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RESOURCE COMPONENT OF STRESS RESISTANCE OF SERVICEMEN IN THE CONDITIONS OF EXTREME ACTIVITY

The article determines the problem associated with the growth of psychogenic losses among military personnel in the conditions of extreme activity. Special attention is paid to the interaction of internal and external resources as basic components of stress resistance, which form a holistic concept of the resource component of stress resistance. The article highlights measures that have a positive impact on the moral and psychological state of personnel, such as extreme training, social support, development of internal resources and work with military families.

Keywords: adaptation, internal and external resources, mental health, resource component, resource state, service and combat activity, stress resistance.

Statement of the problem. The research of the impact of combat stress on military personnel is currently an urgent and important task of psychology, especially in the context of requirements to reduce its impact on the individual. One of the main factors that can influence the results of combat is the readiness of personnel to act in extreme conditions, including psychological readiness. The lack of time for decision-making, high tension, rapidity of events, abrupt changes in the situation, the use of various means of destruction, and constant combat readiness all these keep a person in a state of constant mental stress. The duration of these events can have a powerful destructive effect on the psyche of combatants [1, 2]. In their studies, D. Babic and S. Sinanovic note that 65 % of personnel performing tasks in extreme conditions experienced the most severe stress at the beginning of the battle; 21 % experienced the highest sense of fear during the battle, 8 % – after the battle, and 6 % of combatants were not able to comment on their experiences at all [3]. Thus, extreme conditions affect each person differently, depending on the strength and time of exposure, experience, support and individual psychological characteristics of the person.

It is known that when exposed to stress factors, the nervous system reacts by excitement and the release of hormones, mobilizing internal resources

and preparing the body for escape or attack. Then, under normal conditions, after the stress factors cease to act, the excitement subsides due to the action of other hormones and returns to normal functioning [4]. In the case of post-traumatic stress disorder (PTSD), the nervous system continues to be in a state of arousal. The person loses the ability to think clearly and reacts as if the danger is still present in their life. Any reminders of the traumatic event cause arousal and bring the person back to the trauma situation, provoking intrusive memories and increased anxiety [5, 6]. According to the Ministry of Health of Ukraine, PTSD may develop in 12–20 % of people who have experienced or witnessed a traumatic event. Some of them recover quickly thanks to rehabilitation, their own integrity and resourcefulness [4]. Over the past two years, the number of patients with PTSD in the electronic healthcare system of Ukraine has increased significantly. In 2023, their number increased almost fourfold compared to 2021, and in the first two months of 2024, the same number of patients were diagnosed with PTSD as in the whole of 2021. For comparison:

2021 – 3.167 patients;

2022 – 7.051 patients;

2023 – 12.494 patients;

2024 – 3.292 patients (as of 06.03.2024) [4, 5].

Thus, statistics show that along with physical losses in extreme conditions during combat

operations, there are also significant psychogenic losses, in particular, mental disorders, which cause a complete or partial loss of combat capability of personnel [7, 8]. The main factors that affect the number of psychogenic losses in combat units include: individual characteristics, insufficient combat experience, low level of stress resistance, intensity of extreme situations, insufficient psychological preparedness and duration of psychological stress [7, 8]

As we can see, modern warfare requires servicemen to develop sufficient professional qualities, stress resistance and adaptive capabilities. The winner in a war is the one who is professionally trained, psychologically prepared and motivated to successfully conduct combat operations, so personnel training should be carried out with due regard to the requirements of modern warfare.

Analysis of recent research and publications.

Researchers and mental health professionals in their research pay considerable attention to the resource potential of the individual and its component as a tool for solving current problems and future life tasks, which helps to achieve resilience on the way to the goal and adaptation in different conditions. The study of the resource component of a personality is not only about deepening theoretical knowledge, but also about finding practical solutions to increase the level of stress resistance to stress factors, efficiency in service and combat activities and minimizing the stressful impact on the personality.

In everyday life, people often talk about "resourceful people", referring to their high level of health and well-being. This concept encompasses not only physical health, but also mental resistance, emotional stability, social support and the ability to cope effectively with stressful situations. In general psychology, there is no single classification of stress resistance resources, but they are usually divided into internal and external resources. Internal resources include abilities, character traits, life values, attitudes, motivation, behavioural and physical resources. External resources consist of energy drawn from the outside, such as emotional, informational, material and social support resources [9].

Leading scholars who have studied the general issues of personality resourcefulness describe its components and structure in different ways.

