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FEATURES OF MENTAL HEALTH OF THE SPECIALISTS' OF STATE EMERGENCY SERVICE OF UKRAINE AND WAYS TO MAINTENANCE IT

Summary

The article addresses the essence and structure of process of mental health maintenance of the SESU staff. It is shown that long-term professional activity of rescuers leads to negative changes in their mentalhealth. They become more suspicious and uncompromising, more dependent on alcohol, food and computer, have low levels of well-being, activity and a high level of neuroticism. Psychocorrectional complex of optimization of rescuers' mental health is developed. It consists of three interconnected and complementary semantic blocks: the development of rescuers' positive thinking, ideomotor training for the formation of readiness for action in extreme conditions and therapeutic crisis intervention with elements of art therapy. After correction the anger, sensibility, incomppliance, inflexibility and vindictiveness, open cruelty, level of neuroticism of all participants were significantly decreased. These results indicate the effectiveness of the programmed psychological correction program to preserve the mental health of the SESU staff.

Introduction

Nowadays the problem of extreme situations of anthropogenic and natural sources is urgent. Therefore, the personality and professionalism of those people who assist the population to eliminate emergency consequences, namely, the employees of the State Emergency Service of Ukraine (SESU),

are particularly important. Mental health is one of the main conditions for personal development and effective professional activity of these people.

Recently, mental health has become the subject of research of many human sciences, and, above all, psychology. Problems of mental health were researched by such domestic and foreign scholars as I. Dubrovina, L. Demin, R. Assagioli, S. Freiberg, O. Khukhlaeva, G. Nikiforov,

N. Vodopianova and others. They determine mental health as the optimal functioning of all mental structures necessary to live.

Mental health is an integral characteristic of the individual's psychological functioning. Mental health is closely linked with general perceptions of the person, the mechanisms of his/her development, and depends largely on professional activity.

Professional activity of rescuers takes place in extreme conditions and has a negative impact on the psychology of people. Specialists who rescue and carry out other urgent work in emergency situations are subject not only to a significant risk of neuropsychiatric disorders, mental disadaptation and stress, but also to a physical threat to personal health. Such negative influences often cause breakdowns, lower performance, interpersonal conflicts, discipline violations, alcohol abuse, and other negative phenomena.

Taking into account all the above-mentioned aspects, it is important to study the mental health of people involved in the elimination of consequences of emergency situations and responsible to protect the population of the country – the SESU staff.

1. Features of the mental health of rescuers at different stages of the occupational genesis

Mental health of a person is connected with the person's traits, which integrates with all aspects of the inner world of an individual and its external manifestations. Mental health is an important component of the social well-being of a person, on the one hand, and of his vital forces, on the other.

Mental health characterizes the person as a whole, is closely connected with the manifestations of the human spirit and allows highlighting the psychological aspect of mental health [7].

Mental health is a complex multicomponent phenomenon based on heterogeneous characteristics of a person and provides a resource of personal development, achievement to feel prosperous, balanced between the success of the functioning of an individual and the "price" of

achievements of development and activity goals. Providing mental health care is the most acute problem in the special conditions of activity [10; 11].

According to L. Dyomina, the structure of mental health includes the following components [6]: positive attitude; optimal development, growth and self-actualization of individuals; personal autonomy; realistic perception of others; ability to interact adequately with other people.

Mental health, R. Assagioli describes as a balance between various aspects of personality [1]; S. Freiberg – as a balance between the needs of an individual and society [12]; O. Khukhlaeva [13], G. Nikiforov [9] understand mental health as a dynamic balance between an individual and the environment, and so on. But mostly, the opinion of researchers is that mental health is associated with resistance to stress, harmony and spirituality.

So, meaning mental health, we understand the basic skills of a person and society to assimilate adequately, to process and to generate new information that allows to construct life scenarios flexible, mobile and implement them in a fast changing, aggressive environments successfully.

The aim of our research was to study the features of mental health of rescuers and to develop ways of preserving it.

