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The Motivational Features of Interpreters Influence on the Degree of Interpreters' Exposure to Stress

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Abstract

This article represents the analysis of research results, aimed at study of motivational sphere and determination of a degree of its influence on liability of interpreter to stress. Urgency of the topic due to the need of analysis of human behavior mechanisms in difficult situations of life activity, stressful and special circumstances of professional activity. The study of motivational peculiarities of interpreters of high and low proficiency suggests the following: interpreters of HP are characterized by higher degree of motivational complex optimality and decreased significances of external negative motivation compared to the motivational structure of interpreters of LP. It is also revealed a positive influence of optimal degree of motivational relation to stress tolerance of interpreters of both samples, we judged in terms of depression, irritability, shyness and emotional liability about a degree of interpreters' exposure to stress. The above leads to the conclusion that motivational peculiarities of interpreters affect to the rate of exposure to interpreters' stress that let to consider this fact as motivational security of stress resistance of interpreters of HP and LP.

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1. Introduction

The significant changes in the socio-economic, political and cultural life of society necessitated the development of new approaches in the field of professional activity of the modern professional.

The expansion of international contacts, strengthening of integration processes in the life of a multi-ethnic Kazakh society are a growing need for professionally trained interpreters. In the transitional period, in a volatile situation, "strength test" of many social norms, consumer - motivational sphere of behavior is especially mobile and controversial (because it at the same time characterized by a certain inertia). Responding to social change, it also becomes their generator, determine their direction and outcomes (Madalieva Z., Fedorovich O., 2011).

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One of the urgent problems of modern psychology is the psychological and, in particular, motivational comparative characteristics of standard and extra modes of personal professional activity.

This issue is important because of the need to analyze the mechanisms of human behavior in difficult situations of life, stressful conditions, and the special conditions of professional activity.

Analysis of the trend in the study of motivation in domestic and foreign psychology, after V.G. Leontiev (1986) and D. Leontiev (1997), allows to identify the motive with the stimulus of activity and regulation of the individual activity, which is complex, multilateral and multi-level structural formation that can stimulate and regulate human activity on an unconscious and conscious level, to replace one behavior to other, less acceptable by more accepted and enable certain activities (Uznadze, 1968), to ensure the success of the subject in any professional activity.

The research is based on the concept of the internal and external motivation. Recalling the fact that the internal motivation should be to say, when for individual it is important the activity itself. If the basis of professional motivation is the desire to meet other needs, external to the content of the activity itself (the cause of social prestige, salaries, etc.), in this case, it is spoken about external motivation. External motives differentiate themselves to external positive and external negative. External positive motives, of course, are more efficient and more desirable in every respect than the external negative motives.

The problem of setting formation of a person to be successful in professional activity is closely connected to the motivational subsystem and requires reference to scientific and theoretical and experimental material.

The relevance of the topic related to both the theoretical and practical importance and lack of elaboration of consumer - motivational aspect of the problem. Purpose: study the features of the motivational sphere and determining the level of its influence on exposure of interpreters to stress.

2. Methods

Methodology of K. Zamfir "Professional activity motivation" (Rean A.A. version), which allows identifying three motivational components: internal motivation (IM), an external positive motivation (EPM), and external negative motivation (ENM). (N.V. Bordovskaya, A.A. Rean, 2006).

The method can be used to diagnose motivation of professional activities, including the motivation of professional and educational activities. Freiburg Personality Inquirer (Das Freiburger Persönlichkeitsinventar, Freiburg Personality Inventory, FPI-B) The scales of the questionnaire were formed on the base of the results of the factor analysis and reflect a combination of interrelated factors (Vanovskaya and others., 1997). This multi-factor personality questionnaire is suitable for the diagnosis of some important personality traits. He has 12 scales. We took data on the following scales: nervousity, spontaneous aggression, depression, irritability, reactive aggression, sedateness and emotional liability.

Mathematical methods: to determine whether the two samples of interpreters significantly differ on stress manifestations, an analysis of the significance of differences of all parameters of the parametric Student t-test and correlation analysis was carried out.

3. Procedure

The study was carried out for interpreters. Conventionally we split our sample into 2 groups: translators-interpreters of the 1st level – is a group of high proficiency (HP), the translators- interpreters of the 3rd level – is a group of low proficiency (LP). Age is from 26 years to 54 years. There are 65 people, 49 of them are women and 16 men.

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