

FEATURES OF PSYCHOLOGICAL SOLDIER READINESS FOR ACTIONS IN EXTREME CONDITIONS

The article reveals the essence of the phenomena of psychological readiness and stableness as cause of psychological support service and combat activities. The concept of readiness of soldiers is analyzed for actions in extreme conditions. Determined outdoor signs of psychological readiness of the soldier in performing the tasks. It is shown that the behavior of the soldier in an emergency situation determined by the level of stress. It is noted that for successful solving of the tasks of psychological preparation it is necessary capable organizational work of commanders, headquarters and organs of educational work that should actively implement grounded and tested on practice methods of psychological preparation.

Keywords: adaptability, soldier, extreme situation, coping, neuropsychological stability, psychological readiness, stress, stableness.

Due to continuous growing of political, social, economical instability there are countless emotionally-genetics cause that acting on the human. Increase the number of possible problemsituations for humans, in creased professional and personal responsibility for the results and effects of activities.

The events of recent year shaves hown how importantis the psychological readiness of the stuff servicesof MIA, parts и subdivisions of the Ministry of Defence to workin extreme conditions, the ability of co-workers these services to over come the effects of high stress on the psyche, their ability to with stand the impactof various stress factors, main taining highper for mance.

The particular significance and psychological preparedness takes today due to regarding professional military activities. It is dueby specifical military-proffesional activity and its high social significance for the protection of public interest sand countrie's security.

The purpose of the article: to high light scientific approaches on psychological military read in ess for actions in extrem econditions.

Analysis of recent research es and publications. In the social science there is still nounted theory that would describe the features of mental activity and human behavi orinunusual, extreme being conditions. Analysis of the literature on this is

shows the complexity, multidimensionality and ambiguity in the interpretation of the concept of "psychological readiness".

L. S. Nersisyan and A. C. Puni explain dreadiness through a set of motivational, cognitive, emotional and volitional qualities of person, such as its general psychophysiological condition, that provides actualization of opportunities; as the orientation of the individual to perform action. The concept of "readiness" to high-performance activities in a particular area of social life B.G. Ananiev defined as "manifestation of abilities." V.A. Krutetskiy offered to call readiness to all of "ensemble" synthesis abilities of personality as much broader concept than abilities [2].

Despite the diversity of definitions of preparedness, all authors agree that preparedness for activity – it's a disposition of a subject to operate in a certain way. During psychological readiness minds the system of psychological and psychophysiological characteristics of a subject that provide successfulness and effectiveness of certain actions and activity. Condition of psychological readiness helps successfully complete its charges, use knowledge, experience, personal qualities, maintain self control and reconstruct its activity with the appearance of unforeseen obstacles.

One form of psychological preparedness is a readiness to act in emergency situations. Analysis of scientific literature on this shows that psychological readiness within extremal psychology is considered closely in intimacy with such concepts as: psychological readiness, reliability mental, and psychological condition, psychological selection, forecasting of conditions, extreme situation. That's why, analyzing the problem of psychological selection and prediction of stress, in her view in the individual emergency situations, L.D. Bitehtina notes that "... in determining the suitability of a person to that or of other profession, along with the features of mental processes and personality traits, it should be considered the potential to produce and maintain readiness for action in extreme situations" [3, c. 46].

The problem of behaving of personality in extreme situation and ways of overcoming stress state have been actively developed in psychology since the second half of the XX century. Scientific researches of scientist concerning this problem are widely used in military psychology.

The studies of soldier`s behavior in extreme situations were held both by foreign and native scientists.

W. Thomas and F. Znanetsky believe that "a set of economic, social, religious and other personal values affect the mental state at a peculiar moment of time. Therefore, each specific activity of the individual - it is the solution of a certain situation"[10, c. 31].

A. Nezu, T. Dzurilla, M. Holdfrid were the first who described a person from the point of psychological process of solving individual problems caused by an extreme situation, or coping-process [4].

