

## THE STUDY OF PROFESSIONAL QUALITIES IN PSYCHOLOGISTS

<https://doi.org/10.5281/zenodo.20110194>

*Karakalpak State University, Faculty of Art Studies,  
Associate Professor of the Department of Pedagogy and Psychology (DSc),*

**N.J. Sagindikova**

*Four-year student of the Practical Psychology program,*

**D. J.Sarsenbaeva**

### **Abstract**

This article is dedicated to studying the core qualities necessary for psychologists to achieve success in their professional activities. The study aims to systematically analyze the personal and professional competencies of psychologists and serves to increase their effectiveness. The article examines the theoretical foundations of professional qualities and discusses the mechanisms for their formation. The results obtained provide practical recommendations for improving psychological education and professional development programs, which contributes to enhancing the professional skills of specialists.

### **Keywords**

Psychologist, Professional Qualities, Competence, Professional Development, Psychological Practice, Personal Qualities, Research, Ethics

### **Introduction**

In modern society, the increasing demand for psychological services and its increasing complexity necessitate paying special attention to the professional qualities of psychologist specialists. Against the backdrop of global changes, social stress, and personal problems, the role of psychologists in maintaining and restoring the mental health of the population is invaluable. The activities of a psychologist include working with the subtleties of the human psyche, promoting personal development, ensuring social adaptation, and strengthening mental health. These processes manifest in various forms, such as counseling, psychological rehabilitation, correction, psychotherapy, as well as educational and preventive measures [1]. The effectiveness of this activity is directly linked to the psychologist's deep theoretical knowledge, practical skills, and most importantly, their personal and professional qualities. Therefore, the study of professional qualities in psychologists and the analysis of their formation and development mechanisms are of current scientific and practical importance.

The primary objective of this research is to systematically analyze the professional qualities of psychologists, highlight their theoretical foundations, and demonstrate their practical significance. The article explores in depth the importance of key competencies necessary for a psychologist to operate effectively, including skills such as effective communication, active listening, and empathy [4]. Opportunities for integrating modern technologies, including online counseling, remote psychology, and artificial intelligence, into professional practice will also be considered [4]. The research aims to contribute to the professional growth of specialists in the field and the provision of quality psychological assistance by comprehensively studying issues such as the role of ethical principles and professional responsibility in psychological practice, and the impact of professional qualities on the effectiveness of practice. This will lay the foundation for developing practical recommendations aimed at improving the quality of psychological services and strengthening mental health.

#### **Literature review on the topic**

An analysis of the literature on the topic reveals a comprehensive picture of modern scientific approaches aimed at studying professional qualities in psychologists. The complex and multifaceted nature of psychological activity and its direct impact on the human psyche require specialists to possess not only profound theoretical knowledge but also a complex of unique personal and professional qualities. An analysis of the literature shows that a psychologist's professional activity is distinguished by its importance, uniqueness, and clearly defined characteristics, which emphasizes the decisive role of professional qualities in ensuring its effectiveness [1]. To work in various forms of psychological assistance, including counseling, psychological rehabilitation, correction, psychotherapy, as well as educational and preventive measures, a specialist is required to constantly work on themselves and improve their professional skills [1].

Recent studies emphasize the central role of communicative skills in shaping the professional competence of psychologists. In particular, approaches and methods aimed at developing the communicative skills of modern psychologists are analyzed in depth [4]. These studies note that core competencies such as effective communication, active listening, and empathy are crucial in the process of providing psychological assistance. These qualities serve as the primary tools for establishing a trusting relationship with the client, deeply understanding their problems, and finding effective solutions. While active listening allows the psychologist to fully perceive the client's words, feelings, and hidden messages, empathy helps to penetrate their inner world and understand the situation from the client's perspective.