According to the aim of the study, the subject of research was determined. The study was attended by the SESU workers aged 22–44 years old, a group of 42 people. Also, for comparison, representatives of other professions, including teachers and technical staff of preschool educational institutions, aged 20 to 45 years old, also a group of 42 people. Based on our tasks of empirical research, we divided the subjects into the following groups:

- Group 1 – the SESU staff aged 22–30 years old, a group of 22 people;
- Group 2 – the SESU staff aged 31–44 years old, a group of 20 people,
- Group 3 – representatives of other professions (teachers and technical staff of preschool educational institutions) aged 20–30 years old, a group of 24 people;
- Group 4 – representatives of other professions (teachers and technical staff of preschool educational institutions) aged 31–45 years old, a group of 18 people.

The division of the people that are being researched is due to the stages of professional development of individuals described in the psychological literature. There is job stability at the age of 30–33. There is self-dissatisfaction and dissatisfaction with their professional status. There is a revision of “Self-concept”. New dominant professional values are formed. At the age of 40–42 there is dissatisfaction with the opportunities to realize

themselves in the current job situation. There is a correction of “self-concept”, which is directly connected to professional activity. There is self-dissatisfaction, dissatisfaction with their socio-professional status. There are psychophysiological changes and deterioration in health. Professional deformation is beginning to emerge. According to N.E. Vodopyanova, there are the following indicators of mental disorder [5]: conflict, contradictions among people, decrease in activity, harmful addiction, neurotic manifestations.

To study the behavioral traits in conflict situations, we used the method of “Aggression and Conflict of an Individual” by Ye.P. Ilyina, P.A. Kovalev. The data obtained during the statistical comparison of the aggression and conflict among the SESU employees of different age groups are presented in Table 1.

Table 1

**Indicators of aggression and conflict
of the SESU employees of different age (points)**

The name of the Scale	Group 1	Group 2	t	p
Anger	6.9±1.1	5,6±1.1	0.2	-
Assertiveness	5.5±0.7	5,8±1.2	0.5	-
Sensibility	7.1±1.4	5,0±0.8	3.6	0.01
Incompliance	6.3±1.2	6,2±1.2	0.6	-
Inflexibility	6.5±0.8	6,3±1.1	0.3	-
Vindictiveness	5.8±1.1	5,7±0.7	0.1	-
Intolerance	5.7±1.2	5,2±1.1	0.6	-
Suspicion	4.5±1.4	6,2±1.2	3.4	0.01

According to the results of our analysis, we have found significant differences in the indicator of sensibility ($p \leq 0.01$). The employees of the SESU under 30, are more offensive than their older colleagues. Also, there are differences in the indicator of suspicion ($p \leq 0.01$). The SESU employees over 30 are more suspicious than those who are under 30. By virtue of their age and life experience, the SESU staff over 30 is more suspicious of others.

The results of the statistical analysis of the aggression and conflict indicators of the SESU staff and the representatives of other occupations under 30 years old are presented in Table 2.

Table 2

**Indicators of aggression and conflict of the SESU staff
and representatives of other professions under 30 (points)**

The name of the Scale	Group 1	Group 3	t	p
Anger	6.9±1.1	6.8±0.7	0.1	-
Assertiveness	5.5±0.7	7.1±1.2	3.4	0.01
Sensibility	7.1±1.4	4.9±1.6	3.7	0.01
Incompliance	6.3±1.2	5.5±1.1	1.8	-
Inflexibility	6.5±0.8	5.8±1.2	1.8	-
Vindictiveness	5.8±1.1	6.4±1.3	1.3	-
Intolerance	5.7±1.2	6.1±0.8	1.1	-
Suspicion	4.5±1.4	5.9±1.2	3.5	0.01

According to the results of the analysis, we have found that there are significant differences in the indicator of assertiveness ($p \leq 0.01$). The employees of the SESU are less aggressive than representatives of other occupations of the same age. Differences were found in the indicator of sensibility ($p \leq 0.01$). The SESU employees under 30 more offensive than representatives of other occupations of the same age. Also, significant differences were found in the indicator of suspicion ($p \leq 0.01$). It was found that the staff of the SESU more suspicious of what they are surrounded by than representatives of other professions.

In order to identify differences in mental health among the SESU employees of different age groups and with different work experience, we analyzed the indicators of group 1 and group 2 according to the methodology of diagnostics of communication units by V.V. Boyko.

The data obtained during the analysis of the indicators of the communication of the SESU staff under 30 and over 30 are presented in Table 3.

