

0313 ფსიქოლოგია PSYCHOLOGY

**PHYSIOLOGICAL RESILIENCE AS A COMPONENT
OF THE MENTAL HEALTH OF SERVICEMEN AND THE WORK OF A MILITARY PSYCHOLOGIST
TO MANAGE THE STRESSFUL STATE OF THE DEFENSE FORCES OF UKRAINE IN THE CONTEXT
OF THE RUSSIAN-UKRAINIAN WAR**

Andrii Hrybok, Ibraim Didmanidze

Taras Shevchenko National University of Kyiv;

Batumi Shota Rustaveli state university

E-mail: ibraimd@mail.ru

Abstract

The article reveals the essence of phenomena of psychological stability. The article presents a theoretical analysis of methodology of work of psychologist in military part which presented overcoming of the stress state of fighters in the conditions of modern war. The analysis of scientific literature on the psychological problems of psychological stability has conducted. The essence and meaning of "psychological resilience of the Armed Forces of Ukraine" and singled out its structural components, namely, emotional and volitional, cognitive and individual professional has identified. An important direction of national security policy and defense is the formation of psychological resilience of the Armed Forces of Ukraine. The actuality of the problem is determined by a complex military-political situation in the east of Ukraine.

The article analyzes the concept of readiness of serviceman for military action in extreme conditions. The purpose of this article is defining the approaches of scientists on psychological stability and readiness of military for actions in extreme condition. The external factors of psychological readiness of servicemen for perform the tasks has determined. It is shown that the behavior of a soldier in an emergency is determined by its level of his stress resistance.

It is noted that the successful solution of problems of psychological training is necessary organizational work of commanders who must actively implement reasonable and proven practical techniques of psychological training. However, the most obvious is the fact that the successful achievement of the objectives of professional activity depends not only of the characteristics and specificity of the activity itself but also of its psychological characteristics and personality traits, among which is an important psychological resilience.

As a result, we get a problem that was named battle psychical trauma. The analysis of battle activity of different categories of servicemen shows that basic psychological difficulties cause the terms of the real fight, that carry out oppressive influence on the psyche of fighter or conduce to overdriving, and in future and to violation of activity.

Thus, on this day, work of psychologist with fighters that take part in battle actions is super important. Priority is preparation of them to the battle situations, embay in the conditions of stress and leading out of fighters in post-war normal life on peaceful territory. Psychological preparation of servicemen in the conditions of modern war is the system of purposeful influences that has for an object forming and fixing for the warriors of psychological readiness and firmness, mainly on the basis of self-perfection of personality and development professionally of important qualities, gaining experience of successful actions in the designed extreme terms of battle situation. The primary purposes of psychological help are proceeding in the psychical health of personnel of part, the official activity, overcoming of panicky displays in soldiery collectives.

Keywords: war, army, **soldier**, stress, war stress, war sickness, psychological overcoming, life quality, extreme conditions, adaptability, psychological stability, readiness for action, emotional and volitional component, cognitive component, individual component of professional, psychological readiness, stress resilience.

Problem statement. By a bitter irony of historical fate, Ukraine found itself at the epicenter of one of the largest and most dangerous socio-cultural rifts in the modern world, in which the latest challenges of anti-globalism were intertwined as closely as possible with old settlements based on imperial, Soviet illusions and neo-imperial ambitions. Therefore, the modern russian-Ukrainian war is not only a war with putin's russia, but also a war for the

final break with the Soviet and imperial legacy, a war that should ultimately offer a real post-colonial solution to the problems and contradictions of the post-Soviet space. That is why the modern war is existential for Ukraine. This is a war for our state and national independence, as it must give an answer to Hamlet's question: to be or not to be?

War has become a real challenge for society as a whole, and military personnel who are prone to mental health problems have faced obstacles in the way of performing tasks in combat conditions.

An important direction in the implementation of the state policy of national security and defense is the formation of psychological resilience *in* servicemen of the Defense Forces of Ukraine, who are responsible for the defense of the state, the protection of its sovereignty, territorial integrity and inviolability. Such a task places high demands on the consciousness, self-awareness, motivation, and life instructions of military personnel [6; 8; 12].

There is an objective need to clearly define the psychological components in the personality structure of military personnel of the Defense Forces of Ukraine, which would provide an opportunity to act in accordance with the conditions of his military-professional activity to depart from the national interests of the state. It is important to form a qualitatively new personality of a military serviceman taking into account the urgent tasks that sovereign Ukraine is solving in accordance with the new demands and needs of society.

The peculiarity of the Russian-Ukrainian war is that two supposedly "brotherly", Slavic peoples clashed on the battlefield. Russia's aggression has raised many difficult questions for civil society and the state. Modern military requires high training and professionalism of the Ukrainian Defense Forces, and place high demands on the level of psychological readiness in solving complex tasks. At the same time, the most obvious fact is that the successful achievement of the goals of professional activity depends not only on the peculiarities and specifics of the activity itself, but also on its psychological features and personal qualities, among which psychological stability is important.

Wars are a constant thing in the XX-XXI centuries. Accordingly, participation in hostilities is normally accompanied by the occurrence of a large number of traumatic situations. Traumatic situations are such extreme critical events that have a powerful negative impact and require enormous efforts from the individual to master them.

The urgency of this problem is determined by the complex military and political situation in the East and South of Ukraine. Therefore, there is a need for a detailed study of the problem of psychological resilience and readiness to overcome a stressful state of military personnel, which gives them the opportunity to successfully perform their assigned tasks in extreme conditions of modern battle.

Analysis of recent research and publications. Analysis of scientific literature made it possible to find out that today in the scientific and psychological literature there are very few works that would be devoted to deep research such a phenomenon as psychological resilience. Only certain aspects of this problem can be found in the works of S. Jackson, N. Henderson, M. Jaklin, B. Ananyev, A. Kulikova, S. Lysyuk, E. Potapchuk, O. Safina, and others.

