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PROBLEMS AND PROSPECTS OF GLOBAL BUSINESS DEVELOPMENT

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THE IMPORTANCE OF FORMING STRESS RESISTANCE OF FUTURE SSNS SPECIALISTS IN WAR CONDITIONS

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The citizens of Ukraine are currently facing very difficult and unpredictable conditions. The number of stressful situations is growing accordingly. They require a quick mastery of the situation and an increased ability to withstand negative influences without harming both physical and mental health.

Modern psychological science should pay attention to the study of the peculiarities of forming the stress resistance of specialists whose activities are directly related to the performance of official duties in emergency situations. In particular, this applies to the professional activities of the SES of Ukraine, as they work in emotionally stressful situations almost every day. Modern realities require an in-depth study of the specifics of stress resistance of fire safety officers and the formation of the necessary personal qualities.

The urgency of the problem has led to the emergence of scientific interest in the creation of special psychological training conditions that will contribute to the formation of stress resistance of future SESU specialists.

Among the researchers who systematically and thoroughly study the problems of psychological support for the activities of extreme specialists are V. Barko, I. Vashchenko, O. Tymchenko, V. Medvedev, V. Krainiuk, S. Myronets, V. Korolchuk, I. Prykhodko, O. Safin, V. Osodlo and others. M. Korolchuk, V. Krainiuk, V. Rozov focus on the study of psychological factors of stress resistance formation in specialists engaged in professional activities directly related to extreme conditions. N. Vodopianova and O. Rean established the specifics of stress resistance formation in professions requiring direct contact with other people. Y. Zavorodnia, D. Horbenko, O. Hridchyna, O. Kolyada, O. Strelnyk, T. Shvets study the stress resistance of a person in extreme working conditions.

Stress tolerance is characterized as an important personality trait of future SES specialists. Therefore, one of the main tasks of a higher education institution is to form

this trait, which in the future will allow them to work effectively in emotionally stressful situations.

Stress resistance is also defined as a structural-functional, dynamic, integrative property of a personality that results from the transactional process of an individual's encounter with a stressor, including the process of self-regulation, cognitive representation, objective characterization of the situation and requirements for the individual.

The process of forming and developing the stress resistance of future SESU specialists begins during their studies. The peculiarities of the educational environment of a higher education institution adapt cadets to specific learning conditions that provide intensive and diverse preparation for future professional duties.

In order to successfully perform their duties, future SESU specialists must not only master specific professional knowledge, skills and the ability to apply them quickly and accurately, but also be constantly focused, mobilized, vigilant, extremely concentrated, think quickly, react to the course of events and, at the same time, realize the correctness of their decisions and have confidence in the success of their actions. It is also worth noting the importance of the formed emotional and volitional stability and the actualization of one's intellectual and personal potential when making decisions and acting in extreme situations.

The specificity of training higher education students for future specialists of the SES of Ukraine has a number of features: regulation of relations in the team of the educational institution, which provides for subordination, clear subordination and regulated rules of behavior and communication; availability of uniforms; isolation of cadets from society and restrictions on communication with close people (family, friends); living in barracks, which provides for joint attendance at classes and practical training, conducting adjacent life, economic activity.

The conducted psychological and pedagogical analysis of the SESU cadet training system shows a gradual increase in the complexity of the training material, the amount of physical and intellectual stress, the level of responsibility assigned to cadets, and their practical skills.

Thus, we can identify the gradual and cross-cutting nature of the formation of personal and professional competencies of the future specialist of the SES.

The educational process is characterized by the integration of theory and practice. It is worth noting the importance of such a component of the educational process as internships, which are mandatory at each course of study. Cadets' internships in the SESU units are a necessary part of the training process for future specialists, which aims to acquire practical skills and prepare them for independent performance of future professional duties.

Also, during the training, considerable attention is paid to increasing the stress resistance and psychological training of future SESU specialists during higher professional education by introducing appropriate psychological and pedagogical technologies, developing the necessary conditions and methods in the practice of the educational process. It is advisable to develop and implement comprehensive programs

and individual trainings to prevent stress, increase stress resistance, develop volitional self-control and form other necessary psychological qualities.

Thus, due to the formation of stress resistance, future specialists in extreme professions will be able to effectively perform their work in the future. The vector of our future research is to study the features of improving the effectiveness of psychological training of future specialists of the SES of Ukraine during their studies at a higher education institution.

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