

Studying the Emotional and Communicative Competence of Students as a Scientific and Pedagogical Problem

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Abstract: The development of emotional and communicative competence is crucial for the social and emotional development of students. By creating a positive and supportive environment, teachers can help students develop these essential life skills that will prepare them for success in their personal and professional lives. Developing students' emotional and communicative competence is essential as it helps them build healthy interpersonal relationships, regulate their emotions, and express themselves effectively.

Keywords: emotional and communicative competence, education, communication skills, scientific research.

In recent years, the importance of emotional and communicative competence in the educational system has been increasingly recognized. Good communication skills are essential for building strong relationships with students, building trust and increasing satisfaction with teachers. Effective communication is also associated with better health outcomes and reduced healthcare costs.

Therefore, the development of emotional-communicative competence is crucial for future teachers to provide quality education to their students. This requires training in both emotional intelligence and communication skills, which can help future educators understand students' emotional needs and communicate effectively with them. In general, emotional and communicative competence is an important aspect of health care, the educational system, which should be given special attention in teacher education and training.

It is difficult to attribute the research of emotional-communicative competence to one scientist, since this is an interdisciplinary field that has been studied by researchers from different fields, including psychology, communication, and health care. However, some of the early researchers who contributed to the study of emotional-communicative competence include Paul Ekman and Wallace Friesen, who developed the Facial Action Coding System (FACS) to measure emotion-related facial expressions [1]. Another influential researcher in the field of emotional intelligence is Daniel Goleman, who popularized the concept of emotional intelligence and its role in success and well-being [2]. In healthcare, researchers such as Anthony Suchman and Diane Rawlins have emphasized the importance of emotional-communicative competence in improving patient outcomes and physician well-being [3]. In general, emotional and communicative competence is a complex and multifaceted topic that is being studied by many researchers in various fields.

Research on emotional-communicative competence as an interdisciplinary field began in the 1990s. During this time, researchers from different fields, including psychology, communication studies, and health care, have begun to recognize the importance of emotional and

communicative competence in a variety of contexts. For example, in healthcare, the concept of patient-centered care emerged, emphasizing the importance of understanding and responding to the emotional needs of patients [4]. In communication research, researchers have begun to focus on the role of emotions in communication and how they influence message interpretation and response [5]. In psychology, the concept of emotional intelligence was developed, which emphasized the importance of understanding and managing one's own emotions, as well as recognizing and responding to the emotions of others [6].

In general, the 1990s marked the beginning of the study of emotional and communicative competence as an interdisciplinary field, which has since grown and expanded to include a wide range of topics and points of view.

In Russia, several studies have been conducted on emotional and communicative competence. One study examined the relationship between emotional intelligence and communicative competence among medical students in Russia [7]. The study found that emotional intelligence is positively correlated with communication competence, suggesting that emotional intelligence training can improve communication skills in medical students.

Another study examined the effectiveness of a communication skills training program for Russian medical students [8]. The program aimed to improve students' ability to communicate with patients and their families in an effective and compassionate manner. The study showed that the training program improved students' communication skills and increased their confidence in their ability to interact with patients.

The third study examined the relationship between emotional intelligence and empathy in Russian medical students [9].

The study found that emotional intelligence is positively correlated with empathy, suggesting that emotional intelligence training may also improve empathy among medical students.

Overall, these studies highlight the importance of emotional and communicative competence in healthcare and the potential benefits of training programs to improve these competencies among medical students in Russia.

In the course of the conducted scientific research on the development of emotional and communicative competence of students, some main conclusions were made:

1. Emotional intelligence. Emotional intelligence (EI) is the ability to recognize, understand and manage emotions. Research has found a positive relationship between emotional intelligence and academic/professional success, social competence, and mental health. Thus, teaching students emotional intelligence skills can improve their emotional competence.
2. Social Emotional Learning (SEL) programs. SEL programs aim to improve students' social and emotional skills such as empathy, self-awareness, and communication. These programs have been shown to improve academic achievement, social competence, and reduce behavioral problems.
3. Parent involvement. The participation of parents in the emotional and communicative development of the child can positively affect his social-emotional competence. Research has shown that parents who communicate effectively with their children, respond to their emotions, and engage them in problem solving can increase their emotional and communication competence.
4. Positive school climate. The school climate has a significant impact on the emotional and communicative development of students. Research has shown that a positive school climate, such as a safe and respectful environment, clear communication, and supportive teachers, can improve students' social-emotional competence.
5. Teacher training. Teachers play an important role in facilitating the emotional and communicative development of students. Research has shown that educators trained in SELs,

such as providing emotional support, modeling social skills, and effective communication, can positively impact students' socio-emotional outcomes.

Here are some ways to develop the emotional and communicative competence of students:

1. Encourage emotional expression. Teachers can create a safe and caring classroom environment in which students are free to express their emotions without fear of judgment. This can be achieved by actively listening, validating your emotions, and providing opportunities for sharing.
2. Teach Emotional Regulation: Students should learn how to manage their emotions effectively as this helps control their emotions and reduces impulsivity. Teachers can teach mindfulness, deep breathing, and relaxation techniques to improve emotional well-being.
3. Develop social skills. Good communication skills are essential for students to build relationships and succeed in life. Teachers can help students develop effective communication skills such as active listening, self-confidence, and conflict resolution.
4. Develop empathy. Empathy is the ability to understand and share the feelings of others. Teachers can encourage students to practice empathy by modeling empathic behavior, discussing emotional experiences, and encouraging acts of kindness.
5. Provide opportunities for emotional and social learning. Social and emotional skills can be developed through a variety of activities such as role playing, group discussions and games. Teachers can use these opportunities to teach critical thinking, empathy, and communication skills.

Thus, scientific research has shown that the development of emotional-communicative competence of students is vital for their overall well-being and success. Various strategies such as emotional intelligence skills training, social-emotional learning programs, parent involvement, a positive school climate, and teacher training can improve student social-emotional outcomes.

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