Table 3

**Indicators of communication units of the SESU staff
of different age groups (points)**

The name of the Scale	Group 1	Group 2	t	p
Veiled cruelty	12.8±1.2	12.2±0.9	0.3	-
Open cruelty	24.3±1.4	29.9±1.1	1.9	-
Substantiated negativity	3.5±0.8	3.4±1.4	0.2	-
Complaining	6.1±1.6	6.5±1.2	0.4	-
Negative communication experience	11.1±1.3	12.4±1.1	0.9	-

Having analyzed the results of statistical tests, we can conclude that there are no statistical differences between the indicators of communication according to the criteria: veiled cruelty, open cruelty, substantiated negativity, complaining and negative communication experience among the SESU staff under 30 and the employees of the SESU over 30.

In order to identify the mental health of the SESU employees, according to their age, we analyzed the indicators of health, activity and mood of the SESU employees of under 30 and over 30. The results of the analysis are presented in Table 4.

Table 4

**Indicators of health, activity and mood
of the SESU employees of different age (points)**

The name of the scale	Group 1	Group 2	t	p
Health	4.4±0.6	3.9±0.9	3.3	0.01
Activity	4.2±1.0	3.7±0.7	3.9	0.01
Mood	4.4±0.7	4.0±1.1	3.9	0.01

According to the results of the statistical analysis we found that there are significant statistical differences of the health indicator ($p \leq 0.01$). The health of the SESU staff under 30 is better than the health of employees who are older. According to the scale of activity ($p \leq 0.01$) statistical differences were found. The activity of the SESU staff over 30 is significantly worse in comparison with the employees of the SESU under 30. Significant statistical differences are also identified on the scale of mood ($p \leq 0.01$). The mood of the SESU staff under 30 is much better than the mood of the SESU workers of the older age group.

The statistical analysis of the indicators of health, activity and mood of the SESU staff and representatives of other professions over 30 is presented in Table 5.

Table 5

**Indicators of health, activity and mood of the SESU staff and
representatives of other professions over 30 (points)**

The name of the scale	Group 2	Group 4	t	p
health	3.9±0.9	4.4±1.1	3.5	0.01
activity	3.7±0.7	4.2±0.9	3.7	0.01
mood	4.0±1.1	4.4±1.2	3.4	0.01

Analyzing the results of research, we found that reliable differences exist on the scale of health ($p \leq 0.01$). The health of the SESU staff over 30 is worse than the health of representatives of other professions of the same age group. Also, there are significant differences on the scale of activity ($p \leq 0.01$). Representatives of other professions are more active than the SESU staff. Significant statistical differences are found on the scale of mood ($p \leq 0.01$). The mood of the SESU staff is worse and less favorable than the mood of the representatives of other professions.

To determine the features of the mental health of the employees of the SESU on the criterion of “harmful addiction”, we analyzed the data of the SESU employees of different age, which are presented in Table 6.

Table 6

**Indicators of different types of addictions
of the SESU staff of different age (points)**

The name of the scale	Group 1	Group 2	t	P
Alcohol addiction	10.8±2.1	14,6±1,6	3,3	0,01
TV addiction	12.6±1.8	13.7±1.4	0.8	-
Love addiction	15.2±1.6	13.3±1.1	1.1	-
Video game addiction	10.1±1.4	9.3±0.8	0.7	-
Sexual addiction	15.6±1,5	13.9±1.6	1.1	-
Food addiction	10.3±1.6	13.9±1.7	1.6	-
Religious addiction	6.9±0.7	8.4±0.9	1.5	-
Work addiction	8.8±1.0	10.8±1.1	1.7	-
Dependence on drugs	10.5±1.2	10.7±1.4	0.1	-
Computer addiction	15.1±2.2	10.9±1.1	3.7	0.01
Tobacco addiction	13.5±1.9	14.5±1.0	0.7	-
Health addiction	7.7±0.8	6.1±0.7	1.3	-
Drug addiction	6.6±0.7	6.9±1.0	0.4	-
An addictive personality	13.3±1.1	15.4±1.8	2.0	-

Analyzing the results of the indicators of addictive behavior of the SESU staff under 30 and the SESU staff, over 30, we found reliable differences on the scale of “alcohol addiction” ($p \leq 0.01$). Therefore, the employees of the SESU over 30 are more inclined to abandon reality drinking alcohol than their younger colleagues. Also, there are the reliable differences on the scale of “computer addiction” ($p \leq 0.01$). This indicates

that the employees of the SESU under 30 are more inclined to be addicted to the computer than those who are over 30.

