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THE PROBLEM OF THE DEVELOPMENT AND FEATURES OF STRESS RESISTANCE OF MILITARY OFFICERS OF THE NATIONAL GUARD OF UKRAINE

A theoretical generalization of the problem of stress resistance of military personnel was carried out. The essence, psychological features of modern socio-psychological technologies for the formation of stress resistance of servicemen undergoing military service in the units of the National Guard of Ukraine under the influence of professional and psychological factors are determined.

Keywords: military personnel, combat operations, model, stress, stress resistance, coping with stressful situations, professional stress resistance.

Statement of the problem. The confrontation with the aggressor continues. The defense of Ukraine and Europe against the aggression of the Russian Federation has become a historical mission of the Ukrainian people. There is a rethinking of approaches to the formation of the defense and security system of our state from the point of view of ensuring national stability in the conditions of the use of hybrid methods of conducting hostilities. In accordance with the law, the National Guard of Ukraine (NGU) participates in cooperation with the Armed Forces of Ukraine in repelling armed aggression against Ukraine and eliminating the armed conflict by conducting military (combat) operations, as well as in the performance of territorial defense tasks.

The National Guard of Ukraine in general, its units, military units and units, as well as an individual serviceman, is the object of ensuring and forming stress resistance due to the need to solve many problems facing the military formation, namely the creation of offensive brigades and their execution of combat missions. Effective execution of a combat mission with minimal losses is one of the main goals of the troops.

The effectiveness of the extreme activity of NGU military personnel is determined not only by professional knowledge, abilities and skills, but also by professionally important qualities, among which is stress resistance, which is a component of personality adaptability. Modern combat activity is associated with great physical and mental stress,

which reduce its success rate, destabilize the psyche of military personnel, which negatively affects the results of combat tasks in general. The formation of stress resistance of military personnel should be considered as the formation of the necessary mental state through a step-by-step process. The stages of this process are most clearly revealed when overcoming stressful situations. Open publications and available statistics of the phenomenon of stress resistance convincingly prove the need for its formation and development in military personnel. For example, during the First World War, almost 100,000 military personnel suffered from mental overstrain and combat stress in the US Army, and 1 million people during the Second World War [1]. During the war in Korea, irreversible psychological losses of American troops amounted to 4, and in Vietnam – 7 people for every thousand military personnel [1]. During Israel's war against Lebanon, 9 % of Israeli soldiers lost combat activity [1].

Analysis of recent research and publications.

The study of a specialist's stress resistance occupies one of the central places in psychological research. In psychology, stress resistance is studied as an individual-psychological feature of a person, which contributes to high productivity of activities in an extreme space. Most often, its study is based on the determination of various psychological factors under the influence of various laboratory or real extreme (stressful) conditions that determine a high or low degree of stress resistance. As a result, psychophysiological, intellectual, emotional, volitional

and other individual and psychological characteristics of a person's personality are revealed, which contribute to stress resistance.

Studying the origin of the term "stress", E. M. Rutman notes that translated from English, "stress" means pressure, tension, effort, as well as external influence that creates this state [2]. The values "pressure", "voltage" are usually used in engineering; in life, the pressure of circumstances is often indicated in expressions such as: "under the oppression of poverty", "under the influence of bad weather".

In the 1930s and 1950s. the Canadian scientist H. Selye [3, 4] developed a biological theory of stress that explains its causes, functions, relationships, dynamics and general recognition. He wrote that the word "stress" came into English from Old French and Middle English and was originally pronounced "distress". The first syllable gradually disappeared through "wiping out" or "swallowing", just as children turn the word "because" into "cause". Now the terms "stress" and "distress" have different meanings (according to G. Selye, the activity associated with stress can be pleasant or unpleasant; distress is always unpleasant), despite the common origin, just as in literary language, we distinguish "because" from "cause".

A great contribution to stress research was made by R. Lazarus [5]. He put forward a concept according to which a distinction is made between physiological stress associated with exposure to a real physical stimulus and psychological stress associated with a person's assessment of a situation as threatening and difficult. However, such a division is also quite conditional, since physiological stress always has psychological elements, and at the moment of stress, organic changes cannot fail to occur.

In modern psychological reference books and textbooks, stress is defined as "a state of mental tension that occurs in a person during activities in the most difficult, difficult conditions, both in everyday life and in special conditions" [6]. O. V. Timchenko and the team of authors pointed out that stress is a human condition that arises in response to various extreme influences (stressors); psychophysical state of extreme mental (emotional) tension, which has negative consequences for human health [7].