In our opinion, the question of the influence of modern difficult service conditions of servicemen of the Defense Forces of Ukraine on the formation of their psychological resilience and the ability to overcome stressful situations has fallen out of the field of view of scientists, there is no socio-psychological analysis these psychological phenomena.

In psychological science, there is still no single theory that would describe the peculiarities of mental activity and human behavior in extraordinary, extreme conditions of existence. The analysis of the literature on this problem shows all the complexity, multidimensionality and ambiguity of the interpretation of the very concept of "psychological resilience". The concept of "resilience" was defined by S. Jackson as "a manifestation of abilities." Psychological readiness to act in extreme conditions refers to a system of psychological and psychophysiological characteristics of the subject that ensure the success and effectiveness of certain actions and activities. He claimed that the state of psychological stability helps to successfully perform one's duties, use knowledge, experience, personal qualities, maintain self-control, and rebuild one's activities when unforeseen obstacles appear [2].

N. Freudenberg explained the readiness to act in difficult conditions through a set of motivational, cognitive, emotional and volitional qualities of an individual, as his general psychophysiological state, which ensures the actualization of opportunities; as the orientation of the individual to perform certain actions [1].

Despite the variety of definitions of readiness, all authors agree that readiness for activity is the subject's tendency to orient his activity in a certain way. Psychological readiness refers to the system of psychological and psychophysiological characteristics of the subject that ensure the success and effectiveness of certain actions and activities.

The state of psychological readiness helps to successfully perform one's duties, use knowledge, experience, personal qualities, maintain self-control, and reorganize one's activities when unforeseen obstacles appear.

One of the forms of psychological readiness is the readiness to act in extreme situations. The analysis of the scientific literature on this issue showed that psychological readiness within the framework of extreme psychology is considered in close relationship with such concepts as: psychological preparedness, mental reliability, psychological state, psychological selection, prediction of states, extreme situation.

Thus, analyzing the problem of psychological selection and forecasting of stress states characteristic of an individual in extreme situations, O. Blinova notes that "... when determining a person's suitability for a particular profession, it is necessary to take into account, along with the peculiarities of mental processes and personality properties, his potential the ability to produce and maintain readiness for active actions in extreme situations" [6].

A number of studies (D. Zilmana, S. Balashova, O. Boyko, etc.) are devoted to elucidating the specifics of experiencing stress in military activities, the manifestations and consequences of combat stress (I. Boev, E. Boring, V. Buzoutil, J. Greenberg, N. Jones, A. Iversen, B. Wiegert, C. Kened, W. Langston, J. McBrewster, F. Miller, M. Jacqueline, E. Hunt, D. Henden, L. van Horn, and etc.).

Formulation of the goals of the article. Analysis of the professional activity of military personnel shows that it is constantly connected with the action of factors that create extreme situations. These factors are quite diverse. The most common of these are those that can complicate the professional activities of servicemen, such as chronic mental overload, dangers and frequent occurrence of unforeseen emergencies, a high degree of responsibility, and prolonged emotional stress. An important characteristic of servicemen effectiveness is reliability, which is largely determined by resistance to extreme factors. Therefore, the problem of psychological resilience of servicemen in extreme conditions of professional activity is key to understanding the psychological mechanisms of its effectiveness and reliability.

Thus, the urgency of the problem of psychological resilience, mental health and the readiness of servicemen to overcome stress in extreme conditions of professional activity and its insufficient development led to the choice of the article topic. Due to the constant growth of political, social, and economic instability, many factors affect people. The events of recent years have shown how important it is to have units of all Ukrainian security, defence and law enforcement agencies psychologically prepared to work in extreme conditions, to have servicemen able to overcome the effects of increased stress on the psyche, and to have them successfully withstand the impact of various stressors while maintaining high performance. The problem of psychological resilience is of particular importance today in relation to the professional activities of servicemen. This is due to the specifics of military professional activities and its high social significance in protecting the state's interests and security. Therefore, **the purpose of our article** is to highlight the approaches of scientists regarding the psychological resilience and readiness of servicemen to overcome a stressful state in extreme conditions, ways to improve the state of mental health of military personnel, and to determine the essence and content of the concept of "psychological resilience of a serviceman of the Defense Forces of Ukraine" with the crystallization of its structural components and determining the role of the military psychologist in solving these issues.

Presentation of the main material.

For many of our compatriots, the full-scale invasion of sovereign Ukraine by Russian troops on February 24, 2022 was a complete surprise, an unexpected manifestation of aggression on the part of the so-called "fraternal people". The Russian Federation launched a full-scale invasion along the entire length of the common border, as well as from the territory of Belarus and the temporarily occupied Crimea.

On February 24, 2022, the phase of the hybrid war moved to a new level of open neo-imperial expansion aimed at the destruction of Ukraine, the total blurring of Ukrainian identity and the collapse of the post-Soviet world order. Such conditions, in which servicemen of the Defense Forces of Ukraine perform tasks, can be fully called extreme, because they are accompanied by significant psycho-emotional stress caused by:

- high responsibility for taken decisions;
- sufficient complexity of performed functions;
- accelerated pace of activity;
- unification of actions that are different in purpose in one activity;
- processing of large amounts of information;

- lack of time to make a decision.

It is known that the professional activity of military personnel involves the performance of their official duties under extreme conditions.

At the same time, a high level of emotional stress in extreme (combat) conditions has an ambiguous effect on the degree of mobilization of psychophysiological functions, therefore, predicting the working capacity and behavior of a person based on these functions is a difficult task that does not lose its relevance in NATO countries. 30-40% of cases of psychogenic losses ended with the transformation of psychological (borderline) health disorders into established psychiatric nosologies, which significantly increased the number of dismissals from military service.

