

PSYCHOLOGICAL PECULIARITIES OF TRAINING OF SPECIALISTS OF STATE EMERGENCY SERVICE OF UKRAINE FOR CONDUCTING THE PROFESSIONAL ACTIVITY IN EXTREME CONDITIONS OF WAR

ПСИХОЛОГІЧНІ ОСОБЛИВОСТІ ПІДГОТОВКИ ФАХІВЦІВ ДЕРЖАВНОЇ СЛУЖБИ УКРАЇНИ З НАДЗВИЧАЙНИХ СИТУАЦІЙ ДО ПРОФЕСІЙНОЇ ДІЯЛЬНОСТІ В ЕКСТРЕМАЛЬНИХ УМОВАХ ВІЙНИ

The current development of society is characterized by the intensification of economic, social and scientific development that determines the high level of importance of the study of the individual as a subject of professional activity. Therefore, the conditions of war and technological advances increase the risk of emergencies and disasters. As a result, training of specialists involved in emergency response, namely specialists of operational and rescue service of civil defence, is particularly important. Their professional activity is one of the specific forms of human activity.

From the psychological point of view, the professional duties and tasks assigned to the specialists of the operational and rescue service of State Emergency Service are realized in special, extreme conditions; especially today, in the conditions of war. Such professional activity requires not only thorough academic training of a specialist within the curriculum, but also psychological readiness for responsibility for the results of personal actions and decisions made in the process of solving the complex tasks of operational activity in the special, extreme conditions.

The stressful emotional background, unpredictability of the situation, risk and danger, time limit and physical activity are the main characteristics of the professional activity of the personnel of the operational and rescue service of civil defence of State Emergency Service. The psychological analysis of special conditions of professional activity is based on the following indicators: the peculiarities of the situation as a set of the conditions of activity; the peculiarities of the subject of activity in special conditions, the level of the readiness; peculiarities of consequences of the specialists activity in the difficult working conditions. We consider the psychological training of a specialist to perform professional activity as a scientifically organized and effectively implemented process of forming a high level of psychological readiness of specialists to solve their professional tasks. The basis for the creation of the concept of professional and psychological training of specialists of rescue services is the statement about the obligatory existence of extreme factors and conditions in the structure of the specified professional activity, which determine its content. It is required to distinguish in the process of implementation of the concept of training of specialists of rescue services for actions in special, extreme conditions of theoretical, practical and experimental stages; and the priority role in the methodology of professional and psychological training we give to the psychological modelling of the tasks of future professional activity, its conditions and difficulties.

The special conditions of professional activity are the complex and unity of external conditions, their subjective interpretation, which are characterized by time limits and induce the specialist to selective activity, self-esteem of the possibility of overcoming the extreme situation and involvement of internal resources.

The psychological training of the specialists of State Emergency Service for actions in the extreme conditions is a systematic, methodologically substantiated formation of competences, professionally important individual qualities, characteristics of a professional group, whose origin is extremely psychological, that allow to build an individual behavioural in an extreme situation according to the source of its origin and the probable ways of overcoming.

Key words: *specialist of State Emergency Service of Ukraine, psychological training, special conditions, extreme situation, self-esteem, training concept.*

Стаття присвячена узагальненому визначенню поняття професійної діяльності в екстремальних умовах війни, обґрунтовано актуальність здійснення психологічної підготовки фахівців Державної служби України з надзвичайних ситуацій (ДСНС України). Міститься класифікація особливих умов праці й професійної діяльності із зазначенням провідних характеристик і вимог до особистості фахівця. Розмежовано зміст понять «психологічна підготовка», «психологічна готовність», «екстремальна готовність», «психологічна стійкість». Екстремальні (особливі) умови праці проаналізовано з позиції мотиваційного рушія для фахівця.

Запропоновано теоретичні засади концепції підготовки фахівців оперативно-рятувальних служб ДСНС України до дій в особливих (екстремальних) умовах, а також виокремлено й обґрунтовано в її змісті теоретичний, практичний та експериментальний етапи. Пріоритетом у методиці проведення занять з професійно-психологічної підготовки фахівців оперативно-рятувальної служби ДСНС України є психологічне моделювання завдань майбутньої професійної діяльності, її умов і труднощів. Представлено шляхи психологічного моделювання зазначеної професійної діяльності, орієнтовані на максимальне наближення зовнішніх умов навчальних занять до реальних умов майбутньої професійної діяльності та внутрішніх умов до тих, які супроводжуватимуть фахівця під час виконання професійних завдань в екстремальних умовах надзвичайних ситуацій. Узагальнено кінцеву мету, завдання і напрями впровадження професійно-психологічної підготовки фахівців до виконання діяльності в особливих умовах. Окреслено передбачувані результати особистісно-професійного зростання учасників підготовки, майбутніх фахівців оперативно-рятувальної служби ДСНС України.