Many scientific studies that have been carried out during the last 20 years by American scientists J. C. Bradley, C. A. Castro, J. Carlton, M. A. Cooper, B. E. Crow, V. T. Deal, F. Del Jones, C. R. Figley, L. M. French, G. A. Gahm,

E. G. Howe, B. Litz, G. H. Manos, J. E. McCarroll, W. P. Nash, A. L. Peterson, B. J. Schneider, E. B. Schoemaker, H. J. Wain, etc., made it possible to generalize that combat stress covers all types of psychological and emotional stress and arises both as a result of various dangers and during combat missions and other military operations. In particular, C. R. Figley, W. P. Nash propose to consider stress as a transactional model [8], which is based on the general tension that arises in service circumstances and disrupts the physical and psychological balance of military personnel [9].

Recent events related to the conduct of hostilities in the east of Ukraine prompted such Ukrainian scientists as N. A. Agaev [10], V. I. Aleschenko [11], O. M. Kokun, I. O. Pishko, N. S. Lozinska [12], K. O. Kravchenko, O. V. Timchenko, Yu. M. Shirobokov [13], Y. V. Matsegora, I. V. Vorobyova, O. S. Kolesnichenko [14], I. I. Prykhodko [15], O. D. Safin [16], V. V. Stasyuk, O. G. Skrypkin [17] and some others actively research the process of emergence, deployment, manifestation of stress in military personnel, its diagnosis [18] and its prevention [19]. The relevance of the problem of stress resistance characteristics of military personnel, its significance is determined by the social demand to reduce emotional stress in modern society and increase the psychological well-being of everyone [20].

The purpose of the article is to carry out a theoretical generalization of the problem of stress resistance of military personnel, to study the specifics of stress resistance of military personnel, to emphasize its increase using the model of the application of technologies for the formation of stress resistance of military personnel and available social and psychological technologies for the formation of stress resistance and psychological correction of stressful states of the individual.

Summary of the main material. The system of working with personnel at NGU provides for increasing the level of stress resistance of military personnel through the implementation and organization of work on the implementation of the main types of moral and psychological support. Therefore, it is necessary to implement and constantly carry out at a high level the work to support military discipline and law and order, measures of military-patriotic education, national-patriotic training, information work, etc., which are no less important for military personnel in ensuring professional activity and maintaining stress

resistance. The formation of the necessary stress resistance of NGU military personnel is especially relevant at this time, during the period of creation, coordination and participation in combat operations of offensive brigades, restructuring of approaches to the training system, departmental system of professional training for units and military units.

It is necessary to understand that war, like any other activity, first of all, makes its own demands on the individual, and not every person meets them according to his psychological, physical and spiritual qualities. The consequences of military-traumatic stressful circumstances will be determined by psychological factors (individual-typological, mental, characterological personal qualities of a serviceman, adequacy of mechanisms of psychological protection and adaptation, etc.), duration of action of stressful factors and somatoneurological severity [21, 22].

Along with this, personal abilities and character traits are considered not only as objects of protection, but also as tools for maintaining psychological stability. Psychological stability is a prerequisite for overcoming obstacles, active and error-free performance of tasks, it allows you to concentrate and correctly distribute attention, orient yourself, use knowledge, skills, abilities acquired during training and combat coordination, withstand significant external and internal loads.

Creating the level of stress resistance necessary for military service is a multi-level and complex process, which in many respects depends on the coordinated work of all elements of the law enforcement agency system. The stress resistance of a serviceman is one of the integrative characteristics, including those formed by the NGU system, the conditions of a serviceman's activity, which is formed under the influence of extreme moral-psychological and professional-psychological factors that a serviceman encounters during the performance of service and combat tasks.

In the process of training a military serviceman, the formation of a wide range of qualities necessary for the performance of professional activities is provided. However, the experience of combat operations shows that not every feature, previously formed, can be manifested in a serviceman in the event of a change in the conditions of operation (weather, topography, visibility, fire impact, etc.),

especially during the transition to conducting real combat. A person can react to changes in the conditions of activity, especially in the case of their negative development, in a different way than he usually behaves in his usual circumstances. And the task is to predict and put the serviceman in such conditions already during the training, in which the psychological qualities necessary for the performance of the combat task will be developed. The main task of psychological training is the purposeful formation and consolidation of military personnel's psychological images of models of real or future actions.

