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PSYCHOLOGICAL AND PEDAGOGICAL DIRECTIONS AND MEASURES TO INCREASE THE PSYCHO-EMOTIONAL STABILITY OF THE INDIVIDUAL

Emotional stability refers to the situation in which a person's emotional state fluctuates with changes in external (or internal) conditions.

Some people with more stable emotions are less likely to cause strong emotional reactions or slower emotional reactions for general situations. For example, when encountering major life events such as career success or failure, it is easier to control your emotions. People with emotional instability are prone to emotional reactions to events, and trivial things in life can also cause strong emotional changes [1, 11].

Every emotional person has his own emotional detonation point. They may be caused by inferiority, anxiety, unsatisfied dependence, etc. When these «dead holes» are touched by others, their negative emotions are easily aroused.

Emotional stability is people's ability to balance negative emotions such as inferiority and anxiety. People with strong emotional stability occupy fewer negative

emotional detonation points in personality traits, and they are clearer about the position of their «germ barrels», so they can better deal with their potential emotions.

Emotional stability is one of the indicators of psychology to judge personality traits. The most widely used Eysenck emotional stability test can be used to determine whether there is inferiority, depression, anxiety, obsessive-compulsive disorder, dependence, suspicion and guilt. Eysenck is a professor of psychology at the University of London in the United Kingdom. He is one of the most famous psychologists in modern times and has compiled a variety of psychological tests [2, 144].

Eysenck pointed out that people with emotional (nervous) instability are moody and prone to excitement; emotionally (nervous) stable people react slowly and slightly, and are easy to calm down. He further pointed out that emotional (nerve) is associated with the function of the autonomic nervous system, especially the sympathetic nervous system.

In the process of exploring the treatment of neurosis all year round, scientists have summarized a set of effective ways to improve emotional stability. Unfortunately, the popularity and implementation rate of this method are very low in Chinese society at present, which causes most people with low emotional stability to abruptly bear the harm of neurotic characteristics to life outcomes [2, 142].

The low prevalence of effective methods is that most of these methods are developed and used by clinical psychiatrists in the United States. China's mental health industry generally lacks standardized and strict scientific guidance, so even if you turn to paid psychological counseling programs in China, the probability that you will eventually fully harvest and implement one or two on the list of effective methods is extremely low. Therefore, most Chinese with low emotional stability are unaware of their own situation. Most of them only accept self-discipline to fight emotions (derive from the deviation of survivors who have observed some successful cases of highly responsible people), and they often have a lot of resistance to the professional skills used in the treatment of mental illness (fear and discrimination against people with mental illness). At present, the most effective method that has been tested to improve emotional stability is called the Unified Protocol (UP) [3, 59; 4]. The main purpose of UP was to treat clinical emotional and mood disorders. The UP method integrates the essence of the following psychotherapy techniques: cognitive behavior therapy, mindfulness therapy, anxiety exposure. The study shows that with the application of UP, the neurotic characteristics of subjects can be reduced more significantly and permanently than a single intervention.

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PSYCHOLOGICAL PREVENTION AND CORRECTION OF DELINQUENCY

Criminal psychology prediction is the premise and condition of criminal psychology prevention.

Criminal psychology prediction is particularly important for crime prevention. Without scientific crime prediction, it is difficult to carry out effective crime prevention. In this sense, doing a good job in criminal psychology prediction is an important prerequisite and condition for doing a good job in criminal psychology prevention.

The methods and techniques of criminal psychology prediction are the guarantee of the accuracy and scientificity of criminal psychology prevention [1, 255].

The prediction of juvenile criminal psychology should be carried out according to the signs of crime, that is, according to the corresponding external behavior performance or some signs revealed during the formation of individual criminal psychology.