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THE RESEARCH OF FORMATION PROCESS OF SEMI-CONDUCTOR [ZnS:Cu,O]-STRUCTURES BY ACID–BASE SURFACE SPECTRUM METHOD

Garanina Valentina Alexandrovna, Candidate of Chemistry, Leading Specialist, Information Collection Department, Stavropol Center for Scientific and Technical Information - Branch of Federal State Institution «REA» of the Ministry of Energy of Russia, Russia

Abstract
In the present work the results of complex physics-chemical investigation are in a very good correlation. Acidity study was carried out by adsorption indicator method. It is shown that the formation of donor defects Def1((Vso)s; (CiVso)s; (OiVso)s; Ci)s and acceptor defects (CuZno)s do produce change in acidity of the surface of [ZnS:Cu]-structures. The change in acidity of surface of semi-conductor [ZnS:Cu,O]-structures were detected by Acid-Base Surface Spectrum method. In this investigation the correlation equation \( \sigma = qg_{cr} \left( \eta^+ + \eta^- \right) \) between surface acidity and volume properties \( E^-_v \) (or \( E^+_v \)) is established. The g-criterion \( (g_{cr}) \) is the coefficient of correlation.

At the result of the investigation the system of equations is presented:

\[
\begin{align*}
\sigma - \int \rho(y)dx &= 0 \\
g &= \frac{cV}{D_{so}S_{so}} \left[ \frac{|D_0 - D_1|}{\alpha_1} + \frac{|D_0 - D_2|}{\alpha_2} \right] \\
\sigma &= qg_{cr} \left( \eta^+ + \eta^- \right)
\end{align*}
\]

6
Известно [1], что введение примесей в объем полупроводника является одним из возможных способов управления адсорбционной активностью. Поскольку вероятности того, что хемосорбированная частица будет находиться в том или ином состоянии с определенным типом связи с поверхностью, то равновесные относительные содержания различных форм хемосорбции есть \( \eta^0, \eta^-, \eta^+ \). При этом [1]:

\[
\eta^0 = \frac{N^0}{N}; \eta^- = \frac{N^-}{N}; \eta^+ = \frac{N^+}{N},
\]

где: \( N^0; N^-, N^+ \) – число частиц, хемосорбированных на поверхности; верхний индекс обозначает тип связи хемосорбированной частицы с поверхностью.

Очевидно, что:

\[
\eta^0 + \eta^- + \eta^+ = 1. \tag{2}
\]

Согласно статистике Ферми:

\[
\frac{N^-}{N^0 + N^-} = \frac{1}{1 + e^{\frac{E^- - \mu^-}{kT}}}, \tag{3}
\]

\[
\frac{N^+}{N^0 + N^+} = \frac{1}{1 + e^{\frac{E^+ - \mu^+}{kT}}}. \tag{4}
\]

На рисунке 1 показана энергетическая зонная диаграмма полупроводника, где: \( E_S^- \) – расстояние от уровня Ферми \( FF \) на поверхности кристалла до зоны проводимости \( E_C \); \( E_S^+ \) – расстояние от уровня Ферми \( FF \) на поверхности до потолка валентной зоны \( E_V \); \( A, D \) – примеси в объеме полупроводника; \( \mu^-, \mu^+ \) – значения энергий, затрачиваемых при соответствующих электронных переходах; \( u^+, u^- \) – расстояния от уровня, расположенного в середине запрещенной зоны \( CC \) до потолка валентной зоны и до зоны проводимости соответственно.
Согласно литературным данным [1] реакционная способность хемосорбированных частиц и установление равновесия различных форм хемосорбции определяется положением уровня Ферми $FF$. Если уровень Ферми $FF$ расположен ближе к зоне проводимости (рис. 1), так что $\eta^- >> \eta^+$ выполняется при $E_S^+ - u^+ >> \kappa T$, то практически все частицы выполняют роль акцепторов. Если уровень Ферми $FF$ расположен ближе к валентной зоне, так что $\eta^+ >> \eta^-$ выполняется при $E_S^- - u^- >> \kappa T$, то в этом случае практически все частицы выполняют роль доноров.

Наряду с электронным равновесием, установившимся на поверхности, осуществляется и адсорбционное равновесие между поверхностью и растворителем. При этом условие равновесия будет выглядеть следующим образом [1]:

$$\alpha P(1 - SN) = v^0 N^0 e^{-q^0 \omega / \kappa T} + v^- N^- e^{-q^- \omega / \kappa T} + v^+ N^+ e^{q^+ \omega / \kappa T},$$

где: $\alpha = \frac{1}{\sqrt{2\pi M\kappa T}}$; $S$ – эффективная площадь хемосорбированной молекулы; $M$ – масса адсорбированной молекулы; $v^0, v^-, v^+$ – частотные множители; $q^0, q^-, q^+$ – значения энергий, затрачиваемых при соответствующих электронных переходах.
Условие адсорбционного равновесия для хемосорбированных частиц через уравнения (1), (3), (4) можно представить в виде выражения (5), которое показывает, что при перемещении уровня Ферми $FF$ изменяется адсорбционная способность поверхности.

Величина $E_S^-$ (или $E_S^+$), характеризующая адсорбционные свойства поверхности, зависит от величины $E_v^-$ (или $E_v^+$), определяющей объемные свойства кристалла. Вид зависимости может быть получен из условия электронейтральности кристалла [1]:

$$\sigma + \int_0^\infty \rho(x)dx = 0,$$

где: $\sigma$ – плотность поверхностного заряда; $\rho(x)$ – плотность объемного заряда в плоскости $x$.

Имеем:

$$\sigma = \sigma(P, T, E^+_v),$$

Если весь поверхностный заряд обусловлен только хемосорбированными частицами, причем частицами определенного типа, то $\sigma$ имеет вид [1]:

$$\sigma = q(N^+ + N^-) = q(\eta^+ + \eta^-)N,$$

где: $q$ – абсолютная величина заряда электрона.

Согласно [3] количество активных центров адсорбции на поверхности является

$$g = f(pK_a).$$

Значения $g\left(\frac{моль}{M^2}\right)$ рассчитывают по формуле [3]:

$$g = \frac{cV}{D_0S_{шл}} \left| \frac{D_0 - D_1}{a_1} \pm \frac{D_0 - D_2}{a_2} \right|,$$
где \( c \) – концентрация индикатора с определенной кислотностью \((pK_a)\) в растворе \( \left(\frac{\text{моль}}{л}\right) \); \( V \) – объем раствора индикатора \((л)\); \( D_0 \) – оптическая плотность исходного раствора индикатора; \( D_I \) – оптическая плотность раствора индикатора после сорбции исследуемым образцом; \( D_2 \) – оптическая плотность раствора индикатора, учитывающая взаимодействие растворителя с поверхностью твердого вещества (холостой опыт); \( a_1, a_2 \) – навеска образца в рабочем и холостом опыте \((г)\);

\( S_{\nu_0} \) – удельная поверхность образца \( \left(\frac{M^2}{2}\right) \).

Поскольку \( g = N \), то с учетом уравнений (1), (6), (7), (9), (10) уравнение (8) будет иметь вид:

\[
\sigma = g S_{\nu_0} \left( \eta^+ + \eta^- \right). \tag{11}
\]

Уравнение (11) устанавливает корреляцию между адсорбционными свойствами поверхности и величиной \( E_v^- \) (или \( E_v^+ \)), где \( g \)-критерий \((g_{\nu_0})\) – коэффициент корреляции между адсорбционными свойствами поверхности (кислотно-основными центрами) и объемными свойствами.

Таким образом, из выше сказанного, состояние поверхности и объемные свойства кристалла выражаются системой уравнений (12), что согласуется с результатами [5, 7].

\[
\begin{align*}
\sigma + \int_0^a \varphi(x) dx &= 0 \\
\varphi(x) &= \frac{cV}{D_0 S_{\nu_0}} \left| \frac{D_0 - D_1}{a_1} \right| + \left| \frac{D_0 - D_2}{a_2} \right| \\
\sigma &= g S_{\nu_0} \left( \eta^+ + \eta^- \right) \tag{12}
\end{align*}
\]
Решением указанной системы уравнений (12) является уравнение (13), по которому рассчитываем \( g \)-критерий \((g_{kp})\) для каждого конкретного случая.

\[
g_{kp} = \frac{cV}{D_0 S_{3d}} \left| \frac{D_0 - D_1}{a_1} \right| \pm \left| \frac{D_0 - D_2}{a_2} \right|. \tag{13}
\]

В работах [2, 6] было проведено дефектно-химическое исследование, согласно которому эффект увеличения длительности послесвечения образцов ZnS:Cu,O обусловлен образованием в структуре полупроводника донорных дефектов типа Def_1((V_sO_s)^-; (Cu, V_s^-)'; (Cu, O_s^-)); Cl_s^- и акцепторного дефекта (Cu,Zn,O_s)' при одновременном снижении количества V_s^+. При этом, уменьшение числа вакансий V_s в образцах полупроводника с реагентом-окислителем приводит к образованию дополнительных донорных дефектов Def_1((V_sO_s)^-; (Cu, V_s^-)'; (Cu, O_s^-)); Cl_s^-.

Таким образом, дефектно-химический состав в исследуемых структурах включает ассоциаты, содержащие медь Cu^{2+}, Cu^{1+} и с промежуточной степенью окисления, что подтверждается РФЭ-спектрами [4].

В настоящей работе проведено изучение процессов формирования полупроводниковых [ZnS:Cu,O]-структур методом кислотно-основной спектроскопии поверхности. Для этого были исследованы кислотно-основные свойства поверхности образцов ZnS, ZnO, ZnS:Cu, ZnS:Cu,O по методике адсорбции цветовых индикаторов Гаммета [3]. Экспериментальные кислотно-основные спектры поверхности (КОСП) приведены на рисунках 2-5.

Полученные КОСП (рис. 2-4) характеризуют распределение активных центров адсорбции на поверхности образцов ZnS, ZnO, ZnS:Cu в диапазоне значений \( pK_a \) от +1,3 до +11,1. Значимыми являются группы центров адсорбции в слабо-кислой области значений \( pK_a = +4,1 \pm +7,3 \) и в основной области с \( pK_a = +11,1 \) для всех исследуемых образцов.
Рис. 2. КОСП образца ZnS

Рис. 3. КОСП образца ZnO
Рис. 4. КОСП образца люминофора с длительным послесвечением ZnS:Cu, полученного по стандартной методике

Рис. 5. КОСП при pK_a=+11,1, где:
1– [ZnS:Cu], приготовленный по стандартной методике;
2– [ZnS:Cu,O], приготовленный по усовершенствованной методике с реагентом-окислителем KClO_4;
3– [ZnS:Cu,O], приготовленный по усовершенствованной методике с реагентом-окислителем NH_4NO_3;
4– [ZnS:Cu,O], приготовленный по усовершенствованной методике с реагентом-окислителем KClO_4+NH_4NO_3;
5– [ZnS:Cu,O], приготовленный по усовершенствованной методике при соотношении Sr^{2+}/Ba^{2+}=1/4

13
Для образцов ZnS:Cu,O (рис. 5), прокаленных в атмосфере реагента-окислителя установлено уменьшение количества центров адсорбции с \[ pK_a = +11,1 \] по сравнению с образцами ZnS, ZnO, ZnS:Cu. Как показано выше, формирование [ZnS:Cu,O]-структур характеризуется образованием ассоциативных дефектов типа Def; \((V_s)\); \((Cu_i)\); \((Cu_iO_s)\); \((Cu_iZn)\) \[2, 6\]. При этом все образцы [ZnS:Cu,O] имеют высокую относительную яркость послесвечения через 15 мин после прекращения возбуждения \(142 \pm 178\%\), по сравнению с образцом ZnS:Cu \((98\%)\).

Таким образом, в результате проведенного исследования показано, что:

1) образование дефектов Def; \((V_s)\); \((Cu_i)\); \((Cu_iO_s)\); \((Cu_iZn)\) при формировании [ZnS:Cu,O]-структур в атмосфере реагента-окислителя изменяет состояние поверхности основы, которое можно контролировать методом КОСП;

2) уравнение \[ \sigma = qg_{sp} \left( \eta^+ + \eta^- \right) \] устанавливает корреляцию между кислотно-основными свойствами поверхности и величиной \(E^-_v\) (или \(E^+_v\));

3) система уравнений

\[
\begin{align*}
\sigma + \int_{0}^{a} \phi(x) dx &= 0 \\
g &= \frac{cV}{D_0S_{wp}} \left| \frac{D_0 - D_1}{a_1} \pm \frac{D_0 - D_2}{a_2} \right| \\
\sigma &= qg_{sp} \left( \eta^+ + \eta^- \right)
\end{align*}
\]

характеризует состояние поверхности и объемные свойства, в частном случае относительную яркость послесвечения, полупроводниковых [ZnS:Cu,O]-структур.

References:


THREE-DIMENSIONAL IDENTIFICATION OF OIL AND GAS BEARING OBJECTS USING GEOLOGICAL AND GEOPHYSICAL DATA, CENTRAL EASTERN PART OF THE GULF OF SUEZ, EGYPT

Ahmed Tarshan, Saint Petersburg State University, Nuclear Materials Authority
Sergey Shimanskiy, Saint Petersburg State University

Abstract
The airborne magnetic data is considered as one of the best methods to delineate the depth to basement layer. The airborne magnetic survey data obtained from the Egyptian Nuclear Materials Authority. Data is accurately processed, interpreted and three-dimension inversion of the RTP data was performed to generate 3D basement relief contour map. After creating the 3D basement relief map, the sedimentary succession of the study area is created using seismic data and well data. These data are obtained from different published sources and used in building the model using petrel software. Petroleum system model was established using PetroMod software to predict the locations of hydrocarbons within the study area. The results of PetroMod confirmed that the area is very promising for hydrocarbon aggregations, and also new hydrocarbon aggregations have been discovered.

Keywords: Oil and gas bearing objects, hydrocarbon aggregations, 2D-magnetic modelling, 3D based structure modelling, Gulf of Suez, Egypt.

Introduction
The Gulf of Suez is a rift basin oriented approximately north-northwest and south-southeast; it is approximately 400 km long and varies in width between 40 km and 80 km. The Red Sea splits into the Gulf of Suez and the
Gulf of Aqaba, where the Gulf of Suez is considered as the western flank of the Red sea since the southern end of the Gulf of Suez meets the Red Sea (IHS, 2006). The basin appears as a simple, narrow, elongated trough dominated by two almost symmetric shoulders. This extensional tectonic basin is approximately 60 to 80 km wide, contains a sedimentary prism about 3–5 km thick, ranging in age from Miocene to Holocene (James et al., 1988).

The tectono-stratigraphic history of the Gulf of Suez has created multiple reservoirs that lead to the hydrocarbon potentiality of the Gulf of Suez basin, in addition to existence of sufficient source rocks which are spatially distributed in the area. The main target of this research study is to improve resolution of the basin architecture and understanding of the basin history of the study area, through building Three dimensional depth structural model of the study area and then constructing Petroleum System Modelling to identify oil and gas aggregations.

**Geologic features**

Geologically, the area is covered by a variety of rock formation from Quaternary, Miocene, Paleocene, Cretaceous and Paleozoic Eras. It contains man made features such as several oil fields (Rudeis, Feiran and Belayim oil fields). The western side of the studied area is part of the Gulf of Suez. It is dominated by several mountains such as GabalZeit at the southern part of the area, which is formed of undeformed alkali granitic rocks, GabalNazzazat (formed of siliciclastic-carbonate succession) and GabalEkmain the central part of the area. There are some Wadis within the area such as Wadi Abu Ratamat, WadiAbiad and WadiThaghada. The nearby eastern part of the Gulf of Suez is covered by Quaternary deposits (Fig. 1) (Shimanskiy and Tarshan, 2019).

![Figure 1. Surface Geological Map of the Middle Eastern part of the Gulf of Suez, Egypt](McClay et al., 1998).
Interactive 2D-magnetic modelling

GM-SYS Geosoft, (2007) software utilizes of interactive graphics to significantly rapid the interpretation processes. In GM-SYS, the techniques used to calculate magnetic model response are based on the methods of Talwani and Heirtzler (1964), and utilizes of the algorithms described in Won and Bevis (1987). The results from GM-SYS have been analyzed and found correct by several organizations that use it for geophysical consulting work.

The 2D modelling was performed by GM-SYS, along one selected profile yielded from RTP map (Fig. 2). The profile extends more than 42 km in the NE-SW direction; this profile shows an adequate fit between the observed and calculated magnetic curves with RMS equal to 3.438%. The magnetic model proved the presence of a moderate sedimentary layer in the southwestern part of the profile, which has an average susceptibility value of 0.001 SI that decreases to the northeastern part because the depth to the basement decreases close to the Precambrian outcropped basement of Sinai.

3D magnetic modelling interpretation

The targets of magnetic interpretation are to delineate the depth to basement surface and the thickness of the sedimentary section. A model is introduced by a number of packed surface grids with average susceptibility distributions assigned for the layer underlying each surface. Calculations were performed in the wave number domain and were based on Dr. Bill Pearson’s implementation of R.L. Parker’s algorithm (1972). The program was designed to run by Oasis montaj, 2007 for making all the available grid manipulation and display routines.
Inversion process was used with this limited constrain to judge the inversion results. As well as inversion process was applied to obtain the approximately optimum basement depth solution which is the major target that could be obtained from aeromagnetic data.

Model building
The available seismic sections and well data in the study area were collected from different published sources (e.g. Mokhles et al., 2003; Zahra et al., 2015, 2016). Sixteen seismic sections covering the northern, central and southern parts of the study area as well as one geological section of the southeastern part of the region were obtained. The Seismic lines GS-370, in-line 195, in-line 215, in-line 215, cross-line 360, cross-line 280 and cross-line 330 are published by Zahra et al. (2015). Seismic lines RG-12-82, RG-14-82, RS-27-83, R6-05-82, and R6-07-83 are published by Zahra et al. (2016). Seismic lines 1330, 1150, 1570 and ARB are published by Mokhles et al. (2003). The geologic cross section for the southeastern part of the study area is obtained from Rabeh et al. (2009). The locations of these lines were accurately tracked from the location map of the area. These data were collected and used to produce a depth-structure map for each formation in the area under study. Finally, a 3D depth model was created (Fig. 3).

![3D based structure model, eastern part of Gulf of Suez, Egypt.](image)

Prediction of oil and gas aggregations
The Paleozoic sandstone in the study area represented in the Nubia sandstone formation which has a good porosity and permeability. The Nubia sandstone produces oil in many fields in the region and in the area under study, producing hydrocarbon from Ras Budran, Abu Rudeis, October and Belayim oil fields.

