

## **SCIENTIFIC TRADITIONS OF STUDYING THE PROBLEM OF EMPATHY IN PSYCHOLOGY**

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**Annotation.** This article is devoted to the scientific traditions of studying the problem of empathy in psychology. Also, the topic of the article discusses such issues as scientific approaches to the study of the phenomenon of empathy, scientific views of psychologists, forms of empathy and human relations, motives for influencing others, analysis of psychoanalytic and humanistic theories of empathy are widely covered.

**Key words:** Empathy, emotions, motive, relationships, group relationships, human relationships, affect, understanding, perception, situational assessment, anxiety, emotional tolerance, cognitive, affective, preceptive.

It is known that the phenomenon of "empathy" as psychological mechanisms of spiritual and moral development of a person is recognized as one of the most interesting and relevant issues for modern psychology. Also, empathy as a scientific problem is included in the framework of the general problems of personality formation, without understanding it, talking about the spiritual and moral maturity of a person and his sympathetic attitude towards the situation of other people is considered devoid of truth. Before discussing the psychological aspects of empathy and the manifestation of empathic attitudes, we think it is most appropriate to clarify the circumstances surrounding the first use of the concept of "empathy" in science.

Essentially, if the word "empathy" is defined in a narrow sense as sympathy, understanding of the psychological state of other people, according to the broader meaning, it is understood as a person's irrational knowledge of the inner world of other people, as well as a person's emotional response to other people's experience or a specific social feeling. E. Titchener introduced the concept of "empathy" for the first time in the science of psychology, and the author was able to generalize the ideas about sympathy developed in philosophical traditions with a number of

scientific approaches to empathy. Until now, many scientific theories and concepts have been developed in science, aimed at the scientific foundation of the concept of empathy, and their analysis requires a unique approach to the problem. The study of empathy in its various forms is devoted to the works of foreign authors such as K.G. Jung, T. Lipps, K. Rogers, H. Kogut. In analytical psychology, Z. Freud defines empathy as follows: "Empathy is the process of transferring emotional states to others, transferring one's motives, feelings and judgments as a means of protection, presenting it to other persons. Even the subject may not be aware of it. Empathy is an "unexpected event".

K. G. Jung describes the essence of empathy as the search for "subjective content": "Since the essence of empathy is the projection of subjective content, the unconscious action that precedes it must have the opposite nature, that is, the process of returning the effectiveness of the object. KG Jung interprets empathy as a mechanism of extroversion, adaptation and protection. Researcher T.D. Karyagina theoretically bases empathy and interprets its content as closeness to the object, regardless of whether it is worthy of feeling or not. The author describes even the expression of boredom or joy on the face as a phenomenon related to empathy. V. Wundt included empathy among elementary processes of assimilation. So, empathy is a type of perceptual process, which is characterized by the fact that with the help of emotion, some important psychological characteristics are absorbed into the object, and thus the object is introspected. There are various definitions and scientific approaches to the problems of empathy, which are manifested in emotional empathy, cognitive empathy, predicative empathy, based on the motor and effective reactions of another person. As special forms of empathy, cognitive empathy stands out.

In the works of many psychologists (V. N. Druzhinin, V. Zinchenko, R. S. Nemov, B. Meshcheryakov, etc.), several types of empathy are distinguished: emotional - based on the mechanisms of projection and imitation of motor and affective reactions of others; cognitive empathy - based on intellectual processes (comparison, analogy, etc.); predicative empathy - the ability to predict the

affective reactions of others in certain situations; aesthetic empathy - empathy for an artistic object; egocentric empathy - empathy is distinguished as an experience of a person for himself; humanistic empathy - empathic experience towards another person and other types of empathy.

Based on his research, E.S. Goncharenko proves that some forms of empathy are based on a person's sensitivity to himself and the world of others. That is, people

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<sup>1</sup> Дорошенко Т. В. Эмпатия как фактор мотивации в профессиональном становлении личности: автореф. дис. ... канд. психол. наук / Т. В. Дорошенко. – Хабаровск, 2007. – 24 с.

<sup>1</sup> Карягина Т. Д. Проблема формирования эмпатии / Т. Д. Карягина // Консультативная психология и психотерапия. – 2010. – № 1. С.56-57.

<sup>1</sup> К. Роджерс и его последователи: психотерапия на пороге XXI века / под ред. Д. Брэзиера. – М.: Когито-центр, 2005. – 315 с

<sup>1</sup> Карягина Т. Д. Откуда в психотерапии эмпатия: К. Роджерс и его психоаналитические предшественники и последователи / Т. Д. Карягина // Консультативная психология и психотерапия. - 2012. — № 1. - С. 8-31.

with a high level of empathy are interested in other people, they are enterprising, emotional and optimistic people in life. People with a low level of empathy are distinguished by the following: difficulties in establishing communication, rigidity and egocentrism. Empathy, as a mechanism for forming interpersonal relationships, contributes greatly to human development, and also gives a wide opportunity to help partners not only in ordinary situations, but also in extremely difficult and extreme conditions.