The current conditions of work for representatives of many professions, including soldiers, can be called extreme to the full extent because they are accompanied by psycho-emotional cathexes caused by: high responsibility for carried decisions; sufficient complexity of their functions; accelerated pace of activity; a combination of actions with different purposes in one field of activity; the processing of significant amount of information; lack of time to make a decision [12]. However, above all, military activity is accompanied by a reasonable risk for life.

The term "extreme situation" is often used in literature and reflects the effect of dangerous and harmful factors upon the human, which caused an accident or an excessive negative emotional and psychological impact. A person often ceases to perceive the surrounding reality and make the right decisions for way out of this situation [8].

An extreme situation - is a set of conditions and circumstances beyond the ordinary one, which impede or make impossible the vital activity of individuals or social groups. Usually this term is used as a synonym for emergency.

Extreme situations - are the most difficult and dangerous situations when a number of risk factors and conditions which are adverse for a person converge. Extreme situations usually require the mobilization of all physical and spiritual powers of a person to protect its life and health.

The implementation of professional standards in extreme conditions followed by minimal negative psychological losses provides the state of psychological readiness. The activation of process of psychological readiness is a sequence of interrelated processes and actions:

- the understanding of personal needs, requirements of society or group, or tasks put by other people;
- the understanding of purposes required for carrying out tasks, which will lead to satisfaction of needs of fulfillment of that task;
- the understanding and assessment of conditions in which the upcoming events will occur;
- the determination of the most rational and possible (auxiliary) ways of solving problems or performance requirements, based on experience and evaluation of future operating conditions;
- the predicting of the possible level of intellectual, emotional, motivational and volitional processes, evaluation of correlation of capabilities, level of requirements and necessity of achieving a certain result;
- the mobilization of forces, according to the conditions and objectives, self-belief in successful achievement of goals[13].

The psychological readiness of a soldier to carry out his mission - is a kind of foundation for his effective actions in the future battlefield. The understanding of personal psychological characteristics allows a soldier to control his own psyche and operate effectively in extreme situations. The external signs of psychological readiness of a soldier are; absence of fussiness or reticence, steady behavior, strict, exact execution of orders and instructions, normal physiological state (heart rate, breathing, complexion, etc.).

Studying the behavior of soldiers in extreme situations L. D. Bitehtina concluded that it is largely determined by their individual characteristics. The soldier's perception of the military situation and evaluation of the degree of its complexity and extremity is determined by the following factors: the degree of positive self-esteem and self-confidence, the level of subjective control, adaptability, availability of positive thinking, expression of motivation to achieve success and others. The behavior of a soldier in an emergency is determined by its level of stress [3, c. 43].

Resistance to stress is an important factor in the preservation of normal performance, effective interaction with others and inner harmony of man in difficult, stressful conditions.

In studying the stress first step is to define the concept. It should be noted that there are many definitions of stress, which is defined as: emotional stability, psychological stability, stability of personality, physiological stability, moral stability, moral and psychological stability, emotional and volitional stability. Thus, we can say that by now category of stress tolerance has not received unambiguous interpretation, despite the fact that it has long been systematically studied in foreign and national psychology.

Some researchers put the relevant characteristics of stress tolerance. So, A.H. Maklakov uses the concept of "personal adaptive potential", O.M. Stolyarenko uses - "general extreme resistance" and so on. Stress is considered as the individual ability of the individual to adapt and save optimal working capacity in the event of extreme conditions of professional activity, to overcome the condition of emotional arousal in the performance of activities in special conditions, endure heavy loads and successfully solve tasks in extreme situations, property temperament that allows you to perform professional features safely.

In the context of current researches is the most comprehensive definition given by M. Tyshkovoyu. According to her, stress tolerance is: 1) the ability to withstand intense or unusual stimuli that are a danger signal and lead to changes in behavior; 2) the ability to withstand excessive excitement and emotional effort that

occurs under the influence of stressors; 3) the ability to withstand, without barriers to high levels of activation [11].