The Miocene sandstones are the most important reservoir units in the Gulf of Suez; Dolomitized reef limestones also have reservoir potential in the Miocene units. These facies were deposited during rotational faulting, as the early Miocene uplifted horsts along the Gulf of Suez margins shed alluvial sands into marine basins. The active faulting provided a topographic relief,
which was progressively submerged by a middle Miocene transgression, allowing the development of reefs on local highs (Coffield and Smale, 1987; Smale et al., 1988; Alsharhan, 2003).

The resulted aggregations of PetroMod software are generated and modelled in 3D view as shown in Figure 3. The results show that the Gulf of Suez has multi-reservoir character. Oil and gas aggregations are modelled in seven reservoirs within the study area (Table 1). Pre-rift reservoirs include Nubia B, Nubia A-P1, Nubia A-P2 and Nubia A-P3 formations. Overview of timing and total volumes of the generated, expelled and accumulated hydrocarbons over time for the entire digital model is illustrated as shown in (Fig. 4).

Table 1. Amount and volume of modelled oil and gas aggregations based on the results of PetroMod program.

<table>
<thead>
<tr>
<th>Formation Name</th>
<th>Mass (MMbbls)</th>
<th>Volume (Mm$^3$)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Belayim reservoir</td>
<td>454.98</td>
<td>2708.9</td>
</tr>
<tr>
<td>Rudeis reservoir</td>
<td>2449.77</td>
<td>315649.55</td>
</tr>
<tr>
<td>Nukhul reservoir</td>
<td>1951.72</td>
<td>56945.7</td>
</tr>
<tr>
<td>Nubia A-P1 reservoir</td>
<td>141.61</td>
<td>11175.14</td>
</tr>
<tr>
<td>Nubia A-P2 reservoir</td>
<td>235.13</td>
<td>27605.9</td>
</tr>
<tr>
<td>Nubia A-P3 reservoir</td>
<td>49.85</td>
<td>23410.93</td>
</tr>
<tr>
<td>Nubia B reservoir</td>
<td>23.6</td>
<td>31815.9</td>
</tr>
</tbody>
</table>

Figure 4. Overview of timing and total volumes of the generated, expelled and accumulated hydrocarbons over time for the entire digital model, eastern part of Gulf of Suez, Egypt.
Conclusion
One of the most important tasks in the oil and gas industry is to minimize the risk of exploration by obtaining sufficient information on the types and amount of hydrocarbons in the subsurface before starting drilling. A 3D model of the study area was created using seismic data and well data using the Petrel program. The petroleum system modelling was done using the PetroMod program to identify promising oil and gas objects in the eastern part of the Gulf of Suez. PetroMod results show that there are undetected aggregations generated in different locations within the study area. These sites need more detailed verification of the presence of hydrocarbons. In the south-eastern part of the region, no activity has been carried out, and according to the results of PetroMod, there is a possibility of hydrocarbons in different reservoirs.

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Gensh K.V., Bazarnova N.G., Kushnir E.Yu., Mikushina I.V., Cheprasova M.Yu., Tsarev V.N.

ADVANTAGES OF CHIRAL SUPERCRITICAL FLUID CHROMATOGRAPHY FOR SEPARATION OF PHARMACEUTICAL SUBSTANCES

Gensh K.V., Bazarnova N.G., Kushnir E.Yu., Mikushina I.V., Cheprasova M.Yu., Tsarev V.N.
Altai State University, Barnaul, Russia

Abstract
The production of enantiomerically pure pharmaceutical substances is an urgent task for the modern pharmaceutical industry. For these purposes, supercritical fluid technologies have recently become widespread. The article discusses the advantages of supercritical fluid chromatography in the separation of enantiomers.

Keywords: supercritical fluid chromatography, chiral separation, enantiomers, optically pure pharmaceutical substance

Значительное число синтетических лекарственных средств, доступных в настоящее время для клинического применения, разработано на основе субстанций, включающих, как минимум, один хиральный центр [1], представленный стереогенным атомом углерода, ответственным за формирование право- и левовращающих оптических изомеров, называемых (S)- и (R)-энантиомерами.

В организме реакции протекают с участием биокатализаторов – ферментов. Ферменты построены из хиральных молекул α-аминокислот. Поэтому они могут играть роль хиральных реагентов, чувствительных к хиральности взаимодействующих с ними субстратов. Таким образом,
пространственное строение молекул связано со стереоспецифичностью биохимических процессов.

Стереоспецифичность процессов, протекающих в организме, состоит в том, что в реакцию вовлекаются определенные стереоизомеры и результатом реакции являются также стереохимически определенные продукты.

Стереоспецифичность лежит в основе проявления биологического действия одним из энантиомеров, в то время как другой энантиомер может быть неактивным, а иногда оказывать иное или даже противоположное действие [2].

Многие лекарственные вещества проявляют фармакологический эффект при взаимодействии с рецепторами клетки. Для этого необходимо, чтобы молекула лекарственного вещества имела такую конфигурацию, которая позволяла бы наиболее полно связываться с рецептором. Изменение конфигурации на противоположную, как правило, снижает степень связывания и ослабляет биологическое действие [3].

Бронходилотаторы из группы агонистов β-адренорецепторов широко применяются с целью терапии пациентов с бронхиальной астмой и хронической обструктивной болезнью легких. Несмотря на очевидный терапевтический потенциал, препараты β-адреномиметики противоречивы, а их применение ассоциируется с увеличением риска смертности, ухудшением контроля заболевания, причины которого могут быть отчасти обусловлены их хиральностью и присутствием в составе доступных в настоящее время препаратов фармакологически неактивных (S)-энантиомеров, обладающих потенциально неблагоприятными эффектами [4].

Существуют различные методы получения энантиомерно чистых субстанций. Одним из таких методов является синтез с использованием асимметрического катализа. Методики такого синтеза разработаны для многих популярных оптически активных фармсубстанций [4]. Однако внедрение такой технологии в производство требует значительных капиталовложений и сопряжено с большими временными затратами. Как правило, оно осуществляется только после того, как подтверждается рыночная конкурентоспособность нового препарата по сравнению с аналогичным рацемическим. На стадиях доклинических и клинических испытаний, а также на первых этапах освоения рынка производство малых партий энантиомерно чистого препарата целесообразнее осуществлять путём препаративного разделения рацемической смеси. Для решения этой задачи применяются методы препаративной хроматографии и селективной кристаллизации диастереомерных солей [5].

Основу хроматографического метода составляет селективное разделение оптически активных соединений на отдельные энантиомеры. Разделение может осуществляться на хиральных неподвижных фазах или
на ахиральных неподвижных фазах с использованием хиральных подвижных фаз. В качестве неподвижных фаз могут быть использованы сорбенты с модифицированной поверхностью, содержащей такие вещества как хитозаны, циклодекстрин, полисахариды, белки и др. Селекторы должны иметь хиральные центры и содержать полярные функциональные группы (-OH, -NH₂, -COOH и др.). В качестве подвижных фаз могут быть использованы подвижные фазы с различными добавками (модификаторами): хиральные комплексы металлов, нейтральные хиральные лиганды, ион-парные реагенты [5, 6].

Среди всех разновидностей препаративной хроматографии наибольшей популярностью в сфере разделения энантиомеров обладает сверхкритическая флюидная хроматография (СФХ) [7, 8], в которой основным компонентом подвижной фазы является сверхкритический флюид (СКФ). Свойства вещества в этом состоянии являются как бы промежуточными между свойствами газа и жидкости. С одной стороны, сверхкритические флюиды, подобно жидкостям, обладают растворяющей способностью и сравнительно высокой плотностью. С другой стороны, подобно газам, сверхкритические флюиды обладают низкой вязкостью и, как следствие, низким вязкостным трением. К газоподобным свойствам СКФ относятся также высокие коэффициенты диффузии веществ в них, отсутствие поверхностного натяжения, легкая сжимаемость. Растворяющей способностью сверхкритического флюида легко управлять, контролируя температуру и давление.

В современной СФХ в качестве основного компонента подвижной фазы чаще всего используют суб- или сверхкритический диоксид углерода. Это негорючее, нетоксичное, химически инертное вещество с низкими критическими параметрами. Диоксид углерода намного дешевле органических растворителей, используемых в жидкостной хроматографии, и легко доступен, так как является побочным отходом большого числа крупнотоннажных промышленных процессов.

Если в качестве подвижной фазы в хроматографической системе взять сверхкритический флюид вместо жидкости, то благодаря более низким вязкостям и более высоким коэффициентам диффузии разделения сравнимой селективности и эффективности можно достичь за время в 3-5 раз меньшее, чем в ВЭЖХ. При применении СФХ в препаративных целях резко падает стоимость очистки выделенного вещества от остатков растворителей и различных побочных примесей, т.к. основной же компонент растворителя, CO₂, испаряется сразу после выделения целевой фракции при сбросе давления. Препаративное разделение энантиомеров – одно из наиболее распространённых применений сверхкритических флюидных технологий в современной производственной практике.

Уникальные свойства сверхкритических флюидов делают СФХ с набивной колонкой наиболее благоприятным выбором для быстрого
энантиоселективного разделения между всеми возможными методами разделения.

Исследование выполнено при финансовой поддержке РФФИ в рамках научного проекта № 18-29-06033 мк

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COMPARATIVE ANALYSIS OF COLORECTAL CANCER EPIDEMIOLOGICAL FEATURES IN THE RUSSIAN FEDERATION AND IN THE EUROPEAN UNION

Mekhdiev E.D., Russia, Sechenov University, student

Abstract
For a comparative analysis of the epidemiological features of colorectal cancer in the Russian Federation and in the European Union, data from the Institute for Health Metrics and Evaluation (IHME) from 1990 to 2017 were used. Such parameters as the incidence, mortality, years lived with disability for people 50-69 years old are analyzed. From 1990 to 2017, the incidence of colorectal cancer increased in both Russia and the European Union; the mortality rate has decreased, but in the Russian Federation it remains slightly higher than in the European Union; the behavioral risks associated with the “Westernized” lifestyle mostly affect the development of disability due to colorectal cancer in both the European Union and the Russian Federation.

Keywords: colorectal cancer, IHME, Russian Federation, European Union.

Введение.
На сегодняшний день колоректальный рак (КРР) представляет собой важную проблему для мирового здравоохранения. Во-первых, это связано с его высокой распространенностью и смертностью больных от данной патологии [3]. Во-вторых - с отсутствием единого подхода к диагностике, лечению и последующему наблюдению больных КРР. Принято считать, что понятие КРР включает в себя рак, развивающийся в ободочной и прямой кишке [1, 2, 8]. Известно, что развитие КРР в большей степени зависит от образа жизни и длительного воздействия канцерогенов (50%); генетические факторы имеют влияние на развитие
КРР в 5-20% случаев [4, 5, 9]. "Западный" образ жизни и изменение характера питания, отсутствие ресурсов здравоохранения и качественной организации помощи таким больным приводит к широкому распространению КРР во всём мире [7]. На современном этапе КРР является третьим наиболее распространенным видом рака после рака легких и молочной железы, две трети всех случаев колоректального рака возникает в более развитых регионах мира [10].

Материалы и методы.

Для анализа эпидемиологических показателей колоректального рака были использованы данные Международного портала Institute for Health Metrics and Evaluation (IHME) с 1990 по 2017 год [11]. Проанализированы такие параметры, как количество новых случаев (Incidence), смертность (Mortality), ожидаемое (среднее) количество потерянных лет трудоспособной жизни (Years Lived with Disability (YLDs)) у лиц 50-69 лет. Данные представлены по 28 странам, входящих на момент 2017 года в состав Европейского союза, в сравнении с данными Российской Федерации. Использовались аналитический и графоаналитические методы.

Результаты.

С 1990 по 2017 года отмечен рост числа новых случаев КРР как в группе Европейского союза (с 99.03 новых случаев на 100,000 в 1990 году до 110.17 новых случаев на 100,000 в 2017 году), так и в группе Российской Федерации (с 73.24 новых случаев на 100,000 в 1990 году до 94.6 новых случаев на 100,000 в 2017 году). Более высокий показатель новых случаев за весь исследуемый период (с 1990 по 2017 гг.) отмечен в группе Европейского союза. Внутри Европейского союза на момент 2017 года наиболее высокое число новых случаев КРР зафиксировано в Словакии (161.7 новых случаев на 100,000), Венгрии (159.78 новых случаев на 100,000), Нидерландах (142.85 новых случаев на 100,000); а наименьшее в Греции (74.14 новых случаев на 100,000) и на Кипре (74.56 новых случаев на 100,000).

Однако относительно показателя смертности от КРР в обеих исследуемых группах с 1990 по 2017 года отмечена положительная динамика: в Европейском союзе наблюдается постепенное снижение показателя смертности с 47.64 на 100,000 в 1990 до 36.89 на 100,000 в 2017 году. В Российской Федерации несколько иная ситуация: с 1990 по 1994 гг. регистрировался подъём смертности от колоректального рака (с 42.95 на 100,000 до 60.56 на 100,000), затем до 1998 фиксировалось снижение смертности от КРР (до 50.47 на 100,000 в 1998), далее ситуация оставалась относительно стабильной вплоть до 2005 года (показатель смертности в 2005 году - 54.06 на 100,000), после чего до 2017 года отмечено снижение показателя смертности от КРР в данной группе (до 42.84 на 100,000 в 2017 году). По имеющимся данным, с 2005 года в структуре смертности от КРР...
в Российской Федерации наибольший удельный вес имеет рак ободочной кишки [6]. Снижение показателя смертности в обеих группах, по-видимому, связано с введением скрининга в качестве ранней диагностики, а также применением более эффективных и современных методов лечения [12].

Для анализа сложившейся эпидемиологической ситуации по колоректальному раку на момент 2017 года в Российской Федерации и Европейском Союзе были выявлены основные факторы атрибутивного риска, влияющие на показатель YLDs. В обеих группах наиболее значимыми оказались следующие факторы: употребление алкоголя (27.03% в Европейском союзе, 22.82% в Российской Федерации), курение (20.22% в Европейском союзе, 18.79% в Российской Федерации), низкое содержание кальция в употребляемой пище (13.25% в Европейском союзе, 15.37% в Российской Федерации).

Выводы.
С 1990 по 2017 год заболеваемость колоректальным раком увеличилась как в России, так и в Европейском Союзе; показатель смертности снизился, однако в Российской Федерации остаётся несколько выше, чем в Европе; поведенческие риски, связанные с "западным" образом жизни (употребление алкоголя, курение, питание с низким содержанием кальция), наиболее влияют на развитие нетрудоспособности вследствие колоректального рака как в Европейском союзе, так и в Российской Федерации.
Для улучшения эпидемиологической ситуации по колоректальному раку необходимо совершенствование методов профилактики, ранней диагностики, оказания медицинской помощи, последующего лечения, реабилитации и долгосрочного диспансерного наблюдения.

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WAYS TO IMPROVE THE TRAINING OF ATHLETES

L.S. Samokhina, Moscow State Academy of Physical Education, Department of Theory and Methods of Physical Education and Sports, Malakhovka, Russia
A.M. Groshev, «Arrow» Branch of Moscow Aviation Institute (National Research University), Department of Humanities and Social Sciences, Zhukovsky, Russia
K.S. Dunaev, Moscow State Academy of Physical Education, Department of Theory and Methods of Physical Education and Sports, Malakhovka, Russia
V.S. Spasova, Moscow State Academy of Physical Education, Department of Theory and Methods of Physical Education and Sports, Malakhovka, Russia
D.S. Lisitsyn, Moscow State Academy of Physical Education, Department of Theory and Methods of Physical Education and Sports, Malakhovka, Russia
A.O. Kalagur, Moscow State Academy of Physical Education, Department of Theory and Methods of Physical Education and Sports, Malakhovka, Russia
P.A. Belikov, Russian State University named after A.N. Kosygin (Technology. Design. Art), Department of Physical Education, Moscow, Russia
G.S. Komolova, Institute of Biochemistry named after A.N.Bach, "Fundamentals of Biotechnology" Federal Research Centre of Russian Academy of Sciences, Laboratory of Molecular Engineering, Moscow, Russia
V.I. Tishkov, Institute of Biochemistry named after A.N.Bach, "Fundamentals of Biotechnology" Federal Research Centre of Russian Academy of Sciences, Laboratory of Molecular Engineering, Moscow State
Relevance
The highest sports results can be achieved by establishing the practical implementation of the individual characteristics patterns of correlation between specified loads and adaptive reactions of different urgency, severity and direction.

Justification and development of training programs for athletes should be aimed at the implementation of optimal loads and obtaining programmed motor actions and training effects of an urgent and cumulative (sustainable and long-term) nature.

The aim of this research is to study modern concepts of improving the training of athletes.

Research methods include studying theoretical scientific literature on the problems of improving the training of athletes in modern sports.

The results of the study. In the 1990s and 2000s nineties, the pages of periodical scientific publications were covered with criticism of the theory of L. P. Matveyev’s sports training in the context of its obsolescence and inconsistency of the training process with the requirements and realizations of modern sports. As a result of this discussion, alternative conceptual approaches to the development of training and competitive process were proposed, which, according to the authors, should further improve the system of training athletes in modern sports. In connection with the regulated volume of the article, the most common conceptual approaches are presented, and their main essence is characterized. Given the variety of conditions and opportunities for training athletes, each of these approaches can be used to achieve maximum results under certain circumstances.

At present, the general theory of training athletes in Olympic sport by V.N. Platonov is the most fundamentally developed. The laws of an organism's adaptation to strenuous muscular work, building a training system, modeling conditions for competitive activity, methods for developing physical qualities and coordination motor abilities are revealed in it at the level of recent advances in biology, psychology, biomechanics and a number of related scientific disciplines. In connection with the intensification of competitive activity, the author pays great attention to the development of micro-cycles, and an increase in their number in the annual cycle [7].

L. P. Matveyev sees further development of the training process theory in the framework of the unified theory of sports as the development and implementation of the Model Purpose-Based Approach (MPBA) in the practice of the cyclic construction of sports training.

The author considers this approach in its modern embodiment as the systemic unity of operation of theoretical (logical, conceptual), design (design,
calculation) and practical (practical, technological) modeling of processes developed in the framework of large cycles (macro-cycles) of preparatory and competitive activities of athletes. He implies a stricter goal-setting and consistent realization of the goal pursued in such cycles.

Considering MPBA in line with the concept of sports cycles periodization, L.P. Matveev emphasizes that this concept does not suit the features of commercial sports functioning, and is adequate only in the framework of high-achievement sports. “Experts do not have the right to mix these two different spheres of sports; each of them has its right to exist in its own way. Therefore, it is very surprising when some fans of hasty judgment do it, and even criticize the current concept of the system of training high-class athletes on this basis. ... this concept should neither be canonized, nor extended beyond its applicability. The point is that it represents a detailed basis for logical and technological modeling of the order of developing an athlete's training for new achievements in the macro-cycles, not in any, but quite definite conditions ”[5].

