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Psychological readiness for the activity in difficult conditions

Complications in various spheres of life put forward new requirements for individuals whose professional activity is directly related to the operation in extreme conditions: firefighters, police, military, navy personnel and so on. In our country, Navy specialists are prepared for their profession with the account of their psychological characteristics that play a significant role in the formation of psychological readiness for the activity in difficult conditions.

As a result of quantitative (correlation) and qualitative (typology) data analysis, a list of personal characteristics that play a significant role in psychological readiness has been determined. They are adaptability, ability to solve conflict situations, stress tolerance, acceptance of oneself and others, flexibility of behaviour, cognitive abilities, sociability, creativity, courage, self-sufficiency, willingness to take risks and so on. Negative meaningful connections with the general level of psychological readiness for activities have been assigned with: timidity, stress, emotional discomfort, external control, submissiveness, tendency to feel guilty, anxiety, resignation, support, disadaptation, such a strategy of conflict behaviour as avoidance and al.

The study has enabled us to identify the types of psychological readiness for such activities as emotional-volitional (the severity of positive emotions, emotional steadiness, perseverance, emotional maturity, vitality, activity, courage, a high control of the behaviour); motivational-semantic (the desire to master this profession, an adequate understanding of its features); cognitive (reflecting a high level of thinking skills, peculiarities of identifying and solving practical problems, autonomy and independence in decisions, flexibility, consistency); communicative (reflecting a

level of sociability, dominance in relationships, flexibility, inventiveness, optimism, enthusiasm); executive (readiness for emergency action, stress resistance, adaptability, constructive ways of resolving conflicts); moral- regulatory (compliance with the moral standards of society, moral maturity, discipline, integrity); self-sufficient-actualized (willingness to loneliness related to the activity, the desire to reveal their skills, personal reserves).

A comparison of selected types has showed the presence of both specific and general psychological characteristics. The fact of sufficient social and psychological adaptability of representatives of all selected groups has been proved. Representatives of moral-regulatory, cognitive and executive groups have the highest rates in the parameter “internal control”. Emotional-volitional, communicative and motivational-semantic groups differ in the highest level of emotional comfort and acceptance of others. Members of self-sufficient-actualized group are characterized by average indices on the parameters of social and psychological adaptability and the lowest level of submissiveness and escapism. All members of selected groups have an evident stress resistance.

Key words: *activity in difficult conditions, types of readiness, personal characteristics, psychological readiness, components of readiness.*