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THE INFLUENCE OF TOLERANCE TO UNCERTAINTY ON THE PERSONALITY FORMATION OF EXTREME PROFILE PROFESSIONALS

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It is established that the formation of tolerance to uncertainty in extreme situations has a positive effect on the individual and helps to adapt more quickly to the negative external influences of situations of uncertainty.

Key words: tolerance to uncertainty, situations of uncertainty, specialists of extreme profile, formation of tolerance to uncertainty.

Recently, the personality of specialists in the extreme field of activity, namely rescuers and law enforcement officers, has been subject to new requirements for improving professional skills and developing psychological resilience. The specialist of extreme profile must be not only highly qualified, have excellent physical training, but also be able to influence subordinates, counteract the psychological pressure of situations of uncertainty, be resistant to extreme factors, be able to control the uncertainty of the situation, persevere in achieving long-term goals, manage psychologists climate in the team, etc.

As practice shows, specialists of the extreme profile of activity are constantly faced with situations of uncertainty that need to be understood, finding productive ways to solve the problem, accompanied by emotional experiences.

In the psychological literature there are different interpretations of situations of uncertainty, for example, A. Gusev sees in situations of uncertainty a reserve for various ways of personal development and the formation of a new identity [1]. The dynamics of the state of uncertainty can be divided into three components. The first component includes awareness of the contradictions in the situation. The second is seen as the illusion of understanding the situation of uncertainty. The third component causes avoidance behavior and the lack of attempts to build their own cognitive model

of the situation [3]. Therefore, the rescuer or law enforcement officer needs to develop tolerance for situations of uncertainty.

In the Ukrainian modern explanatory psychological dictionary, tolerance is defined as the absence or weakening of response to any adverse factor as a result of reduced sensitivity to its influence. For example, tolerance to anxiety is manifested in raising the threshold of emotional response to a threatening situation, and externally - in restraint, self-control, the ability to tolerate long-term adverse effects without reducing adaptive capabilities [4].

According to Y. Tereshchenko, tolerance is an integral characteristic of an individual, which means his ability to actively interact with the external environment in problematic and crisis situations in order to restore his neuro-psychological balance, successful adaptation, prevention of confrontation and development of positive relationships with himself and the world. [2]. Tolerant personality is a person with a positive view of the world, morally and socially active, who realizes his own uniqueness and the need to unite with other people, diversity and interdependence of the world, understands that what this world will be depends on everyone [2].

Analysis of the psychological literature allows us to consider tolerance of uncertainty as a trait and property of the individual that affects interaction with people and behavior in different situations; as a personality setting that includes cognitive assessment, emotional response, and behavioral response; as a cognitive-perceptual formation, which means the acceptance of situations of uncertainty, emotional and perceptual variable, which plays a significant role in assessing the likely results of decision-making in situations of uncertainty.

Thus, the formation of tolerance for uncertainty affects the process of personality change on the cognitive, behavioral and emotional levels, resulting in the ability to act productively, find optimal solutions in situations of uncertainty and withstand long-term emotional stress.

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