Y.V. Verkhoshansky connects progressive changes in the theory of sports training with the block system of training. It is designed exclusively for high-class athletes, both in amateur and professional sports, and differs from the concept of periodization in block principles of developing and organizing the training process, which, according to the author, ensures a higher efficiency of training athletes.

In the base unit A, designed to enhance the mechanisms of adaptation process and to target it at the morphofunctional specialization of the organism in the direction necessary to work effectively in a specific motor mode, the problem of increasing the motor potential of an athlete is solved with regard to its further use in competitive exercise.

Block B is mainly aimed at developing the body's work capacity in a specific motor mode under adequate competitive conditions, and the main task here is to master the ability to use the growing motor potential effectively in terms of gradually increasing the power of performing sports exercises.

The adaptation cycle is completed with the organism reaching the maximum power level in a specific motor mode and the task of mastering the ability to maximize the motor potential in a competitive environment with an extremely positive effect is solved in block C, which falls on the main competition period.

The programming of training blocks is based on the principles of concentration and superposition of training loads of various preferential orientation.

The principle of load concentration provides the centralization of means of one training focus on certain stages of training.
The essence of the loads superposition principle is the sequential imposition of more intensive and specifically directed training effects on the adaptive traces of previous loads.

The concepts of current adaptation reserve (CAR) and large adaptation cycle (LAC), which characterize the effectiveness of an athlete's functional preparedness in a temporary format, are the integral attribute structures of the block system of training.

Current adaptation reserve (CAR) of a body is a reserve of adaptive energy given to men by nature in order to provide them with the possibility of temporary, but sufficiently stable adaptation to extreme conditions that require the utmost functional strain.

Large adaptation cycle (LAC) is a structurally integral and relatively independent part of a long-term training process. Its content, organization and duration are aimed at the implementation of the current adaptation reserve (CAR) of the body.

This is the main organizational form of the training process development [2].

B.N. Shustin, I.Y. Radich, I.N. Preobrazhensky, L.N. Ovcharenko conclude that activities in SVD should be considered, investigated and analyzed as an integral competitive-training activity, which includes the process of targeted preparation for the competitions and successful performance in them. At the same time, professionalization becomes the leading trend in the development of Olympic sports. Moreover, objective, in-depth assessments of completed training and competitive work and achieving the highest results in connection with the subsystem of moral and material stimulation are the conceptual and systematic foundation of the professional regimes in SVD [10].

T. Zhelezkov from Bulgaria substantiates a number of factors of modern sports training, based on the fact that modern records and achievements in sports are the end result of the intellectual and physical energy materialized in the training process.

The intellectualization of sports training is a central and dominant factor in sports achievement in the modern system of sports training. Bilateral connection of sports with science and technical progress provides a qualitatively new characteristic of modern sports training.

Israeli scientists V. Issurin, V.Shkljar justify improving the quality of training athletes by the introduction of the block composition of the workout developed by them. In general terms, its main points are as follows.

The most important semantic component of concentration is the training mesocycle block of concentrated training effect, where the quantity of targets is minimized. It is proposed to distinguish three types of mesocyclic blocks for convenience of planning and analysis:
1) accumulation block is intended for the development of basic qualities (most often aerobic endurance and maximum muscle strength) and basic technical components;

2) transmutation block is intended for the development of more specific qualities and the transformation of the accumulated potential into the specificity of this sport. The main targets of training exposure are special (aerobic-anaerobic or anaerobic) endurance, strength endurance, technical and tactical training;

3) realization block is designed to directly prepare for the upcoming competitions. It includes a relatively high amount of speed exercises (speed-strength), as well as exercises that simulate competitive activity.

The practical implementation of the ideas of block training planning allows to reduce the total annual volumes of training work significantly, since its formation is more targeted and balanced [3].

Polish specialist H. Sozansky forms 10 general patterns in the direction of improving the technology of training under modern conditions of sports development. The most important ones are the following:

a) selection of candidates in accordance with the model characteristics;

b) the phenomenon of sports globalization, which consists in attracting the best foreign professionals to work with national teams;

c) determining the optimal way to achieve the goals through targeted training planning (forecast-program-plan);

d) a systematic approach to understanding multiple components and interdependence of the process of training highly qualified athletes;

e) structuring the preparation process [9].

As a priority in improving the effectiveness of training athletes, V.M. Smolevsky positions a centralized approach to the organization of the training process.

Positive aspects of centralized training are the use of the best facilities, i.e. gyms, stadiums, etc., the exchange of experience and application of advanced coaching and training methods, the concentration of specialists’ efforts in various fields (coaches, doctors, scientists), the ability to monitor the progress of the team and its participants, modeling situations in preparation for the competition, selecting a team and practicing tactical performance tasks in competitions, creating a healthy socio-psychological climate and psychological compatibility of team members [8].

A.A. Novikov proposes to proceed to a new level of quality training for highly qualified athletes based on the basic systems, including the following subsystems:

a) forecasting;

b) modeling and selection of candidates for national teams and for participation in major international competitions;
c) training, competition and targeted recovery as a single pedagogical process;
d) logistics of the training process, competitions and recovery;
e) increasing the special knowledge and pedagogical skills of coaches and the level of self-improvement of athletes.

Each of the subsystems has its specific content and solves the corresponding problems [6]. The theoretical foundation of the complex psychological and pedagogical training of athletes by I.F. Andrushishin is “the idea of the pedagogization of sciences by the Soviet psychologist K.K. Platonov, based on the principle of the interaction of sciences." The main essence of this system is to achieve a higher degree of utilization of the possibilities of psychological science in indissoluble unity with the pedagogical knowledge, means and methods of development, education, coaching and improvement in the training of athletes [1].

**Conclusion.** The study of the ways of improving athletes’ training proposed by the authors is generally based on the results of experimental studies and many years of practical experience, therefore, a coach engaged in training athletes should be guided by the theoretical principles that most closely match his conditions and capabilities.

**References:**


PHYSICAL REHABILITATION FOR OSTEOCHONDROSIS OF THE LUMBAR SPINE OF MIDDLE-AGED WOMEN USING BLOCK TRAINING SIMULATORS

L.S. Samokhina, Moscow State Academy of Physical Education, Department of Theory and Methods of Physical Education and Sports, Malakhovka, Russia
O.V. Shagova, Moscow State Academy of Physical Education, Department of Theory and Methods of Physical Education and Sports, Malakhovka, Russia
V.S. Spasova, Moscow State Academy of Physical Education, Department of Theory and Methods of Physical Education and Sports, Malakhovka, Russia
K.S. Dunaev, Moscow State Academy of Physical Education, Department of Theory and Methods of Physical Education and Sports, Malakhovka, Russia
D.S. Lisitsyn, Moscow State Academy of Physical Education, Department of Theory and Methods of Physical Education and Sports, Malakhovka, Russia
A.O. Kalagur, Moscow State Academy of Physical Education, Department of Theory and Methods of Physical Education and Sports, Malakhovka, Russia
P.A. Belikov, Russian State University named after A.N. Kosygin (Technology. Design. Art), Department of Physical Education, Moscow, Russia
A.M. Groshev, «Arrow» Branch of Moscow Aviation Institute (National Research University), Department of Humanities and Social Sciences, Zhukovsky, Russia
G.S. Komolova, Institute of Biochemistry named after A.N.Bach, "Fundamentals of Biotechnology" Federal Research Centre of Russian Academy of Sciences, Laboratory of Molecular Engineering, Moscow, Russia
Osteochondrosis is one of the most severe forms of degenerative spinal injury. This disease affects people of the working age, leading to a reduced capacity to work efficiently. Clinical picture of the disease includes the limitation of mobility of the lumbar spine, the absence of lumbar lordosis (bending the spine forward), the development of a mainly antalgic, reflex pain scoliosis, the tension of the lumbar muscle and the long back muscle, the presence of pain points of the paravertebral zones on the transverse processes of the IV and V vertebrae, weakness and hypotrophy of gluteal muscles and hip muscles, a decrease in their periosteal and tendon reflexes, impaired sensitivity of the rootlet type, vegetovascular disorders.

Modern person is characterized by a sedentary lifestyle. Of all muscle groups, the back and neck muscles, as well as the abdominal muscles are used to a greater extent, retaining and maintaining our working and household poses with their small but constant static tension. Therefore, the search for prophylactics and the most effective treatment is relevant not only from the medical point of view, but should also be considered as one of the important aspects of the socioeconomic problem of increasing labor productivity and employees' health.

Treatment of osteochondrosis of any localization (cervical, thoracic, lumbar) requires the complex use of various means, among which an important place is occupied by methods using physiotherapy, exercise therapy and various types of massage [1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14].

Complex effect of the corrective gymnastics in combination with the workout on block training simulators and massage is insufficiently studied.

**Keywords:** osteochondrosis of the spine, lumbar spine, pain syndrome, muscular imbalance, corrective gymnastics, block training simulators, massage.

**Relevance of the topic.** In the life of a modern person, the imbalance between active physical activities and static loads leads to decrease in the tonus of the muscular system of the spine, as well as weakening of its spring function. Therefore, the increasing axial load on the intervertebral discs and the ligamentous apparatus of the spine create conditions for their microtraumatism. The fibro-cartilaginous autoantigens, which appeared during macrotraumatization, can lead to disk degeneration and change in oxidation-reduction processes. With age, especially among middle-aged women, there is a gradual densification and drying of all elements of the disk - the nucleus, fibrous ring
and hyaline plate, especially among people engaged in sedentary mental work. In this regard, prevention and treatment for women suffering from spinal osteochondrosis is urgent.

**The study aims** to improve the process of physical rehabilitation of the middle-aged women suffering from osteochondrosis of the lumbar spine, using massage, corrective gymnastics, strength exercises on block training simulators.

**Scientific novelty.** The technique of physical rehabilitation of the middle-aged women with osteochondrosis of the lumbar spine, using massage, corrective gymnastics, and strength exercises on block training simulators has been developed and scientifically justified.

**Practical significance.** The developed technique of physical rehabilitation of the middle-aged women suffering from osteochondrosis of the lumbar spine, using block training simulators allows to increase significantly the indices of the functional state of the musculo-ligamentous apparatus of the spine and improve the quality of life. In this regard, the proposed method can be recommended for implementation in rehabilitation centers and other treatment and prevention institutions.

**Objectives of the study:**
- To study the dynamics of the functional state of the musculo-ligamentous apparatus of the lumbar spine of the middle-aged women suffering from osteochondrosis of the lumbar spine.
- To develop a comprehensive method of physical rehabilitation for the middle-aged women suffering from osteochondrosis of the lumbar spine, using massage, corrective gymnastics, strength exercises on block training simulators.
- To substantiate experimentally the effectiveness of a comprehensive method of physical rehabilitation, using massage, corrective gymnastics, strength exercises on block training simulators for the middle-aged women with osteochondrosis of the lumbar spine.

**Methods of the study.** The following research methods were used for an objective assessment of the effectiveness of the developed complex physical rehabilitation technique: analysis and generalization of scientific and methodological literature, pedagogical observation, questionnaire, motor tests - to determine the functional state of the musculoskeletal apparatus of the lumbar spine (static endurance of the back and abdominal muscles, lateral mobility of the spine), pedagogical experiment, mathematical and statistical processing of the data obtained. In our opinion, these are the tests that most fully reflect the characteristic changes in the lumbar osteochondrosis that occur when using the complex technique of physical rehabilitation that we proposed.

20 middle-aged women with osteochondrosis of the lumbar spine participated in the pedagogical experiment. To assess the effectiveness of the proposed method, all test subjects were divided into two groups: experimental and control (10 people each). In the experimental group, the developed
technique of physical rehabilitation, using massage, corrective gymnastics, strength exercises on block training simulators was applied.

The method of remedial physical education includes two periods: preparatory and basic, consistently solving the following tasks: elimination of pain syndrome, preparation of functional systems for exercise, increased mobility of the spine, strengthening of the muscular system, restoration of trophic and muscle strength, restoration of lost functions.

All gymnastic exercises were carried out in facilitated initial positions (lying on your back, lying on your stomach, lying on your side, on all fours) and aimed at relaxing and stretching the strained muscles of the waist and back, as well as increasing the mobility of the lumbar spine. All the strength exercises on the block training simulators were mainly aimed at strengthening and developing the muscular and the bag-and-ligament apparatus. The massage was performed in the back and waist regions, also covering the gluteus muscles. The massage techniques were mainly aimed at relaxing the muscles, as well as normalizing the muscle tone in the affected segments of the lumbar spine. The duration of the manual massage was 7-10 minutes.

In the control group, the classes were conducted according to the traditional method of therapeutic gymnastics. When processing and analyzing the obtained experimental data, the generally accepted methods of mathematical statistics were applied.

**Organization of the study.** The research was carried out at the Department of Adaptive Physical Education and Sports Medicine of Moscow State Academy of Physical Education. The pedagogical experiment was conducted in the "Spine and Joint Treatment" rehabilitation center in Lyubertsy, Moscow region. The duration of the experiment was 6 months.

**Results of the study and their discussion.** To substantiate the effectiveness of the physical rehabilitation method proposed by us, the indices of the functional state of the neuromuscular system and the function of the spine were assessed during the pedagogical experiment (see Table 1). The obtained results show that all the test subjects have virtually identical initial indicators of the functional state of the musculoskeletal apparatus of the spine.

**Static endurance for the back and abdomen muscles.** It is known that dystrophic changes in the long muscles of the back, waist, pelvis and a gradual decrease in their strength are observed with lumbar pains. These changes during labor activity lead to a fast onset of weariness and increased fatigue in the muscles of the lumbar spine, as well as a constant desire to "unload" the spine.
Table 1. The dynamics of the studied indicators in the main and control groups during the pedagogical experiment (M ± m)

<table>
<thead>
<tr>
<th>Studied indicators</th>
<th>Experimental group (EG)</th>
<th>Control group (CG)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Before experiment</td>
<td>After experiment</td>
</tr>
<tr>
<td></td>
<td>Abs. val.</td>
<td>%</td>
</tr>
<tr>
<td><strong>Static endurance of back muscles (sec)</strong></td>
<td>25.7±2.4</td>
<td>37.4±35*</td>
</tr>
<tr>
<td>Reliability of difference t</td>
<td>2.84*</td>
<td>&lt; 0.05</td>
</tr>
<tr>
<td><strong>Static endurance of abdominal muscles (sec)</strong></td>
<td>24.3±2.1</td>
<td>38.8±41*</td>
</tr>
<tr>
<td>Reliability of difference t</td>
<td>2.65*</td>
<td>&lt; 0.05</td>
</tr>
<tr>
<td><strong>Body tilt (cm):</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>- to the right; - to the left; - tilt forward</td>
<td>6.8±1.8</td>
<td>5.4±1.6</td>
</tr>
<tr>
<td>Reliability of difference t</td>
<td>2.73*</td>
<td>&lt; 0.05</td>
</tr>
</tbody>
</table>

**Note:** The asterisk marks indicators that have significant differences between the control and experimental groups at (p <0.05).

Statistical endurance for the back muscles was assessed by the time of keeping the upper and lower halves of the body ("the boat") in the lying-on-the-stomach position. The static endurance of the rectus abdominal muscles strength was evaluated by keeping the straight legs at an angle of 45 degrees in the lying-on-the-back position.

The analysis of the initial indices of the static endurance of torso and abdomen muscles made it possible to establish that all test subjects had these indices significantly reduced compared to practically healthy people. Thus, for example, the average static endurance indices of the back muscles in the experimental group was 25.7 seconds, and in the control group - 23.9 seconds, on average. The average static strength endurance indices of the abdominal muscles in the experimental group were 24.3 seconds, in the control group -23.8
seconds, which, according to the evaluation of the functional strength of the extensor muscles of the spine and the rectus abdominal muscles, is regarded as the weakness of these muscles and indicated pronounced weakness of the tested muscles of the middle-aged women suffering from osteochondrosis of the lumbar spine.

The results of the test exercise, characterizing the functional state of the muscles of the lumbar spine, indicate a tendency to increase the studied indicators in both groups after the pedagogical experiment. A more pronounced increase in the indices was noted in the experimental group.

The implementation of an integrated method of physical rehabilitation using block training simulators has made it possible to achieve a significant increase in the strength of the back and abdominal press muscles. Observations showed that in persons occupying the experimental group the static strength endurance of the muscles of the back.

Figure 1 shows that during the study period, compared with the initial data, the static strength endurance of the back muscles in the EG improved by 11.7 seconds (15.5%), in the CG - by 4.5 seconds (7.5%).

![Figure 1. Dynamics of static strength endurance of the back (sec.)](image)

Static strength endurance of abdominal muscles in the EG improved by 14.5 seconds (59.7%), in the CG - by 13.3 seconds (55.9%), which confirms with certainty the effectiveness of the proposed method of physical rehabilitation in the main group (p <0.05).
Figure 2. Dynamics of static strength endurance of abdominal muscles (sec.)

The statistical comparison of the average results showed an improvement in the static strength endurance of the back and abdominal press muscles between the experimental and control groups which indicates a significant difference (p < 0.05).

**Mobility of the lumbar spine.** The volume of movements in the lumbar spine is one of the leading factors characterizing the functional state of the musculo-ligamentous apparatus of the spine. The initial indices of the spinal column mobility in the lumbar-sacral region in the frontal and sagittal planes indicate a decrease in the amplitude along both axes. At the beginning of the pedagogical experiment, the difference between the indices of the spine mobility to the sides was 6.8 cm on average in EG and 6.5 cm in CG. After the course of physical rehabilitation, the spinal mobility improved, both in the sagittal and frontal planes. The analysis of the lateral mobility indices of the spine at the end of the pedagogical experiment showed positive changes in both groups, however the difference between the lateral mobility indices of the spinal column decreased by 5.5 cm (80.9%) in EG, and by 2.2 cm (33.8%) in CG.
The presented data indicate a significant improvement in the lateral mobility of the spine and a decrease in muscle spasm.

The presented data indicate a significant decrease in muscular imbalance and a functional state improvement of the musculoskeletal apparatus of the spine among EG patients.

The average indices of the spinal column mobility when tilted forward at the beginning of the pedagogical experiment were, on average, 16.9 cm in EG and 16.5 cm in CG.

According to the data obtained at the end of the pedagogical experiment, the mobility of the spine when tilted forward improved by 11.1 cm (81.1%) in EG, and by 7.1 cm (34.2%) in CG, which credibly confirms the
effectiveness of the proposed physical rehabilitation technique of the patients in the experimental group.