In her article, V. F. Kazibekova explores the philosophical and psychological content of the concept of psychological resources and resourcefulness of a personality. According to the

researcher, the "psychological resources" of a person in overcoming a crisis are a "multidimensional phenomenon", certain personal qualities of a person that contribute to the achievement of significant life goals in difficult or crisis situations, being updated as necessary to solve the identified problems. She distinguishes the concept of "personality resources" as the life supports that are at a person's disposal and allow him or her to meet the following basic needs: survival, physical comfort, security, involvement in society, respect from society, self-realization in society [10]. The author also divides resources into external and internal. External resources are material values, social statuses and connections. Internal resources are the psychological personal potential, character and skills of a person.

The researcher O. A. Datsenko highlighted psychological resources as a certain stock of intrapsychological capabilities that reflect the holistic organization of a person as a subject of self-development and life-creative self-realization. They act as a source of inner strength, allow one to cope with difficult situations, achieve goals, successfully function in society, etc. [11].

In their research, scholar L. O. Nikolaiev and his colleagues considered personality resources as a set of individual tangible and intangible, intra- and interpersonal values that potentially allow a person to meet certain life needs and ultimately determine his or her relationship with the world and oneself [12].

In his article, Y. I. Andrusyshyn studied the behaviour of a person in extreme conditions and his/her body's reaction to the impact of stress factors. He emphasized the importance of emotional and volitional stability as a component of stress resistance, which allows a person to maintain self-control, and under the influence of extreme factors to activate and mobilize mental and physical functions of the individual [13].

Thus, resources are a source of reserves and supports that an organism can mobilize when necessary to ensure survival, existence and achievement of its goals. People with a sufficient level of resourcefulness are able to effectively use their own coping strategies, which allows them to transform potentially unfavourable circumstances and conditions into opportunities for survival, personal growth and development. Such people are called resourceful or resilient. Therefore, resourcefulness is a determining factor that affects an individual's ability to adapt to environmental challenges and realize their potential. If we take

psychological resources, they are individual qualities, as each person has his or her own unique set of them. Another important characteristic of personality resources is the ability to be formed in the process of activity [10].

The purpose of the article is to provide a scientific and theoretical overview of internal and external resources of a personality as basic components of stress resistance to the effects of stress factors; to identify positive factors influencing the moral and psychological state of personnel in conditions of extreme activity; based on the analysis, to disclose the concept of "resource component of stress resistance" as a factor of maintaining and restoring the resource state of military personnel.

Summary of the main material. The analysis of scientific sources shows that in the context of hostilities, psychogenic losses among military personnel due to prolonged combat stress are increasing. It is believed that one of the reasons for these losses is the cumulative effect of stress, where previous psychological stress accumulates and combines with each subsequent psychological trauma, causing overstrain of the nervous system at some point [7]. In addition, it is believed that the number of psychogenic losses among personnel depends on individual characteristics of the person, his or her combat and life experience, stress resistance, general preparedness, and the intensity of stressful situations and events [1, 2]. At the socio-psychological level, the stress resistance of an individual is considered as social adaptation, social connections, self-realization, success in activities while maintaining working capacity and health. Psychologists who have studied psychological stress, adaptive capabilities of an individual, his/her resilience, emotional trauma, paid attention to the resource status and potential of an individual and its components, as well as to an individual set of resources that can be formed, strengthened and spent in the course of an individual's activity [10–13]. Particular attention has been paid to the study of a person's internal resources in overcoming difficult life circumstances and events, but it is important to understand that internal resources provide an energy reserve only for a certain time, requiring subsequent sources of recovery [3], for example, external resources that will provide additional support and can compensate for the lack of internal resources, helping them to recover. Given the current events and the difficult conditions of service of military personnel in armed conflict, it

should be understood that each individual has different potential, adaptive capabilities and resources to the effects of stress factors. The main activities of commanders, psychologists and social workers are to identify negative mental states and psychological trauma of personnel in advance in order to preserve the mental health of the unit as a whole [1, 3, 9]. Mental health is a state of well-being in which a person can realize his or her own potential, cope with stresses and challenges of the environment, while being productive and contributing to the life of his or her community [3]. According to L. L. Tiutiunyk, a mentally healthy person is a person who is in a resourceful state; it is the state that characterizes how a person feels here and now. A resourceful state helps to overcome obstacles and gives strength and understanding of how to live further and in which direction to move [2].

The study found that resources can be internal and external [9]. Their combination can be defined as the "resource component of stress resistance", which covers all the resources available to a person throughout his or her life to succeed in his or her activities and achieve goals that are important to him or her. *The resource component of stress resistance* is a set of internal and external resources that interact with the individual, help to overcome environmental challenges, and achieve the goal with preserved mental and physical health.

So, let's determine what factors influence the development of stress resistance to stress factors and the resource status of personnel in extreme conditions.