Despite the obvious practical significance, the problem of studying the psychophysiological and psychological features of adaptation of military personnel has many gaps. Works in the field of psychophysiology have made a certain contribution to the understanding of psychophysiological factors of successful adaptation and activity of operatives, conscripts. However, in these works, issues related to the development of psychophysiological criteria for assessing impairment of the functional state (FS) and adequate behavior at various stages of service and combat activity under extreme conditions remained unsolved.

First, a feature of half of domestic and foreign psychological adaptation studies is that they are conducted in a socially or professionally stable environment characterized by relatively stable norms of behavior and activity of military personnel. The algorithm of the adaptation process is mainly considered as the assimilation of these norms and their application in already formed conditions. Whereas the specifics of service-combat activity are characterized by high dynamism, instability of the conditions in which it takes place.

Secondly, another part of scientific works devoted to various aspects of the adaptation of servicemen to changing conditions of service does not fully reveal the psychophysiological and psychological features of adaptation to extreme conditions of activity and the conditions of learning a military specialty, the specificity of the stages of adaptation of servicemen and the possibility of predicting the effectiveness of adaptation at each of them.

The activities of military personnel are accompanied by a reasonable risk to life. The term "extreme situation" is often used in literature and reflects the impact on a person of dangerous and harmful factors that led to an accident or excessive negative emotional and psychological impact. Often a person stops correctly perceiving the surrounding reality, making the right decisions to get out of the situation [8].

An extreme situation is a set of conditions and circumstances that go beyond the usual ones, which complicate or make it impossible for individuals or social groups to live. This term is usually used as a synonym for an emergency. Extreme situations are the most difficult hazardous situations when several unfavorable conditions and risk factors coincide. Extreme situations, as a rule, require the mobilization of all physical and spiritual strength to protect human life and health and have a significant impact on the mental health of military personnel.

In general, modern Western psychologists believe that the essence of a person's mental health is expressed through self-respect and the degree of anxiety. At the same time, they point out that positive-minded people who have clear goals in life and are not inclined to torment themselves with eternal doubts, uncertainty, bad premonitions, and pessimism have good prospects for maintaining their health.

B. Wiegert considers mental health as "a state of dynamic equilibrium of an individual with the environment, when all the abilities inherent in his biological essence are manifested to the fullest extent and all vital subsystems function with optimal intensity" [20].

According to J. Hrenberg, mental health can be defined as the functioning of the individual's psyche, which ensures his or her harmonious interaction with the world around him or her (the effectiveness of the individual's activity and behavior, the implementation of his or her personal development) [3].

Therefore, from the above, we can say that the mental health of servicemen should be understood as the functioning of the psyche of servicemen, which ensures their harmonious interaction with the outside world, adequate behavior, effectiveness of educational and service activities and personal development [9]. In other words, this concept should be understood as the state of mental well-being of a serviceman, characterized by the absence of painful mental manifestations and ensuring adequate regulation of behavior and activity to the conditions of the surrounding reality.

In our work, we try to consider the stress resistance of a serviceman as a component of his mental health.

In psychology, the terms "resilience" and "readiness to act" are used together when it comes to human actions in extreme conditions, especially in conditions involving a risk to life.

The behavior of a serviceman in an extreme situation is determined by the level of his stress resistance [12]. Resistance to stress is an important factor in maintaining normal performance, effective interaction with others, and inner harmony in difficult, stressful conditions. When studying stress resistance, first of all, it is necessary to define this concept. It should be noted that there are many definitions of stress resistance, in which it is defined as: emotional stability, psychological resilience, personality stability, psychophysiological stability, moral stability, moral and psychological resilience, emotional and volitional stability.

Thus, it can be said that to date, the category of stress resistance has not received an unambiguous interpretation, despite the fact that it has long been systematically studied in foreign and domestic psychology. Some researchers have introduced relevant characteristics of stress resistance.

Stress resistance is seen as an individual's ability to adapt and maintain optimal performance in the face of extreme conditions of professional activity, to overcome the state of emotional excitement when performing activities in special conditions, to endure heavy loads and successfully solve problems in extreme situations, a temperament trait that allows one to reliably perform professional functions.

Traditionally, external and internal factors of psychological stability are distinguished in psychology. N. Henderson, the external factors originating from the social environment include the following: psychological support provided by the social environment and especially close people; maintaining psychological closeness and trusting relationships with parents; achievements in professional activities; favorable climate in the team; favorable conditions for adaptation, self-realization, adequate selfassessment; status of the individual in the group; presence of friends, friendly relations; use of some self-criticism in the process of communication; acceptance of family and social norms and rules; establishment of trusting relationships with significant others; acceptance of responsibility for one's actions, caring for others; availability of opportunities for fruitful work, education, recreation, living conditions, health care, and personal rights and freedoms; high but realistic expectations for success in the future; and the presence of sustainable goals in life; altruistic beliefs and life skills (e.g., social interaction); desire for leadership, responsible decision-making; disclosure of abilities and their realization [16].

Significant differences in the definition of this concept appeared due to different opinions regarding the study of this characteristic. Thus, according to L. Jennifer, resilience is primarily manifested in the system's ability to restore positive mental states. In her study, the author summarizes the ambiguity of the concept of resilience, based on various definitions: resilience as the absence of significant changes over time; stress resistance as the ability to return to the initial state after a disturbance; resilience as the speed of return to the initial state after a disturbance; stability of oscillations; stability of the trajectory; stability as the limit of permissible disturbances, etc.

The main guiding documents of the Armed Forces of Ukraine, taking into account STANAG 7226, STANAG 7225, STANAG 7229, STANAG 2565 NATO standards, stated that psychological resilience, as well as psychological readiness of the Armed Forces of Ukraine, is formed during psychological training, the main content of which is given in these documents. It is also noted that it is recommended to use the standards of psychological training CTI 000Г.22Л, CTI 000A.22A, CTI 101A.26B, CTI 000Г(B).58A to form stress resistance during combat training classes[9].

