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COMMUNICATIVE ABILITIES IN STUDENTS WITH DIFFERENT LEVELS OF EMPATHY

This article is devoted to the study of the peculiarities of communicative abilities of students-psychologists with different levels of empathy. The article deals with the dominant types of attitude to others, as well as the levels of development of sociability and empathy of students. It is noted that psychology students with a higher level of empathy also have well-developed communicative abilities, and psychology students with a lower level of empathy are characterized by less developed communicative abilities.

Keywords: communicative abilities, sociability, empathy, student's age.

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ОСОБЕННОСТИ КОММУНИКАТИВНЫХ СПОСОБНОСТЕЙ У СТУДЕНТОВ С РАЗНЫМ УРОВНЕМ ЭМПАТИИ

Данная статья посвящена изучению особенностей коммуникативных способностей у студентов-психологов с разным уровнем эмпатии. В статье рассматриваются доминирующие типы отношения к окружающим, а также уровни развития общительности и эмпатии учащихся. Отмечается, что у студентов-психологов с более высоким уровнем эмпатии также хорошо развиты коммуникативные способности, а студенты-психологи с более низким уровнем эмпатии характеризуются менее развитыми коммуникативными способностями.

Ключевые слова: коммуникативные способности, общительность, эмпатия, студенческий возраст.

In modern conditions of life, the identification of features of communicative abilities is of particular importance for the emotional formation of the individual, their socialization and getting them the right configurations of social behavior [4]. T.P. Gavrilova emphasizes that the construction of interpersonal relationships of people is particularly strongly influenced by the presence of such qualities as empathy, sympathy. When training specialists in professions such as man to man, it is important to pay attention to the development of these qualities in psychology students [3].

Empathy, as an object of research, has long attracted the attention of both foreign and domestic scientists. It was studied at different ages and was associated with the psychological space of personality (Yu.P. Derevyanko) [6], individual psychological characteristics (V.M. Vardanyan) [2], professional success (I.V. Dementiev) [5] and a tendency to difficult communication (L.E. Kuznetsova) [9].

Thus, empathy occupies a key position in interpersonal interaction and communication abilities in general, and is one of the most important components of communication abilities.

The study was conducted on the basis of Belgorod State University. The study involved 20 boys and girls. We used the following methods: method of diagnosis of the level of empathic abilities (V. Boyko) [1]; method «Diagnosis of interpersonal relations» (T. Leary); test «Assessment of the level of sociability» (V.F. Ryakhovsky).

As a result of the diagnosis of the level of empathy of students-psychologists using the methods of diagnosis of the level of empathic abilities of V. Boyko [1] the following results were obtained. The predominant level of empathy the subjects is moderate (35%, 7 people.). The average level of empathy indicates a good level of ownership of their own emotions, and the definition of other people's emotions.

25% (5 people) have a high level of empathy, and 10% (2 people) of our sample have a low level of empathy.

The results of diagnostics of students' sociability showed that the average value of the sample is 14.7 points. This suggests that our sample is dominated by an average level of sociability. Most subjects are very sociable, curious, talkative, like to speak on different issues, and willing to meet new people. Only 20% (4 people) of students have a low level of sociability. This indicates that these subjects are closed, taciturn, prefer solitude, so they have few friends. The results of diagnostics of students' communicative abilities showed that the average value of the sample is 6 points. This suggests that students have a moderate sociability, less pronounced low level of sociability (35%, 7 people). The prevalence of these levels, in turn, tells us about the adaptability of students' behavior.

The least expressed high levels of sociability (15%, 3 people). For subjects with a high level of sociability can be characterized by extreme behavior.

We also analyze individual types of attitudes to others, which gives us more data about the communicative abilities of the subjects. The prevailing type of attitude to others is friendly (25%, 5 people). This type of attitude towards others is characterized by courtesy with everyone, orientation to acceptance and social approval, the desire to meet the requirements of all, «to be good» for all without taking into account the situation. This suggests that most subjects have developed mechanisms of displacement and suppression, emotionally labile type of character. The predominance of the friendly type of test subjects indicates their propensity to cooperate, cooperation, flexibility and ability to compromise in solving problems and in conflict situations. Subjects tend to be in agreement with the opinions of others, follow the conventions, rules and principles of «good manners» in relations with people, initiative in achieving the goals of the group, seek to help, show warmth and friendliness in relations. The least pronounced types are authoritarian (5%, 1 person), aggressive (5%, 1 person) and subordinate (5%, 1 person). This tells us that this sample of subjects is not characterized by dictatorial, domineering, despotic character, perseverance and perseverance.

The analysis of differences in the features of sociability of students-psychologists with different levels of empathy showed that students-psychologists with low levels of empathy average value of sociability is 26.2 points. The students-psychologists with a low level of empathy reticent, prefer loneliness, therefore, they have few friends. The average value of sociability was 12.7 points for students-psychologists with low level of empathy. These students have normal communication skills. They are inquisitive, willing to listen to an interesting interlocutor, patient enough in dealing with others, defend their point of view without temper. Without unpleasant experiences go to meet new people. Students-psychologists with an average level of empathy have an average value of sociability equal to 8.3 points. Students-psychologists with a very high level of empathy have an average value of sociability equal to 10.5 points. This average value refers students with a very high level of empathy also to the owners of normal communication skills. The differences are statistically significant (at $p < 0.01$).

In addition, there were statistically significant differences between the types of attitudes to others in psychology students with different levels of empathy: namely, selfish ($r = 0.001$; $p < 0.01$), aggressive ($r = 0.001$; $p < 0.01$), friendly ($r = 0.001$;) and altruistic ($r = 0.001$; $p < 0.01$). This suggests that the egoistic and aggressive type is characterized by low and low levels of empathy, while the friendly and altruistic type is characterized by medium and high levels of empathy. There were no significant differences with other types of relationships with others.

The analysis of the relationship between communicative abilities, general level of sociability and general level of empathy showed that the general level of empathy has a positive correlation with the general level of sociability and such types as altruistic and friendly. The higher the level of empathy, the higher the level of sociability and the greater the use of a friendly and altruistic attitude towards others. It also confirms the negative correlation between the general level of empathy and types such as aggressive and selfish. The higher the level of empathy, the lower the chance of manifestation of selfish and aggressive types of attitude to others. It is also

worth noting the fact that in our sample the average level of empathy was dominant, and the dominant level of communication skills is moderate.

Thus, as a result of statistical data processing, we found significant differences between the communicative abilities of students-psychologists with different indicators of empathy. We have found that higher values of communicative abilities are typical of high and medium levels of empathy. It was found that the selfish and aggressive type is characterized by low and low levels of empathy, and the friendly and altruistic type is characterized by medium and high levels of empathy.

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