![Graph showing spine mobility forward](image)

**Figure 5. Dynamics of spine mobility forward (cm).**

The effectiveness of the integrated implementation of physical rehabilitation was determined by a 4-point system: "significant improvement", "improvement", "no improvement", "deterioration". "Significant improvement" was a stable disappearance of radicular and cerebral vascular dysfunction, "improvement" was the disappearance of most of the symptoms disturbing the patient. The state of "no improvement" was the absence of any dynamics, "deterioration" was the occurrence of the new symptoms that had not previously disturbed the patient, or the strengthening of the existing ones. As a result of the treatment, a significant improvement. The obtained results show that the developed method of physical rehabilitation using the massage, corrective gymnastics and block training simulators is applicable in treatment and prophylactic institutions to patients suffering from lumbar osteochondrosis. It is necessary to apply massage, corrective gymnastics and block training simulators in combination with other methods of treatment.

The obtained results show that the complex method of physical rehabilitation using classical massage, corrective gymnastics and block training simulators is more conducive to improving the indices of the functional state of the test subjects with the signs of lumbar osteochondrosis than the traditional classical method of physical rehabilitation with the use of only physical therapy. Evidently, the integrated use of physical rehabilitation (massage, corrective gymnastics, block training simulators), characterized by a deeper mechanical effect on the human body, is the reason for emergence of a more powerful flow of impulses in the cerebral cortex from the receptors of the muscular and the bag-bound apparatus. Thus, the integrated application of physical rehabilitation methods can be used as a means to prevent osteochondrosis of the lumbar spine.
and its exacerbations among the middle-aged women engaged in mental work in a predominantly seated position.

The technique of medical physical training for the middle-aged women suffering from osteochondrosis of the lumbar spine was developed. It includes therapeutic gymnastics, workout on block training simulators, massage. The introduction of the developed technique allowed to increase the mobility of the spine: when tilted forward, the improvement of indices was 81.1%, when tilted to the right side - 80.9%; when tilted to the left - 77.8%; to improve the static strength endurance of the back muscles by 15.5% and the static strength endurance of abdominal muscles by 59.7%.

References:


THE CONCEPT OF B2B MARKETING

Anna Yolyan, ASUE Lecturer, Doctor of Economics, Armenia, Yerevan

Abstract
It should be noted that social media marketing has made B2B advertising so much easier – yet most companies in the space just don’t see it. In B2B, you know exactly who you’re targeting.

Keywords: Marketing, B2B companies, traditional advertisement, strategy, purchasing decision, social media.

B2B marketing, or business-to-business marketing, refers to the marketing activities of one organisation towards another. Alternatively, B2C marketing, or business-to-consumer marketing, focuses on the consumer. B2B companies are more or less businesses supporting other businesses, offering them everything they need in order to operate and grow. This may range from pay-out systems for payroll workers, but also supply of large industrial machines or office supplies [1].

B2B marketing focuses on the marketing processes of a business when directly selling and supplying other businesses or organisations. Although B2B marketing techniques are based on the same principle as B2C marketing, there are slight differences in terms of their implementation. After all, consumers base their decisions on different aspects than businesses. Whereas consumers are tempted by emotional triggers such as popularity, B2B buyers often make decisions purely based on profit potential. However, just like B2C marketing, B2B marketing campaigns are aimed at people; more specifically the people who influence the purchasing decisions of a business.
Table 1-The differences of traditional advertisement and B2B Marketing\(^1\) \([2]\)

<table>
<thead>
<tr>
<th>Types</th>
<th>Positive</th>
<th>Negative</th>
</tr>
</thead>
<tbody>
<tr>
<td>Traditional advertisement</td>
<td>the stakes are greater when a business tries to bring in another business as customer than when a business tries to lure a single consumer as a customer</td>
<td>B2B marketing is no more complex or complicated than other marketing techniques</td>
</tr>
<tr>
<td>B2B Marketing</td>
<td>- The goal of many B2B businesses is to establish positive and sustainable customer relationships. - B2B marketer gives sufficient evidence of a high level of knowledge and expertise in the interactions with its potential customer</td>
<td>The price negotiations are often a lot more intensive, and much attention is paid to after-sales services.</td>
</tr>
</tbody>
</table>

Generally speaking, it is said that a business purchasing from another business is better informed than when a consumer makes a purchase. It is therefore crucial that the B2B marketer gives sufficient evidence of a high level of knowledge and expertise in the interactions with its potential customer. They must have sufficient product knowledge, but also technical and social knowledge that stimulates a sustainable relationship with the customer.

Buyers at a business often do this according to strict guidelines. This is why these buyers are believed to act more rationally in their buying behaviour than regular consumers. Products acquired by businesses require thorough and expert research. Naturally, an aircraft manufacturer does not choose which aircraft engines it wants based on colour alone. Their decision will depend on a series of technical requirements, productivity issues, and safety aspects. Consumers are often less interested in technical aspects. For example, they want to know how fast their new car can go, and are less interested about the technical workings behind this.

The size and value of different B2B customers may also vary greatly. As a result, marketing techniques are adapted accordingly. In absolute numbers, there are far fewer customers in B2B marketing than in B2C marketing, and thus fewer people or businesses that can be approached. The size of orders, on the other hand, is many times larger than in the consumer market. Negotiations

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about price and conditions are also a lot more common in the B2B marketplace than in the B2C marketplace, such as:

1. Customer Relations: Although often taken for granted, many customers leave an organisation due to a lack of customer contact or assistance. Achieving a high level of loyalty with customers is crucial to getting them back as regular customers. Generally speaking, customer relations in B2B marketing are comparable to those in B2C marketing. The selling organisation will often offer various tools, such as a FAQ, helpline, or mobile applications that provide important information.

2. Communication with the customer is very important here. Customer contact takes place at several moments. For example, there is often a meeting following the very first contact. This meeting summarises the initial talks and agreements. This is subsequently followed by a period in which a potential deal is concluded. Customer contact is highly important during this period. Customers must be able to contact the supplier if they have questions. Even when the deal has been concluded, contact is often maintained. The customer is thanked for their pleasant cooperation and various ways of continuing the partnership in the future are suggested. Moreover, businesses often send their customers a message during holidays.

B2B customer relations are complex. A constant flow of communication and mutual trust and respect is important. Naturally, this requires a lot of effort and honesty. If the seller makes a mistake, he must openly admit this and not wait until the last moment. It is also important that the seller doesn’t make empty promises or exaggerates the specifications of his product or service.

![Figure 1. The structure of B2B](image-url)
Let’s analyze the structure of B2B:

There are many approaches to B2B marketing. The most effective ones differ per industry. For example, whereas a certain communication channel may be effective in one industry, it may fail in others. There is some overlap here with the concept of Digital Marketing, such as:

1. **Blogs:** B2B marketing also often involves the use of content marketing. Various studies have shown that publishing certain content generates more traffic towards the selling organisation. In addition to blogs, videos, articles, and info-graphics are also often used.

2. **SEO:** Search Engine Optimisation (SEO) is still considered one of the best B2B marketing channels. B2B marketers use SEO to attract consumers who use the Internet to search for information related to a certain product or service. Since the first five results of an online search engine generate the most clicks, it is important to rank high in a search engine’s algorithm.

3. **Social Media:** Although social media isn’t often used as a direct channel for communication, it can certainly help organisations stimulate more consumer involvement. For instance, social media can be used to observe customers. Subsequently, various customer needs and requirements can be derived from this.

   - **Email:** Although less popular nowadays, email is still widely used. In fact, companies invest a lot of money in high-quality email marketing strategies. In online rankings, this form of marketing performs best in almost all industries. It generates the most income, especially for companies in production or logistics.

   - **Events:** Events are a fairly traditional way of approaching potential customers. However, in technical industries they are still very important. For example, during physical demonstrations of advanced technical equipment, all details and specifications can be addressed in the direct presence of interested consumers.

As the conclusion it should be noted that social media marketing has made B2B advertising so much easier – yet most companies in the space just don’t see it. In B2B, you know exactly who you’re targeting.

So, there isn’t one answer for everybody, but here are five recommendations to help guide your thinking:

1. Designate someone to own the Voice of the Customer

When I say “customer” in this context I mean both existing customers and prospects. Someone (or a team or people depending on the size and complexity of your company and go-to-market strategy) needs to own the Ideal Customer
Profile (ICP) as well as the key personas that make up the internal buying committee at those current & potential customers.

2. Dedicate someone to own attribution
This is probably someone in marketing operations, but I believe the question of attribution and Marketing Performance Management (MPM) has become critical enough to the future value and ROI of B2B marketing organizations that dedicated resources need to be applied right away.

3. Separate marketing programs from operations
Create a team of people who create marketing campaigns that gives execution direction/guidance to a team that executes those campaigns. In larger marketing organizations I increasingly believe these need to be separate teams and resources, not because one team can’t or shouldn’t do the other job but because this structure creates more seamless, integrated campaigns across channels.

4. Create a single, integrated revenue operations team
This is more difficult as you’ll likely need to combine resources between sales and marketing (often separate budgets) into a single cohesive unit. But only when you combine the teams, tools and budgets can you successfully align the buying journey into a single path, enabled through a more integrated set of tools and processes.

5. Campaigns first, field marketing integration and translation/localization second. Too often we give field marketing teams objectives and let them translate programs and execution locally. This creates a massive amount of inefficiency and often dissonant campaigns and messages. Instead, consider having a centralized team that develops campaigns that are then translated by the regional and field units. This creates far greater synergy and efficiency, plus allows your in-market field resources to focus on more effective execution.

References:
PECULIARITIES OF THE APPLICATION OF PUBLIC-PRIVATE PARTNERSHIP IN THE UK

Gor Sargsyan, Armenian-Russian University, PhD Student

Abstract
Great Britain remains the European flagship not only for scale-ups of PPPs schemes, but also with a degree of diversification of different directions of the use of such investments in the whole economy. Under the modern conditions, British business has the full range of experience involved in PPPs contracts, including financial and legal issues and management aspects of such projects. In the implementation of PPPs mechanisms, Great Britain has been and continues to be one of the leaders in the world, and any country that is going to exploit the PPPs economy should prioritize the British experience to avoid the possible risks and the errors.

Keywords: public-private partnerships, developed market, lifecycle principle, national-level infrastructural and social projects.

In the world practice, public-private partnerships (PPPs) are used to attract private companies to manage a wide range of long-term financing and PPP facilities.

When designing PPPs, the choice of primary orientation largely depends on the level of economic and social development and the priorities of a particular country or region. The diversity of forms, types and application of public-private partnerships is combined in a comprehensive tool for addressing long-term issues in a variety of areas of activity, ranging from national-level infrastructural and social projects to adaptation and specially promising technologies for growth points just wherever they are located extensive human capital and scientific potential.

PPPs development in the world can be divided into three stages, which are presented in Table 1.
Table 1 - Stages of public-private partnership development

<table>
<thead>
<tr>
<th>The level of PPPs development</th>
<th>Characteristics</th>
</tr>
</thead>
<tbody>
<tr>
<td>First Phase</td>
<td>formation of PPPs Policy Framework; Development of basic concepts; start of PPPs services market construction; Determination of priority projects.</td>
</tr>
<tr>
<td>Second Phase</td>
<td>Formation of PPPs structures; Formation of normative-legal base; Expansion of a number of projects by joining new sectors of the economy; Publication and preparation of practical manuals.</td>
</tr>
<tr>
<td>Third Phase</td>
<td>PPPs models are diversified and improved; The legal barriers to elimination of PPPs are eliminated; The flow of PPPs contracts is recorded; The range of investors is expanding in infrastructure, including insurance, pension and private funds.</td>
</tr>
</tbody>
</table>

Today, only the UK, Australia, South Korea and Ireland, which has recently embarked on this third phase, are in the third stage of PPPs development. In the second round, the vast majority of developed European countries, such as Germany, France, Spain, Italy and other countries of the world, such as USA, Canada, New Zealand, Japan and Russia. The initial phase of PPPs development is the first stage in Latin America, Eastern Europe, and other CIS countries.

Analysis of implementation of public-private partnership programs in the "Big Seven" countries

The concept of public-private partnership is widely used in the countries with developed market economies as well as in the countries with established traditions of effective interaction between the state and the private sector. However, there are some differences in the organization of PPPs in different countries, regardless of the similarity of common approaches. For example, in the Anglo-Saxon world, three different competitions for construction, design and management are held to select the private partner. In France, on the contrary, is the common competition for all kinds of services and works. The practice of using PPPs in some Western European countries shows
that this mechanism is used when business and the state have mutual interests, but they are not able to function independently and fully independently.

Russian scientist S. Balashov, exploring the attempts to use foreign PPPs projects, states that different countries have priorities in their field, such as in the US, roads (89% of all projects), in the UK, health (all 35% of projects) and education (32% of all projects), Germany (43% of all projects), and in Italy, France and Canada in healthcare:

Recently, PPP projects in some countries have emerged in those areas that were formerly considered as exclusive jurisdictions of the state. Thus, PPP systems in the United States, the UK and Germany combine the advantages of state planning with a particular interest in the implementation of national projects in space exploration.

In the modern world economy development, the need to identify the most significant areas of PPPs emerges in general for each state. The involvement of the investments in almost all spheres of the state economy is almost impossible, in this case, the spheres in which investments are needed first of all. In the sectors with different levels of economic development, in which the government believes that the private sector should be invested, it is diverse.

The analysis of foreign projects in the countries with different economic developments, which have been carried out with the help of public-private partnership mechanisms, has shown that such partnerships are successfully used in transport (motorways, ports and airports, railways, pipelines) and social infrastructures (education, health, entertainment and tourism), housing and public utilities (electricity, water supply, gas supply, etc.) The cleaning, etc.) and other sectors (defense, prisons, military-oriented facilities).

By analyzing the use of PPPs projects in the different countries, the overall picture, depending on the economic and social development of the state, will be changed, considering the UN classification.

Compared to Figures 1-2, we found, that in the comparison with the Commonwealth, the transport infrastructure projects were far from leading positions. In the "Greater Seven" countries, healthcare, education and motorways (see Table 2) occupied the first and the third places.

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Figure 1 - illustrates the use of PPPs schemes in the Greater Seven countries (USA, Canada, Great Britain, France, Germany, Italy, Japan) according to the economy.

Figures 2- The application of PPP projects in G7 countries by sectors for year 2017
Table 2. The number of PPPs programs implemented in the Seven Sectors by sectors

<table>
<thead>
<tr>
<th>Sector</th>
<th>Roads</th>
<th>Public Health</th>
<th>Education</th>
<th>Infrastructure</th>
<th>Pollution</th>
<th>Power</th>
<th>Transport</th>
<th>Social Housing</th>
<th>Street Lighting</th>
<th>Utilities</th>
<th>Waste Utilization</th>
<th>Water Facilities</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Great Britain</td>
<td>12</td>
<td>123</td>
<td>113</td>
<td>18</td>
<td>18</td>
<td>0</td>
<td>1</td>
<td>0</td>
<td>9</td>
<td>1</td>
<td>2</td>
<td>22</td>
<td>14</td>
</tr>
<tr>
<td>USA</td>
<td>32</td>
<td>0</td>
<td>0</td>
<td>2</td>
<td>0</td>
<td>0</td>
<td>1</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Canada</td>
<td>10</td>
<td>14</td>
<td>1</td>
<td>9</td>
<td>0</td>
<td>3</td>
<td>0</td>
<td>1</td>
<td>0</td>
<td>1</td>
<td>1</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>France</td>
<td>5</td>
<td>12</td>
<td>0</td>
<td>4</td>
<td>1</td>
<td>3</td>
<td>0</td>
<td>2</td>
<td>0</td>
<td>3</td>
<td>1</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Germany</td>
<td>10</td>
<td>3</td>
<td>24</td>
<td>12</td>
<td>1</td>
<td>0</td>
<td>1</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>3</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Italy</td>
<td>23</td>
<td>32</td>
<td>0</td>
<td>6</td>
<td>0</td>
<td>5</td>
<td>0</td>
<td>12</td>
<td>2</td>
<td>1</td>
<td>1</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Japan</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Total</td>
<td>92</td>
<td>184</td>
<td>138</td>
<td>51</td>
<td>20</td>
<td>13</td>
<td>2</td>
<td>1</td>
<td>25</td>
<td>2</td>
<td>9</td>
<td>5</td>
<td>22</td>
</tr>
</tbody>
</table>

Such distribution of economic sectors is not surprising, if we take into account the peculiarities of the economic and social development of this group of states. A more detailed study of foreign experience has shown that every country of the G-8 has its own particular priority in the use of PPPs mechanisms. Thus, in the US, such highways are used for highways in the UK, health and education, in Germany, in education, in Italy, in France and in Canada.

While studying the experience of individual countries in this category, special attention should be paid to the UK, as long as that state is considered an indisputable leader in the use of PPPs mechanisms, which is confirmed by the distribution of projects between the Greater Seventh (Figure 3).

The public-private partnership in the UK began its rapid development with the launch of the Private Finance Initiative in 1992, but the idea of private capital attraction emerged from the 1980s to finance the most significant projects (usually funded by urban or state means) early years.

The British Government actively uses the concept of PPPs-sharing and partnership between private business and the state in the form of infrastructure development and attracting private investment in the provision of services, which results in a reduction in the financial burden on the state budget.

PPPs is applied where private companies can solve state issues, even better, and sometimes better than abbey, the state itself. Such a performance enhancement is achieved:

- With a competent distribution of risks and problems,
- Through the application of the lifecycle principle,
- Improvement of promotion tools.
Figure 3- Sectors, where PPP projects are implemented in G7 countries for year 2017

PPPs concept in the UK is practically implemented in many cases in the form of MFIs. It emerged as a result of multi-year British government searches that sought to raise the quality of public service delivery, minimizing public spending for these purposes.

The most specific features of the IFC Program are: projects are viewed from the point of view of how their implementation will help to improve the quality of life of the population and not the state's acquisition of new assets. the private sector takes on certain long-term liabilities for asset servicing or provision of services, and the state takes on the long-term obligations of supplying goods or services. An essential part of the project risk is also taken by the private sector. As a major criterion used when deciding on the implementation of PPPs, it serves as a value-for-money assessment.

Conclusion

Great Britain remains the European flagship not only for scale-ups of PPPs schemes, but also with a degree of diversification of different directions of the use of such investments in the whole economy. Under the modern conditions, British business has the full range of experience involved in PPPs contracts, including financial and legal issues and management aspects of such projects. In the implementation of PPPs mechanisms, Great Britain has been and continues to be one of the leaders in the world, and any country that is
going to exploit the PPPs economy should prioritize the British experience to avoid the possible risks and the errors.

References:
Ivannikov I.A.

