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EMPATHY AS CONDITION OF DEVELOPMENT OF ASSERTIVENESS IN TEENAGE PERIOD

The topicality of this study is due to the fact that the acute problem at this stage of social development is empathic relations, especially in the teenage period. The problem of assertive behavior lies deep in the problems of communication and empathic interactions. Currently, the interconnection of empathy and assertiveness is studied insufficiently as assertiveness is a new phenomenon in psychology.

Empathy is a complex psychological system of «Me-You» connection in the process of human interaction with the world, a specific form of objective reality reflection, which is the inner world of subjective life of another person [1]. Empathy as a personal mental formation, reaching expressiveness in the teenage period, is an inciter of a prosocial behavior and altruism in the future.

Assertiveness is a person's ability to defend one's rights confidently and with dignity, not disregarding the rights of others at the same time [2]. Often assertiveness is compared with self-confidence, self-determination and non-conformism, but not in sense of negativism. Assertiveness, as an ability, but not an innate quality, encourages a teenager to defend his point of view, to become independent, active, purposeful, to learn to reject, recognizing the rights of others and not humiliating the feelings of others.

According to A. Salter, who introduced a notion of assertive behavior, it is the most constructive type of human interaction, as it differs from passive and aggressive behaviour, because the main condition is a feeling of the other person's needs, attitudes and positions [2]. This is the manifestation of empathy, which is the basis of assertiveness and makes a positive impact on the development of appropriate behavior. Empathy in connection with assertiveness is an important factor in the formation and establishment of relationships and social interactions, effective communication and contacts with the outside world and self-realization in the world. Assertiveness comprises many components such as: confidence (M. Rosenberg), self-esteem and respect, taking responsibility for one's own lives (S. Stout), positive attitude (D. Myers), persistence (A. Lazarus, A. Weiner), spontaneity (V. Kapponi, T. Novak), the ability to listen and understand another person (R. Fritchie), which is comparable with empathic interaction. To understand and show great variation of behavior, flexibility in reactions depending on another person's state and situation in order to enter the emotional state of another person, to imbue with him, feel the need and importance of one or another form of behaviour that is typical for an assertive person, one should possess a developed empathy.

Assertive behavior, that manifests itself in interaction with a person, affects empathy. On low levels of empathy the development of assertiveness is impossible. Assertive behaviour is characteristic for the empathic interaction. It must be mentioned that passive behavior is manifested in connection with indifferent empathic relations. They are provided by mechanisms of emotional contamination, initial assessment of the situation and are expressed in the subject's indifferent attitude to the object of empathy, and aggressive behavior is manifested in anti-empathic relationships. These are empathic relationships, manifested in all forms of the subject's inadequate empathic reactions towards the object of empathy, based on the dissonant empathy [1]. In conclusion it should be mentioned that high or medium level of empathy and consonant empathic relationships that occur in all forms of the subject's adequate reactions towards the object of the empathy, affects assertive behavior.

LITERATURE

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