

Psychological peculiarities of overcoming
the professional stress among the
employees of Rapid Deployment Services
(on the example of the employees of
Ministry of Emergency Situations of Russia
on the city of Moscow)

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Relevancy:

- ▶ Within the conditions of megacity, the activity of the employees of Ministry of Emergency Situations of Russia on the city of Moscow , hazard and impact intensiveness of extreme factors.
- ▶ Daily activities of the employees of Ministry of Emergency Situations of Russia on the city of Moscow is featured also by expressed neuropsychic and physical strain, influence of huge amount of factors affecting the psychics, irregular work and rest regime, and such activity refers to the “high risk” professions and can be the source of a stress (due to the insufficient psychological readiness, low neuropsychic stability and other personal features.).

- ▶ According to the data of world statistics, the decreasing of an attention function and operative memory, productivity of mental activity and immunity is noticed in 2–4% of cases due to the fatigue, and in 10–15% of cases due to the excessive emotional stress and professional stress. According to the results of post-expeditionary studies of members, the most frequent symptoms were identified as follows: within the psychic processes – decreasing of memory functions and attention (6–7%); within the emotional field – expression of aggression (20%), increased soreness (12%); within the psychophysiological (somatic) aspect – disturbance of sleep (20%); increased fatigability, flaccidity, apathy (29%), and anxiously phobic states (8–13%) etc.

- ▶ Moreover, the professional longevity of specialists with extreme activity has a strong trend to decrease over the last years.
- ▶ The health must supported not so much by treatment, but due to the complex of means for diseases' prevention at early stages of its' diagnostics and correction of functional disorders.
- ▶ That is why not only the role of social and medical measures on health promotion is increased, but the role of social and psychological measures on prevention and correction of a stress state and professional stress is increased too.













Purpose:

Revealing of personal resources of employees of the Ministry of Emergency Situations providing overcoming of professional stress and effective performance by them of professional tasks.

Tasks:

- ▶ The theoretical analysis of a problem of activity of the experts working in special conditions, and psychological factors of overcoming negative influences on the person
- ▶ Substantiation of an experimental research of psychological features of rescuers of the Ministry of Emergency Situations, providing efficiency of professional work
- ▶ The organization and make an experimental research of psychological features of rescuers of the Ministry of Emergency Situations providing effective performance of professional tasks and stability to stress
- ▶ The statistical analysis and generalization of results of empirical research
- ▶ Definition of the factors, which provide effective performance of professional tasks and successful overcoming of professional negative influences on the person of the rescuer of the Ministry of Emergency Situations
- ▶ Recommendations

Object:

- employees of Rapid Deployment Services, of Ministry of Emergency Situations of Russia on the city of Moscow. Quantitative composition of probationers is from 4 to 5 subdivision groups

Subject Matter:

- personal features of the expert working in special conditions, which providing effective performance of professional tasks

Hypotheses:

- Efficiency of performance the professional tasks and successful overcoming stressful influences on the person of rescuers of the Ministry of Emergency Situations is defined by the system of psychological qualities, which including / an adequate estimation of psychological resources for realisation of professional tasks, a reflexion, features of strategy of overcoming difficult reality situations, socially-psychological and valuable-semantic features /.
- The professional experience and age of rescuers of the Ministry of Emergency Situations influences on a choice and use of psychological resources of overcoming professional stressful situations.

Methods:

- ▶ Diagnostics of efficiency of professional work (performance of professional tasks)

EXTERNAL (management),
(colleague)

SELF-ESTIMATION
Integrated satisfaction of work

- ▶ Diagnostics of stress-resistance

Scale of psychological stability
(the Questionnaire "PROGNOZ")

- ▶ Diagnostics of strategy of overcoming of stress

Overcoming of difficult reality situations of V.Janke,
G.Erdman (adapt. Vodopianova)

▶ Diagnostics of resistibility, vital firmness

The test vital firmness Maddi (adapt. Leontev D.A.)

Scale of subjective well-being

Questionnaire «Style of self-control of behaviour»,
V.I.Morosanova

▶ Diagnostics of psychosocial possibilities

The Gissensky test (D.Bekmanom and G.Richter, adapt. Inst. Bekhterev)

▶ Diagnostics of tsennostno–semantic sphere

The test of meaning–vital orientations

Personal questionnaire of "Ekzistentsii"
(A.T.Dzhersajld)

Methods of the statistical analysis:

- ▶ – Methods of descriptive statistics (average values, standard deviations, the minimum maximum values);
- ▶ – The correlation analysis (interrelation of efficiency of activity and psychological features);
- ▶ – T-criterion of Stjudenta (distinction in groups more effective and less);
- ▶ – The factorial analysis (revealing of the psychological factors providing stress-resistance and efficiency);
- ▶ – Regressional the analysis (revealing efficiency of predictions stress-resistance).

Thanks for your
attention!



THE END