Ключові слова: *фахівець ДСНС України, психологічна підготовка, особливі умови, екстремальна ситуація, самооцінка, концепція підготовки.*

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Introduction. Today the issue of psychological training of the specialists of the operational and rescue service of civil defence of the State Emergency Service of Ukraine is characterized by a systematic and person-oriented approach. The psychological aspect of professional training is defined as a complex psychological phenomenon, as a component of the professional and personal development. The problem of professional training of specialists, its psychological component, is particularly relevant and urgent. Taken into account that the operational and rescue activities are associated with numerous unpredictable dangers, especially in the today's conditions of war, the professional activity terms are considered to be special and, in some extent, extreme.

The main tasks of professional activity of the specialists of operational and rescue service of State Emergency Service of Ukraine are significantly different from the activities of other related professions and specialties. The system of professional training of future specialists of any profile is a component of the entire system of professional education, but it is worth emphasizing its inextricable relationship with the development trends of society. The numerous emergencies arise due to the war consequences, carelessness and ignorance of both an individual and the social community in general. Such situation requires not only the educational and preventive measures among the population, but also a clear definition, updating and appropriate correction of the professional training of specialists of the specified profile.

The activity of the staff of operational and rescue service of civil defence of State Emergency Service of Ukraine usually takes place in special conditions, which are characterized by an increased level of psychological stress, which is caused by a certain risk to the life and health of the specialist, as well as a strong sense of personal responsibility [3]. The ability to timely and rationally understand the requirements set by professional activity in special extreme conditions, as well as to build a compliance system through the use of specific means and methods of professional and psychological training, becomes extremely important.

Scientific researches in the field of psychology suggests analyzing the special conditions of professional activity on the basis of three indicators: the specifics of the actual situation, as a set of conditions of activity; features of the subject of activity in the special conditions, the level of its readiness; features of the consequences of the specialist's activity in difficult working conditions. The specifics of the manifestation of the first indicated indicator offer to define the special conditions that are characterized by a fundamental change in the dimension of the life activity of an individual or a group of individuals, or as those

that provoke a state of dynamic incoherence, characterized by a high level of subjective complexity, personal responsibility, danger and risk, the unpredictability of its development and certain contradictions or lack of time [8].

Special conditions that are more often defined as extreme, acquire a specific character. For the first time, the concept of extreme factors of the environment was spread during the Second World War, when representatives of scientific medicine were forced to emphasize the special great force of the military period, separating them into a special category of factors whose influence on the human body provokes tension and overstrain of all nervous processes [1; 5].

The extreme factors can provoke extremely permissible changes in the human body, however, scientists have repeatedly recorded cases when the external situation contributed to the identification of the adequacy or inadequacy of a person's functional, mental capabilities during the performance of a certain type of activity [6].

Therefore, in the psychological literature there are the terms of "special", "complicated", "unusual" conditions as those conditions that are influenced by the extreme factors [11].

Some researches insist that there is the classification of special conditions of work and professional activity:

- uncertain situation is characterized by a complete lack of information and the uncertainty of the source of the immediate appearance of the situation;

- situations with the complicated conditions are characterized by the systematic, monotonous work, long working hours, sensory isolation, a distorted information environment that can lead to information starvation, long-term sleep deprivation, factors that irritate receptors (noise, vibration, excessive lighting, etc.). A person's behaviour in this situation is somewhat unpredictable, since the amplitude of changes ranges from an increase in the level of excitement (e.g. impulsivity) to inhibition, complete cessation or disorganization of activity [2]. Nevertheless, involvement in this type of situation forms a number of positive properties in a person: the ability to think quickly while searching for a behavioural strategy adequate to the situation and the ability to develop a new way of acting in a non-standard situation. For timely decision-making in such situations, it is important to have a high level of operational thinking, as well as certain abilities of forecasting and anticipation;

- situations of readiness for emergency actions, including in stressful conditions. It is recommended that specialists acquire the ability to act in unpredictable, sudden circumstances. The understanding of the actions sequence that must be performed in an emergency situation is a leading characteristic of a specialist;

– situation with altered conditions is typical for unusual conditions of a new environment or natural disasters. In such situations, the specialist may experience acute mental reactions, such as fear, anxiety, instability of mental activity, uncoordinated function of the thinking sphere. Adaptation goes from stages of inhibition, depression to emotional mobility and euphoria;

– risk situation – the specialist's interest in work processes can lead either to risks or to creativity manifestations; which, together with the search for new solutions, may lead to new risks;

– situation with the extreme conditions is characterized by the long-term influence of extreme factors (time limit, overloading with complex tasks, information overload, etc.). Such situation may provoke inadequate mental tension that cannot be controlled by a person, but it mobilizes reserve psychophysiological resources. This may lead to deterioration of the results of professional activity, overload that slows down the search activity, complicates the process of independent decision-making, reduces the level of flexibility of thinking processes, which can also be determined by previous excessive automation of skills and standardization of thinking, which make it difficult to intelligently evaluate events or alternative options of solving the problematic tasks [11].