The successful formation of a military serviceman's stress resistance involves systematic exercises in an environment of danger and risk, conditions of training and classes as close as possible to combat, combined with special psychological training. The stress resistance of military personnel also depends on the level of their professional security, it is proportionally related to the degree of risk of military-professional activity, the ability of military personnel to reduce the influence of risk factors to a minimum value during the performance of military duty. A military serviceman, taking a risk, relies entirely on personal readiness to mobilize in choosing options for actions to obtain the desired or predicted result. In the activities of military personnel, sometimes the option between less or more dangerous is determined by the commander, but not without taking into account the level of readiness of subordinates, the predicted maximum result with minimal costs and losses [23].

Psychological risk leads to the possibility of receiving psychological injuries, destabilization of the psyche of the individual under the influence of stress and emotional and psychological stress associated with military activities. Physiological risk is dangerous for the life and health of military personnel. Therefore, psychological training of military personnel is carried out, which aims to form and consolidate psychological readiness and stability in military personnel [24], mainly on the basis of personal self-improvement and the development of professionally important qualities, gaining experience of successful actions in extreme conditions of a simulated combat situation (Figure 1).

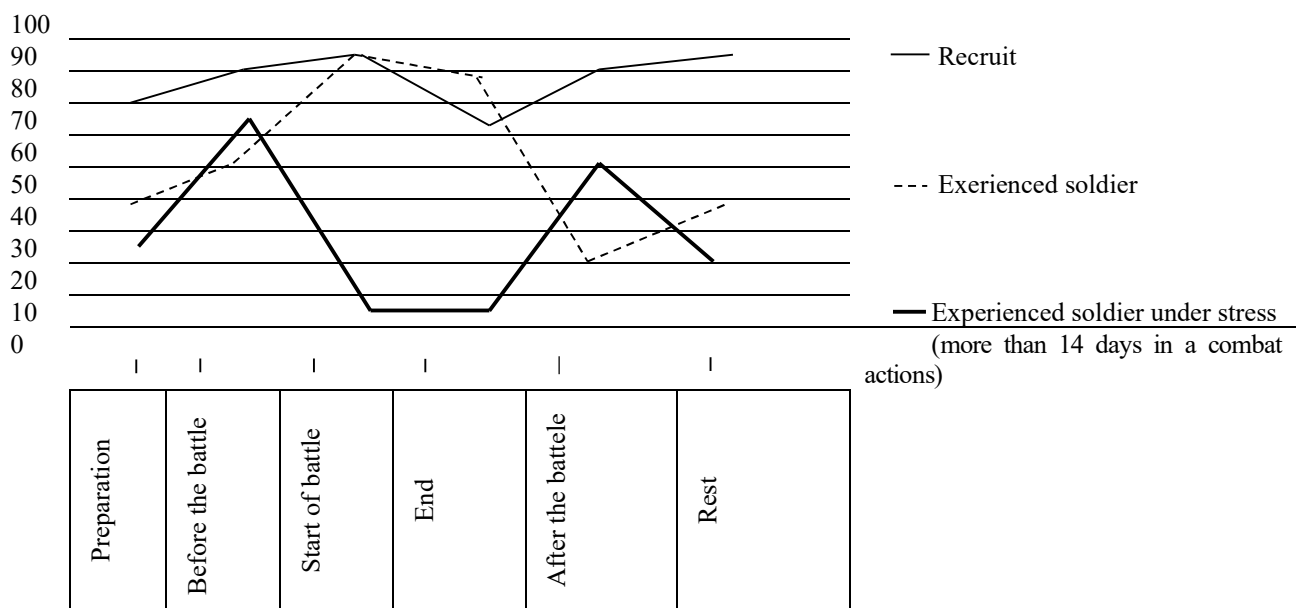


Figure 1 – Combat stress: level of anxiety in combat

To a greater extent, the desired result in the event of a risk is interrelated with the degree of correctness (appropriateness) or incorrectness (inappropriateness) of a military serviceman's decision on risky behavior. The risk can be justified in the event of an assumed adequate assessment by the serviceman of the ratio between the expected success of victory and the expected failure. A certain difficulty for understandable and permissible behavior in a dangerous situation is the propensity of a serviceman to take risky actions reflecting the individual's personal qualities and needs for self-affirmation, motivating the service, implementing personal plans, etc. Military personnel who seek to dominate their fellow officers, want to assert themselves, are highly aggressive, and often choose alternative behaviors that involve risk.