Actions on the battlefield, a threat to life, require psychological stability, initiative and discipline from a serviceman. According to M. Zhaklin, psychologically prepared servicemen in a combat environment have a characteristic combat excitement that sharpens attention, memory and thinking, which contributes to activity and purposefulness of actions. Under the influence of negative feelings and the general mental state of military personnel who are not sufficiently prepared in the psychological and professional spheres, arising in an extreme situation, reactions may slow down, coordination and stability of movements and actions may be impaired, attention and memory may weaken. This reduces and endangers the effectiveness of their activities [21].

In the course of psychological training, servicemen are informed in detail about the specifics and conditions of future combat activities, about the difficulties of performing a combat task, and about ways to overcome them.

During classes and exercises, the external picture of combat operations and the psychological model of the military's combat activity are modeled with all the conditions of the combat situation, which, reflected in the mind, are capable of causing mental reactions that occur in real combat. In the course of multiple repetitions of exercises

in conditions that are constantly complicated, a serviceman's control over his mental state and actions improves. A psychological mechanism of combating uncertainty and fear is gradually formed [15].

In the psychological context of the study of resilience, the definition formulated by O. Minieieva is worthy of attention: "psychological resilience of a personality can be considered as a mobile equilibrium state of the personality, which is maintained by counteracting external and internal factors that disturb it, on the one hand, and as a purposeful violation of this equilibrium in accordance with the tasks arising in the interaction of the personality with the environment, on the other hand" [14].

The problem of sustainability as an equilibrium state of the system, which is maintained by its counteraction to external and internal factors that disturb this equilibrium, was studied in the works of famous psychologists B. Wiegert, J. Grenberg, L. Bozhovich, and S. Rubinstein.

At the same time, in accordance with the principles of the activity-based approach in psychology, special attention was paid to the functioning of the system, which is associated with the self-organization of activity and behavior, the creation of algorithms or models that purposefully change the actions and functioning of the system and improve its interaction with the environment.

In the study by M. Khvorost three types of psychological resilience come to the fore, namely: sustainability and stability; balance and proportionality; resistance and resilience. In his opinion, in military activity, psychological stability should be considered as a specific complex manifestation of the necessary mental components for military personnel, which have some tension at a certain point in time (and the balance with the environment in extreme conditions of activity can be significantly disturbed) [19]. Y. Ovsyannikova presents a more complex structure of psychological resilience, which, based on the analysis, organizes the components of psychological resilience and identifies its main content blocks that determine the level of overall psychological resilience, namely: social environment, personality consciousness, attitude, cognitive, emotional, behavioral, and communicative [15].

B. Wigert distinguishes among the components of psychological stability emotional, volitional, intellectual (cognitive), motivational, and psychomotor. According to the author, the "proportion" of the components of psychological resilience in a particular person cannot be the same, since it is impossible to be resistant to everything, that is, psychological resilience is not resilience at all [20].

M. Khvorost's study identifies the emotional and volitional components of the psychological stability system, which provides a choice of behavioral options, the nature of decision-making in problem situations and its implementation. At the same time, the emotional aspect of this component is a subjective indicator of the effectiveness of psychological stability in a particular social environment in the form of a sense of emotional comfort in this environment, and the volitional aspect is represented by the level of control over affect and urges (motivations). The ratio of emotional and volitional aspects both in a single behavioral act and in a general behavioral strategy determines the regularity, consistency, autonomy and purposefulness of the subject's activity, his/her stress resistance [19].

Based on our analysis, we have identified the following structural components:

- emotional and volitional component - consists in the ability of a serviceman to manage his emotional state and the ability to consciously mobilize forces, ensures adequate behavior and actions in conflict and extreme situations;
- cognitive component includes the active functioning and development of all cognitive mental processes of servicemen that ensure the effective performance of professional tasks in extreme conditions;
- individual and professional component reflects the ability to self-analyze, adequately understand and evaluate one's own actions, deeds, emotional experiences, abilities, etc. and master the professional knowledge, skills and abilities necessary for a serviceman to perform tasks.

Serviceman's psychological readiness to perform assigned tasks is a kind of foundation for his actions in the upcoming battle. Serviceman's knowledge of his psychological characteristics allows him to manage his own psyche and act effectively in difficult situations. The external signs of a serviceman's psychological readiness are: absence of fussiness or withdrawal, "smooth" behavior; clear, unmistakable execution of orders and commands; normal physiological state (pulse rate, respiration, complexion, etc.) [14].

O. Blinov while studying the behavior of military personnel in extreme situations, concluded that it is largely determined by their individual characteristics. The following factors influence a serviceman's perception of a situation

and assessment of its degree of complexity and extremity: the degree of positive self-esteem, self-confidence, level of subjective control, adaptability, positive thinking, severity of motivation to succeed, and others [6].

The process of activating the state of psychological readiness for activity is a sequence of interrelated procedures and actions: awareness of the goals of performing tasks, the solution of which will lead to the satisfaction of needs or the fulfillment of the task; comprehension and assessment of the conditions in which future events will take place, updating the experience related to solving problems and fulfilling requirements of this kind; determination, based on experience and assessment of future conditions of activity, of the most rational and possible (auxiliary) ways to solve problems or perform tasks [14].