The aim of the article is the theoretical and methodological analysis of the character and features of professional activity of specialists in extreme conditions of war, as well as the determination of the specific character of professional and psychological training for the determined type of work of specialists of operational and rescue service of civil defence of State Emergency Service.

The following theoretical methods of the research are used in the article: analysis and synthesis for complex consideration of the structure of the phenomenon of professional activity in special (extreme) conditions; methods of induction and deduction to find out the cause and effect relationships of the level of professional and psychological training of specialists of rescue service and the effectiveness of performing their professional duties in extreme working conditions; method of classification for the distribution of special conditions of work and professional activity due to the characteristics; generalization for the theoretical confirmation of the concept of psychological training of specialists of rescue services to the actions in special (extreme) conditions, as well as to summing-up of the predicted results of personal and professional growth of training participants, future specialists of operational and rescue service of State Emergency Service.

Research core material. Analyzing the problems of the psychological training of operational and rescue service specialists, it is worth, first of

all, to distinguish the concepts of “psychological training”, “psychological readiness”, “extreme readiness”, “psychological stability”. Besides it is necessary to determine the specific features of the training of these specialists from the training of future professionals of other specialties and fields of activity.

The professional psychological training is considered to be a process and a set of forms and methods of training. Professional psychological training is a scientifically organized and effectively implemented process of forming, increasing and maintaining a high level of psychological readiness of specialists to solve professional tasks [10].

The purpose of professional psychological training is:

– development of strong psychological attitude to protect the interests of society;

– orientation of a specially organized system of motivating employees to selfless actions while solving the professional tasks and performing duties;

– formation of value orientations system aimed at the peaceful solution of professional tasks that meets the requirements of a civilized, legal society, and the performance of professional duties;

– cohesion of specialists' services and units, forming friendly, trusting, healthy relationships between them;

– formation of psychological stability, ability to error-free, maximally effective performance of professional duties in conditions of extreme internal stress, ability to control oneself, not allowing manifestations of character accentuations in behaviour;

– development of professionally important psychological qualities that are necessary for successful actions in difficult, stressful and extreme conditions: vigilance, thoroughness, mobilization, composure, efficiency and accuracy of thinking, observation, courage, endurance, activity, prudence, etc.;

– development of professionally significant abilities and skills of psychological analysis of the situation, drawing up a psychological portrait, the implementation of psychological influence, the manifestation of psychological observation, the ability to conduct negotiations psychologically skilfully [9].

It should be taken into consideration that professional psychological training of specialists of operational rescue service of State Emergency Service of Ukraine is especially actual, and necessary in the conditions of war as such specialists are involved every day in liquidation of the consequences of rocket attacks and demolition of rubble.

The main tasks of professional and psychological training are: obtaining the thorough applied psychological knowledge, which is of

primary importance for meaningful actions in extreme conditions of solving the professionals tasks; formation of professional and psychological abilities and skills (analytical, technical and tactical psychological); development of psychological abilities and qualities that are key for successful professional activity; increasing the level of professional and psychological stability of specialists; improvement of professional abilities and skills by modelling special working conditions, as close as possible to real professional ones; development of the professional and psychological orientation of the individual, which is manifested in careful attention, the habit of identifying and taking into account psychological aspects during the performance of professional actions [9].

The scientists found out several directions according to which the professional and psychological training may be carried out:

a) the direction of development and improvement of the specialist's basic physical and psychological capabilities, the structural-functional and systemic qualities, which are based on the anatomic-physiological and psychophysiological level;

b) the direction of the specialist's social development, the formation of the system-structural properties and qualities as an individual within the limits of a specific society, as a socially active person;

c) the direction of formation of the specialist's worldview, the personal, intellectual and emotional and motivational growth [4].

Despite the fact that the professional activity of specialists of operational and rescue service of civil defence of State Emergency Service is full of extreme working conditions, danger, risks, threats and difficulties, a rescuer not only independently makes a decision to perform professional duties, but can achieve certain successes if he changes the attitude to special conditions works [3]. Considering them from the standpoint of necessity, treating them as a mandatory element of one's profession will improve the direction of this activity, and, accordingly, will change the quality of specialist training. In this case, the desire to overcome "extremity" will disappear, instead, the motive to get to know it, evaluate it, understand it and creatively modify it will appear. So, we can conclude that the extreme working conditions of operational and rescue service specialists are not against them, but determine the content of their professional activity. They become a necessary component of the professional life of such specialists [4]. This statement may serve as a basis for the concept of professional psychological training of operational and rescue service specialists and allows creating a system of their training based on the use of the extremity factor and peculiarities as an educational component.