The service experience of experienced danger and overcome risk associated with his military professional activity has a certain influence on the stress resistance of a serviceman. A soldier who has been psychologically traumatized or injured in a dangerous situation is less stress-resistant when in a recurring situation and tends to make a decision to avoid that situation. With a decrease in stress resistance, a state of anxiety and worry develops, which requires the provision of pedagogical and psychotherapee help. Quite the opposite result is possible with other characteristics of the serviceman's behavior. A serviceman who has experienced a stressful danger becomes more cautious and prudent, his level of stress resistance increases, and his ability to take justified and motivated risks increases.

Being in extreme conditions, any serviceman will feel great and sometimes extreme loads, visually perceiving everything that is happening, while continuing to perform service and combat tasks. Carefully considering, giving an assessment, drawing appropriate conclusions based on the results of what he saw and the actions he took, he makes decisions, considers methods of action, mobilizes his own strength and capabilities, overcomes psychological difficulties and fluctuations, prepares himself for the performance of military duty, solving tasks, etc. The process of internal reasoning that takes place inevitably leads to a change in his actions in military and professional activities. The stress resistance of a serviceman to difficult and extremely dangerous situations is something more than just the readiness and ability to perform the necessary actions. First of all, it is the realized ability to manage oneself, personal feelings and experiences, thoughts and feelings. If a serviceman lacks the required level of stress resistance, then, when faced with a real threat to life and health, he cannot be combat-ready, because he is not able to correctly assess the situation and the specific situation. He has a disturbed perception of what is happening around him, confusion, anxiety, fear and panic are increasingly evident in his behavior [25]. A military serviceman begins to perceive the danger as much greater than it really is, imagines the most terrible pictures of his future (Table 1). In this state, he will hardly be able to remember what needs to be done.

Table 1 – Model of the development of combat stress and areas of responsibility in the provision of help

| Normal | Reaction | Trauma | Disease |
|--|--|---|--|
| Optimum combat capability. Increasing adaptability. Health. Physically, mentally and spiritually trained and adapted. Motivated. Calm and stable. Focused on the task. Able to enjoy and restore resources. Ethical behavior | Mild transient disturbances due to the influence of any stressors. Low risk of complications. Irritable, anxious or depressed. Loss of motivation and focus on the task. Sleep disturbance, muscle hypertonicity. Inability to receive pleasure | Persistent disorders that arise due to threats to life, losses, moral trauma, overwork. They do not pass without a trace. High risk of complications. Loss of self-control, panic, anger or depression. Feelings of guilt, shame, blame. Not feeling normal (healthy) | Clinically expressed mental illness (PTSD, depression, phobia, addiction). The condition worsens over time. Lack of specialized medical care leads to disability. Loss of fighting capacity |

In such situations, the ability of a serviceman to form a personal attitude to overcome stressful situations is extremely important and necessary: readiness and inclination to self-defense in the conditions of further foreseeable actions of military-professional activity.

The formation of an attitude to overcome stress also simultaneously involves the education of a reasonable and motivated risk, vigilance and prudence, a reduced level of fear and its overcoming in the behavior of military personnel [26]. The multiplicity of factors of the psychological essence of the individual characterizes the internal subjective conditions for the formation of resistance to the negative influence of the environment or risky situations [27].

Carrying out such work will contribute to the efficiency and reliability of actions in dangerous stressful situations of military personnel and will be the result of increasing their stress resistance in preserving life and health. The formation and development of a personal attitude to overcome a stressful situation in a certain order is not a difficult process, every serviceman can and is capable of doing it.

Social support is an important resource for preserving the psychological stability of an individual in stressful situations. Many authors note that a positive social environment (family, friends, colleagues) can also be one of the most important factors in maintaining a person's stress resistance. In this regard, the social environment can be considered as a socio-psychological resource for overcoming stress. Personal factors and personal preferences undoubtedly influence the extent to which people actively establish social connections, the quality of their relationships with other people, how

they use social support and how this support is perceived by them. Group social support, which will be included in the technology of stress resistance formation, leads to an increase in stress resistance, as well as self-actualization of the individual. Self-actualization with the help of social and psychological support also makes people's perception more adequate, which generally increases their stress resistance. Social support has a beneficial effect both in normal everyday life and during times of stress. Social support can take several forms. Emotional support means acknowledging and accepting feelings. Informational support provides guidance, instrumental support – practical skills to deal with stress. The peculiarity of socio-psychological technologies is a set of techniques, interventions, procedures used to maintain and restore the psychological health of an individual.