A huge problem during the Russian-Ukrainian war was the readiness of military personnel to overcome stress in extreme conditions. Physiologically, stress is accompanied by the release of certain substances into the bloodstream, which leads to energy mobilization of the entire body, changes in the cardiovascular, respiratory, musculoskeletal and endocrine systems. Accordingly, this causes changes in the course of mental processes, emotional and motivational shifts, etc. In fact, mild and short-lived stress is not harmful in a stressful situation. On the contrary, it helps to mobilize the physical and mental capabilities and defenses of the body, activates brain processes, creates optimal combat arousal, and the fighter's activity becomes more intense. The prolonged and strong impact of stressful combat factors and the high level of their significance for a soldier can contribute to the emergence of unproductive stressful conditions (distress). Distress occurs in situations where a serviceman feels helpless, powerless, hopeless, and depressed. This is often accompanied by a violation of such mental processes as sensation, perception, memory, thinking; the emergence of negative emotions such as fear, indifference, aggression, etc. Often, it is accompanied by disorders of coordination of movements, such as fussiness, tremors, numbness, etc.; temporary or long-term personal transformations in the form of passivity, loss of will to live, confidence in victory, trust in colleagues and commanders, a tendency to patterned actions and primitive following; excessive manifestation of the instinct for self-preservation, etc. During heavy battles, untrained soldiers' distress can cause various psychogenic pathological reactions and psychological disorders. Most often stress is subjectively realized as an experience of fear, anxiety, anger, resentment, longing, euphoria, despair, inhuman fatigue, etc.

N. Volynets notes that one of the most significant negative experiences of a soldier in combat under stress is fear. Naturally, fear is inherent in all living things. It is an emotion that arises in a state of threat to a person's biological or social existence, directed at a source of real or imagined danger [8]. Fear is the most powerful emotion that humanity has acquired in the process of ontogeny. The instinct of self-preservation could not exist and work without fear. Fear serves to warn a person of an impending danger, helps mobilize internal forces and reserves to avoid or overcome it. At its core, the feeling of fear during combat manifests itself in such variants as fear of death, pain, injury, fear of being crippled, fear of losing combat capability and the death of fellow soldiers, etc. Fear has its own forms that perform different functions and differ in their manifestations: fright, anxiety, affective fear, individual and group panic.

Fear in the form of fright manifests itself as an instantaneous reaction of the organism, which ensures the implementation of an innate, instinctive program of actions in order to preserve the integrity of the organism in a situation of threatening stimuli. Without existence of such form of fear, person in a stressful situation would die before they had time to assess the level of potential danger. Anxiety is an emotional experience that occurs in a situation of uncertainty and manifests itself in anticipation of unfavorable developments. This phenomenon is sometimes characterized by intuition, the ability to analyze previous events, and unreasonable fear. This emotion is associated with an unrealized source of danger. Anxiety in modern warfare not only signals a possible danger, but also encourages soldiers to search for and specify its sources, to actively investigate the battlefield. The manifestations of anxiety can range from a feeling of helplessness, self-doubt, powerlessness in the face of danger, exaggeration of the threat to complete and rapid mobilization of the body's internal reserves in the form of heightened observation, mobilization of auditory and visual reactions [8].

Affective fear (animal horror) is the strongest form of fear. It is caused by extremely dangerous, difficult circumstances that cause complete paralysis for some time to certain actions. Studies have shown that each person has their own individual limit of psychological stress, after which protective reactions are triggered: camouflage, which manifests itself in attempts to hide, disguise; the desire to evade danger, to leave a stressful situation, to shrink in size, to take a fetal position. It has been observed that when experiencing affective fear, a reaction of numbness,

inability to move or a desire to instantly escape from danger occurs - the fighter runs, but often to the source of the same danger [8].

Thus, in modern warfare there are a huge number of factors that provoke extremely strong stressful emotions. As a result, there is a problem called combat trauma. Combat mental trauma is defined as a pathological condition of the central nervous system formed as a result of combat stress that exceeds the adaptive potential of a particular person.

The analysis of the combat activities of various categories of servicemen shows that the main psychological difficulties are caused by the conditions of real combat, which have a depressing effect on the psyche of the soldier or lead to overexcitement, and subsequently to disruption of activity. Studies by contemporary Ukrainian psychologists of the stress received by soldiers during the fighting in eastern Ukraine and research by foreign experts have shown that military personnel may experience hysterical reactions (not related to bodily injury): hysterical blindness - concentric narrowing of the field of vision; amblyopia - reduced visual acuity; polyopia - bifurcation, impaired clarity of vision of objects; amaurosis - complete blindness; deafness; paralysis of limbs (contracture), convulsions, stupor of the whole body; crying, laughter, coughing, hiccups, involuntary flexion of the torso; catalepsy - pathologically prolonged preservation of one body posture; hysterical anesthesia of various parts of the body (insensitivity), etc. Sometimes there is hyperesthesia - the perception of external stimuli (light, sound, tactile sensations) as unbearable. Also, the following basic physiological reactions are observed in military personnel: bowel movements, loss of control over urination, increased heart rate, anxiety, trembling and twitching, cold sweat, weakness and nausea, vomiting, etc. [12].

Among the physiological factors, Grenberg determines the nature of the behavior of military personnel, and the type of nervous system is important. In accordance with the characteristics of the nervous system, each fighter may have a different behavior in combat in a state of fear, which includes the following elements lack of reaction or incorrect, slow execution of commands; lack of reaction or incorrect, slow reaction to operational changes in the situation during the battle; open refusal to execute orders; cessation of fire; shooting sideways, into the air; attempts not to look in the direction of the enemy; attempts to cower, hide in a shelter or at the bottom of a trench; uncontrolled movements, attempts to escape from the source of danger; elements of hysteria, etc.

D. Zilman notes that military personnel reactions to stress after combat vary. The consequences of a stressful situation manifest themselves in different ways: immediately after the battle or after a certain period of time. The consequences of severe stress can include the following manifestations loss of sleep and appetite, intrusive memories, nightmares about the event, deterioration of mood when recalling the event, loss of the ability to experience strong feelings and emotions, partial memory loss, the desire to avoid thoughts and feelings related to the traumatic situation, a sense of a "shortened future," loss of life prospects, difficulty concentrating, irritability, and fearfulness [7].

