

## СЕКЦІЯ № 6.

### СОЦІАЛЬНО-ПЕДАГОГІЧНІ ТА ПСИХОЛОГІЧНІ ОСНОВИ ОСВІТНЬОЇ ДІЯЛЬНОСТІ В КООРДИНАТАХ РЕАЛІЗАЦІЇ КОНЦЕПЦІЇ ОСВІТИ ВПРОДОВЖ ЖИТТЯ

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#### **METHODS OF FORMING STRESS RESISTANCE OF FUTURE MANAGERS**

The current conditions associated with the war in Ukraine make the problem of the social value of human health, which is one of the most important objective conditions for human life, a top priority. Among the many factors that determine the ability to work and other characteristics of social activity, a significant role is played by an individual's mental resistance to stressful situations. Its high level becomes a guarantee of the preservation, development, health promotion, and professional longevity of an individual.

Stress resistance, as a component of human mental health, is an indispensable condition for social stability and predictable processes in today's society. The ever-increasing stress on the nervous system and psyche of a modern manager leads to emotional stress, which is one of the main factors in the emergence and development of various diseases. Taking into account the above arguments, we believe that it is important to take care of mental health and build stress resistance in future managers.

In order to improve mental health, students need to learn about the peculiarities of their psyche, which will not only prevent diseases and improve health, but also improve themselves and their interaction with the outside world. We are convinced that healthy social relationships contribute to effective

psychological and social adaptation, learning healthy behaviors, and recovery, which will generally affect the physiological health of students.

Today, there are three main areas in which the problem of stress is studied. Thus, the first direction is represented by the works of researchers who adhere to the positions of the founder of the theory of stress – G. Selye [5; 6]. The second is based on a systemic vision of the causes of stress as a component in the formation of borderline neuropsychiatric disorders and personality maladjustment [1]. The third approach, which is currently the most “popular”, is based on R. Lazarus’ understanding of the nature of stress and coping with it (coping) [8; 9]. The formation of different types of stress is influenced by both profession-specific stressors and relevant environmental conditions.

The main characteristic of the content of stress is adaptation (stress resistance). According to L. Smolska, stress resistance is considered “the ability to quickly and effectively overcome obstacles on the way to the goal” [7, p. 155]. In addition, psychologists emphasize that “stress resistance is a property of the psyche that is formed in ontogeny and reflects the ability of a person to successfully carry out the necessary activities (life) in stressful conditions” [4, p. 109].

Some authors (R. Lazarus, S. Folkman, etc.) refer to this characteristic as various cognitively determined mechanisms of stress overcoming (coping mechanisms) and mechanisms of psychological defense. Coping mechanisms are manifested in the cognitive, emotional, and behavioral spheres of a person in the form of various coping strategies: distancing, self-control, seeking social support, accepting responsibility, avoidance, planned problem-solving, and positive reassessment [9].

Stress resistance is equated with emotional stability and the ability to control emotions; the ability to endure heavy loads and successfully solve problems in extreme situations [3].

The following areas of activity are distinguished in stress prevention: optimization of the work system, psychiatric, psychological, socio-psychological, etc. According to K. Levin, the latter is the most widespread due to the fact that the effectiveness of stress prevention in a small group is much more effective. This area is represented by various forms of group psychological training.

To build stress resistance, pieces of training aimed at developing self-regulation skills (neuromuscular relaxation, autogenic training, meditation, etc.), communication training (group variants of behavioral and socio-psychological training), training approaches that stimulate personal growth (development of individual personal aspects of the training participants), and training sessions (improvement of skills necessary for professions where communication efficiency is a determining factor) are used.

For the same purpose, methods and techniques are used that are adjusted by the type of stressful influences, namely:

- emotionally oriented (deep breathing techniques, progressive muscle relaxation training, and visualization techniques);
- problem-oriented (self-confidence training, time management, social skills training, etc;)
- cognitive strategies (techniques for changing inadequate judgments and unwanted thoughts, stress inoculation training) [2].

Another socio-psychological direction of stress resistance development is based on the parametric concept of small group formation. In this case, the basis for the development of emotional resilience is a person's belonging to a small group and the formation of a sense of unity with the group. This is achieved through the involvement of future managers in informal organizations, organizations of the "social oasis" type.

Group social support leads to increased stress resistance and self-actualization of the individual. Strengthening the qualities of self-actualization through social and psychological support makes people's perception of themselves more adequate, which generally increases their stress resistance. Social support has a positive effect both in normal life and in times of stress. The effect of social support can potentially be triggered in two cases: during the assessment of the stressor and at the time of coping with stress.

Thus, in our opinion, stress resistance is an integral quality of a personality, the basis for successful social interaction, characterized by emotional stability, low anxiety, high level of self-regulation, and psychological readiness for stress. It is a set of individual psychological properties that act as basic psychological mechanisms for the correction of stressful conditions. The arsenal of methods for building stress resistance in future managers may include various types of training (stress inoculation training, progressive muscle

relaxation training, self-confidence training, time management training, social skills training, etc.)

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