Another approach considers empathy as an emotional state that occurs when a subject sees the experiences of another person. In this case, empathy is considered as the ability to "enter the affective sphere of others" and "join the emotional life of other people", to share one's own experience.

According to I. Bauer, three aspects of empathic experience are distinguished:

1. Clear understanding of the feelings, thoughts, and needs of communication partners, superiority of moral and aesthetic level;
2. "emotional reaction" to the events happening around;
3. Criterion of rational evaluation and state of moral reflection. D. Golman, as an expert, connects empathy with "emotional intelligence", although he is a little skeptical about the reasons for its origin, he describes it as a natural situation that there is some disagreement about the definition of empathy in the literature. In client-centered psychotherapy, the concept of empathy is interpreted as "clear empathy" and the ability to penetrate the patient's inner world. Researcher H. Kohut considers the development of empathy as the formation of universal human needs. Concepts such as "conversation" (V. Stern) and "warm relationship" between mother and baby are also highly related to empathy, but the result of observing interaction between mother and baby is described by psychologists as [5, p. .76]. In Russian psychology, specific schools of empathy have been created, and the researches of K.A. Kropotkin are of particular importance in this regard. According to the author, among many similar species fighting for life, man is a creature with a more developed sense of mutual help, a highly developed sense of social self.

V.P. According to Efrimson in his famous works "Altruism and Genealogy" and "Genetics of Ethics and Aesthetics", the branches of the evolutionary tree reflect many future "man" and his characterological features. Among these qualities, empathy is considered the most important and important personality qualities.

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<sup>1</sup>Гончаренко Е. С. Развитие эмпатийного потенциала личности: На материале исследования детей 7-8 лет: автореф. дис. ... канд. психол. наук / Е. С. Гончаренко. - Краснодар, 2003. – 22 с.

<sup>1</sup> Бауэр И. Почему я чувствую, что ты чувствуешь: интуитивная коммуникация и секрет зеркальных нейронов / И. Бауэр ; пер. с нем. И. Тарасовой. - СПб.: Изд-во Вернера Регена, 2009. – 111 с.

<sup>1</sup>Кропоткин А.К. Адаптация многофакторного опросника эмпатии М. Дэвиса: основные психометрические показатели: дипломная работа / Н. Е. Короткова. - М.: МГППУ, 2011. - 111 с.

Qualities such as mutual sympathy, altruism, need for help, consideration for others, give great advantages to every friendly community. According to him, the concept of "empathy" can be seen in several components: empathy, sympathy, understanding, emotional sensitivity, aesthetic pleasure . also means relationships in activities, experience of being able to influence others.

In general, by analyzing a lot of psychological literature, it can be understood that since the beginning of the last century, the phenomenon of empathy has been recognized as one of the main and interesting topics of researchers.

According to Y.V. Puzirevskii, empathy is an important component of personality, a biological and socio-cultural phenomenon with gender characteristics. Empathy makes a great contribution to the development of interpersonal relationships and stabilizes them, allowing to help a partner not only in simple, but also in difficult extreme conditions. The type and form of the manifestation of empathy in a person is determined by the value directions, the system of relations and the unique features of the person's worldview. An empathic person can be called a "person" whose empathy is balanced, emotional, cognitive and behavioral components are highly developed. An empathic person is distinguished by the ability to feel, recognize and anticipate the emotional state of others, and express his sympathy in actions aimed at improving the well-being of people. Most researchers characterize the characteristics of highly empathetic individuals, referring more to empathic skills and value orientations. They say that an empathic person is distinguished from others by his positive outlook. He has a positive relationship system with others, he is attentive to the communication partner and he knows how to get his point of view. For example, leaders who are leaders in a student group are able to establish relationships between people

quickly, can easily get along with others in different situations, enjoy empathy, and strive for a democratic style of management.

According to A.P. Vasilkova, qualities such as softness, benevolence, politeness, and emotionality are well developed in people with a high level of empathy.

- Centralization ability;
- Positive attitude towards others;
- Quick orientation in interaction situations;
- Predominance of democratic and altruistic strategies in interaction;

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<sup>1</sup> Пузыревский В. Ю. Феномен эмпатии в контексте современной западной философии: дис. ... канд. филос. наук / В. Ю. Пузыревский. - СПб., 2001. – 214 с.

<sup>1</sup> Василькова А. П. Эмпатия как один из специфических критериев профессиональной пригодности будущих специалистов-медиков: автореф. дис. ... канд. психол. наук / А. П. Василькова. - СПб., 1998. – 17 с.

- Sensitivity to other person's non-verbal behavior;
- Sensitivity to social feelings and moral feelings;
- High sensitivity to socially approved norms of behavior, etc.

Therefore, development of empathic abilities in a person from childhood, psychological training, wide use of games, creation of new, advanced psychodiagnostic tests and methods for evaluating the level of empathy are considered one of the most promising tasks for modern psychology.