Scientists G. Wagner and U. Hammash conducted research in Palestine among military personnel who participated in the war in the Middle East. It was found that the most common consequences of the military conflict and the impact of violence (direct and indirect) on the mental health of victims were increased symptoms of anxiety and depression. It was found that young women were less prone to violence than men, but women were more likely than men to report increased symptoms of anxiety, depression, and distress. Scientists have found that fatalistic attitudes toward their own lives and pessimism about their future are most often associated with increased symptoms of depression and distress, especially among men.

We conducted a small study, primarily of the impact of the most significant harmful factors of the combat environment (based on experience in combat operations) on the functional state and psychophysiological functions of military personnel in extreme conditions based on a specially designed questionnaire. The study of the consequences of the participation of 100 military personnel in combat operations was chosen as a model of an extreme situation, which was studied using a specially designed questionnaire for assessing adaptation disorders. The following research methods were used in the study:

- psychological methods;
- psychophysiological methods;
- method of systemic approach and systemic analysis;
- sociological method (questionnaire);
- expert evaluation method;
- medical and statistical processing of the results.

The statistical analysis of the data obtained was carried out using the methods of variation statistics, multiple regression, variance and cluster analysis. The STATISTICA 6.0 software package was used for this purpose.

It was found that, above the average level of perceived influence of the information factor, the first place is occupied by the "probability of a high work pace".

The second and third ranking places are occupied by "the degree of diversity of tasks" and "the frequency of breakdowns of technical means of labor". The emergence of a situation where a sharp change in the usual order of activities to an unfamiliar one is necessary, as well as the emergence of a lack of information, was assessed by servicemen as a factor of moderate influence (5 points) on the quality of professional activity in the armed conflict zone. The use of cluster analysis of the obtained results revealed the presence of two subgroups of people who differ significantly ($p < 0.001$) in the characteristics of the information factor on the quality of professional activity. Subgroup 1 showed a significantly higher level of sleep problems (5.45 ± 0.47 compared to subgroup 2 - 4.33 ± 0.33 ; $p < 0.05$). In addition, the greater influence of the information factor on the quality of professional activity of representatives of subgroup 1 is characterized by other symptoms of maladaptation. The most pronounced difference between the studied subgroups is observed in the characterization of the feeling that the serviceman is still in the combat zone. To further confirm the results obtained, a correlation analysis was conducted between the total assessment of the impact of the information factor and the symptoms of maladjustment (R-Spearman correlation criteria). It has been found that the greater the impact of the information factor during the performance of official duties in the combat zone, the greater the symptoms of maladjustment during the first month after returning from the combat zone.

Thus, the most pronounced and reliable relationship of the information factor is observed with the frequency of thoughts about military actions against a person's will ($R = 0.31$). The existence of a reliable link between the information factor that influenced servicemen after returning from the combat zone generally indicates the importance and significance of the impact of the intensity of military personnel work in extreme conditions on the psychophysiological state and disorders of human adaptation. As for the difference in perceptions of the impact of the information factor on the quality of professional activity, people with a higher level of physiological stress also have higher indicators of the impact of the information factor: the probability of a high pace of work; the frequency of situations of misinformation; the frequency of situations of information deficit; the degree of diversity of tasks; the occurrence of situations when a sharp change of the usual order of activity to an unfamiliar one is necessary; the frequency of failure of the technical means that you controlled; the frequency of unpredictability and uncertainty of situations. However, the peculiarity is that the uneven rhythmicity of information flow in the representatives of the studied subgroups of military personnel positively affects their physiological tension.

Based on the research, a decision support model was developed to predict the professional performance of military personnel in extreme conditions.

A model for supporting decision-making about the risk of developing maladaptive reactions after exposure to extreme conditions. This model allows to classify military personnel with different types of maladaptive reactions to stress according to three characteristics on a 10-point scale with a high degree of reliability ($p < 0.001$), namely:

A – the frequency of cases of flinching in the event of an unforeseen situation (start reflex);

B – feeling redundant among friends;

C – a feeling of apathy from the existing number of problems.

The model for supporting decision-making about the risk of developing maladaptive reactions after exposure to extreme conditions is as follows:

$$U1 = -2,38 + 0,65 \cdot A + 0,43 \cdot B + 0,45 \cdot C;$$

$$U2 = -7,47 + 1,20 \cdot A + 1,02 \cdot B + 1,03 \cdot C.$$

If $U1 < U2$, the subject should be classified as a "risk group" for the possible development of maladaptive reactions after exposure to extreme conditions. A model for supporting decision-making about the risk of developing maladaptive reactions after exposure to extreme conditions. The discriminant model allows to distribute military personnel with different types of maladaptive reactions to stress according to three characteristics on a 10-point scale with a high degree of reliability ($p < 0.001$), namely:

A – the frequency of cases of flinching in the event of an unforeseen situation (start reflex);

B – feeling redundant among friends;

C – a feeling of apathy from the existing number of problems.

The developed decision support model, which allows to predict with high probability the development of adaptation disorders in extreme conditions based on the assessment of various human characteristics, is included in a complex algorithm for predicting the professional performance of military personnel in extreme conditions.

The figure shows a multi-stage structural and functional algorithm for predicting the professional performance of military personnel in extreme conditions by psychophysiological characteristics, which contains psycho-hygienic measures for different periods of troop rotation - before sending military personnel to the zone of military conflict, when re-deployed to extreme conditions, during the reintegration period and after treatment in inpatient settings and allow identifying a "risk group" for a possible negative shift in the quality of professional activity in extreme conditions.

Advice for military psychologists.

• **One in four Ukrainians is at risk of mental disorder due to the war, according to the World Health Organization. We are talking about anxiety and stress, as well as more severe conditions, including post-traumatic stress disorder caused by disturbing events.**

• Mental disorders can be hereditary, organic, and caused by external causes. Approximately 1% of people suffer from mental disorders due to genetics, trauma, or excessive alcohol or drug use. These are organic disorders. When we talk about those who develop neurosis due to unfavorable, abnormal circumstances, the first signs are a certain inadequacy of the person. If you notice that a person has changed, that they are too irritable, crying, communicating less or too much, or that they are hyperactive, these may be the first disorders.