The concept of the psychological training of operational and rescue service specialists for actions in special (extreme) conditions, we understand as a system of scientifically based, empirically verified most general ideas that reflect its goals, tasks, internal structure, algorithm, principles and model [6].

The term "psychological", used with the concept of training, indicates the subject of influence in this process, which has a psychological origin and that psychological methods and means are used to change it. Training is a set of knowledge, skills, experience, etc. acquired in the process of learning, practical activity. Extreme is exceptional, unusual in complexity, surpassing everything [8]. Together with the term "psychological" "extreme" training should indicate that the subject of interaction is the psyche of a specialist who is preparing for exposure to extreme factors or is already under their influence (unexpectedness, suddenness, limited time etc.) [10]. In addition, the concept of "extreme" emphasizes the fact of using during training a number of specific techniques united by a common goal, methods that are able to take into account both the significance and the level of influence of extreme factors on the specialist's psyche.

It is advisable to separate the theoretical, practical and experimental stages in the process of implementing the concept of training specialists of operational and rescue services for actions in special (extreme) conditions [2; 5].

The theoretical stage may serve as a basis for the development of a single methodological approach to research activity. The subject of its functioning may be the existing in the psychological science and practice the conceptual approaches for providing the psychological training of specialists, as well as foreign scientific experience and achievements in the specified field [2; 5].

The practical stage is actually aimed to select the corresponding tools and preparation for practical activities. During the practical stage, it becomes possible to study the content, organizational and situational factors, patterns, conditions of dynamics and algorithm, mechanisms of manifestation necessary for professional activity in special extreme conditions of professionally important qualities of specialists. The psychological modelling of the tasks of future professional activity, its conditions and difficulties plays a priority role in the methodology of the conducting classes focused on the professional and psychological training of operational and rescue service specialists. Modelling of professional situations helps to activate the functions of thinking, imagination and memory that helps to consolidate the acquired knowledge, the formation of the necessary skills and abilities, and under the condition of cyclical repetition, helps to improve them.

Modelling is implemented thanks to the use of a complex of psychological and pedagogical tools, methods and techniques [2].

The scientists justify two interconnected ways of psychological modelling of professional activity. The first one is aimed at maximally approximating the external conditions of classes to the real conditions of professional activity, in other words the reproducing their detailed external image. This allows future specialists to perceive the immediate reality during training and to some extent to try themselves as a participant in real events [7].

The similarity of the external image of educational situations is ensured by the performance and play of the professional actions, a certain complication of professional tasks, the creation of the objective difficulties for their solution, the selection of the specific conditions, the amount of time, place, the imitation of psychogenic factors, the creation of additional obstacles, the introduction of conflicting factors into the situation, educational use of means and equipment of professional activity [1; 9].

The second way provides approximation of internal conditions (mental state, feelings, experiences, application of psychological qualities, overcoming psychological difficulties etc.) to those that will accompany the specialist during the performance of professional actions in special (extreme) conditions. For this purpose, it is advisable to full up classes with complex tasks that would be characterized by increased responsibility, various obstacles, time limit, difficulties in understanding and assessing the situation, risk, danger, suddenness, unusualness, rapid change of events, increased level of independence, psychological difficulties, intensive strengthening of them, the duration of significant loads and so on [9].

The experimental stage can be conducted during the classes in the professional training system, during the psychological trainings and workshops. At this stage, it is advisable to test and identify the level of effectiveness of the used methods, as well as to detail the training programs with the further specification of the obtained results [4].

The stage of psychological training should be specifically understood as compound psychological workshop. At this stage, skills and abilities of changing the extreme conditions into acceptable ones for work are formed. Besides the level of mobilization and resistance of the specialist's personality and the group, as a whole, increases. The finish goal of such modification lies in the adaptive immersion of the specialist's psyche in the situation of future professional activity. The

expected result of the stage is the successful and quick adaptation of specialists to actions in the extreme conditions. To achieve it, it is worth to use factors of unexpectedness, unusualness, rapid changes in operating conditions, duration of physical, emotional and mental stress [2].

Conclusions. Thus, the special conditions of professional activity are the complex and unity of external conditions that are characterized by the lack of time and encourage the specialist to selective activity, self-assessment of the possibility of overcoming an extreme situation and the use of internal resources (a variety of structural and functional individual's characteristics, which provide specific forms of behaviour, adaptation and response). The corresponding psychological training for actions in special conditions is a systematic, methodologically grounded formation and development of knowledge, abilities, skills, professionally significant qualities of specialists, peculiarities of a professional group, which are extremely psychological in origin. A specialist in operational and rescue service, psychologically prepared for special working conditions, during the performance of professional duties will be able to effectively solve and overcome psychological difficulties caused by the specific nature of professional activity, create an individual way of interacting with an extreme situation.

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