

In conclusion, modern society is facing various challenges that can affect the mental health of people, including young people. The impact of modern technology, social media, and the fast pace of life on our mental well-being is great, and it has both positive and negative aspects. To maintain mental health, it is important to find a balance in the use of technology and social media, pay attention to your emotions and feelings, seek support from family and friends, and seek professional help in a timely manner when needed. Mental health is an important element of a person's overall well-being, and only by taking care of it can we achieve a full life and self-realization.

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FEATURES OF PROBLEMS OF NEGATIVE EMOTIONAL STATES OF PERSONALITY

Today, in foreign and domestic research, the study of the concept and essence of emotional states is gaining special relevance. The relevance of the topic is very important and corresponds to modern social demand,

contemporary needs of society. This theme attracts the attention of many researchers as one that needs further deeper understanding and addition. The analysis of modern scientific works in the field of psychology indicates a fairly large number of researches aimed at the study of emotional states. There are many methods of diagnosing the emotional sphere of a person, a sufficient number of scientific works have been written, but, unfortunately, the reliability of parameters for determining the emotional state of a person is a rather problematic category in practical psychology.

The problem of negative emotional states in people and ways to overcome them has always been in the center of attention of scientists and researchers: V. Voitko, V. Gavrilkevych, O. Firstova, F. Vasylyuk, L. Verbytska, N. Dmytriuk, O. Voznesenska, U. James, M. Kuznetsov, K. Fomenko, G. Kaposlyoz, I. Kovalova, M. Korolchuk, S. Maksymenko, S. Myronets, K. Izard, O. Timchenko and others.

An important place in the study of mental states, in particular negative ones, is occupied by methods such as: Bass-Darky and Asinger questionnaires, the "SAN" method, MMRI, Cattell's questionnaire, H. Eysenck's questionnaire and diagnostic test of self-assessment of mental states, R. Temple's anxiety test, M. Dorka, R. Philip's school anxiety test, Rosenzweig's test of frustration reactions and others. From a number of projective methods, the following are important: Lüscher test, Rorschach color spot test, TAT test, René Gela method, Handtest, psychodrawings "Drawing of a person", "Drawing of a non-existent animal", "House, tree, person", "My family", etc.

The object of these studies is the process of manifestation of personal mental and emotional states, methods of self-evaluation and determination of the current state and tendencies of expansion of the zone of immediate development of the personality. The research is based on the hypothesis that there are significant individual differences in the emotional states of people, each person has a unique set of emotional reactions.

The theoretical and practical significance of the obtained results is that the determination of a person's emotional states is an important point in psycho-diagnostic practice. Being relevant, the problem of studying emotional states is of practical importance for searching effective psychological tools to develop diagnostics and apply a systemic approach to researching the specifics of generating these states. The problem of psychological cognition of emotional states of an individual, research and analysis of mental states can help in understanding and predicting the social and emotional behavior of a person, will help to understand emotional states

and their influence more deeply. Emotional states are purely individual in nature. They can have a positive effect on life, on activities, on the process of communication, and can also disorganize them, i.e. have a multifaceted influence on a person.

An emotional state can be positive, such as happiness, joy, love, or negative, such as anger, fear and doubt. In addition, the emotional state can also be mixed, where different emotions are intertwined. Understanding your emotional state helps you realize your own needs, desires and values. In recent years, much attention has been paid in psychology to the study of certain pronounced mental states: aggression, restlessness or anxiety, rigidity and frustration. Under certain conditions, these states leave an imprint on a person's life, influence behavior in the social environment.

Emotional states have a significant impact on personality development. There are many studies that confirm that emotions influence the formation of character, behavior, interaction with other people and the overall growth of the personality. All emotional states are closely related to human needs. The emotional state of the individual depends on the nature and intensity of the actual need, and also on the assessment of the possibility of its satisfaction. The stronger and more important the need is for the individual, the more pronounced and vivid the emotional state in its manifestations.

Emotional state plays a key role in personal life. Every day, a person feels and expresses different emotions that affect his mood, understanding and behavior. Realizing emotional states and the ability to effectively manage them can improve overall well-being and quality of life, help to recognize one's own needs, desires and values. It makes it possible to more effectively express your feelings and needs, communicate with others. Understanding your emotional state also helps you become more aware of and avoid stressful situations.

Managing your emotional state is a skill that can be learned and developed. This includes being able to recognize your emotions, accept them and express them in a constructive way. It also means being able to manage your emotions, in particular, avoiding being in a state of constant stress and balancing your emotional reactions.

Therefore, the study of negative mental states is an urgent problematic task that requires the application of a systematic approach to the study of the specifics of developing these states, taking into account their various interrelationships that form relevant complexes and have certain trends in the formation of one's own consciousness.

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THE INFLUENCE OF TEMPERAMENT ON THE CAREER CHOICES

The choice of a career is a significant milestone in one's life, profoundly impacting personal fulfillment, financial stability, and overall well-being. While numerous factors contribute to this decision-making process, temperament emerges as a fundamental determinant, shaping individuals' preferences, motivations, and aptitudes towards particular vocations. Understanding the intricate interplay between temperament and career choices is essential for optimizing career guidance strategies and fostering better vocational outcomes. Temperament, as a psychological construct, encompasses innate tendencies in emotional, behavioral, and cognitive domains, which play a pivotal role in guiding career decisions.