• We need to be observant of ourselves and our fellow soldiers, in particular, in the little things. If you have started to injure yourself more often in the home, while cooking, for example, this is also a sign that your psyche is unstable. Here you need to focus on breathing. Concentrate on how you exhale, make your exhalations longer. It can be calming.

Recommendations for military psychologists to prevent crises and preserve the mental health of military personnel in combat conditions:

• Restoring a sense of control. You need to find an area in your life that you can confidently control and effectively influence.

• Engagement is the second component of sustainability. The more you are involved in useful activities and don't get stuck in your thoughts, the more favorable it is to restore your psychological strength.

• Risk acceptance. "It is necessary to understand that risk is normal, it is always present in life, but now it is excessive. And finding some adequate, individualized methods to counteract this risk is a creative task for each serviceman."

Recommendations for military psychologists on preventing and eliminating the consequences of panic and anxiety among military personnel:

Panic is an attack of severe fear, anxiety, and a feeling of internal tension. Panic paralyzes a person or, on the contrary, pushes him or her to commit reckless acts. During panic, opposite reactions are observed: some people want to run, while others want to hide in a corner. It is important to remember that this is the condition the enemy wants to see us in, because we are most vulnerable in this condition, so it is imperative to take steps to restore a normal mental state.

Key symptoms of panic among military personnel:

- heart palpitations, rapid pulse, sweating;
- chills, tremors;
- feeling of lack of air, shortness of breath;
- pain or discomfort in the left half of the chest;
- nausea, pain or a "knot" in the abdomen, dizziness;
- a sense of alienation, of the unreality of the world;
- fear of committing an uncontrollable action;
- acute fear of imminent death;
- feeling of numbness or tingling in the limbs;
- insomnia.

Methods of dealing with panic and anxiety in military personnel:

- use sedative breathing techniques, for example, "3-7-8": 3 seconds to inhale, 7 seconds to hold the air, and 8 seconds to exhale;
- lie down and put your hands on your stomach, and take deep breaths and short exhalations, control your breathing;
- use square breathing (find something square in the room (or imagine it). Fix your gaze on one of the corners and take a deep breath, hold the breath for 5 seconds and move your gaze to the other corner while exhaling, so move around the square; repeat several times, this will help you steady your breathing and control anxiety if you feel it is increasing;
- "ground yourself" - stand or sit on the floor, feel how you touch the surface, feel the weight of your own body, and breathe slowly;
- return to your body sensations; feel what you are sitting on and how you are sitting, what your feet feel like, concentrate on a sound, a smell; if you are driving, concentrate on what your hands are holding;
- do self-massage; touch your body, pat your legs with your palms, massage your ears, nose, palms; revitalize your stiff body;
- tense up; take a position that is not comfortable for you and try to strain all the muscles in your body as much as possible, stay in that position for as long as possible;
- let your emotions flow - cry, sing;
- use pungent odors such as alcohol, citrus, etc;
- wash your face with cold water;
- channel panic into safe actions - if you want to run, run on the spot, if you want to hide in a corner, hide in a corner;
- do not consume alcohol;
- take herbal sedatives (valerian, motherwort) do not use prescription drugs without consulting a doctor!
- if it is someone other than you, wrap a warm blanket around the person, give them a warm drink, remind them of basic things: who they are, what they are doing here, who is with them, what their name is.

Recommendations for military psychologists on how to maintain close relationships with fellow soldiers and other military personnel.

During critical situations, relationships with fellow soldiers are severely tested. Try to maintain relationships and help your comrades, as this increases your ability to survive and resist, and endows your actions with meaning.

- direct the negative emotions that arise not at your fellow soldiers, but at the external enemy;
- keep yourself busy with work, providing assistance to other military personnel;
- let your emotions flow - yell, cry, sing;
- move, dance, warm up, walk
- hug your comrades as often as possible;
- keep in touch, ask how things are going, call and write;
- offer your help to other military personnel;
- cook a meal together and eat slowly with your comrades;
- preserve the rituals of peaceful life as much as possible in times of war - read books, set the table, organize a common tea party.

Recommendations for military psychologists on providing assistance to those military personnel, who are paralyzed by anxiety.

If you observe excessive destabilizing anxiety or a panic attack in a soldier near you, take the following measures:

- do not make direct physical contact with the person;
- speak to the person loudly;
- speak clearly and firmly;
- in a calm voice, remind the soldier that he or she is in a safe place (if applicable);

- focus the soldier's attention on what can be seen, heard, and felt around him;
- don't ask questions, but instead give instructions, for example: "Look at me. Say your name. Tell me where you are. Stand up. Drink"
- make sure that all the basic things the soldier starts doing himself.

The main goals of psychological assistance are to restore mental health of the unit's personnel, their service activity, and to overcome panic among the military. In military units, the organization of psychological assistance to military personnel is carried out by commanders and their deputies. It is important to introduce a psychologist to the military unit staff, who would perform the main work of providing psychological assistance to the personnel. It is mandatory to diagnose the level of stress when working with soldiers who took part in combat operations, which will allow us to provide the necessary quality psychological assistance to each soldier in the future. Unfortunately, modern military psychology does not possess enough methods that would fully meet the needs of the army for psychological assistance to its personnel. The primary condition for increasing combat effectiveness of military personnel and units during combat is the work of commanders and officers, military psychologists to stop the development of negative mental states among subordinates. The main responsibility for the psychological preparation of soldiers for participation in combat operations lies with the psychologists of the military unit. They are responsible for psychological training and strengthening of the moral and psychological state of military personnel, development and implementation of psychological rehabilitation and readaptation measures to overcome psychological and mental trauma and combat stress[8].

