

CHARACTERISTICS OF PSYCHOLOGICAL MATURITY AS A SOFT-SKILL OF A MODERN PERSONALITY

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The aim of the article is to substantiate the essence and component structure of psychological maturity, and the set of soft skills as an integral part of an individual's psychological maturity.

For this research, the author employed general scientific theoretical research methods including analysis, synthesis, generalisation, induction, deduction, explanation, and classification.

The author has found that a modern person should be able to question established opinions and judgments, engage in competent and rational dialogue, determine the essence of problems and seek alternative solutions, and always be able to distinguish verifiable facts from assumptions and personal subjective opinions. This, in turn, should be inherent in every mature personality, since all modern specialists are people with a wide range of knowledge and the ability to quickly adapt to new situations. As a result, they can effectively interact with colleagues and solve theoretical and practical problems. Today, the labour market requires their comprehensive development, so along with this, the ability to quickly respond to labour market demands, ensure continuous self-education, communication skills and a sense of responsibility for the results of their activities play an important role for each individual.

In general, to succeed in the modern labour market, it is important to develop not only professional skills but also a wide range of so called soft skills. Only when these qualities are combined can future professionals be competitive and advance their professional careers.

In order to carry out a comprehensive analysis and further practical application of the research results, the author analysed 76 scientific publications related to the subject of scientific research, namely psychological maturity and soft skills of a modern personality. It has been determined that the characteristics of psychological maturity can be interpreted as soft skills of a personality through the prism of the definition of "hard skills", "soft skills" and "meta skills", because they have a fundamental difference, but are interdependent. In general, the development of soft skills leads to an increase in self-awareness and self-understanding, the formation of clear life values and goals, an increase in the ability of self-regulation and adaptation, and a level of life satisfaction, and are important factors in a person's overall mental well-being.

Scientific research shows that psychological maturity, which describes a set of characteristics necessary for successful functioning in society, is closely related to soft skills, as the study of psychological maturity can help in better understanding and development of soft skills, which is extremely relevant today. Therefore, the purpose of this study is to theoretically analyse the available publications describing psychological maturity in order to identify the main (most frequently mentioned) characteristics of psychological maturity. To conduct this study, the author used general scientific theoretical methods of information research, namely analysis, synthesis, generalisation, induction, deduction, explanation and classification.

The author determines that modern research and the experience of leaders in various fields of work indicate an increase in the role of soft skills in occupational programs and requirements for candidates for employment, which in turn leads to an improvement in positive emotional integrity in terms of increasing the team's performance, the effectiveness of training and mutual development, a positive perception of any challenges and solving urgent problems of the enterprise, and the way to use one's own creativity, flexibility, responsibility and independence.

The results of the study suggest that further research will be aimed at studying methods and tools for developing soft skills of a psychologically mature personality, as well as at studying the impact of these qualities on various aspects of human life. The study is based on the analysis of scientific publications and requires further empirical confirmation.

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