THE PROBLEM OF LAW AND STATE POWER IN THE PHILOSOPHY OF LAW OF RUSSIAN EMIGRATION IN THE FIRST HALF OF THE TWENTIETH CENTURY

Ivannikov Ivan Andreevich, Doctor of Law, Doctor of Political Sciences, Professor, Professor of the Theory and History of State and Law Department of the Southern Federal University

Abstract

The philosophy of the right of the Russian emigration has not been studied enough. The article attempts to prove that the Russian philosophy of law abroad after 1917 took place as a part of the Russian philosophical and legal thought, freely, without censorship, which investigated the problems of the Russian government and law. The purpose of the article is to identify the problems and specifics of research in the Russian émigré philosophy of law after 1917 and up to the 1950s. Russian philosophers of law N.N. Alekseev, I.A. Ilyin, E.V. Spektorsky and others continued to study the traditions of Russian philosophy of law in the second half of the nineteenth and early twentieth centuries abroad: problems of the relationship between freedom and law, power and freedom, law and justice. In Russian foreign philosophy of law, not only the outcomes of the Russian revolutions of the early twentieth century, the civil war and the practice of socialist and communist construction in the USSR, the fate of Russian society, state power and law understood were presented, but also the author’s projects of possible models for the development of Russian society, right after the collapse of communism were given. Russian philosophy of law abroad arose in the new geographical conditions, in isolation from Russian natural conditions as well as in isolation from historical Russia, tried to analyze the problems of freedom, law and power in Russia. They interpreted the results of the Russian revolutions, the civil war and the practice of socialist and communist construction in the USSR. On the basis of their generalizations, they made forecasts for the development of the Russian state.
and law. According to the author, modern philosophy of law in Russia should develop taking into account Russian foreign studies of the first half of the twentieth century, which provide an opportunity to understand the crisis phenomena of the perestroika period and the 1990s and predict the prospects for the development of Russian law and state power.

**Keywords:** legal philosophy; Russian abroad; government; religion; morality; right; legal conscience; N.N. Alekseev; I.A. Ilyin; E. V. Spectorisky.

In the second half of the 19th – early 20th century, Russian jurisprudence gained experience in the study of the interaction of morality, law and religion, the relationship between law and freedom, justice and law. However, these ideas developed under the influence of foreign philosophical and political-legal thought, primarily German. Boris Valentinovich Yakovenko (1884-1948) wrote: "We don’t and never have been in the realm of philosophy in the direct sense of the word of the national Russian tradition". In 1915, B.V. Yakovenko noted that in the future, Russian philosophy may emerge, which will be referred to as "... about modern German, American, English and Italian philosophy". This can be also said about the development of such section of philosophy as philosophy of law. Getting acquainted with the legacy of the Russian foreign philosophy of law of the twentieth century, we can say that the Russian philosophy of law as a set of theoretical teachings on law has taken place. Of course, from the beginning the XIX century Russian philosophy, as well as Russian philosophy of law was influenced by German philosophy. And only in the second half of the XIX century, the first philosophical and legal works of V.S. Solovyov, N.M. Korkunova, B.N. Chicherina, S.A. Muromtseva, L.I. Petrazhitskogo, L.N. Tolstoy appeared. V.S. Soloviev (1853-1900) considered law as a "synthesis of freedom and equality". This synthesis represents the essence of natural law. Already at the beginning of the twentieth century, the problem of the relationship between law, morality and religion was examined by A.S. Yashchenko. Taking into account the works of V.S. Solovyov, he creates a synthetic theory of law. A.S. Yashchenko’s right "merges with religion and morality". He saw the difference between law and morality in the fact that law is protected by state power. Like V.S. Soloviev, A.S. Yashchenko believed that the right is the mandatory minimum of morality.

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4 Там же. C. 739.
5 Соловьев В.С. Право и нравственность.// Власть и право. Из истории русской правовой мысли. – Л. 1990. C. 98.
6 Ященко А.С. Философия права Владимира Соловьева. Теория федерализма. Опыт синтетической теории права и государства. – СПб. 1999. C. 174-175.
In Russia, after the revolutions of 1917 and the civil war, there was a break in the developing tradition of the philosophy of law. Many of them began to celebrate the restriction of freedom of thought.

The restriction of freedom has led many scholars to go abroad. The philosophers and lawyers who immigrated, fled and were deported from Russia settled for permanent residence in China, the Czech Republic, Germany, Yugoslavia and other countries. The pre-revolutionary traditions of Russian legal philosophy began to develop abroad. Unlike Soviet researchers, foreign Russian thinkers did not have censorship and could freely discuss the problems of Russian society, state power and law. Their main representatives in Europe are P.I. Novgorodtsev and his students N.N. Alekseev and I.A. Ilyin, N.V. Ustantialov and G.K. Hins in China, L.I. Petrazhitsky left for Poland, E.V. Spektorsky went to Yugoslavia, A.S. Yashchenko remained a defender in Germany. The most prominent representatives of Russian foreign thought who wrote major works on the philosophy of law were E. V. Spektorsky (1875-1951), I.A. Ilyin (1883-1954) and N.N. Alekseev (1879-1964). What these thinkers had in common was that they considered the emergence of law and the state a process, specific to each nation, that there was no political freedom in monarchist states, and state power there was based on religion and the army. However, unlike I.A. Ilyin, E.V. Spektorsky believed that with a Constitution, a state with a republican form of government is more perfect than with a monarchical form of government, even more perfect than a constitutional monarchy, since freedom and order can be established in it. Modern socio-legal states, E.V. Spektorsky considered, should be built on the basis of Christian morality. As a supporter of Christian legal values, he admitted that with the help of the Christian religion, morality and law issues in the political and legal spheres can be solved. In 1925, in Prague one of the main works of E.V. Spektorsky "Christianity and Culture" was published. Culture, according to E.V. Spektorsky, can not exist without an ideology that should be religious. E.V. thought that "... all systems of morality owe their appearance to one or another gods of the East and the West and their faith in them". E.V. Spektorsky noted: "Only Christianity can create a real person" and "... the culture of society begins with the culture of the individual". He also said, “the main works of modern social culture are law, the state and the economy”. All of them, in his opinion, can be assessed from the point of view of the Christian religion. E.V. Spektorsky agreed with those thinkers of the past who believed that law is a product of religion, and not justice (G. Leibniz, Fustel de
Colandj)\(^{11}\). The right is formed from religious feelings. It has no real meaning without religion. Law is considered as a product of the state, private law and criminal law cannot explain much and only the Christian philosophy of law gives all the right answers.

In this E.V. Spektorsky argued as L.N. Tolstoy. E.V. Spektorsky condemns the claims of modern lawyers that "... they are free not only from ethics, but also from religion"\(^{12}\). “A new Jellinek has not appeared yet, which would have made up the Christian system of subjective public rights on a social basis. But such system is both possible and necessary if the state is cultivated in a Christian manner”\(^{13}\). From the foregoing, it can be concluded that E.V. Spektorsky considered that religion, morality and law are interrelated. However, one cannot fully agree with his statement that religion is at the origin of law. Most likely, a custom is at the origin of law.

A major contribution to the development of Russian foreign philosophy of law was made by I.A. Ilyin. He wrote one of the best works on the philosophy of law of the twentieth century "On the Essence of Legal Awareness", which was published after his death in 1956. Some valuable judgments of I.A. Ilyin, which can be found in his work “On the Essence of Legal Consciousness”, he outlined earlier, when in 1922 he wrote an interesting work on the problems of jurisprudence in a crisis of legal awareness throughout the world, and in Russia in particular. I. A. Ilyin pinned his hopes on the doctrine of legal consciousness, with the help of which many problems can be solved. The whole history of political doctrines was seen by him "as the history of doctrines about legal consciousness", about the subjects of law. Among the tasks of legal science was the task of rethinking many concepts and categories of the theory of law\(^{14}\).

He understood his time as the epoch of the great review of events and their revaluation. Moreover, spiritual values should be subjected to revaluation, and then material values. Revaluation of legal consciousness takes the first place, considered I.A. Ilyin, since it is one "... of the great and necessary forms of human life"\(^{15}\). The people must know the right of their state, accept it, and only then will they live in accordance with the law they have adopted. However, the right, in his opinion, has a connection with religion and morality. Religion, law and morality, according to the doctrine of I.A. Ilyin, contribute to the preservation of society, contribute to the formation of mutual respect

\(^{11}\) Там же.
\(^{12}\) Там же. 233.
\(^{13}\) Там же. С. 261.
between people, civil society and state power. Ideally, according to I.A. Ilyin, the foundation must be the mutual trust of the authorities and the people. He described in his works his ideal future of Russia on the basis of the past and the modern Russian people, state power. In his opinion, the political forms of states cannot be the same among different nations, since they have different legal awareness and different historical experience. Legal consciousness of peoples, considered I.A. Ilyin, also depends on the level of development of legal science. He also said, that in those states that have a corrupt jurisprudence, there "... respect for the law is lost". Following the reasoning of I.A. Ilyin, it can be assumed that in Moscow state, when monarchical sense of justice was being formed, and the process of centralization of the state took place at the end of the XIX - early XX centuries, there was a different legal science.

On the relationship of law and religion I.A. Ilyin wrote, that this connection is established with the help of the state. Unification of people into a state is impossible without a definite spiritual state, but, in fact, their sense of justice. Statehood is associated with the religious culture of the population. Religion permeates all social relations, affects the behavior of people and the formation of a natural sense of justice. Without the latter, there can be no striving for natural law, which every believer must recognize. The relationship of law and religion involves their mutual influence. According to I.A. Ilyin "there can be no religion outside the law". A believing person is devoted to perfection and serves him on earth, performing noble deeds. According to I.A. Ilyin "... the very noble forces that are necessary for the prosperity of a noble statehood are awakened in the soul of a religious person". A true religious citizen has a healthy and mature sense of justice, and "... true religion is not hostile to true statehood; it does not lead away from it, but leads to its flourishing". He understood this condition as the connection of the "two kingdoms" in the soul of man. I.A. Ilyin never forgot about the problem of freedom. He noted that a free man thinks little about freedoms. For him, the problem of freedom arises when a person loses his freedom.

N.N. Alekseev worked at the Law Faculty of the Russian University in Prague until its closure in 1931, then lived and worked in Belgrade and even in 1945 received Soviet citizenship, but did not return to the USSR. From 1948 until the end of his life he lived in Switzerland. In his philosophical works, issues of the relationship between law and justice, social and legal ideals were discussed. The question of the legal ideal, he called "one of the questions of the

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16 Там же. С. 268.  
17 Там же. С. 391.  
18 Там же. С. 401  
19 Кам же. С. 402.  
world”21. He saw the future of the Russian state as Orthodox and legal. The state power of this state should be democratic and strong, serve social truth22. N.N. Alekseev considered the system of councils in the USSR democratic. The Soviet state, in his view, had strong power23. He called the Soviets the organs on which Russia's fate depended. The people of Russia "should treat their Soviets as much as their personal economy". These authorities should be elected democratically, consist of deputies who are loyal to the people and implement its mandates. By virtue of this, by N.N. Alekseev "there is no Russia without Soviets"24. In his later works N.N. Alekseev developed the doctrine of a perfect state in which morality plays a large role in regulating people's behavior. The feeling of legitimacy he called moral. The state, in which the population has a developed sense of moral legitimacy, is a guaranteeing state that evolves into a perfect state25.

In the Russian Empire, from the opening in 1726 of the Department of Logic, Metaphysics and Morality in the Russian Academy of Sciences and until the beginning of the twentieth century, no philosophical schools were created. But at the beginning of the twentieth century in Russia, the situation changed. The development of the theory and philosophy of law, interrupted by the revolution and the civil war, began. Its rapid development continued in emigration, but with a changed problematic. In the field of philosophy, the Russian tradition of the philosophy of law continued abroad, reflecting on the new fate of Russian society, state and law. Russian philosophy of law abroad took place as an independent trend, a set of theories about the essence of legal consciousness, definition of law, the relationship of religion, law and morality. The specificity of the Russian philosophy of law abroad lies in the fact that it arose not only in new geographical conditions, apart from Russian natural conditions, but also apart from historical Russia, from the majority of Russian people. All of them considered the people to be the main property of the state. They were worried about the problem of freedom in Russia, the relationship between freedom and law, power and freedom. They interpreted the results of the Russian revolutions, the civil war and the practice of socialist and communist construction in the USSR. On the basis of their generalizations, they

23 Алексеев Н.Н. На пути к будущей России (советский строй и его политические возможности).// Алексеев Н.Н. Русский народ и государство. – М.: «АГРАФ». . 1998. С. 339..
24 Там же. С. 358..

66
made forecasts for the development of the Russian state and law. Some of their predictions contained errors, some were confirmed. At the same time, a lot of things written by them in emigration can be adapted to the modern period into a modern legal education in Russia, into the process of forming the Russian state legal conscience. Almost all Russian emigrants were thinking about repatriation, and N.V. Ustrialov even returned to Soviet Russia (USSR) in 1935. The collapse of the USSR and the rethinking of this tragic event for the majority of its citizens can occur in modern social sciences more fruitfully, if the philosophical and legal works of those who survived the tragedies of the revolution of 1917 and the civil war in Russia of 1918-1921, comprehended the formation and development of Soviet state are taken into account.

References:
Doktorova A.T.

PEOPLE AS SUBJECTS OF AUTHORITY RELATIONS

Doktorova A.T., Russian Federation, Constitutional and Municipal Law, NEFU Faculty of Law

Abstract

The article reviewed approaches to understanding the term "population", its relation to related concepts: "people", "multinational people of the Russian Federation", "peoples in the Russian Federation". The position is grounded that the population at different levels of public authority is represented in various ways as a subject of authority relations. If the population of the Russian Federation participates in the relations of democracy as a part of the multinational people of the Russian Federation and therefore does not possess an independent political personality, then the population of the subjects of the Russian Federation, represented as a set of peoples in the Russian Federation, residing on the territory of the subject of the Russian Federation, is recognized as political personality in the government relations at the level of the subject of the Russian Federation. The same applies to the population of municipalities, represented as a local community, the bearer of the collective right to exercise local self-government. Accordingly, at the level of the subject of the Russian Federation and at the municipal level, the population can directly act as a subject of bringing to responsibility the bodies of the appropriate level of public authority.

Keywords: the multinational people of Russia, people of the subject of the Russian Federation, population of the subject of the Russian Federation, municipal population, democracy, a responsibility before the population

Характеристике субъектов народовластия в науке конституционного права России уделяется постоянное внимание. При этом основным объектом изучения выступает «многонациональный народ Российской Федерации» как первичный субъект, учреждающий государство. В то же время круг субъектов властьотношений многонациональным народом не исчерпывается, в этом качестве могут выступать и «народы в РФ, проживающие на территории субъектов РФ» и «население». В связи с тем, что указанные категории трактуются по-разному как законодательстве, так и в научных трудах, представляется
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актуальным их более подробное исследование и выявление их соотношения.

1. «Народ» и «население» в законодательстве России. 
Народ как субъект конституционно-правовых отношений раскрывается в российской Конституции [1] в различных смыслах:
- «народ» как субъект народовластия на всех уровнях публичной власти (ч.2 и 3 ст.3);
- «многонациональный народ РФ» как носитель суверенитета и единственного источник власти в РФ, учредитель Конституции РФ и суверенной российской государственности (преамбула, ч.1 ст.3);
- «народы в Российской Федерации» как культурно-этнические группы, самоопределившиеся в составе Российской Федерации в рамках субъектов РФ (ч.3 ст.5), как субъекты коллективных прав на сохранение родного языка, на его изучение и развитие (ч.3 ст.68);
- «народы, проживающие на соответствующей территории» как субъекты прав на использование и охрану земли и других природных ресурсов – основы их жизни и деятельности (ч.1 ст.9);
- «коренные малочисленные народы» как субъекты прав в соответствии с общепризнанными принципами и нормами международного права и международными договорами Российской Федерации (ст.69).

В то же время применимо к субъекту права на осуществление местного самоуправления Конституция РФ употребляет понятие «население» (ч.1 ст.130), что обусловлено особой привязкой данного уровня публичной власти к «местам», т.е. в первую очередь «городским и сельским поселениям» (ч.1 ст.131). В то же время при системном толковании указанных конституционных положений в сочетании с ч.2 и 3 ст.3 и ч.1 ст.9 Конституции РФ есть все основания отнести к населению муниципального образования конституционную характеристику «народа» или «народов», «проживающего/проживающих на соответствующей территории». Точно так же и народ/народы в РФ, проживающие на территории субъектов РФ могут быть обозначены одновременно как «население субъекта РФ». Не случайно и Конституционный Суд РФ при характеристике субъектов народовластия в субъектах Российской Федерации употребляет как равнозначные термины: «население субъекта РФ», «народ субъекта РФ».

Примечательно в связи с этим разнообразие в обозначении государственнообразующего субъекта, продемонстрированное в правовых документах, оформляющих принятие Республики Крым в состав Российской Федерации. Так, в Договоре о принятии в Россию Республики Крым говорится о волеизъявлении «народов Крыма»[3]. В Постановлении Конституционного Суда РФ от 19 марта 2014 г. речь идет уже о
«населении Республики Крым»[4], а в принятой после включения Республики Крым в состав РФ Конституции 11 апреля 2014 года [5] – о многонациональном народе Республики Крым, являющемся источником власти в Республике (ч.1 ст.2). На первый взгляд подобные разночтения могут показаться непоследовательными. Однако, возможно, в этих расхождениях есть определенная логика. Волеизявление на вхождение в состав РФ выражены народы, проживавшие на территории Республики Крым, т.е. население Республики. Однако в процессе принятия Республики в состав российского государства, «народы Крыма», изъявившие желание на референдуме вступить в состав России, трансформировались в «многонациональный народ Крыма», уже выступающий как часть многонационального народа РФ.

2. Население субъекта РФ.

Представляется, что федеративный характер российского государства позволяет говорить о наличии на региональном уровне публичной власти самостоятельного коллективного субъекта, обладающего политической правосубъектностью, являющегося частью многонационального народа России и участником отношений в системе народовластия на уровне субъекта РФ. Это народ в субъекте РФ или «народ, проживающий на территории субъекта РФ» или «население субъекта РФ». При этом субъекты РФ по-разному подходят к характеристике субъектов народовластия на своей территории, отсутствует также единая терминология, применяемая к обозначению территориальных коллективов субъектов РФ. К примеру, в Уставах Москвы, Санкт-Петербурга и Севастополя закреплено, что источником власти являются жители города. В Ленинградской и Московской областях публичная власть осуществляется ее населением. Источником государственной власти в Республике Саха (Якутия) является народ, состоящий из граждан всех национальностей. Носителем власти в Республиках Бурятия, Адыгея, Дагестан, Татарстан является их многонациональный народ.

Полагаем, что следует различать понятия «народы, проживающие на территории субъекта РФ» и «народ субъекта РФ». В первом случае речь идет о народностях – культурно-этнических общностях, являющихся частью народа субъекта РФ и соответственно многонационального народа РФ как коллективного государственнообразующего субъекта. Народы, проживающие в субъектах РФ, реализовали свое право на территориальное самоопределение, объединившись в народ субъекта в рамках Федерации. Соответственно, нельзя не согласиться с мнением В.А. Черепанова о том, что именно народ субъекта РФ путем принятия учредительного документа (конституции, устава) учреждает систему органов государственной власти субъекта РФ, избирает законодательный орган и высшее должностное лицо субъекта РФ[6]. При этом и «народы,
проживающие на территории субъекта РФ, и «народ субъекта РФ» охватываются понятием «население субъекта РФ».