Taking into account the socio-psychological technologies of the formation of stress resistance of the stressful states of the personality, a model of their application is proposed (Figure 2).

The model of application of technologies for the formation of stress resistance with included group social support is represented by suggestive-emotional, body-oriented, cognitive-behavioral and personal-oriented technologies for the formation of stress resistance, implemented in seven modules (blocks of social and psychological training). The implementation of the model is aimed at forming the qualities of stress resistance through a combination of different types of training as forms of active psychological influence in the process of intensive communication in a group context.

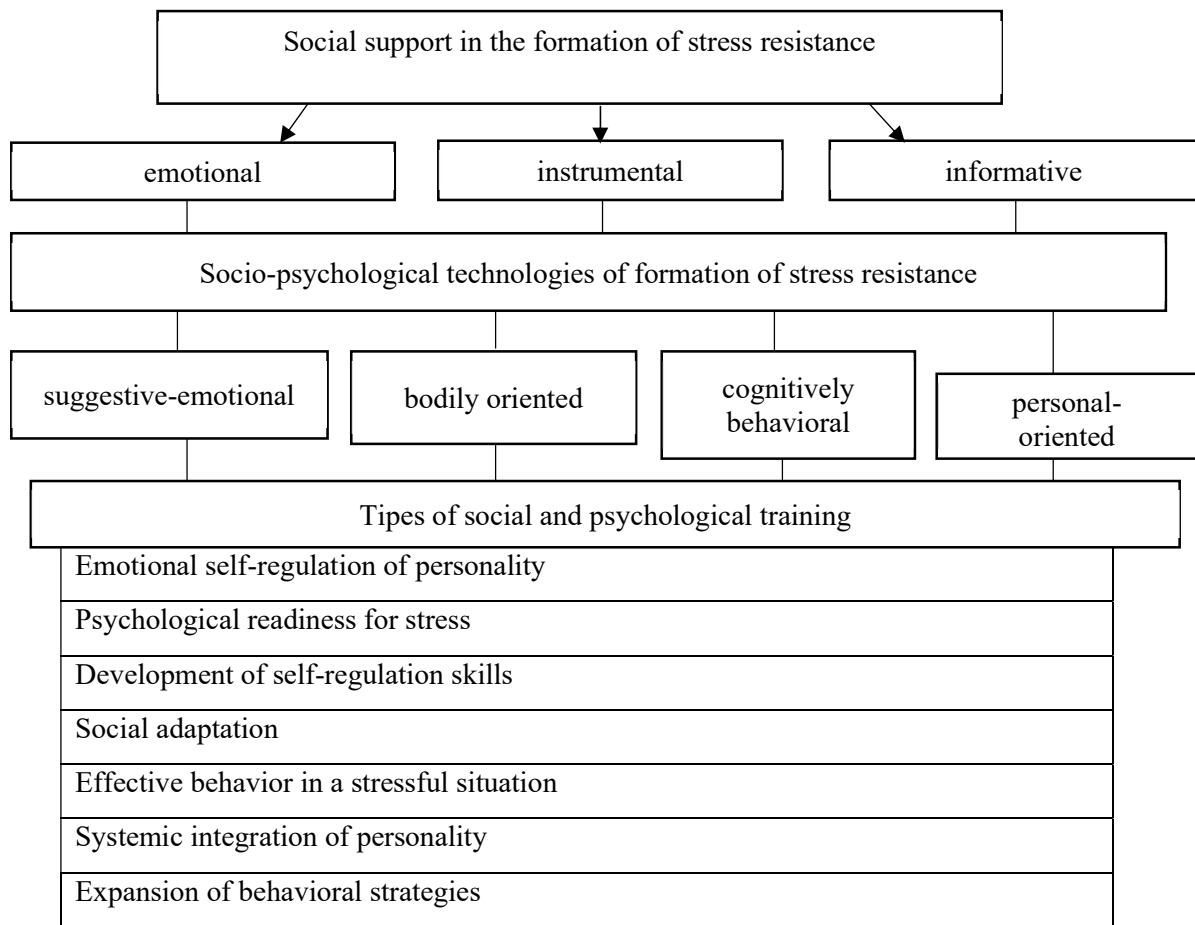


Figure 2 – Model of the application of technologies for the formation of stress resistance

The main types of training are: activation of the social position of group members, restructuring and harmonization of their motivational sphere, correction of unfavorable conditions, as well as development of social perception processes, expansion of the "catalog of activities", mastering of specific techniques and methods of effective problem solving in a stressful situation.

