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PERSONAL MARKERS OF PROFESSIONAL CRISES OF POLICE OFFICERS

The police profession is an activity that takes place in special conditions and is associated with high stress, risk and responsibility. This profession is very difficult and dangerous to health (both physical and mental) and even life. Therefore, personal and professional crises, the passage of which is characteristic of any person, in police officers may become particularly acute and maladaptive. The level of responsibility of a police officer should always be at the highest level, which can also lead to rapid professional burnout, chronic stress. If you combine this with the presence of a crisis, you can face an employee who is desperate in himself and his profession, does not know what to do and where to move next. All this makes it impossible to feel job satisfaction, professional well-being, which in turn reduces efficiency and professional reliability. However, it is obvious that the professional activity of a police officer is a guarantee of the safety of citizens and himself. All this points to the need to create

effective measures to maintain the vitality of police officers, maintain their health and psychological well-being.

Based on the relevance of the topic and based on a conducted theoretical analysis of occupational crises, the aim of the study was to find out what personal characteristics may indicate the passage of employees through the crisis. The hypothesis was based on the assumption that the most informative psychological markers of the professional crisis are indicators of motivation and the level of socio-psychological adaptation of police officers.

The following methods were used to test the hypothesis: the method of diagnosis of socio-psychological adaptation of K. Rogers and R. Diamond; test of motivation for achievements of A. Mahrabian. Summarizing the obtained results, it can be determined that 87% of respondents have a high and 13% a sufficient level of adaptation. No low level was detected. Also, 56% of respondents have a dominant motive for success achievement; the dominant motive for avoiding failure showed 25% of the surveyed police officers, 19% of police officers did not have a clear dominant motive.

Thus, the study identified personal characteristics that are markers of professional well-being of police officers, namely: high indicators of socio-psychological adaptation, motivation for achievements (professional and personal), lack of maximum motivation to avoid failure, and job satisfaction.

Given the results, we believe that when developing a plan and content of psychological support of police officers it is necessary to pay special attention to the development of such factors of professional well-being: high level of professionalism, socio-psychological factors (positive motivation for professional activity, consistency of value orientations with the requirements of the profession, communicative competence), positively - constructive character of professional interaction in a team.

These results can be used in the creation of psychological support programs for police officers, determining the content of group classes and trainings on the development of socio-psychological competence and stress resistance, development of individual counseling and personal development programs.

References

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