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THE ROLE OF CONSTRUCTIVE COPING STRATEGIES IN THE PSYCHOLOGICAL WELL-BEING OF MILITARY PERSONNEL IN EXTREME SITUATIONS

Abstract. This article explores the coping strategies employed by military personnel to manage stress in extreme service conditions. The article discusses different classifications of stress-coping strategies and evaluates their effectiveness.

Keywords: Coping strategies, military personnel, stress, psychological health, social support.

Modern military conflicts impose not only physical but also significant psychological demands on military personnel. Living in extreme conditions, constant stress, and life-threatening situations can negatively impact mental health. Therefore, studying the mechanisms of stress adaptation and developing effective strategies to promote the psychological well-being of military personnel are of utmost importance.

The defenders of our country face daily challenges that test them both physically and mentally. Extreme conditions, constant tension, and threats to life are just a part of what military personnel encounter. How can mental health be preserved in such challenging conditions? What mechanisms help military personnel cope with stress and adapt to extreme situations? This study aims to find answers to these questions by focusing on the role of constructive coping strategies.

The role of constructive coping strategies in the psychological state of military personnel has been and continues to be studied by many domestic and foreign scientists and psychologists, such as N. Agaev, O. Kokun, V. Mushkevych, L. Pasichnyk, E. Foa, B. Rothbaum, T. Britt, D. Meichenbaum, and many others. They have all emphasized that the psychological resilience of military personnel is one of the key factors in the successful conduct of military operations. Understanding the mechanisms underlying adaptation to extreme conditions is an important task of modern psychology.

The issue of psychological resilience among military personnel has been significant throughout human history. Wars and conflicts have always been associated with substantial psychological stress for their participants.

The Concept of Coping Strategies and Their Role in Stressful Situations

Military service is associated with constant stress caused by extreme conditions, life-threatening danger, and separation from family. To successfully adapt to such conditions, military personnel use various coping strategies - ways to deal with stress. In this article, we will explore how these strategies work, what types exist, and how they affect the mental health of military personnel.

Each of us has faced stressful situations at least once in life. These can be both everyday difficulties and serious life challenges. In such moments, coping strategies come to our aid - various ways through which we can cope with stress, preserve mental health, and adapt to new conditions.

"Coping strategies are a set of mental and behavioral reactions to stressful situations. They help us cope with stress, preserve mental health, and adapt to new conditions. Coping strategies are especially important for military personnel who are constantly in extreme situations" (Zhuravliova, Pomytnkina, 2022, p. 216-223).

"Constructive coping strategies play an important role in maintaining the mental health of service members, especially during high-stress and traumatic events. Using such strategies allows military personnel to cope with difficulties more effectively, reduce anxiety and depression levels, and increase overall life satisfaction."

Actively using constructive strategies helps reduce the intensity of stress reactions, contributing to the preservation of physical and mental health. Using positive coping mechanisms enhances mood and reduces anxiety and depression. Successfully employing constructive coping strategies boosts self-esteem and self-confidence. Many coping strategies involve seeking social support, which strengthens social bonds and a sense of belonging. Regular use of constructive coping strategies helps military personnel better adapt to new conditions and challenges. Utilizing these strategies is an effective preventive measure against PTSD, depression, and other mental health issues.

Conclusions. The article highlights the crucial role of constructive coping strategies in maintaining the mental health of military personnel in extreme conditions. The analysis of scientific literature and international experience led to several conclusions.

Military personnel employ a wide range of coping strategies to manage stress. Cultural differences significantly influence the choice of coping strategies. Soldiers from different cultures may use various ways of coping with stress, which should be considered when developing psychological support programs.

Seeking help from a psychologist or psychiatrist is an effective way to deal with psychological difficulties. Since every military personnel is an individual, the choice of coping strategies should be personalized, taking into account personal characteristics, cultural context, and the specific situation.

In this article, we examined the concept of coping strategies and their role in stressful situations, identified the psychological features of military service and constructive coping strategies for military personnel, defined the characteristics of constructive coping strategies, and conducted a comparative analysis of coping strategies among military personnel from different countries.

Maintaining the mental health of military personnel in extreme conditions can be achieved by creating programs aimed at developing coping skills, tailored to cultural differences and individual needs. This can be done through information campaigns among military personnel and their commanders about the importance of mental health and available support options, as well as by forming mutual support networks within the military, where soldiers can share experiences and support one another.

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Комунальний заклад Львівської обласної ради Львівський обласний інститут післядипломної педагогічної освіти, Україна

ФОБІЇ РОЗУМНОГО РИЗИКУ ТА МЕТАМОРФОЗ У ТРАВМАТИЧНОМУ ДОСВІДІ ОСОБИСТОСТІ

Анотація. Особистості, яка пережила травматичний досвід, досить важко адаптуватися до сучасних умов життя, без задіяння розумного ризику та необхідних метаморфоз. Адже досить часто індивіди відчувають страх перед будь-якими змінами, віддаючи перевагу негативному та однотипному досвіду, сприяючи розвитку фобії, яка пов'язана з адаптацією до нових ситуацій, що є сигналом зниження психічної ефективності особи, як здатності концентруватися та ефективно використовувати власну психічну енергію, заaktuалізуючи інтенсивне уникнення та сильний страх. Природно, людина завжди зазнає низку тривожних станів заради зростання та розвитку в певних сферах життя. Однак ті хто страждає від наслідків травми зреалізують патерни гальмування та саботажу власних дій.

Ключові слова: адаптація, фобія розумного ризику та метаморфоз, персоніфікація, презентифікація, травма.

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PHOBIAS OF REASONABLE RISK AND METAMORPHOSES IN THE TRAUMATIC EXPERIENCE OF PERSONALITY

Abstract. An individual who has experienced traumatic events often finds it difficult to adapt to modern living conditions without engaging in reasonable risk and undergoing necessary metamorphoses. Quite frequently, individuals experience fear of any change, preferring negative and monotonous experiences, which contributes to the development of phobias associated with adaptation to new situations. This is a signal of reduced psychological efficiency – the ability to focus and effectively use one's own mental energy – leading to intense avoidance and deep fear. Naturally, a person experiences a series of anxious states in the process of growth and development in various life areas. However, those suffering from the consequences of trauma tend to display patterns of inhibition and self-sabotage in their actions.

Keywords: adaptation, phobia of reasonable risk and metamorphoses, personification, presentification, trauma.

У дисоціативних частинах особистості, котрі страждають від наслідків психічної травми, переважає фобія метаморфоз та розумний ризик, тому спроба щось видозмінити часто усвідомлюються як нещастя чи катастрофа, задіюючи низку астеничних емоційних станів: відчаю, люті, сорому, почуття безпорадності, безцільності та страху невдачі. Таким чином, проєктуючи катастрофічний досвід минулого до власних уявлень про майбутнє, індивід відкидає зміни, оскільки намагається уникнути загрози (минулий досвід), а відтак втратити контроль над тим, що відбувається.