Military psychologists also studied this problem for many years. So, A.H.Karayan, I.V.Syromyatnykov consider combat stress tolerance as a multilevel process of adaptive activity of the human body in terms of the combat situation, accompanied by effort and formation mechanisms of self-adaptive behavior; the mechanisms of complex mobilize of the organism to action in dangerous conditions [7].

Actions in extreme situations (often fighting), threat to life require a military psychological resilience, initiative and discipline. According V.N.Smyrnova in psychologically trained soldiers in a combat situation appears typical martial excitement that draws attention, memory and thinking that promotes activity and focus action. For the soldiers that are not trained in psychological and professional areas under the influence of an emergency arising in negative feelings and general state of mind can: to get slowed reaction, to get disrupted coordination and sustainability movements and actions, to get impaired attention and memory. This reduces and endangers the effectiveness of their activity [12, p. 48].

In the course of psychological training soldiers detailed informing about the features and conditions of future combat activities, the difficulties combat mission, ways to overcome them. During lessons and exercises simulated outdoor picture fighting and psychological model of soldier's combat actions with the terms of the combat situation that reflected in the mind, can cause psychological reactions that occur in a real fight.

During repetitive exercises in a constantly become more complicated, a soldier's control on his mental state and actions improved. Gradually the psychological mechanism formed of struggle with uncertainty and fear. It should be noted that in order to successfully meeting the challenges of psychological training is not enough to knowledge modeling techniques of psychological factors and the impact of combat on soldiers. There needs skilled organizational work of commanders, staffs and officials of educational work, which should actively

implement reasonable and proven methods of psychological training to help officers in the development of new methods to influence subordinates. [6]

Activities of the military operational combat support of sappers-miners is characterized by such situations, which differ by the presence of these factors, which have the power to influence people and their activities, and are referred to the extreme. These soldiers do their tasks in any weather, day and night. The service of these people is difficult and stressful. Performing their military duty, sapper in time of peace are, in fact, in a combat situation. Each soldier, sergeant, officer and general, wherever he may be, whatever job he did not do, should always monuments in mind that in any time day or night it may be necessary for a combat mission. This high sense of personal responsibility is the driving force that, on the one hand, helps to overcome any difficulties and obstacles encountered in a service road soldier, if he has psychological readiness for this service and, on the other hand, can lead to tragedy if the personal qualities of a soldier is not responsible for the service. Prior to stumble on ammunition, military knows exactly the type of mine or any projectile or especially big-board for all types detonator or reasons why they exploded. Working in such conditions should very carefully because it is very dangerous to life.

Thus, service representatives operational combat support (sapper) are accompanied psycho-loads caused by high responsibility for decisions, sufficient complexity functions, accelerated pace of activity unification for the purpose of varying actions in one activity, the processing for a large amount of information lack of time to make a decision. This service is accompanied by a reasonable risk to life, because the conditions in which it is referred to as extreme.

As for military drivers-mechanics, they have the primary responsibility for the technical condition of the tank chassis material. The driver has good mechanical drive a tank in any environment (in the column, the dispositions subdivision), skillfully overcome obstacles and barriers, remote land areas, choose the most optimal modes and routes. It should also observe the battlefield

objectives, which appear, report them to the commander of the tank, to provide the best conditions for shooting.

Activities driver-mechanics directly related to the provision of permanent readiness to tank combat mission. He is responsible for the effective use of technology, economical consumption of fuel, oil, engine supports, auxiliary machinery, electrical equipment, hydraulic system in good condition. Service is not full of soldiers factors that have termed extreme.

The results of comprehensive research servicemen have shown that factors such as long working hours, regular contact with sophisticated military equipment, the need for full impact of mental and physical strength at lower duty functional reserves of the body, up to their total exhaustion. All this you-defines high demands on the individual military mental sphere, their stress and psychological preparedness activities in extreme conditions [2; 5; 13].

Conclusions. Psychological readiness soldier - one of the key components of readiness for combat. It involves, first, understanding the military responsibility for the fate of the homeland, family, friends, self-confidence, their comrades, military equipment and weapons. Second, the desire to fight, the desire to test himself, to overcome their weaknesses, to achieve victory over the enemy.