

EFFECTIVENESS OF A TRAINING PROGRAM FOR DEVELOPING SOCIO-PSYCHOLOGICAL CHARACTERISTICS IN THE FORMATION OF PROFESSIONAL SKILLS AMONG MEDICAL UNIVERSITY STUDENTS

Dilfuza Umrzakovna Mamadiyarova

Associate Professor, Department of Pedagogy and Psychology, Samarkand State Medical University
18 Amir Temur Str., Samarkand 140100

UZBEKISTAN

ORCID: 0000-0001-7147-5343

Email: dilfuza-mamadiyarova@mail.ru

&

Gulsum Alisherovna Azgarova

Associate Professor, Department of Pedagogy and Psychology, Samarkand State Medical University
18 Amir Temur Str., Samarkand 140100

UZBEKISTAN

ABSTRACT

Given the growing importance of psychological competence in the professional preparation of healthcare specialists, this study evaluated the effectiveness of a training program designed to develop the socio-psychological characteristics underlying the formation of professional skills among medical university students. An experimental study was conducted involving 127 students, divided into an experimental group ($n = 64$), which took part in a six-session training program delivered over two months, and a control group ($n = 63$), which did not receive the intervention. Both groups were assessed twice — before and after the intervention period — using a battery of six psychodiagnostic instruments measuring stress resilience, volitional self-regulation, adaptability, reflexivity, emotional intelligence, and personal maturity. The Wilcoxon signed-rank test showed statistically significant improvements across all six measures in the experimental group ($p = 0.000$), whereas changes in the control group were not statistically significant ($p = 0.060–0.564$). A subsequent frequency analysis of the stress resilience measure showed a pronounced shift in the structure of indicator levels in the experimental group: the proportion of respondents with “resource” (above-average and high) levels of stress resilience rose from 15.63% to 39.06%, while the proportion at “elevated risk” (below-average and low) levels fell from 40.62% to 6.25%; no comparable shift occurred in the control group. These changes reflect a strengthening of psychological readiness for professional activity and the development of stress resilience. The program thus confirmed its practical effectiveness as a targeted means of developing the socio-psychological characteristics needed for medical university students to successfully acquire and apply professional skills.

Keywords: Medicine, Student, Professional skill, Training, Stress resilience.