To identify the features of mental health according to the criterion “a level of neuroticism”, we analyzed the indicators of neuroticisation of the SESU employees under 30 and over 30. The obtained results are presented in Table 7.

Table 7

**The indicators of neuroticism
of the SESU employees of different ages (points)**

Scale	Group 1	Group 2	t	P
Level of neuroticism	+26.3±4.1	+8.5±3.6	3.5	0.01

After the analysis of the indications of neuroticism of the SESU employees under 30 and over 30 we obtained significant differences ($p \leq 0.01$). That is, the level of neuroticism of the SESU staff over 30 exceeds the level of neuroticism of all the employees under 30 significantly. The rescuers over 30 express excitement more emotionally, that causes a variety of negative emotions such as anxiety, concern and irritation.

Therefore, during a conflict the SESU employees under 30 are more offensive, have negative communication experience; high rates of television addiction, computer addiction and tobacco addiction have been detected. They do not have high levels of neuroticism and high rates of activity. Consequently, the features of professional activity did not have a significant effect on the mental health of the SESU employees under 30.

The SESU employees over 30 show suspicion and intransigence during a conflict, have low levels of health, activity and mood. They are more dependent on alcohol, food and computer, and have a significantly higher propensity to cause addiction. Their level of neuroticism significantly exceeds the level of neuroticism of young employees of the SESU. So, features of professional activity affected greatly the mental health of the SESU staff, who are over 30.

**2. Psychocorrection as a method
of preserving the mental health of rescuers**

Mental health is a dynamic set of characteristics of a person, which ensure the harmony between the needs of an individual and society, which are individual prerequisites for fulfilling his life task. The main function of mental health is to maintain a dynamic balance between a person and the environment in situations requiring the mobilization of personal resources.

The main tasks of the psychological correction of the SESU staff include:

- establishing the nature of neurological psychiatric disorders, the definition of personality traits of the person's reaction to an extreme situation and development of psychocorrection;
- removing tension, irritation and fear, using the complex impacts: psychological, medical, biological, sociotherapeutic, etc.;
- regulation of impaired body functions, correction of psychophysiological state by the following methods: psychopharmacology, psychotherapy and physical influence;
- formation of a psychological reaction to the consequences of participation in emergencies, mobilization of the individual to overcome the emotional reactions, training of volitional qualities;
- formation of representations regarding risk factors and conscious attitude to the measures for their elimination;
- optimal solution of psychological trauma, restoration of social status, adaptation to the conditions of the environment by means of stimulation of social activity, as well as various organizational and psychological methods;
- assessment of physical, sensory mental health; carrying out professional psychological rehabilitation, and in case of loss of career aptitude – career reorientation; orientation to continue career activity and to perform job duties;
- studying the dynamics of changes in mental states during the process of psychological work, diagnosis of the functional state of physiological systems of the organism, evaluation of the effectiveness and correction (if necessary) of the measures. Also the rehabilitation should include 4–6 individual consultations, which is a psycho-correction work, corresponding to the request.

The corrective work must be psychologically grounded. The success of the corrective work depends, first of all, on the correct, objective, complex evaluation of the results of the diagnostic examination. Corrective work should be aimed at the qualitative transformation of various functions, as well as the development of various client abilities.

Meaningful impact on the client is carried out through a psycho-correction complex consisting of several interconnected blocks. Each block is aimed at solving various problems and consists of special methods and techniques.

The psycho-correction complex includes four main blocks:

1. Diagnostic block. The aim is to diagnose the features of personality development, to identify risk factors, to form a general program of psychological correction.

2. Installation block. The aim is to stimulate the desire to interact, to remove anxiety, to increase self-confidence of the client, to form a desire to cooperate with the psychologist and to change something in his/her life.

3. Correction block. The aim is harmonization and optimization of client development, transition from negative phase of development to positive, mastering the ways of interaction with the world and himself, certain ways of activity.

4. Block of evaluation of correctional influences. The aim is measuring psychological content and the dynamics of reactions, promoting positive behaviors and experiences, stabilization of positive self-esteem.

