

## Summary

**The theme of final qualifying work:** Psychological conditions of increasing self-efficacy in student age.

**The aim of research** is to identify psychological conditions of personal resources development that contribute to self-effectiveness in student age.

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**The Relevance of research:** Modern social reality is characterized by high success standards that determine the requirements of a human's personal and professional potential. This is especially relevant with respect to student age, when there is a coincidence of age, existential crises, as well as crises of vocational training with a change in the way of life of students and high requirements for their personal resources. Self-effectiveness is the most important psychological variable that helps to unlock internal resources, increase development opportunities in a wide variety of areas of life and provide a broad perspective of elections for an effective behavior strategy.

**Theoretical and practical significance of research.** The theoretical significance is that the data obtained in the course of theoretical and empirical research expand scientific ideas about the development of self-efficacy in student age from a resource approach; in identifying psychological conditions for the development of personal resources that contribute to increasing self-effectiveness among students; in the proposal of a psychological support program aimed at improving self-efficacy in student age. The practical significance of the study is that the results can be used in individual psychological consultations and corrective and developmental activities with students, in the development of seminars and programs for the development of confident behavior, and in the ability to achieve

effective results. The developed program can be used by psychological services of various universities.

**The results of the study:** In this qualification work, we identified psychological conditions that contribute to increasing self-effectiveness in student age. Based on the results of the recording experiment, a program was drawn up to increase self-efficacy in students, the effectiveness of which was confirmed during the forming experiment.

**Recommendations:**

Increasing the resilience of students is influenced by the level of development of personal resources, for the optimal development of which it is necessary to create special psychological conditions: psychological support of personal resources of students; taking into account the individual and age characteristics of the individual at the student age; creating an atmosphere of acceptance and understanding of the individual, scoreless attitude and belief in her success; construction of subject-subject relations; inclusion of resources of educational environment in the process of formation of value-sense sphere and self-realization of students.

Considering these psychological conditions ensures effective improvement of self-effectiveness in student age. This material can be recommended to psychologists, specialists of psychological services of universities, teachers, students, as well as everyone interested in this problem.