3. Заключение

Раскрывая соотношение понятий «народ» и «население» на общегосударственном уровне, нельзя не заметить, что здесь население и народ по своему составу не совпадают. Многонациональный народ России, по смыслу Конституции РФ, является субъектом, обладающим властью, источником всей власти и носителем суверенитета и состоит из лиц, имеющих политико-правовую связь с РФ, независимо от факта проживания на ее территории. В состав же населения РФ входят лишь те категории лиц, которые проживают на территории государства, а не за его пределами. Таким образом, в отличие от населения, понятие «многонациональный народ» представляет собой общность лиц без его разделения на территориальные общности.

В то же время, как представляется, не следует противопоставлять понятия «население» и «народ», потому что первое является частью второго. Тот факт, что население охватывает не только граждан государства, но и иных лиц, проживающих на соответствующей территории и не обладающих гражданством, нельзя рассматривать в качестве аргумента, исключающего население из отношений народовладия. Тем более что отсутствие гражданства не означает автоматического исключения лица из политических отношений. Так, в состав политически правосубъектного населения муниципального образования включаются не только граждане России, обладающие избирательным правом, но и иностранные граждане, постоянно проживающие на территории муниципального образования, если это предусмотрено законом и международным договором. В этой связи обоснованной видится также позиция В.Е. Чиркина о том, что население и жители того или иного субъекта РФ понимаются как часть многонационального народа РФ, сообщество людей в субъекте[7].

Население как субъект, обладающий политической правосубъектностью, по-разному проявляет себя на разных уровнях публичной власти: на региональном уровне – это народ субъекта или народ, проживающий на территории субъекта РФ, на местном уровне - местный коллектив, местное сообщество, население муниципального образования. При этом на федеральном (общегосударственном) уровне «население РФ» не имеет самостоятельного значения как субъект властноотношений, в связи с тем, что здесь субъектом, обладающим политической правосубъектностью, выступает многонациональный народ РФ – социально-политическая общность, в которую включается и которой поглощается население государства. Таким образом о населении как субъекте властноотношений в РФ можно вести речь применительно к региональному и муниципальному уровням публичной власти.

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Соответственно в субъектах РФ и муниципальных образованиях органы публичной власти получают право на осуществление власти непосредственно от населения, обладающего политической правосубъектностью на соответствующем уровне публичной власти. Согласно Конституции РФ и положениям Федерального закона № 184-ФЗ [2] система законодательных (представительных) и исполнительных органов государственной власти субъектов РФ устанавливается субъектами РФ самостоятельно. Депутат законодательного (представительного) органа государственной власти субъекта РФ, высшее должностное лицо субъекта Федерации избираются гражданами РФ, проживающими на территории субъекта РФ и обладающими в соответствии с федеральным законом активным избирательным правом. А выборные органы местного самоуправления и депутаты представительного органа местного самоуправления избираются населением как частью народа РФ, объединенной общей территорией муниципального образования и обладающей политической правосубъектностью.

Элементом механизма народовластия является также признание за населением права привлекать к ответственности органы публичной власти тем субъектом, который сформировал эти органы и тем самым передал право на осуществление власти от своего имени, т.е. населением субъекта РФ и населением муниципального образования.

Таким образом, население не простая совокупность жителей, объединенных общей территорией проживания, объект властных действий, потребитель публичных услуг, но и субъект, обладающий политической правосубъектностью, который может выступать в качестве субъекта привлечения к ответственности органов публичной власти и должностных лиц органов публичной власти на уровне субъекта РФ и местного самоуправления.

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WAYS OF FORMATION OF TOLERANCE IN INTERCULTURAL INTERACTION ON ENGLISH SECOND LANGUAGE LESSONS

Vlasova Zhanna Alexandrovna

Abstract
In recent years, social tensions continue to grow everywhere in society, and inter-ethnic and inter-confessional conflicts continue. Malice, anger, aggressiveness are more and more spread in the nursery, especially in the adolescent environment. Mutual intolerance, aggression and egoism penetrate the school through the mass media and the social environment of children. Therefore, the relevance of this work is to intensify the process of finding effective mechanisms for educating children in the spirit of tolerance, including acceptance of a foreign culture and respect for the rights of others.

1. Requirements for teaching tolerance in the process of intercultural communication

The content of schooling in various languages does not always reflect the real achievements of modern methods. Programs for the practice of speaking and writing, which are guidelines for the teaching of languages in schools, include general guidelines on the need for students to develop in addition to linguistic and communicative - and regional geographic competence. And in our opinion, in these programs there are no indications of specific knowledge, information that should be communicated to students in order to form regional cultural competence, including recommendations, which techniques should be used in its selection. The requirement of the program to form linguistic competence is, in this sense, rather, declarative in nature, since all specific issues relating to the organization of the learning process are not reflected and, accordingly, the teacher must solve them independently.

In connection with these problems, it seems to us that the Ph.D. thesis of I. Leyfa seems to be very timely, which was defended at the Department of Methods of MGPU, and is devoted to the role of the socio-cultural aspect in the
formation of professional competence of future teachers of foreign languages [1]. Especially relevant in terms of the theory of methodology we believe that the development of the problem and the theoretical substantiation of a fundamentally new approach to the definition of one of the components of the learning content (socio-cultural component - CCM) for the formation of socio-cultural competence.

Important recommendations of the author regarding the criteria for the selection of authentic materials, their use in the educational process. According to the author, authentic materials must meet the following criteria:
- the adequacy of the country’s realities
- thematic “marking”
- information saturation
- Compliance with the life and speech experience of students.

As for the selection units, the author recommends selecting various types of texts that represent the socio-cultural background: artistic and informative texts, newspaper and magazine articles, etc. Quite a bright specificity is expressed in the lyrics of the countries of the language being studied, which have the most specific feature of motivation.

Consequently, the text is the first unit of selection of authentic materials.

In addition to texts, the author recommends using visual materials (caricatures, reproductions, subject and situational pictures) and visual-textual character (tables, charts, maps, graphics, crosswords).

Moreover, these texts correspond and develop the life and speech experience of students. In particular, one of the positive factors is the use of dialogues that contribute to the implementation of the main tasks and goals of teaching a foreign language - the development of communicative linguistic and linguistic-cultural competence.

Predominantly intercultural orientation in the teaching of oral speech can be given a predominance of cultural and everyday subjects - in this case it becomes possible to hold regular conversations about events in the life of students. Naturally, the intercultural content of each topic (sub-theme) requires appropriate lexical support.

Thus, it seems quite reasonable that in the interests of real-informative communication in the lessons, cultural and everyday topics of oral speech should differ from others in their specific, distribution over the years of study: they cannot be considered passed in a particular class, to it is necessary to return to them, and each time on a more extended and complicated turn.

Along with the issues of selection and organization of linguistic material, the implementation of intercultural communication also depends, as already mentioned, on the achievement of reproductive-productive level of education of new speech connections, the achievement of this level is
inextricably linked with the question of the strength of language skills, degree of development of skills and skills to use it. It makes no sense to prove that these factors are also necessary for the implementation of conditional speech communication, however, in the conditions of really informative communication, the question of the strength of assimilation comes to the fore, takes priority, because in this case all acquired skills and abilities are put under particularly enhanced load. In terms of intercultural communication, students' attention is much more absorbed in the content of the forthcoming utterance than in conditional speech communication. If we proceed from the assumption that learning a foreign language, at least at the initial and middle stages, always implies a contradiction between content and form, then in conditions of real communication, these contradictions appear most acutely: the more intensely the content is “experienced”, the more personally actualized it is, the stronger this content “spreads” the narrow scope possibilities of foreign language communication.

The process of intercultural communication, therefore, places high demands on the strength of vocabulary, the level of formation of grammatical skills and the degree of their flexibility and elasticity. The strength of possession of linguistic material, necessary for the implementation of intercultural communication, is achievable only with initially comprehensive training in all types of speech activity and assimilation of linguistic material in the interaction of all analyzers, i.e. in the unity of speaking, listening, reading and writing. The need for this stems from the psycho-physiological position of the inseparable interaction of the analyzers of the cerebral cortex. Therefore, the separation of the images of linguistic signs of different modalities from each other adversely affects the strength of learning. According to experimental data, the visual memory of students from class to class is fixed, and the auditory, on the contrary, weakens, and in general, the bandwidth of the visual channel is much higher in comparison with the auditory one. Psychologists have found that 20% of what they heard, 30% of what they saw, 50% of what they heard and saw, 70% of what they themselves repeated and retold, 90% of what they themselves did, remain in the memory of students.

As noted earlier, tolerance and intercultural communication are inseparable. The formation of tolerance among students takes place directly in the interaction of communicants of different cultures. As for a foreign language, at such lessons, students from year to year get acquainted and study the culture, character, lifestyle and traditions of the peoples of the countries of the language being studied. We believe that in order to achieve the best result in teaching tolerance, teachers should resort to this form of work as role-playing as often as possible. The use of training methods, educational, business and role-playing games, which El Passov described as “an exercise in which a student, performing alternately different social and interpersonal roles, masters communication within social contact,” can contribute to the formation of
tolerance, since staying in the role of another person, it gives you the opportunity to put yourself in the place of another, thereby better understand him [2].

2. Use of role-playing games as a means of forming tolerance in the process of intercultural communication

The value of role-playing games in English lessons. It is known that the role-playing game is a conditional reproduction by its participants of the real practical activity of people, which creates conditions for real communication. The effectiveness of training here is due primarily to the explosion of motivation, increased interest in the subject.

The game activates the desire of children to contact with each other and the teacher, creates conditions for equality in the speech partnership, destroys the traditional barrier between the teacher and the student. The game provides an opportunity for timid, insecure students to speak and thus overcome the barrier of uncertainty. In games, schoolchildren master such elements of communication as the ability to start a conversation, support it, interrupt the interlocutor, at the right time agree with his opinion or refute it.

Almost all the time in the role-playing game is reserved for speech practice, while not only the speaker, but also the listener is as active as possible, since he must understand and remember the partner's remark, relate it to the situation, respond correctly to it. Role-playing game motivates the learning process, it answers the questions (Why?) - the motive and (Why?) - the goal, i.e. need to say something. The focus of attention is the content of the conversation.

Games have a positive effect on the formation of the cognitive interests of schoolchildren, and contribute to the conscious mastering of a foreign language. They promote the development of such qualities as autonomy, initiative; nurturing a sense of collectivism. Students actively, enthusiastically work, help each other, carefully listen to their comrades; the teacher only controls the learning activities [3]. Role play allows you to take into account the age characteristics of students, their interests; expands the context of the activity; acts as an effective means of creating a motive for foreign language dialogic communication; contributes to the implementation of the activity approach in teaching a foreign language, when the focus is on the student with his own interests and needs.

Forms of role-playing games.

There are a huge number of forms of role-playing games in English lessons. Below are some of them:

• presentation
• interview
• correspondence travel
• press conference
Methodical substantiation of role-playing games.

What is a role-playing game? What do we usually mean by role playing? When students take a role, they play it in a certain situation. A group of pupils playing a role in a class is likened to a group of children playing in a school, hospital, star wars, etc. Both those and others unconsciously create, create their own reality and, by doing this, operate with their knowledge of the real world, developing their abilities to interact with other people. In this situation there are no spectators. In a situation there is no risk of communication and behavior of the real world. Activities are enjoyable and do not threaten the identity of the child, the student. Such a role-playing game will strengthen rather than destroy self-confidence.

The second advantage of the role-playing game is that it allows you to use unprepared speech. The main goal of any role-playing game is training unprepared speech.

What are the benefits of using role-playing in the classroom [4]:

• Through the role-play game in the classroom, various a) forms of experience can be introduced; b) various functions, structures, a large amount of lexical material can be used. Role-playing game can exceed the capabilities of any pair and group activities, train students in the ability to speak in any situation on any topic.

• Role play puts students in situations in which they need to use and develop language forms that are necessary as a lubricant in the work of social relationships that our teachers so often neglect.

• Some people often learn a foreign language in order to prepare for a certain role in life (work abroad, travel). The language material they will need during their trip will be very useful for them and it is very important that for the first time they can try their strength in the friendly environment of the classroom. For them, the role-playing game becomes a very important dress rehearsal for real life.

• Role-playing game provides shy, insecure students with a “mask” for which they can hide. Students have great difficulties when the main emphasis in the training is placed on the personality of the students, on their direct experience. And in a role-playing game, such students usually receive a release, since their personality is not affected, they need not be revealed.

• The advantage of using a role-playing game is that it gives pleasure to playing it. As soon as students begin to understand what is required of him,
they are happy to give free rein to their imagination. And since they like this activity, the learning material is absorbed much more efficiently.

• Role-playing game has a whole range of technologies (communication technology that develops students’ language fluency, promotes classroom interaction and increases motivation).

• The learning process consists of several phases:
  - presentation phase;
  - semi-learning phase;
  - fixing phase.

• The role-playing game belongs to the category of language learning technology, which belongs to the learning technology with low input and high output. This means that the presentation phase centered around the teacher is very short. After a short introduction, students are immersed in an activity in which the task is much more important than the use of exact words; an activity in which fluency prevails over accuracy. Naturally, the language that students use in the role-playing game, or rather the language material, should be introduced at earlier stages of learning.

• Role play is suitable for each type of work with language (working out structures, vocabulary, learning functions, intonation models), it is also the use of the right word in the right place at the right time.

• Role-playing games that are processed, memorized and played for other students are no longer role-playing games, but are called dramatic performances. Role-playing relates mainly to the process of the game, and not to the finished product. This should be understood from the very beginning, since many students are very shy and they are timid when they are forced to participate in the play. And besides, they are often convinced that they do not possess the talent of the game. In the role-playing game, they do not participate in the play, there is no public there. Even the teacher has to step into the background, because his presence can interfere with his readiness to pounce on the student every time mistakes are made. Learning is most effective in a stress free atmosphere. Role play can be shown to others or recorded on film, but this is not necessary. Role playing is language learning.

Conclusion

In the course of our research, we came to the following conclusion that at the present stage of development of our society, when numerous culturological ties are common, inevitably there is a redistribution of values of benchmarks and motivations in the educational system. A universal approach to the education system of becoming becomes learning tolerance in the process of intercultural communication. In the very concept of intercultural communication, equitable cultural interaction of representatives of various linguistic and cultural communities is established, taking into account their
originality and originality, which leads to the need to identify common human beings on the basis of comparison of foreign-language and personal cultures.

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NARRATIVE PSYCHOLOGY

Kucherenko S.V., Pavliuk T.P.

CONCEPT OF POWERLESSNESS AND RESENTMENT IN THE PERSONAL NARRATIVES OF THE CRIMEA INHABITANTS

Kucherenko S.V., Ukraine, PHD, Associate Professor of the Psychology Department, V.I. Vernadsky Crimean Federal University
Pavliuk T.P., Russia, PHD, Associate Professor of the Department of Russian and Ukrainian philology and methods of teaching, V.I. Vernadsky Crimean Federal University

Abstract
This paper studies types of personal narratives of inhabitants of the Crimea with emotionally-negative type predomination. Main ecopsychological dispositions in personal narratives of the Crimean people are given according to P.V. Lushin concept: home, family; enemy; indifference of others and the indignation at this. Ways of narratives’ deconstruction are put forward based on the multiple possibilities category: “can be” instead of “should be”. The presence of the enemy's ecopsychological disposition in the narratives is unproductive to overcome the existential difficulties associated with the change of the socio-political situation in Crimea after March 18, 2014. Transition to a new self-conception and the place in society can occur through overcoming indifference to their own fate and to the closest people.

Keywords: narrative analysis, personal narrative, metaphorical narrative, concept of powerlessness, resentment, narrative’s deconstruction.

Introduction
Social and political situation that has developed as a result of the events of February-March, 2014 on the Crimean Peninsula contributes to the ambivalent attitude of its residents to the surrounding reality and to themselves. In the resent studies of the Crimean scientists [14; 15], the possibility of the
private future building is considered by the person only as planning and
development of a professional path or interethnic relations [16]. This limits
significantly the range of scientific problems of modern psychology in Crimea
and narrows its practical possibilities.

In the article, personal narratives of Crimeans, connected with the
change of the political and economic status of peninsula as a result of events of
February-March 2014 will be studied through the method of narrative analysis.
The research was carried out in 2016-2017 and aimed to identify internal factors
and external signs of narrative interpretation of the socio-political situation
change in Crimea.

**Methodology**

Let us consider the basics of narrative psychology as its direction. The
initial methodology of narrative psychology is the *methodology of postmodernism*, which is based on the interpretation of language as a mean of
reality building, first of all, the reality of personal experience. At the same time,
postmodernists fix attention on the way our language constitutes our world and
our beliefs. It is with the help of the community language we develop our own
vision of the world, and every time we speak, we create the reality [5; 11; 12].

The second basis of narrative psychology is *social constructivism*, the
main ideas of which are also developed in the framework of postmodern
methodology. The idea of social construction of reality is based on the
following postulates:

1. World does not appear before a person objectively, it comprehends
the reality because of the experience under the influence of the speech.
2. Language categories are formed in social interaction, that is, they
have a social nature.
3. Understanding of reality at the present moment depends on existing
norms and social conventions.
4. Social understanding of reality, formed in the process of social
interaction, largely determines human life [5].

Thus, the world in which we live and act, is the world built by
ourselves (consciously or unconsciously), the world that we have been adapted
to, that is convenient and predictable. Any step out of it, creates a feeling of
discomfort and a desire to return to this familiar, "our" world. We construct this
"second-order reality" on the basis of cultural models, found in our own
experience – both personal experience and experience of communication with
others.

According to N. V. Chepeleva [9], the personality interprets the story
of his or her life differently, depending on the perception of the private
experience, and creates different types of narratives. Creation of ambivalent,
emotionally-negative and emotionally-positive types of narratives is facilitated
by the comprehending of one's own personal experience, but this does not apply
to the emotionally-neutral type. In the process of creating narratives, a person gets an opportunity to understand oneself deeper, to realize private problems, traits, qualities, needs, beliefs, to evaluate experience in the other way and accept it as a part of his or her life that is one of the conditions for personal self-development.

It is also worth noting that the creation of the narrative has a certain specificity that distinguishes it from the process of other types of texts creation, namely: 1) in the process of creating narratives, the so-called intervals of self-identity are defined and divided, as a condition of human reflection of important moments of the development that lead to changes in personality; 2) the self-concept of a person is realized by the analysis of life events stated in the autonarrative on the basis of which a person draws a conclusion on inherent character traits and qualities; 3) life strategies, developed on the basis of a special form of reflection on the person’s life experience are realized (self-determination); 4) self-knowledge which appears by studying the internal foundations of the individual (resources, obstacles and contradictions, manifested in specific events of life) is intensified. Thus, the creation of a person’s autonarrative by describing the events of life that has influenced radically the comprehending the selfhood and development of personality that contributes the awareness of the private experience, and, therefore, is an important condition for self-development.