By drawing up the corrective program, the following points were taken into account:

- formulating the aims of the corrective work;
- defining a range of tasks that specify the aims of corrective work;
- choice of strategy and tactics of corrective work;
- determination of the form of work (individual, group or mixed);
- choice of methods and techniques of corrective work;
- determining the total time required for the implementation of the entire correction program;
- determining the frequency of required meetings;
- determining the duration of each correctional activity;
- development of prevention and correction program and determination of correctional activities;
- implementation of the prevention and correction program (it is necessary to provide control the development of the corrective work, the possibility of making additions and changes into the program);
- preparation of the necessary materials and equipment.

Completing preventive and corrective actions, a psychological report about the aims, tasks and results of the implemented program with an assessment of its effectiveness is drawn up.

The program we have developed consists of three interconnected and complementary semantic blocks:

1. Development of positive thinking of the SESU employees.
2. Ideomotor training for the formation of emergency preparedness activities.
3. Therapeutic crisis intervention with elements of art therapy.

Completing the corrective work with all the groups of our research, we carried out a repeated diagnosis of the components of mental health. The results of the study of the aggressive behavior and conflict of the SESU employees under 30 are presented in Table 8.

Table 8

Indicators of personal aggression and conflict of the SESU employees under 30 before and after psycho-correctional influences (points)

The name of the scale	before	after	t	p
Anger	6.9±1.1	5.6±1.2	2.3	0.05
Assertiveness	5.5±0.7	5.8±0.9	0.7	-
Sensibility	7.1±1.4	4.4±1.3	3.6	0.01
Incompliance	6.3±1.2	5.0±1.6	3.2	0.01
Inflexibility	6.5±0.8	4.8±1.2	3.5	0.01
Vindictiveness	5.8±1.1	4.9±1.4	2.3	0.05
Intolerance	5.7±1.2	5.0±0.7	1.7	-
Suspicion	4.5±1.4	4.3±1.1	1.3	-

The presented results indicate that after the psychological correction of the SESU employees under 30, the characteristics of the conflict behavior have significantly changed according to such criteria as anger ($p \leq 0.05$). That is, they react to conflict situations less angrily and aggressively. They also became less offensive ($p \leq 0.01$) and vindictive ($p \leq 0.05$), more compliant ($p \leq 0.01$) and able to find compromises ($p \leq 0.01$). We believe that this result is possible because classes were conducted in groups and a large number of exercises were aimed at developing more adequate conflict behavior.

The results of the study of the aggressive and conflict behaviors of the SESU employees over 30 are presented in Table 9.

Table 9

Indicators of personal aggression and conflict of the SESU employees over 30 before and after psycho-correctional influences (points)

The name of the scale	before	After	t	P
Anger	5.6±1.1	4.7±50.7	3.3	0.01
Assertiveness	5.8±1.2	5.4±1.1	1.0	-
Sensibility	5.0±0.8	4.6±1.4	1.1	-
Incompliance	6.2±1.2	5.0±1.6	3.6	0.01
Inflexibility	6.3±1.1	6.4±1.2	1.1	-
Vindictiveness	5.7±0.7	4.8±1.0	2.5	0.05
Intolerance	5.2±1.1	4.75±0.9	1.9	
Suspicion	6.2±1.2	5.25±1.4	2.5	0.05

The analysis of the obtained results indicates significant changes in the conflict behavior of the SESU employees over 30, namely, reducing anger ($p \leq 0.01$), incomppliance ($p \leq 0.01$), vindictiveness ($p \leq 0.05$) and suspicion ($p \leq 0.05$). This indicates that the SESU employees over 30 communicating with people have become less angry, less uncompromising, they have reduced manifestations of vindictiveness, as well as they have reduced suspicion to surrounding people and to the situations which may occur.

Therefore, psychocorrection of mental health of the SESU staff over 30 according to the criterion of conflict has given significant results, because a block for developing skills of effective solution of conflict situations in order to preserve the mental health of participants of correction was presented during the corrective program.

The research results of the communication of the SESU employees under 30 are presented in Table 10.