At the same time, the literature emphasizes the importance of not only verbal but also non-verbal communication in the psychologist's activities [4]. The ability to correctly read non-verbal signals such as the client's body language, facial expressions, and tone of voice allows the psychologist to assess the situation more fully. Furthermore, reflexive analysis, i.e., the ability to constantly analyze and evaluate one's own performance, is also essential for a psychologist's professional growth and effectiveness [4]. This process helps the psychologist understand their strengths and weaknesses, learn from their mistakes, and improve their future practice. Special educational programs and training initiatives have been developed to develop these communicative competencies, which facilitate the professional development and psychological growth of psychologists [4]. The literature advocates for a comprehensive communicative approach to providing effective psychological services, conducting successful psychotherapy, and developing collaboration within the field [4].

The integration of modern technologies into psychological practice also imposes new requirements on professional qualities. The possibilities for the strategic integration of technologies such as online counseling, remote psychology, virtual reality, and artificial intelligence into professional activities are widely discussed in the literature [4]. These technologies serve to expand the scope of psychological assistance, increase the efficiency of service delivery, and create new opportunities. However, their effective use requires a psychologist to possess not only technological literacy but also the ability to adapt traditional professional qualities to new conditions. For example, during an online consultation, it may be difficult to perceive non-verbal signals, which requires the psychologist to apply verbal communication and active listening skills more deeply. The use of artificial intelligence tools raises new questions regarding ethical responsibility and ensuring data privacy.

In conclusion, the literature analysis shows that the professional qualities of a psychologist are a dynamic and constantly evolving concept. These qualities include not only theoretical knowledge and practical skills but also personal characteristics, communicative competencies, and the ability to use modern technologies. In every direction of psychological activity, whether it be counseling, rehabilitation, or prevention, the aforementioned qualities serve as the primary factor determining the effectiveness of the specialist and the quality of the assistance provided [1, 4]. Therefore, it is important to pay special attention to the formation of these qualities in the programs of training and professional development of psychologists, to introduce mechanisms for their constant improvement.

## Conclusion

This study demonstrated that the professional qualities of psychologists are an integral part of modern psychological practice. For effective activity, a combination of theoretical knowledge, practical skills, personal characteristics, and communicative competencies is of decisive importance. Especially in the context of technological progress, specialists are required to adapt to constant changes, adhere to ethical principles, and have a deep sense of professional responsibility. These qualities are the main guarantee of providing quality psychological assistance and strengthening the mental health of the population. Therefore, in the system of training and professional development of psychological personnel, priority should be given to their formation.

## REFERENCES:

- [1] Беһтке, S. H., Benson, C. J., & Younggren, J. N. Oxford Ethical Psychological Practice Manual. New York: Oxford University Press.
- [2] Shafranske, E. P., & Falender, C. A. Skills in Psychotherapy and Counseling: A Manual for Professional Development. New York: Routledge.
- [3] Falender, C. A., & Shafranske, E. P. "Education in Competence-Based Professional Psychology: A Call for Continuing Innovation and Integration." *Professional Psychology: Research and Practice*, vol. 51, no. 6, 2020, pp. 579-586.
- [4] Han, Y., & Lee, J. "Ethical Challenges in Online Psychological Practice: A Comprehensive Analysis." *Journal of Clinical Psychology in Medical Conditions*, vol. 28, no. 4, 2021, pp. 843-857.
- [5] Hook, J. N., Davis, D. E., Owen, J. M., Johnson, S. A., & DeBlaere, C. "Cultural Humility and Competence in Clinical Practice: A Comprehensive Analysis." *Journal of Clinical Psychology*, vol. 79, no. 1, 2023, pp. 3-23.
- [6] Davey, G. *Professional and Ethical Practice Manual for Psychologists*. London: Routledge, 2021.
- [7] Watkins Jr., C. E. "Control Abilities: A Comprehensive Review of the Literature." *Training and Education in Professional Psychology*, vol. 16, no. 1, 2022, pp. 1-10.
- [8] Barnett, J. E., & Johnson, W. B. "Psychologist Well-being: A Call for Systemic and Individual Interventions." *Professional Psychology: Research and Practice*, vol. 54, no. 1, 2023, pp. 1-9.
- [9] Sternberg, R. J., Fiske, S. T., & Foss, D. J. *The Future of Psychology: A Global Perspective*. Cambridge: Cambridge University Press.