It is also worth noting that the production of the narrative has a certain specificity that distinguishes it from the process of creating other types of texts, namely: 1) in the process of producing narratives so-called intervals of self-identity are defined and divided, as a condition of human reflection of important moments in development, which lead to changes in personality; 2) the Self-concept of a person is realized by the analysis of the life events stated in the autonarrative on the basis of which a person draws a conclusion about inherent character traits and qualities; 3) life strategies, carried out on the basis of a special form of reflection of the experience of person’s life, are realized (self-determination); 4) self-knowledge which is carried out by studying the internal foundations of the individual (resources, obstacles and contradictions, which is manifested in specific events of life) is intensified. Thus, the creation of a person’s autonarrative by describing the events of life that radically influenced the comprehending of his own "I" and the development of personality, contributes to the awareness of his own experience, and, therefore, is an important condition for self-development.

**Method**

Narrative analysis of personal texts [11; 12; 13].

**Analysis of personal narratives of Crimeans “My life before and after the events of March 18, 2014 in Crimea”**.

Subjects of Crimeans narratives: 1) events of the end of 2013-beginning of 2014 (until March); instability, fear of indeterminacy of the future;
2) uncertainty of the future, difficulties of trips to Crimea (to relatives); 3) separation of the family and loss of the daughter (“Russia did not bring anything good but grief”); 4) lack of speech freedom, inability to say what you want; 5) readiness for life in the status of a foreigner (citizen of Ukraine); 6) ambivalent assessment of changes in the social environment; 7) lack of real assistance of the state of Ukraine for internally displaced persons (IDPs) and economic and political inferiority of Crimeans who received passports of Russian citizens.

Common to all texts is an appeal to the description of the social and political environment, none of the respondents wrote about their lives or its content. Attention is focused on the external fatal factors that no one can influence. Even the phrase: “Russia did not bring anything good but grief” is evidence of the externality factor of the author’s locus of control.

Distribution of narratives in the typology of N. V. Chepeleva [9] is following: narratives of ambivalent type – 1, emotionally negative – 4, emotionally positive – 1, emotionally neutral – 1. Thus, in the asset of Crimeans in 2016 (7 people), interviewed by one of the social networks, there is vast majority of emotionally negative narratives (4). In the ambivalent narrative experience is only represented, in the emotionally negative – it is realized, in the emotionally positive it is open to new meanings, while in the emotionally neutral there is no holistic representation of the life path [9]. The dominant interpretation scheme for the ambivalent narrative is behavioral, for the emotionally negative – emotional and semantic, for the emotionally positive – semantic and cognitive, in the emotionally neutral there is no interpretation scheme at all. So, the ambivalent narrative according to N. V. Chepeleva performs interpretive and protective function, emotionally negative – interpretive, and protective and ascertaining, emotionally positive – meaning creation function, educational, interpretive, protective and ascertaining. Emotionally neutral narrative is devoid of functions and mechanisms of disclosure of the problem or realization of personality. Thus, the person who created the ambivalent narrative has not yet realized his own problems and has not determined his attitude to the events of his own life. But the emotionally negative narrative testifies to the rejection of one's own life or its separate episodes, the rejection of oneself, the displacement of one's own problems and the unwillingness to disclose them, but also to the awareness of one's own experience and the lack of trust in interpersonal relations. The emotionally positive narrative reveals the author's inherent features and qualities, shows the desire for self-determination and self-knowledge, testifies to the acceptance of the author's own personality. The fact that the majority of Crimeans have created emotionally negative narratives, indicates the beginning of the process of awareness of their own experience (emotional assessment is provided) and the presence of problems in interpersonal relations due to lack of trust. In fact, the opposite socio-political views on the fate of the Peninsula are often
represented in the same family and community, so they are rarely discussed in the family circle or working group.

Due to the presence of the time category, all the narratives of Crimeans are retrospective according to the classification of Jahn Manfred (2017) [13], that is, they tell about past events. No narratives have been identified in the present (now-history) or the imaginary future (prediction). In one narrative there is a phrase about expectations of the worst in the future, without specification. This testifies to the authors' fixation on the past and opens the direction of deconstruction of narratives about the stories of current and future events.

If we analyze texts for the presence of its basic ecopsychological dispositions according to P. V. Lushin [4], the disposition “home, homeland” (security, comfort, identification) is appeared in texts of three respondents (3), dispositions “friend” and “warehouse” are not represented at all (0), the disposition “owner” (activity, dominance, independence) – 1, “slave” (obedience, passivity, helplessness) – 1, “enemy, enemies” (enemies inspire fear, it is necessary to fight against them) – 2, and what is more the author of one of the narratives understands Russia as enemy and its “new order”, and the author of another one – the local population of Crimea, that indifferently or positively reacted to the annexation: “I think the main problem of Crimea is that there are too many visitors, there is no awareness that this is your homeland, and patriotism is absent at all [...] nagging and cranky “rotten stuff” lives there”. In the mentioned excerpt of the narrative there is also a disposition of indifference of others (Crimeans) is presented, which is, thus, appeared in two narratives (2). According to P. V. Lushin, the presence of ecopsychological disposition of indifference testifies to the transitional stage of development of the person, community and society as a whole. It is possible to react indifferently only in case of exclusion of certain experiences or events of one's own life because of its irrelevance for the subject. That is, indifference points to another vector of personal development and is an unconscious “automatic assessment” of the actual situation as insignificant.

Common to all texts is an appeal to the description of the surrounding socio-political environment, none of the respondents wrote about the content of their own lives, its content and experiences. Attention is focused on external fatal factors, which none of the authors could influence. Such a text can be called a narrative of powerlessness – a description of the observation of changes in the environment with no attempt to interfere (or such attempts were unsuccessful). Such a concept has already been met in the history of Ukraine, but in an active form – the concept of suffering and heroism, with a significant advantage of the first. Thus, Yulia Pavliv [7] believes that it is firmly rooted in the collective memory of Ukrainians, and popular scientific publications and textbooks on the history of Ukraine both contribute to this.
Let’s consider whether the symptoms of resentment are in the personal narratives of Crimeans. *Resentment* is a feature of the worldview of an entire nation or a separate social group, which, due to certain, usually bitter, historical circumstances, expresses permanent *alienation, hidden insult, impotent anger* and even *suppressed vindictiveness* [4, p. 78].

The defined notion of resentment was introduced (and later consciously used without translation from French) by F. Nietzsche [6], to understand the process of the emergence of Christian morality and it had emphasized negative meaning: “While a noble man is full of faith and openness to himself, a man resentment, is devoid of all frankness, naivety, honesty and straightforwardness. His soul is twisted; his mind loves hiding places, secret paths and the back door; everything hidden attracts such a person as his world, his safety, his pleasure; he knows his silence, rancor, waiting in self-depreciation and self-humiliation within every moment”. F. Nietzsche believed that the experience of feelings of powerlessness forms a special morality, in which transformation of values and justification of one's own weakness happens: “Inoffensiveness (or meekness) of the weak, the cowardice, which he has plenty of, his begging, his fate is always to be the one who waits, gets too fine name – “patience”, which also has a good naming – “virtue”; the inability to avenge oneself is called the reluctance of revenge, perhaps even forgiveness (“for they do not know what they are doing, - only we know what they're doing!”) [6, p. 426].

Later, the concept of resentment was used by N. Scheler [9], who used it in the analysis of various manifestations (“value shifts”) of modern morality: “Resentment is self-poisoning of the soul, which has certain causes and consequences. It is a long-term mental attitude that arises from a systematic ban on the expression of ordinary mental movements and affects which are natural and inherent in human nature. Such a ban creates a tendency to certain value illusions and appropriate estimates. First of all, such mental movements and affects as thirst and impulse of revenge, hatred, anger, arrogance, envy, hostility, cunning are characteristic. An important starting point in instilling resentment is the impulse of vengeance”.

According to N. Yampolsky [10], resentment is typical for Communist ideology in general and actual situation in modern Russia in particular: “The Communist utopia quite fits into the strategy of resentment, focused on denial of reality. (...) It seems to me that the rejection of reality in today's Russia is directly related to the feeling of helplessness of people who are unable to make at least tiny changes in the life of their country and even their own family”. Further: “The peculiarity of the Russian situation, however, is that all Russian society, from Putin to the last switchman, is equally a carrier of resentment. For Putin, its source is the non-recognition of him and Russia as equal and respected players on the world stage, for the switchman – helplessness in the face of the police, officials, courts and bandits. I believe that resentment fantasies of power
at some point entered into a strange resonance with resentment fantasies of the inhabitants. And the world began to transform. (...) And even people who are far from the fantasy of resentment, but frightened by the hurricane of changes that they cannot prevent, systematically try to deny the reality of what is happening or at least close their eyes to this”. Thus, it is possible to identify social factors that affect the formation of resentment attitudes in society. This is the moral and value heritage of the Communist era, the result of the influence of the statements of the leader of society and its political elite.

So, resentment is rooted in the inability to act positively [10]. According to F. Nietzsche, it is a pure negativity, a reaction to the resistance of the outside world. So, resentment is not something unique – it often occurs where there is a dominance of majority values in a certain society, which forces the minority to “play by their rules” [4]. The hidden forms of resentment include a biased negative assessment of almost everything that is happening now on the Peninsula. According to M. Scheler [9, p. 14]: “Resentment criticism” is distinguished by the fact that it does not “want” what it gives for the desired; it does criticize not in order to eliminate evil, but only uses evil as an excuse to speak out”. Among the seven narratives analyzed, only two contain signs of resentment. Namely: “...So, Russia has brought nothing but grief”, “...I don't believe there is a need in returning Crimea back – too much “rot” lives there. Of course, there is a small percentage of people who were and remain Ukrainians, but this percentage is very small to tolerate this shit aching and dissatisfied with everything after returning Crimea”. The first passage contains a negative assessment of the very fact of Russia's annexation of Crimea, and the second – a negative assessment of the majority of the population of Crimea. Since we know from the text that the author of the second narrative moved with his family to mainland of Ukraine, we can assume that the accusations of Crimeans are the result of the mechanism of psychological protection – rationalization. The devaluation of what you will naturally lose through moving to the mainland can be explained by rationalization. If we turn to the basic emotions [2], the personal narratives of the Crimeans are dominated by the theme of guilt and accusations. This corresponds to the Western individualistic culture as opposed to the Eastern one, which is characterized by shame as a collective feeling [2].

It should be noted that resentment at a certain stage of development of the ethnic group may have positive properties, acting as a vaccination against possible assimilation.

RESULTS

We can say that the way of transformation is a generalized model of psychotherapy for Crimeans who have experienced or are experiencing an existential crisis due to the events in Crimea after March 18, 2014.
We are witnessing the manifestations of the experience of the existential crisis due to the forced loss of part of the identity in the texts of the inhabitants of the Crimea.

According to M. Heidegger [2], the sense of fear is like dizziness, at this moment a person feels that he is standing on the edge of the abyss and does not feel the earth under his feet, this is a feeling of the absence of the earth under the feet and the absence of something that can keep a person in place and direct his actions. In such an existential crisis, which is often caused by serious traumatic events, like the loss of a loved one and other forms of loss (among others breakup, divorce, deadly disease and depression), everything for a person literally loses its meaning. If we analyze this feeling of “losing ground” or any sense in things, it becomes obvious that we often take as a given the existence of a hidden connection between events, people, plans, goals, values and beliefs. When one “element” falls out of the chain, for example, if a loved one dies or leaves, the whole structure of memories, associations, plans, hopes and fears is shattered. And along with this, our sense of who we are and why we are here is destroyed [2]. Something similar happened to all Crimeans after the forced occupation of Crimea in March 2014. Everything that somehow united them with Ukraine, even if they were not ethnic Ukrainians, has disappeared or changed significantly.

In the texts of the narratives it is reflected as “panic, fear, uncertainty”, “the nervousness in the air”, “I was deprived of a homeland”, “Russia did not bring anything good but grief”, “Crimea got in the predatory clutches of Russia in an awful way”. In a metaphorical narrative of T. Pavliuk [6] existential crisis is reflected in the lack of own home of the main character – Plumelet (if for Windock understanding of the “home” is conditional, Cloudette lives in Clouded Mountain, Plumelet-feather does not have home at all). Most often, the author identifies herself with the main character, so this lack of its own home is not accidental, but indicates the absence of solid ground under the feet of the author of the narrative in the real life.

According to S. Krymsky [1], “Life is always a struggle to overcome difficulties, if you want, so you should be surprised not at the presence of disappointments, which are quite common, but at success, which are rare”. If you understand the situation with the annexation of the Crimea as a kind of a test difficulties, the perception of reality receives other existential features. This is a method of deconstruction, reassignment (re-evaluation, re-naming) of the problem in the practice of narrative therapy [3]. This approach we find in the Bible, in the book of Job [1]. When this biblical character, who gets all the possible troubles, cried out “How long?! - God advised him to realize his place in the universal picture of existence, the idea of which exceeds our idea of success and defeat.

Following N. Epstein, next overdue “shift in a “post-post-modern” culture is a radical transition from the limb to the original, as a mode of
thinking. “Proto” in our understanding indicates not an order in time, but an open possibility, the embryonic stage of the phenomenon” [10]. The prefix “proto” indicates rather the potentiality, hypothetical, unlimitedness in time; it is devoid of totalitarianism, because it allows the culture “under the sign “proto” all that was banned by postmodernism, namely: “novelty, history, metaphysics and even utopia”. “Proto” is a new, non-violent attitude to the future in the modus “it can be” instead of former “it should be” and “it will be”, writes M. Epstein [10, p. 30-31].

Method of deconstruction, reassignment of the problem in the practice of narrative therapy (by Zh. Derrida) is used to question the dominant problem story, which has a negative impact on life [3]. For example, to ask the question: “Who benefits from the fact that a person subordinates his own life to a certain public opinion?””, “Who else shares this opinion?””, “Where did it come from?”, “How does it change my life?”.

Summarizing the existing narratives of the Crimeans, we can say that they all describe the reality in different ways, which differs from what it should be. The main way of rethinking narratives and creating new – it is in the awareness and adoption of such a non-violent attitude to the future: “it can be” instead of “it should” or “it will”. Most of the conversations among Crimeans and internally displaced persons of Crimea, to the own experience of the author, happen in this unproductive direction – “it should be so, and not otherwise”. It is necessary to abandon such a directive, even authoritarian position, in fact, it is especially important for public figures and the media, which are able to influence public opinion. It is essential to support the opinion of P. V. Lushin that we should not be indifferent to our own fate and the fate of those who live nearby.

**Conclusion / Conclusions**

Thus, among the personal narratives of the inhabitants of the Crimea emotional-negative type by N. V. Chepeleva is dominated. Main ecopsychological dispositions by V. Luchin are revealed in personal narratives of the Crimean people: home, family; the enemy; indifference of others and the indignation at this. According to P. V. Lushin, the presence of ecopsychological disposition of indifference testifies to the transitional stage of development of the person, community and society as a whole. The transition is desired to multiple possibility: “it may be” instead of “should be”.

The presence of the enemy's ecopsychological disposition in the narratives is unproductive to overcome the existential difficulties associated with the change in the socio-political situation in Crimea after the annexation. The transition to a new understanding of oneself and own place in society can occur through overcoming indifference to their own fate and immediate environment.

So, resentment according to the results of our study rarely happens in the personal narratives of Crimeans, and the negative assessment is directed
both against the citizens of Russia and their new orders, and against Crimeans themselves. Thus, the residents of Crimea are the objects of resentment in the second case, because they do not know how to be faithful to traditions and Homeland. Among the dominated emotions are accusations and fear. Such text can be generally called a narrative of powerlessness - a description of an observation of changes in the environment without the possibility of intervention.

**Discussion**

If we generalize the narratives of Crimeans regarding the events of February-March 2014 in Crimea, we will have a situation of testing difficulties, which can be rethought by the method of deconstruction, or re-designation of the problem, in the practice of narrative therapy. For example, to ask the question: “Who benefits from the fact that a person subordinates his own life to a certain public opinion?”, “Who else shares this opinion?”, “Where did it come from?”, “How does it change, affect my life?”, “What does it want?”, “What will it lead to?”.

Researches of the narratives of Crimeans, who became internally displaced due to the events of February-March 2014, are promising.

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Rudakova O.A., Zalevskaya Ya.G.

THE INTERCONNECTION OF REFLECTION LEVEL AND SELF-ATTITUDE COMPONENTS OF FUTURE PSYCHOLOGISTS PERSONALITY

Rudakova O.A., Russia, Assistant of the Department of Psychology, V.I. Vernadsky Crimean Federal University, Zalevskaya Ya.G., Russia, Chief Specialist in Scientific and Analytical Work of the Research and Development Sector, V.I. Vernadsky Crimean Federal University

Abstract
The article considers the interconnection between reflection level and self-attitude components of future psychologists in context of their preparation process in higher educational institutions. The theoretical basis for the study was the theory of D.A. Leontiev on the forms of reflection (introspection, systematic reflection and quasi-reflection), in which systematic reflection is noted as its most adaptive and significant form. Another aspect of the research is the concept of V.V. Stolin and S.R. Pantileev. Self-attitude is considered as a structure of self-consciousness and as a specific activity of a personality, directed to his own “I”, which has its own components (self-worth, self-confidence, internal conflict, self-incrimination, etc.).

The empirical study is based on an assumption that level of reflection affects whole structure of self-attitude and its particular components. During the experimental study, the level of reflection and self-attitude components of psychological profile students was determined, dominant behavioral tendencies were identified, and the main psychological aspects of interconnection between reflection level and self-attitude components were studied.

Keywords: reflection, self-attitude, self-attitude structure, reflexive experience, personality, future psychologists.
Введение. На сегодняшний день в психолого-педагогической научной литературе представлены различные системы и модели подготовки будущих психологов, данный интерес научного сообщества диктуется новыми требованиями социальных систем к личности будущего специалиста и необходимостью внедрения гуманистических основ и ценностного отношения к личности всех субъектов образовательной деятельности. Выявление взаимосвязи между личностными паттернами будущих психологов, такими как уровень сформированности рефлексии и доминантность компонентов самоотношения будут способствовать интеграции и гармонизации эмоционального и рационального аспектов личности будущих специалистов, а также минимизации отступов от реальности и частоты возникновения противоречивых тенденций, как в личностной, так и в профессиональной сферах жизнедеятельности. Так как, самоотношение личности является совокупной и подвижной структурой самосознания, оно характеризует своеобразный уровень принятия личностью самого себя и проявляется в переживании чувства собственной ценности и значимости на пути самопознания и рефлексии [7], что в последствии является гарантом эффективной профессиональной деятельности в целом.