Conclusions

Thus, the review of foreign studies on the impact of the consequences of war on the mental health of military personnel shows a negative long-term impact on the individual. It has been shown that those who have participated in hostilities most often show symptoms of depression and anxiety, psychosomatics, post-traumatic stress disorder, and are prone to violence, and adolescents are diagnosed with suicidal thoughts and intentions.

In this regard, experts who study psychological health point to the expediency of targeted, immediate and effective interventions by a psychologist immediately after a trauma or crisis in order to reduce acute stress reactions, to the mandatory implementation of therapeutic and preventive measures, and insist on strengthening social support in order to return to normal functioning of people who have been exposed to traumatic stress, as well as to reduce the risk of post-traumatic stress disorder symptoms in the future.

The psychological resilience of a soldier is one of the main components of combat readiness. It implies, firstly, that the soldier is aware of his responsibility for the fate of his homeland, his family and friends, and is confident in himself, his comrades, military equipment and weapons; secondly, he wants to fight, to test himself, to overcome his weaknesses, to achieve victory over the enemy.

The analysis of the scientific and psychological literature made it possible to note that the concepts of "psychological resilience" and "stress resistance" refer to the personality as a whole and are interpreted as a basic characteristic, as a personality trait, as a mobile equilibrium state of the personality system, but the common thing is that it is about the ability of a person to successfully withstand negative, extreme factors and conditions that can negatively affect his or her mental and physical health and performance.

Therefore, an important factor in the quality of life of military personnel during combat operations is stress resistance, which is considered as the ability to overcome difficulties, suppress emotions, showing endurance and tact, as well as to preserve the mental health of military personnel.

The developed decision-support model allows us to predict with high probability ($p < 0.001$) first, the development of adaptation disorders in extreme conditions based on the assessment (in a 10-point system) of such human feelings as the frequency of flinching when an unforeseen situation occurs, a feeling of redundancy among friends, a feeling of apathy from the existing number of problems; second, a possible shift in the adequate response to stress in extreme conditions of professional activity based on the assessment of the level of non-verbal intelligence and the strength of nervous processes.

Based on our analysis, we have determined that the psychological resilience of a soldier is a characteristic of his personality that ensures his resistance to external negative influences, in particular during the direct performance

of tasks in a combat situation and is manifested in the ability to restore psychological balance by adequately responding to sudden changes in the situation in extreme conditions.

It is shown that the existing psycho-hygienic approaches to predicting possible changes in the functional state of military personnel and, accordingly, the adequacy of their behavior under the influence of extreme conditions of activity (combat conditions) are fragmentary and do not take into account the impact of the situation in Ukraine in the combat zone, which requires the development of adequate criteria for assessing and predicting changes in the functional state of body of military personnel in extreme conditions of service to prevent the development of maladaptation in military personnel during the special period and after its completion.

The structural components of the psychological resilience of a soldier are distinguished, namely: emotional and volitional, cognitive and individual and professional.

An attempt was made to provide recommendations to military psychologists on how to work with military personnel in emergency situations in order to preserve mental health. Nowadays, the work of a psychologist with military personnel involved in combat operations is extremely important. Eliminating the consequences of psychological and mental trauma and combat stress involves predicting their occurrence, preventing them, and treating them.

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ანდრიო ჰრიბოკი, იბრაიმ დიდმანიძე
ფიზიოლოგიური გამძლეობა, როგორც კომპონენტი ფსიქიკური ჯანმრთელობის შესახებ და სამხედრო
ფსიქოლოგის მუშაობა თავდაცვის ძალების სტრესული მდგომარეობის სამართავად რუსეთ-უკრაინის
ომის კონტექსტში

რეზიუმე

სტატიაში გამოვლენილია „ფსიქოლოგიური მდგრადობის“ ფენომენის არსი. ჩატარდა სამხედრო ფსიქოლოგის მუშაობის მეთოდების ანალიზი რუსეთ-უკრაინის ომის პირობებში სამხედრო მოსამსახურეების სტრესული მდგომარეობის დასაძლევად. განხორციელდა სამეცნიერო და ფსიქოლოგიური ლიტერატურის ანალიზი ფსიქოლოგიური მდგრადობის პრობლემაზე. განისაზღვრა „სტრესული მდგომარეობა“ და „სამხედრო პერსონალის ფსიქოლოგიური მდგრადობა“ ცნებების არსი და შინაარსი და გამოიყო მისი სტრუქტურული კომპონენტები. გაანალიზებულია სამხედრო მოსამსახურეების მზადყოფნის კონცეფცია ექსტრემალურ პირობებში მოქმედებისათვის. ნაჩვენებია, რომ სამხედრო მოსამსახურის ქცევა ექსტრემალურ სიტუაციაში განისაზღვრება მისი სტრესის წინააღმდეგობის დონით.

ომის დროს სამხედროების სხვადასხვა კატეგორიის სამხედრო მოქმედების ანალიზი აჩვენებს, რომ ძირითადი ფსიქოლოგიური სირთულეები გამოწვეულია რეალური ბრძოლის პირობებით, რომლებიც გავლენას ახდენენ ჯარისკაცის ფსიქიკაზე ან იწვევს ზედმეტ აღზუნებას და შემდგომში აქტივობისა და ფსიქოლოგიურ მოშლას.

საკვანძო სიტყვები: სტრესი, ომის სტრესი, ომის ავადმყოფობა, ფსიქოლოგიური დაძლევა, ცხოვრების ხარისხი, ექსტრემალური პირობები, ადაპტაცია, ფსიქოლოგიური სტაბილურობა, მზადყოფნა მოქმედებისთვის, ემოციური და ნებაყოფლობითი კომპონენტი, შემეცნებითი კომპონენტი, პროფესიული ინდივიდუალური კომპონენტი, ფსიქოლოგიური მზადყოფნა, სტრესის წინააღმდეგობა.