1. Extreme training. Modern methods of military training should focus on creating conditions as close as possible to real combat operations. Simulated combat operations, extreme conditions and stressful situations, thanks to the latest software and technologies, will prepare the adaptive mechanisms of the individual in advance, which will reduce the percentage of psychogenic losses in units during future combat missions.

2. Development of internal resources. Psychological training of personnel in the management and control of emotional and volitional qualities will provide individuals with the ability to mobilize mental and physical strength. People with developed internal resources are better able to adapt to stress, turning adverse circumstances into opportunities for survival and personal development.

3. The role of external resources. Early detection of psychological traumatization and

preventive measures to prevent it in units, as well as the provision of social, psychological, medical and rehabilitation assistance are particularly important measures in the context of prolonged nervous system overstrain to reduce the level of psychogenic losses in units. Psychological support and support before and during combat missions reduce the cumulative effect of stress.

4. *Social interaction with military families.* Caring for and supporting the families of servicemen will give soldiers confidence, inner strength and motivation to perform combat missions. Such feelings are an important moral reinforcement that positively affects the moral and psychological state of a soldier and helps him overcome the difficulties and challenges of today. This not only helps to reduce the level of emotional exhaustion, but also enhances the prestige of military institutions by showing concern for the health and well-being of families of personnel.

In modern combat operations, military personnel are required to have a high level of skills and resistance to stress factors, and therefore, in the above-mentioned points, the factors, their interaction and combination with each other will contribute to positive changes in units and minimize the degree of psychological traumatization of personnel.

Conclusions

The theoretical analysis made it possible to conclude that the effectiveness of combat missions is directly related to the resource component of stress resistance of servicemen. The resource component of stress resistance is defined as an aggregate:

– internal resources (personal, individual, psychological, physiological, motivational, cognitive, emotional, volitional and spiritual qualities); these resources are formed under the influence of such factors as genetic, educational, life, activity, and lead to the achievement of significant goals;

– external resources (factors of support and recovery of the individual include support from commanders, colleagues, family, friends, social support, psychological or medical assistance, etc.)

Further research will be aimed at developing a comprehensive approach to replenishing the resource component, which is a prerequisite for reducing emotional exhaustion, boosting morale, and ensuring sustainable psychological health.

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РЕСУРСНИЙ СКЛАДНИК СТРЕСОСТІЙКОСТІ ВІЙСЬКОВОСЛУЖБОВЦІВ В УМОВАХ ЕКСТРЕМАЛЬНОЇ ДІЯЛЬНОСТІ

Досліджено питання психогенних втрат військовослужбовців в умовах екстремальної діяльності. Основна увага приділяється взаємодії між внутрішніми і зовнішніми ресурсами як ключовими компонентами стійкості, що формують комплексну концепцію ресурсного складника стресостійкості.

Визначено, що ресурсний складник стресостійкості охоплює як внутрішні ресурси (особистісні, індивідуальні, психологічні, фізіологічні, мотиваційні, когнітивні, емоційно-вольові та духовні якості), що сформовані генетичними, освітніми, життєвими та діяльнісними чинниками, так і зовнішні ресурси (підтримка командирів, колег, родини, друзів, соціальні мережі, психологічна допомога та медична допомога). Дослідження визначає ключові чинники, що впливають на розвиток стресостійкості військовослужбовців: екстремальне навчання, розвиток внутрішніх ресурсів, використання зовнішніх ресурсів та соціальна підтримка.

У процесі досліджень встановлено, що ефективність виконання військовослужбовцями бойових завдань безпосередньо залежить від взаємодії внутрішніх і зовнішніх ресурсів. Їх інтеграція дає змогу індивідам адаптуватися до факторів стресу, формуючи ресурсний складник стресостійкості, що теж зберігає психічне й фізичне здоров'я, тим самим знижує рівень психогенних втрат у підрозділах.

Ресурсний складник стресостійкості визначається як сукупність:

– внутрішніх ресурсів (особистісних, індивідуальних, психологічних, фізіологічних, мотиваційних, когнітивних, емоційних, вольових і духовних якостей); ці ресурси формуються під впливом таких чинників, як генетичні, освітні, життєві, активні, і ведуть до досягнення значущих цілей;

– зовнішніх ресурсів (чинниками особистої підтримки й відновлення є підтримка командирів, товаришів по службі, родини, друзів, соціальна підтримка, психологічна або медична допомога тощо).

У статті запропоновано системний підхід до формування стресостійкості, що передбачає як підготовку персоналу, так і надання підтримки на рівні соціально-реабілітаційних механізмів.

***Ключові слова:** адаптація, внутрішні і зовнішні ресурси, психічне здоров'я, ресурсний складник, ресурсний стан, службово-бойова діяльність, стресостійкість.*

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