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### **Stress resistance as a factor of the safety of aviation specialists' professional activity**

*The aim of the paper is to highlight the issue of studying of aviation specialists stress-resistance peculiarities. Stress resistance acts as an internal defense mechanism of the human body in conditions of high risk. That is why this phenomenon is a guarantee of the safety of the operation of an air transport and of human life.*

The study of stress resistance is recognized by many scholars as an important problem of modern society, since various human reactions while experiencing stress do not always meet the hopes and expectations of other people. So far many psychologists and pedagogues research the issue of identifying rational component in the structure of stress resistance.

The problem of stress resistance is quite new for modern science and therefore is of interest to specialists in physiology, sociology, occupational safety, theoretical and applied psychology and pedagogy.

There is a significant number of interpretations of the concept of stress resistance in the scientific literature. Thus, in a psychological dictionary, this concept is defined as the ability of a person to endure adequately a tense or non-standard situation without dipping into a state of stress.

Prominent psychologist and psychophysicologist V.O. Bodrov considers stress resistance as an integral psychic quality of the individual, which is characterized by the required degree of adaptation of the individual to extreme situations and negative factors of professional activity. This suggests that this phenomenon of the human psyche is determined by the level of activation of the resources of the organism and the psyche of the individual and manifests itself in its functional states and working capacity [4].

According to sociologist P. B. Zilberman, stress resistance is an integrative quality of the individual, which is characterized by the interaction of the emotional, intellectual and motivational components of the individual's psychic activity. It ensures optimal successful goal achievement in the activity in difficult emotional circumstances.

Modern pedagogical conceptions of an indicated problem are presented in the views of N. I. Berezhna, who defines stress resistance as a personal quality of a human, which combines psychophysiological, motivational, intellectual, emotional and volitional and professional components [3].

Summarizing the main approaches, it can be affirmed that the problem of studying of the stress resistance is quite new and is currently in a state of active development of specialists in various fields,

Taking into account the fact that the mechanism of stress resistance has a biological component, the consequences of behavioral reactions of a person under

the influence of stressors are determined by psychic activity. That is why the stress resistance is the basis for the harmonious development of personal and professional qualities of a person.

Researchers linked the phenomenon of stress resistance with the following features:

- 1) the presence of changes in the life of an individual; [3]
- 2) adaptation mechanisms and capabilities; [2]
- 3) volitional regulation and its connection with the emotions;
- 4) defense mechanisms of personality. [1]

Thus, we can define the stress resistance as a quality of personality, characterized by the ability to withstand stressful factors for a certain period of time, which is necessary for the organization of new conditions in which the stressor will not be a threat to the human body.

Thereafter, this quality of a person has the ability to ensure high efficiency of activity and helps to promote human health. That is why stress resistance ensures high efficiency of professional activity and promotes the preservation of human health.

The phenomenon of psychological stress resistance covers many aspects of human life and therefore has numerous manifestations of its peculiarities, the main of which are: psychophysiological, volitional, motivational, emotional, intellectual and cognitive.

Psychophysiological manifestation of stress resistance includes features of the structure of the nervous system and the course of nerve processes, biological characteristics, sexual peculiarities, and others like that. This list of psychophysiological manifestations determines the speed, brightness, intensity of human behavior in a stressful situation. In turn, the volitional manifestation of stress resistance makes it possible to consciously regulate actions of human under stressful conditions. The motivational component reflects the orientation of the individual to accomplish the task that was posed to the individual. Emotional manifestations of stress resistance are the perception of the situation at the emotional level, the ability of human to manage emotions. The intellectual manifestation of stress resistance is expressed in the ability to assess the situation correctly, the ability to select adequate behaviors in extreme situations, the ability to predict changes in the situation, and so on. Cognitive manifestation characterizes the degree of comprehension and understanding of human's potential opportunities to overcome various negative effects of stress, methods of preventing stress, search of new constructive ways to resolve stressful situations, etc.

According to this, we can say that the resistance to stress of aviation industry specialists is caused by external and internal factors. External factors include:

- the intensity and duration of stressful events;
- the number of repetitions of stressful events (one-time or serial);
- the nature of the range of changes after stressful events and costs of the restoring of psyche;
- the ability to predict stressful situation and probability of its occurrence;

- the novelty of the stressful event and its ambiguity, the awareness of the individual about the possibility of its occurrence and the nature of the activity during its occurrence;

- the ability to control either the occurrence of stressful event or its resolving.

Internal factors of self-regulation of personality's behavior in stressful situations are:

- individual human features;

- individual experience;

- the system of basic persuasions of the personality;

- the presence of social support, due to numerous close relationships and communication with other people that facilitates the experiencing of stress by personalities;

- peculiarities of «self-concept»;

- peculiarities of the personality's locus of control;

- the development of thinking and the nature of its functioning;

- the degree of the relevant knowledge and skills mastering.

Summarizing the above, it can be affirmed that in the process of studying of this phenomenon of human's psyche of the aviation industry specialists, it is necessary to pay attention to the presence of each of these factors, as well as to take into account the specific combinations of their components. Such approach can provide the increase of the stress resistance level of aviation specialists and promote the efficiency of professional activity of each of them.

## **Conclusions**

In the process of analysis of scientific researches it has been defined that the basis of the studying the identified problem is the understanding of the phenomenon of stress resistance as an integral psychic quality of the individual, which is characterized by the necessary degree of adaptation of the individual to extreme situations; as a personal quality of the personality, which combines the various components of the psychic life of human; as a barrier to psychological adaptation of a person; as the ability to control their own emotions in the case of any stressful event.

According to this, the formation of stress resistance has its own peculiarities, which are associated with its main determinants, which include all the structural components of personality: orientation, experience, psychic processes, individual peculiarities, abilities, genetic predisposition, etc.

Therefore, formed stress resistance as the main professional quality is a characteristic of the aviation industry specialists. Taking into account the above, the conceptual basis for the study of the stress resistance should be the focus on the study of various aspects of the personal qualities of the aviation industry specialists.

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