are studying in the music Department. It was assumed that music lessons develop such qualities as empathy, capacity for empathy, sensitivity and tact in friendship relations. It was assumed that the need for music is associated with increased emotionality, which in turn has a connection with increased anxiety.

Anxiety is considered in modern psychology as a personality trait, which is manifested in the propensity to experience state of fear and anxiety, which in reality for no reason. Anxiety brings with it the experience of emotional discomfort, which is bad for physical health and psychological well-being. In the research of Spielberg revealed that anxiety can be represented as a constant personality trait, which may persist for a sufficiently long period of time and temporary state associated with the particular frightening situation.

The nature of anxiety psychologists usually associated with certain (weak) nervous system, and with the long dissatisfaction of the basic needs of the child, such as the need for security and love from the adults who can't give him what he needs.

Freud called anxiety the underlying basis of any neurosis, the presence of which complicates the lives of every individual.

In previous studies performed in the laboratory of I. P. Pavlov (1952), it has been shown that individuals with a weak nervous system have a high sensitivity and a certain vulnerability, often negatively affect the behavior and performance of complex activities.

In the studies of Yu Zegarelli it was found that properties of the nervous system are correlated with personal characteristics of the musicians. Parameters such musical ability as emotional, imaginative and emotional memory associated with weakness of the nervous system and its high mobility, logical and musical memory — with the inertia of nervous processes.

The study Lepihova L. A. and T. F. Zygulski (1982), it was also found that musicians can distinguish a weak and vysokonapornoj nervous system. According to I. A. Liovochkina, who studied choir boys, weak nervous system, lability and high sensitivity is an important natural conditions, providing success in choral activities.

In the study done by A. X. Flank and Toropova A. V. (2000), the musicians were characterized as more empathic, capable of empathy emotions of another person. Due to the nature of its specialization, the development of this personality contributes to the fact that the students of the music Department for their occupations many are involved in collective activities related to the direct communication both during rehearsals and during collaboration during a performance.

In the work of E. A. Golubeva (1993) examined the relationship of musical abilities with emotional instability and high anxiety. The need for musical experiences quite logically associated with the need to tackle negative emotions. Anyway, high level of anxiety on the one hand connected with high sensibility, and with another – the need for appropriate

and creative forms required to be exempt from them.

Study F. Alexander and P. Sifneos in the field of psychosomatic medicine revealed that psychosomatic patients are characterized by the presence of the phenomenon, called alexithymia. Persons suffering from this psychological symptom, have difficulty in recognizing and describing their feelings. For the psychological health of the individual is fundamentally important is the ability to not only recognize their feelings but also to be able to Express those feelings outward. There is a direct correlation between the inability to understand and Express their feelings and a number of psychosomatic diseases.

Preliminary observations on students from different groups revealed that the students-linguists, as a rule, have fluency and they have no big difficulties in finding words to Express their thoughts. At the same time, for students enrolled in the faculties of arts – music and art-graphic, verbal expression of ideas feelings and experiences of many students is associated with certain difficulties. It has been suggested that because of this students of these faculties should be heightened levels of alexithymia, as measured by a special test. In our study, that was done with the Toronto Alexithymia scale.

The analysis of these data suggests that the students of the music Department is really different from their fellow students in other faculties that they have indicators of empathy, anxiety and alexithymia is higher than that of the other faculties. You can say that for students enrolled in the history faculty and the faculty of foreign languages of the most

significant tools to work on their feelings is verbal or written communication, which helps them to cope with the flow of experiences. If for some reason verbal expression of emotions is difficult in this case to maintain the stability of the psyche are important non-verbal ways of expressing emotions that we see from students of music and art-graphic faculty.

The preliminary results indicate that there is some correlation between increased anxiety and choice of specialization of the musician. As for empathy and alexithymia, this issue requires some clarifications, which will be ready by the time of the conference.

References

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Table 1. The results of the study manifestations of anxiety level, ability to empathy and manifestations of alexithymia among students of the music Department (N=34 and of the faculty of foreign languages

№№	Music faculty					
	Anxiety		Empathy		Alexithymia	
	M	W	M	W	M	W
1. №=34	23,7	23,3	45,7	53,8	70,5	60,4
The history Department						
	M	W	M	W	M	W
2. №= 24	16,7	18,45	41,2	53,1	55,3	55,7
The Faculty of Foreign languages						
3. №=29	20,6		56,8		55	