

psychology, for example the psychology of individual behavior, or psychology of individual development. Also we can see from this article that a highly qualified psychologist is very claimed nowadays, what plays great role in choosing future profession for me and for young specialists as a whole.

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IDENTITIES IN PROFESSIONAL SPHERE

James E. Marcia is a Canadian developmental psychologist, and Emeritus Professor of Psychology at Simon Fraser University in British Columbia, Canada.

He is best known for his work in the social psychology of development, where he expanded on the Psychosocial Theory work of Erik Erickson.

Erik Erickson was one of the earliest psychologists to be explicitly interested in identity. He defines identity as a subjective sense as well as an observable quality of personal sameness and continued, paired with some belief in the sameness and continuity of some shared world image. The Eriksonian framework rests upon a distinction among the psychological sense of continuity, known as the ego identity; the personal idiosyncrasies that separate one person from the next, known as the personal identity; and the collection of social roles that a person might play, known as either the social identity or the cultural identity. Erickson's work, in the psychodynamic tradition, aimed to investigate the process of identity formation across a lifespan. Progressive strength in the ego identity, for example, can be charted in terms of a series of stages in which identity is formed in response to increasingly sophisticated challenges. On some readings of Erickson, the development of a strong ego identity, along with the proper integration into a stable society and culture, lead to a stronger sense of identity in general. Accordingly, a deficiency in either of these factors may increase the chance of an identity crisis or confusion.

James E. Marcia is Erickson's disciple and continued to develop his ideas.

Marcia studied Erickson's work, particularly on adolescent psychosocial development. Erickson had suggested that the normative conflict occurring in adolescence is the opposition between identity and confusion (identity crisis). Marcia elaborated on Erickson's proposal by suggesting this stage consists neither of «identity resolution» nor «identity confusion» as Erickson claimed, but the extent to which one both has explored and committed to an identity in a variety of life

domains including politics, occupation, religion, intimate relationships, friendships, and gender roles. His Theory of identity achievement states that there are two distinct parts that form adolescent identity: a «crisis» and a «commitment». He defined a crisis as a time of upheaval where old values or choices are being reexamined. The outcome of a crisis leads to a commitment to a certain value or role.

Marcia developed the Identity Status Interview, a method of semi-structured interview for identity research, and subsequently proposed four stages, or Identity Statuses, of psychological identity development:

- «Identity Diffusion», the stage in which the young person is not currently going through a crisis and has not made a commitment;
- «Identity Foreclosure», the stage in which the young person has made a commitment without having gone through a crisis;
- «Identity Moratorium», the stage in which the young person is currently in a crisis but has not made a commitment;
- «Identity Achievement», the stage in which the person has gone through a crisis and has made a commitment to a certain value or role.

If you find yourself in an identity crisis, you can look at seven areas of difficulty in which to work towards a resolution: Time Perspective: Can you distinguish immediate gratification from long-term goals? Have you learned to balance between jumping at opportunities as soon as they are presented to you and working steadily and patiently towards your long-term goal?; Self-Certainty: Do you feel consistent in your self-image and the image you present to others?; Role Experimentation: Have you tried different roles in search of the one that feels right to you?; Anticipation of Achievement: Do you believe that you will be successful in what you choose to do – whether your role is at the work front or home front?; Sexual Identity: Do you feel comfortable being a male or a female, and dealing with others as such?; Leadership polarization: Are you able to become both a leader and a follower, whichever is called for in a given situation?; Ideological: Have you found a set of basic social, philosophical or religious values that your outlook on life can be based upon?

In conclusion we suggest that all these proposals can be extended on professional field. The formation of the professional identity accounts for the entry period of the work activity, while higher educational is laid the foundation of its. However person is not just identity, it requires significant implicit work and develop of the personality. And if a person aim to achieve the stage of Identity Achievement in his profession, he/her will be more successful in professional path to superior performance.