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## **MECHANISMS FOR STRENGTHENING THE PROFESSIONAL RESILIENCE AND COMPETITIVENESS OF FUTURE PSYCHOLOGISTS IN CONDITIONS OF UNCERTAINTY**

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The modern world—especially within the Ukrainian context—is marked by high levels of uncertainty, leading to an increased demand for qualified psychologists. These professionals play a crucial role in rehabilitating

military personnel, displaced individuals, and other vulnerable groups, even as they themselves face significant professional and emotional stress. This reality makes the development of professional resilience mechanisms essential for ensuring both their effectiveness and competitiveness. Building professional resilience in future psychologists is a critical part of their training. It ensures that they can resist stress, regulate their emotions, and adapt to rapidly changing environments. Modern challenges require not only deep theoretical knowledge but also flexible thinking, quick decision-making, and the ability to work under non-standard conditions. A psychologist's competitiveness is determined by a blend of professional skills and personal qualities—such as practical expertise, emotional intelligence, and a commitment to continuous self-improvement. Research on this issue is relevant, as it contributes to the training of specialists who are able to act effectively in conditions of instability. Kravchuk N. focuses on stress resistance as a key component of the professional training of psychologists, emphasizing its importance for effective activity [4]. In this context, Serdyuk O. studies the competitiveness of specialists, emphasizing the need to adapt educational programs to international standards, which will contribute to improving the quality of training [5]. In addition to professional skills, personal readiness for professional activity is important. Yaraya T. draws attention to the importance of empathy, tolerance and emotional stability, especially in an inclusive environment [6]. Additionally, Ivashchenko O. emphasizes the role of self-reflection and self-development, which ensure the adaptability and professional stability of psychologists [1]. An important factor of success is also the development of professional competencies. Korzh O. considers competitiveness through the formation of critical thinking, innovative activity and communication flexibility [3]. Complementing this aspect, Kandyba V. explores professional self-realization, emphasizing that awareness of one's own values and motives contributes to resilience to the challenges of the profession [2].

Foreign researchers pay significant attention to the professional sustainability and competitiveness of psychologists in the context of globalization challenges. Michael Friedman emphasizes the importance of emotional stability and self-regulation for successful professional activities [7]. Jessica Hobfoll, in the theory of 'resource conservation', explains that professional burnout occurs due to the loss of personal or professional resources [9]. Therefore, training programs should focus on developing skills for managing these resources. The development of soft skills in psychological education is based on Daniel Goleman's proof that emotional intelligence contributes to communication, leadership, and competitiveness [8]. Karen Ryan emphasized the importance of adaptive thinking in her exploration of cognitive strategies for overcoming professional crises [10].

To enhance the resilience and competitiveness of psychologists, it is essential to develop emotional stability, adaptability, and self-development, which will guarantee their integration into the workforce.

The goal of education is to develop the professional resilience and competitiveness of future psychologists, as the profession demands adaptability, emotional stability, and self-regulation. For success, it is not only necessary to possess knowledge and skills, but also personal qualities that contribute to effective activities in conditions of uncertainty and competition.

One of the key factors in the development of professional resilience is the personal characteristics of a future psychologist. Maintaining internal balance in stressful situations, avoiding emotional burnout, and effectively managing your own emotions requires emotional resilience. The development of reflexivity is also important, that is, the ability to analyze your own activities, assess your strengths and weaknesses, which contributes to professional development. The motivation to develop professionally is determined by your desire to improve your skills, master new techniques, and implement modern technologies in your work. Adaptation to changes, finding non-standard solutions, and creating innovative methodological approaches can be achieved through flexibility of thinking and creativity. Stress resistance is also an important aspect, which helps a psychologist overcome professional difficulties and maintain high efficiency in work even under conditions of significant psycho-emotional stress.

The level of professional training of a future psychologist is determined by the professional factors, which are equally important. Among them is a deep mastery of theoretical knowledge and practical skills in the field of psychological diagnostics, counseling, psychotherapy and psychocorrection. The ability to analyze psychological problems and critical thinking is the basis for making informed professional decisions. The quality of psychological assistance is enhanced by effective interaction with clients, colleagues, and other specialists, which is made possible by communication skills. Additionally, psychologists must be able to correctly draw up professional documentation that complies with ethical and legal norms. To be competitive, it's necessary to conduct scientific research and implement new methods, which ensures constant updating of professional knowledge. Educational and organizational factors have a significant impact on the development of professional sustainability and competitiveness of future psychologists. The basis for training highly qualified specialists is high-quality professional education that includes a modern curriculum focused on international standards. The importance of having enough hours of practical activity lies in allowing students to gain real experience working with clients and develop necessary professional skills. The use of interactive teaching

methods, such as case methods, role-playing games and simulation training, contributes to the effective assimilation of the material and the development of practical competencies. In addition, the opportunity to complete internships and volunteer projects enables students to adapt to the real conditions of professional activity and expand their professional contacts.

The competitiveness of a psychologist is influenced by social and economic factors separately. The demand for psychological services in modern society is growing, which increases the importance of the profession. The development of psychological culture and increased trust in the specialists in this field contributes to the growth of the need for qualified specialists. The high level of competition in the labor market necessitates future psychologists to continually enhance and raise their professional level.

The development of personal and professional qualities is crucial for future psychologists' professional sustainability and competitiveness, which is achieved through the implementation of effective mechanisms. Educational mechanisms include a competency-based approach to learning, focused on practical skills and the formation of necessary competencies. The introduction of supervision and mentoring is also important, as it allows future specialists to receive support and recommendations from experienced professionals. The development of interdisciplinary interaction contributes to the expansion of competence and the integration of psychology with other sciences. The formation of emotional intelligence, which helps future psychologists effectively manage their own emotions and understand the feelings of others, deserves special attention among the psychological mechanisms. The development of self-regulation skills allows you to manage your own psycho-emotional state, reduce stress levels and prevent professional burnout. A positive professional identity is an important mechanism that contributes to the awareness of the importance of your profession and increases motivation to work.

Practical mechanisms are designed to promote continuous professional learning and improvement. By attending trainings, seminars, and master classes, future psychologists can continuously update their knowledge and master modern work methods. An important tool is the development of personal branding, which includes the formation of a unique professional style and positioning oneself as an expert in one's field. Creating a professional environment, participating in scientific conferences, and cooperating with professional associations and organizations all contribute to expanding opportunities for professional development.

Therefore, the development of professional resilience and competitiveness of future psychologists is a multifaceted process that requires a comprehensive approach. The formation of a competent, adaptive, and competitive specialist requires consideration of both personal and

professional aspects, as well as educational, social, and economic conditions. Future psychologists can effectively develop and improve their skills in their careers by successfully integrating these factors and mechanisms to withstand professional challenges.

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