Самоотношение, в том числе и в профессиональном плане, развивается на основе интеграции процессов выявления социо-идентичности, социо-психологических личностных качеств, которые являются составными компонентами психологической структуры рефлексии. В процессе формирования и развития самоотношения у будущих психологов значимым является поиск и нивелирование противоречий между целостным самоотношением личности и частным самоотношением, что купируется за счет конструктивного решения проблемных задач реальной деятельности, с одной стороны. С другой стороны, эффективность в самоотношении определяется процессом разработки знаковой системы, которая соответствует индивидуальному и культурному опыту, являющихся частью образовательной системы, которая диктует правила и нормы функционирования с ориентацией на результат деятельности [8].

Материалы и методы исследования. Концепция самоотношения как компонента структуры личности представлена в трудах отечественного психолога В.В. Столина [6], в основе которой лежат теория деятельности А.Н. Леонтьева и представления о личностном смысле как одной из основных характеристик «образующих сознание». Самоотношение В.В. Столиным определено в качестве специфической активности личности в адрес собственного «Я», которая проявляется в определенных внутренних действиях. Эти действия характеризуются эмоциональной спецификой и предметным содержанием [6]. Более общим аспектом структуры самоотношения выступают эмоциональные
компоненты – симпатия в адрес «Я», самоуважение, самоинтегр, как составляющие эмоционального пространства, в котором разворачиваются соответствующие действия.

С.Р. Пантилеев [4], продолжая исследование В.В. Столина, отмечает, что самоотношение есть личностное образование, а потому его строение и содержание раскрывается в контексте реальных жизненных отношений человека, социальной ситуации его развития и деятельности, включающую мотивы, связанные с самореализацией субъекта как личности. С.Р. Пантилеев раскрывает свою структуру самоотношения, в которой представлены следующие компоненты: замкнутость, самоуверенность, саморуководство, отраженное самоотношение, самоценность, самопривязанность, внутренняя конфликтность и самообвинение. Данная структура находит отражение в разработанной автором методики «Методика исследования самоотношения».

Идея о положительной роли рефлексии в становлении личности представлена в исследованиях С.Л. Рубинштейна [5], согласно ученому развитие рефлексии является решающим моментом, который дает субъекту возможность сознательно управлять собственной жизнью. Рефлексия, в данном контексте, определяется как «способность личности осознанно обращать свое сознание на самого себя и имеет два аспекта: механизм произвольного манипулирования идеальными содержаниями в умственном плане, основанный на переживании дистанции между своим сознанием и его интенциональным объектом и направленность этого процесса на самого себя как на объект рефлексии» [2, с. 10].

В то же время в практической психологии представлены многочисленные эмпирические исследования, подтверждающие связь рефлексивных размышлений с дезадаптивными стилями поведения, депрессией, пессимизмом, деструктивными тенденциями психики, а также их отрицательным влиянием на успешность в решении задач и социальную поддержку. Данные противоречия в исследованиях можно объяснить тем, что единый термин «рефлексия» исследователями трактуется в разных смыслах для описания различных феноменов.

Д.А. Леонтьев определяет рефлексию в трех ее формах [3]:
– интроспекция или самокопание – форма рефлексии, связанная с повышенным вниманием к собственному состоянию и эмоциональным переживаниям;
– системная рефлексия – это форма рефлексии, которая характеризуется самодистанцированием и способностью взглянуть на себя со стороны, охватывая при этом одновременно полюс субъекта и полюс объекта;
– квазирефлексия – форма рефлексии, при которой внимание субъекта направлено на объект, не имеющий отношение к актуальной окружающей ситуации.
Из вышеуказанных форм рефлексии, именно системная рефлексия связана с самодетерминацией и потому является наиболее адаптивной и многогранной, дает возможность более полно оценивать социальные взаимодействия во всех их аспектах, отслеживать свои чувства, возникающие в процессе взаимодействий и видеть альтернативные возможности. Системная рефлексия является наиболее положительной формой рефлексии, позволяющей видеть мотивы тех или иных поступков личности.

Таким образом, представленные теоретические предпосылки легли в основу исследования, проведенного на базе Гуманитарно-педагогической академии (филиала) ФГАОУ ВО «Крымский федеральный университет им. В.И. Вернадского» г. Ялте, в котором приняли участие 40 студентов старших курсов психологического профиля. Среди тестовых методик нами были выбраны: «Методика исследования самоотношения» (С.Р. Пантилеева) и «Дифференциальный тип рефлексии» (Д.А. Леонтьев и др.).


Результаты и обсуждение. В ходе экспериментального исследования структуры самоотношения были получены следующие результаты. Средние значения показателя замкнутости (58%) свидетельствуют об избирательном отношении исследуемых к себе, преодолении некоторых психологических защит при актуализации других. Средний уровень самоуверенности (63%) и саморуководства (66%) характеризуют исследуемых как уверенных в себе, ориентированных на успех в привычной ситуации, а в стрессовой ситуации отмечено снижение уверенности, нарастающая тревога и беспокойство. Средние значения по шкале «отраженное самоотношение» (52%) представляют избирательное восприятие исследуемыми отношения окружающих к себе. Средние значения по шкалам «самооценность» (69%) и «самопринятие» (68%) свидетельствуют об умеренном ощущении ценности собственной личности и симпатии к себе, принятии себя таким, какой есть, оценивая свои достоинства и недостатки. Показатель самопринятости (49%) отражает умеренное желание изменяться по отношению к актуальной ситуации. Средний уровень внутренней конфликтности (49%) у исследуемых характеризует установку видеть себя в зависимости от степени адаптированности к ситуации: привычные, хорошо знакомые условия способствуют положительному отношению к себе и высокую
оценку своих достижений; неожиданные трудности и стрессовые ситуации актуализируют тенденцию к дискредитации своих достоинств. Средний показатель самообвинения (43%) указывает на избирательность в отношении себя, склонность сочетать негативные эмоции в адрес собственного «Я» с выражением гнева в адрес окружающих.

Исследование показателей рефлексии показало, что у исследуемых присутствует способность к самодистанцированию и взглядом на себя со стороны, что позволяет одновременно охватить полюс субъекта и полюс объекта (системная рефлексия — 63%), тенденция к сосредоточенности на своих переживаниях и чувствах (интроспекция — 65%). Исследование «квазирефлексии» (69%) показывает высокий уровень отрыва от актуальной ситуации бытия в мире.

Исходя из полученных данных, нами был проведен корреляционный анализ, который представлен в таблице 1.

Таблица 1.
Корреляционный анализ взаимосвязи показателей самоотношения и уровней рефлексии у будущих психологов

<table>
<thead>
<tr>
<th></th>
<th>System reflection</th>
<th>Introspection</th>
<th>Quasi-reflection</th>
<th>Self confidence</th>
<th>Self guidance</th>
<th>Reflected self-esteem</th>
<th>Self worth</th>
<th>Self Attachment</th>
<th>Internal conflict</th>
<th>Self-incrimination</th>
</tr>
</thead>
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<td>0.29</td>
<td>0.01</td>
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<tr>
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<td>0.41</td>
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<td>-0.29</td>
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<td>-0.08</td>
<td>-0.47</td>
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<td>0.61</td>
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<tr>
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<td>0.41</td>
<td>1.00</td>
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<td>-0.25</td>
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<tr>
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<tr>
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<td>0.37</td>
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<tr>
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<td>-0.08</td>
<td>-0.18</td>
<td>0.47</td>
<td>1.00</td>
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<td>-0.34</td>
<td>-0.26</td>
<td>-0.26</td>
<td>-0.46</td>
<td>0.68</td>
<td>1.00</td>
</tr>
</tbody>
</table>

Как видно из представленных в таблице 1 данных, показатель «системная рефлексия» имеет положительную корреляционную связь с показателями «квазирефлексия» (0,49) и «саморуководство» (0,41), данная взаимосвязь свидетельствует о том, что увеличение или снижение данного показателя приведет к подобным изменениям указанных показателей. Другими словами, данные показатели являются взаимозависимыми и отражают, что чрезмерное проявление системной рефлексии...
актуализирует тенденцию к центрации личности на себе и как следствие отрыв от актуальной жизненной ситуации, при этом личность воспринимает себя как источник собственного развития, активности и достижений, подчеркивая доминирование собственного «Я».

Показатель «интrosпекция» имеет положительную корреляционную взаимосвязь с показателями «квазирефлексия» (0,41), «внутренняя конфликтность» (0,58) и «самообвинение» (0,61), таким образом, увеличение или снижение данного показателя приведет к подобным изменениям описываемых показателей. Так чрезмерное сосредоточенность на собственном состоянии и переживаниях актуализирует проявления деструктивных тенденций, которым свойственны внутриличностные конфликты, чувство вины, выраженное в обвинениях в адрес собственного «Я» и окружающих. При этом наблюдается отрицательная корреляционная связь с показателями «самоуверенность» (-0,43) и «самопривязанность» (-0,47), увеличение или снижение показателя «интроспекция» проводит к противоположным результатам в указанных показателях. Так при нивелировании деструктивных тенденций наблюдается отношение к себе как к уверенному, самостоятельному, надежному человеку, и наоборот.

Показатель «самоуверенность» имеет положительную корреляционную связь с показателями «саморуководство» (0,43), «отраженное самоотношение» (0,47) и «самопривязанность» (0,43), что отражает зависимость уверенности в себе от представлений личности о том, как ее воспринимают окружающие, а также, указывает на избирательность отношения к своим личностным свойствам. Другими словами, если личность убеждена в положительной оценке окружающих, у нее возрастает показатель «самоуверенности» и стремление сохранить данные качества.

Показатель «отраженное самоотношение» имеет отрицательную корреляционную связь с показателем «внутренняя конфликтность» (-0,48), так при наличии внутренних конфликтов, сомнений, несогласия с собой, ухудшается представление субъекта о способности вызвать у других людей уважение, симпатию и наоборот.

Показатель «самопривязанность» имеет отрицательную корреляционную связь с показателями «внутренняя конфликтность» (-0,60) и «самообвинение» (-0,46), из этого следует, что сохранение своих положительных личностных качеств снижает выраженность отрицательных эмоций в адрес своего «Я», что нивелирует проявление внутриличностных конфликтов.

Значимая положительная корреляционная взаимосвязь (0,68) наблюдается у показателей «внутренняя конфликтность» и «самообвинение», что интерпретируется как обвинение себя за те или иные поступки и действия, сочетающиеся с выражением гнева и досады;
актуализация действий системы психологических защит, что способствует дискредитации собственных успехов.

Значимая положительная корреляционная взаимосвязь (0,74) наблюдается у таких показателей как «саморуководство» и «самооценность», таким образом, высокая оценка ряда своих уникальных качеств выступает источником личностной активности, направленной на достижение высоких результатов.

Из этого следует, что нивелирование деструктивных тенденций психики обеспечивается за счет повышения показателей системной рефлексии и компонентов самоотношения, таких как «самопривязанность», «самоуверенность» и «отраженное самоотношение».

С целью выявления взаимосвязи показателей самоотношения и уровней рефлексии у будущих психологов нами был проведен кластерный анализ полученных данных, представленный на рисунке 1. По результатам проведенных методик было выявлено три кластера. Первый включает в себя «системную рефлексию», «интrosпекцию» и «квазирефлексию».

Второй кластер, включает в себя два подкаластера на которые оказывает влияние показатель «замкнутость». Первый подкластер образуют показатели «саморуководство» и «самооценность» на который оказывает влияние показатель «самоуверенность». Второй подкластер состоит из показателей «самопринятие» и «самопривязанность», которые зависят от показателя «отраженное самоотношение».

Рисунок 1. Кластерный анализ взаимосвязи показателей самоотношения и уровней рефлексии у будущих психологов.

Третий кластер включает в себя показатели «внутренняя конфликтность» и «самообвинения», который имеет прямое влияния на всю систему самоотношения.

Рисунок 1. Кластерный анализ взаимосвязи показателей самоотношения и уровней рефлексии у будущих психологов.
Анализ полученных данных позволяет говорить о том факте, что показатель «системной рефлексии» оказывает влияние на всю систему самоотношения и другие формы рефлексии, так как именно системная рефлексия позволяет видеть всю актуальную ситуацию взаимодействия во всех проявлениях, составить образ «Я» благодаря определенной внутренней и внешней дистанции по отношению к собственным чувствам, решениям, действиям.

Выводы. Гипотеза, лежащая в основе эмпирического исследования, о взаимосвязи уровня рефлексии и компонентов структуры самоотношения подтвердилась. Более того, из всех форм рефлексии, описанных Д.А. Леонтьевым, наибольшее значение имеет системная рефлексия, влияя на всю систему самоотношения и другие формы рефлексии. Деструктивные тенденции, выражающиеся в актуализации внутренних конфликтов и самообвинении, можно нивелировать, развивая такие компоненты структуры самоотношения как: «самопривязанность», «самоуверенность» и «отраженное самоотношение», что оказывает весомый вклад в развитие личности будущего психолога в процессе профессиональной подготовки.

References:
PSYCHOLOGICAL READINESS FOR CAREER ADVANCEMENT OF STUDENTS OF SENIOR COURSES OF THE IRKUTSK AGRICULTURAL UNIVERSITY

Stanislav Nikoiaevic Shukhanov-doctor of technical Sciences, Professor
Tatyana Anatolewna Altukhova -candidate of technical Sciences, associate Professor
Irkutsk agrarian University named after A. A. Ezhevsky

Abstract
The article considers the peculiarities of career orientations of students of the Irkutsk agrarian University named after A. A. Ezhevsky

Keywords: student, anxiety, rigidity, career, research, extravertebreal, motivation

Нами, на базе Иркутского аграрного университета имени А.А. Ежевского было проведено комплексное исследование студентов следующих факультетов: агрономического, инженерного, энергетического и экономического

Цель исследования заключалась в выявлении студентов с выраженной коммуникативной и организаторской склонностью.

Для достижения поставленной цели проводилась диагностика:
1. Доминирующего мотива достижения и мотива отношения;
2. Особо значимых личностных качеств (тревожность, ригидность, экстравертированность);
3. Соотношение сигнальных систем при восприятии вербальной информации;
4. Уровень проявления коммуникативных и организаторских склонностей;

В соответствии с задачами исследования использовался банк методик сбора фактических данных и его обработки:
При комплексном исследовании применялись следующие методики:

1. Конструктивной мотивации.
2. Определение тревожности, ригидности, экстровертированности.
3. Определение соотношения между сигнальными системами.
4. Определение коммуникативных и организаторских склонностей.

В результате изучения значимых личностных качеств для подготовки будущих руководящих кадров в сельскохозяйственной отрасли был выявлен ряд характерных особенностей.

Высокий уровень тревожности показали 58% испытуемых. При этом тревожность носит не ситуативный характер, а является личностной характеристикой, которая накладывает свой отпечаток на всю деятельность индивида. Средний уровень тревожности продемонстрировали 48% испытуемых. С низким уровнем тревожности не выявлен ни один из испытуемых.

При изучении ригидности, как затрудненности личности при решении нестандартных задач, неумение быстро переходить с одного способа решения на другой мы получили следующие данные.

Высокий уровень ригидности показали 25% испытуемых. Средний уровень ригидности показали 68% испытуемых. Низкий уровень ригидности и соответственно способность быстро и продуктивно переходить с одного способа решения проблемы на другой продемонстрировали 7% испытуемых.

Исследование экстровертированности, как направленности личности на окружающий мир, на общение и взаимодействие с другими людьми позволило выявить высокий уровень у 23% испытуемых.

Средний уровень экстраверсии показали 70% испытуемых. Низкий уровень экстраверсии и соответственно направленность на внутренний мир и рефлексию выявлено у 7% испытуемых.

Результат исследования соотношения между сигнальными системами позволяют утверждать следующее: большинство испытуемых (62%) в восприятии основываются на наглядном образе, отражая внешние видимые признаки, но не опираются на анализ и общение. Только 8% испытуемых показали «мыслительный» тип, т.е. при восприятии они склонны анализировать и обобщать существенные признаки объектов и явлений.

Смешанный тип, или «средний» обнаружен у 30% испытуемых.

Исследование склонностей как положительного, внутренне мотивированного отношения к какому-либо занятию, позволило выявить
коммуникативные и организаторские склонности у испытуемых студентов.

Низкий уровень коммуникативных склонностей показали 55% испытуемых.

Коммуникативные склонности на уровне ниже среднего у 30% испытуемых. А это значит, что они не стремятся к общению, скованно чувствуют себя в новой компании, ограничивают свои знакомства.

Средний уровень коммуникативных склонностей показали 10% испытуемых. Они стремятся к контакту с людьми, отстаивают свое мнение, однако потенциал их склонностей не отличается высокой устойчивостью.

Только 5% испытуемых показали высокий уровень коммуникативных склонностей. Именно эти испытуемые стремятся постоянно расширять свои контакты, проявляют инициативу в общении, способны принимать самостоятельное решение.

Организаторские склонности также определялись по уровням их проявления.

Высокий уровень организаторских склонностей, т.е. мотивированно положительное стремление заниматься планирование и осуществлением общественно-значимой работой показали 7% испытуемых.

Средний уровень организаторских склонностей показали 30% испытуемых.

Организаторские склонности ниже среднего и низкий уровень выявлены у 63% испытуемых.

Полученные результаты показывают, что студенты при построении карьеры ориентируются на стабильность работы, т.е. для них очень важна уверенность в том, что сама работа и ее условия (в том числе и финансовые) сохраняются завтра, послезавтра. Большинство студентов направлено на вертикальный профессиональный рост, хотят управлять различными сторонами деятельности организации. В то же время необходимо заметить, что сегодняшние студенты фактически не ориентированы на горизонтальный профессиональный рост (карьерная ориентация профессиональная компетентность). То есть желание стать профессионалом своего дела, добиться мастерства в своей профессии, углублять свои знания и опыт у студентов практически отсутствует [1,2].

В целом, полученные данные свидетельствуют о том, что у большой группы студентов выпускных курсов коммуникативные и организаторские склонности выражены на низком или ниже среднего уровня, что свидетельствует о низкой положительной мотивации заниматься общественно-значимой работой (в том числе руководящей).
Выводы

1. Студентов, мотивированно готовых к руководящей деятельности в будущем выявлено 33% от всех выдержавших испытание.
2. Необходимо организовать систематическую работу по выявлению у студентов организаторских склонностей уже на младших курсах
3. Включать студентов, обнаруживших коммуникативные и организаторские склонности, в комплексную подготовку соответствующего профиля (курсы лекций, практические занятия, тренинги, привлечение к общественно - значимой работе на факультете).
4. Проводить психологическое консультирование студентов, обнаруживших высокий руководящий потенциал, желание готовить себя к организаторской деятельности в сфере сельского хозяйства.

References: