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Connection between stressresistance and psychological endurance of aviation specialists

The article presents and substantiates the study of the connection between stress resistance and indicators of the volitional component of psychological endurance of aviation specialists. Empirical results and certain directions of further research are presented below.

The relevance of the research problem lies in the fact that the development of politics and economy in Ukraine is fast-paced. The rapidity and power of the functioning of industries that are strategic and promising for the country increases the requirements for the training and professionalism of specialists. The attention of researchers is aimed at ensuring the psychological training of specialists to perform professional activities. Mistakes in the aviation industry are statistically related to the human factor. The human factor is multifaceted and systemic. Usually, one of the defining units of the HF is the professional reliability of the specialist, which is provided, first of all, by a psychological readiness for professional activity. At present, there is a lot of empirical material on the training of specialists in higher educational institutions, the formation of professional qualities, and psychological readiness for professional activity. Psychological readiness in scientific literature is considered as a multicomponent phenomenon and includes: volitional, intellectual, motivational, motor, cognitive and emotional components. Psychological readiness is aimed at the formation of the mental state necessary for a specialist. The aim of psychological endurance is to determine the potential for the processing of negative experience, to make the right decisions in extreme conditions and to successfully carry out a professional task. The structure of psychological readiness and psychological endurance contains the same components, the difference lies in the significance of the rating place. The most important and significant in psychological endurance is the volitional component. Volition component is decisive in the decision-making situation and during professional activity of the specialist. In order to increase the efficiency of professional activity, in our opinion, it is necessary to take into account the factors that determine the stability of the control of volitional qualities, emotional states, mood and emotions. In addition to the sphere of professional activity, there is a range of life spheres that can both negatively and positively influence the psychological endurance of a specialist. The experience of crisis states, stresses leads to a certain dynamics of changes in the system of personality. The ability to process negative experience, possession of self-regulation techniques will help increase the psychological endurance of aviation specialist.

Thus, the goal of the aerodrome research was to establish a relationship of stress resistance with the indicators of the volitional component of psychological endurance of the aviation specialists. The sample was formed by means of random selection, age of respondents from 33 to 37, number of 30 persons.

Stress resistance in our study was considered as the integral quality of the individual, which is the basis for successful social interaction, characterized by emotional stability, low level of anxiety and high level of self-regulation, psychological readiness for stress. The life and activities of a modern person are closely linked to a significant amount of stress, which negatively affects his/her health and personal development. The greatest significance here is the emotional reaction of a human to stress, its relation to stressful situations and the behavior of responding to it and its experiences, resistance or total inaction in relation to the influence of stress on life and activity. To investigate the stress resistance we used methods of Holmes and Rahe to determine the stress and social adaptation.

The indicator of the volitional component of psychological endurance reflects the ability of a specialist to rapidly increase his activity, to maintain the optimal organization of mental functions while performing a professional task and the emergence of unpredictable situations and increased fatigue. The criterion of volitional potentials is the efficiency associated with the natural, biologically determined inclinations of the individual. To study the volitional component, methods were used: "Diagnosis of volitional personality potential", "Method of communicative control" (M. Schneider).

As a result of the analysis of the data obtained, it was found that the majority of the studied (43.3%) have a threshold of stress resistance, indicating that there are vital events that are stressful for the respondent and may adversely affect professional performance and psychological endurance. (42.9%) of the sample have a high level of stress resistance, and (13.1%) of respondents have a low level of stress, which can negatively affect their professional activities, the ability to make quick decisions in extreme situations, due to the presence of difficult living conditions, traumatic situations in the previous period.

As a result of the study of communicative control, it was found that the majority (65.4%) of the respondents have an average level that characterizes respondents as freely communicating individuals, restrained in emotional manifestations, correlating their reactions with the behavior of others. Respondents with a high level of communication control (28.7%) tend to continually manage their emotional state, which can restrain their emotions when communicating with others. 5.9% of respondents have a low level of communicative control, expressed in inconsistency, increased emotional communication, exaggeration, and inability to manage some of their manifestations in behavior, which may adversely affect the quality of the professional task.

By the method "Diagnosis of volitional personality potential", it was found that the majority of respondents have an average level of psychological endurance (53%); this is manifested as the ability of the volition to partially slow down, weaken the excessive activity of the psyche, to restrain and suppress the feelings, thoughts and habits that are unnecessary at the moment. 33% of respondents have a high level of volitional potential, which is manifested in perseverance, determination, vigor, and ability to overcome difficulties. 14% of respondents reported a low level of volitional potential, which may indicate a difficulty in fulfilling their professional tasks

As a result of the mathematical processing of the results, it is established:

Stress resistance has a direct connection with the level of communicative control ($p \leq 0,01$) and a direct connection with the volitional potential of the individual ($p \leq 0,05$). The skills of processing negative experiences increase the ability to control emotions and as a result have a positive effect on social adaptation and professional endurance. In general, the higher the level of stress, the more researched man expresses determination, organization, ability to control behavior.

Conclusions

As a result of the study, it was found that aviation specialists have a different degree of psychological endurance, depending on different living conditions, life events. Basically, psychological endurance is achieved through self-regulation through volitional efforts. Stress resistance provides aviation workers with reliable and safe operation during their work. Further directions of research, we see in the study of individual manifestations of psychological endurance of aviation specialists.

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