In the process of implementing this model, the following rules should be followed.

1. The main means of socio-psychological support is an appeal to the individual experience of a person in overcoming life difficulties, and the skills of self-regulation of behavior in stressful situations formed in this experience, strategies of behavior in them – an appeal to the internal resource of a person.

2. An important aspect in working with groups on the formation of stress resistance is the activation of personal self-regulation: providing assistance in identifying new and restoring former values that carry a positive, meaningful load.

3. Work in the group should be focused on optimizing the activity level of self-regulation, for

which you should practice step-by-step the successive functions of self-regulation in a stressful situation.

4. Practicing self-regulation skills is carried out with constant reference to specific situations of individual experience.

5. An important stage of working with the group is the diagnostic stage. Diagnostic procedures used within training work not only diagnose individual characteristics, but also start reflection processes, helping a person to become more clearly aware of personal possibilities for solving a stressful situation.

6. Using the results of diagnosing the components of subjective experience and regulatory skills makes it possible to target training techniques on specific group members, thereby social and psychological assistance is formed in accordance with the features of the addressee, taking into account his individual and unique life experience, in which certain personal meaningful attitudes regarding to oneself, the environment, one's achievements and failures.

The formation of a system for ensuring the personal professional stress resistance of personnel

should be an objective need and an urgent task of the military-professional activity of commanders (chiefs). All this requires commanders of all ranks to pay a certain amount of attention to organizational, psychological and pedagogical work with personnel, to their early study, training and use in accordance with the military accounting specialty and military professional assignment. The commander of a structural unit of the National Guard of Ukraine must be sure that he has at his disposal personnel ready to selflessly and skillfully respond to stressful situations without consequences for himself and others, without reducing the quality characteristics of the performance of the assigned service-combat task in the most difficult conditions.

Conclusions

1. The analysis of socio-psychological technologies for the formation of stress resistance made it possible to identify the main component models of the application of technologies for the formation of stress resistance, namely personal-oriented, suggestive-emotional, body-oriented, cognitive-behavioral.

2. It is necessary to have a purposeful influence on the development of professionally important qualities due to the increase in the motivation of servicemen for self-realization in their activities, their awareness of generally accepted norms and principles of morality and their orientation in their behavior, which contributes to the systematic development of stress resistance.

For their part, the outlined tasks require the search for optimal ways and mechanisms for their implementation, which should become the subject of further theoretical research and conducting psychological and pedagogical experiments.

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ПРОБЛЕМА РОЗВИТКУ ТА ОСОБЛИВОСТІ СТРЕСОСТІЙКОСТІ ВІЙСЬКОВОСЛУЖБОВЦІВ НАЦІОНАЛЬНОЇ ГВАРДІЇ УКРАЇНИ

Виконання бойового завдання з мінімальними втратами – одна з основних цілей військ. Ефективність екстремальної діяльності військовослужбовців Національної гвардії України визначається не тільки професійними знаннями, вміннями та навичками, але і професійно важливими якостями, серед яких – стресостійкість, що являє собою компонент адаптивності особистості. Сучасна бойова діяльність пов'язана з великими фізичними і психічними навантаженнями, які знижують її успішність, дестабілізують психіку військовослужбовців, що негативно позначається на результатах виконання бойових завдань загалом. Формування стресостійкості військовослужбовців розглядається як формування необхідного психічного стану шляхом поетапного процесу. Етапи цього процесу найяскравіше виявляються під час подолання стресових ситуацій.

Проведено теоретичне узагальнення проблеми стресостійкості військовослужбовців. Визначено сутність, психологічні особливості сучасних соціально-психологічних технологій формування стресостійкості військовослужбовців, що проходять військову службу в підрозділах Національної гвардії України, під впливом професійно-психологічних чинників. Вивчено особливості стресостійкості військовослужбовців, акцентовано увагу на її підвищенні з використанням моделі застосування технологій формування стресостійкості військовослужбовців і наявних соціально-психологічних технологій формування стресостійкості та психологічної корекції стресових станів особистості.

Зазначено, що окреслені у статті завдання потребують пошуку оптимальних шляхів і механізмів їхньої реалізації, і це має стати предметом подальших теоретичних досліджень, проведення психолого-педагогічних експериментів.

Ключові слова: *військовослужбовці, бойові дії, модель, стрес, стресостійкість, подолання стресових ситуацій, професійна стресостійкість.*

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