Table 10

Indicators of communication of the SESU employees under 30 before and after psychological correction (points)

The name of the Scale	Before	After	t	p
Veiled cruelty	12.8±1.2	10.4±1.4	1.6	-
Open cruelty	24.3±1.4	18.5±1.8	2.0	-
Substantiated negativity	3.5±0.8	3.1±1.1	1.3	-
Complaining	6.1±1.6	5.1±1.1	1.6	-
Negative communication experience	11.1±1.3	10.1±1.4	2.1	0.05

The obtained results indicate that after performing psycho-corrective work in order to preserve and strengthen the mental health of the SESU employees, under 30, the indicators were significantly reduced by such a criterion as negative communication experience ($p \leq 0.01$). This indicates that due to the specifics of working in a group during a long-term psychological correction, the SESU staff received positive communication experience and began to trust the people they communicate with and collaborate with.

The results of the research of the communication of the SESU employees over 30 are presented in Table 11.

Table 11

**Indicators of communication of the SESU employees
over 30 before and after psychological correction (points)**

The name of the Scale	before	after	t	p
Veiled cruelty	12.2±0.9	9.3±1.1	2.0	-
Open cruelty	29.9±1.1	20.1±1.6	3.2	0.01
Substantiated negativity	3.4±1.4	2.9±0.8	1.5	-
Complaining	6.5±1.2	4.3±1.1	3.3	0.01
Negative communication experience	12.4±1.1	7.3±1.2	2.8	0.01

The results of the research of the SESU employees over 30 indicate a significant change in mental health according to the criterion contradictions in relationships. The respondents decreased the open cruelty to people ($p \leq 0.01$), they are complaining less ($p \leq 0.01$). Also, the negative communication experience decreased ($r \leq 0.01$).

So, psychological correction, which was carried out for a long time in a group of people, a significant part of the exercises that was aimed at the developing of positive communication had a positive impact on the mental health of the SESU staff. The study results of the state of health, activity and mood of the SESU workers over 30 are presented in Table 12.

Table 12

**Indicators of health, activity and mood of the SESU employees
over 30 before and after the psycho-correctional impact (points)**

The name of the scale	Before	after	t	P
health	3.9±0.9	4.4±1.1	3.1	0.01
activity	3.7±0.7	4.4±0.9	3.3	0.01
mood	4.0±1.1	4.5±1.2	2.8	0.01

After psychological correction, the SESU employees over 30 improved their health ($p \leq 0.01$), activity ($p \leq 0.01$) and mood ($p \leq 0.01$).

A large number of exercises in the corrective work, which helped the SESU staff to improve their health, allowed to become more active, and group forms of work improved their mood.

The results of the studying neuroticism of the SESU staff over 30 are presented in Table 13.

Table 13

The indicators of neuroticism of the SESU employees over 30 before and after the psycho-correctional impact (points)

Scale	before	after	t	p
Level of neuroticism	+8.5±3.6	+22.7±1.4	2.7	0.01

The presented results indicate that after the psychological correction the SESU staff over 30 has significantly improved the level of neuroticism ($p \leq 0.01$).

That is, a set of exercises aimed at reducing the level of neuroticism has had a positive effect on the mental health of the SESU staff over 30.

Thus, a cycle of psychological correction, the re-diagnosis of the criteria of mental health of the SESU employees of all ages allows us to state that as a result of the training all participants significantly decreased the level of manifestations of mental disorder. Behavior in conflict situations has become more adequate and aimed at a positive solution of existing conflict with minimal harm to the mental health.

The optimal level of mental health will reduce the risk of injury while performing professional duties and the possibility of occupational diseases, and possibly save his/her own life.

Conclusions

1. Based on the theoretical analysis of psychological literature, we have determined that mental health is the fundamental ability of a person and society to assimilate, process and generate new information adequately that allows to construct life scenarios flexible, mobile and implement them in a fast-changing, aggressive environment successfully. The main criteria of mental health are: conflict, the contradictions in relations, activity, absence or presence of addiction, as well as manifestations of neuroticism.

2. Having examined the criteria of mental health of the SESU employees of different ages, we have found that the SESU staff under 30 during the conflict are more offensive, they have negative communication experience, high rates of television addiction, computer addiction and tobacco addiction. They do not have high levels of neuroticism and high rates of activity. Therefore, the features of professional activity did not have a significant effect on the mental health of the SESU employees under 30.

3. The SESU employees over 30 during the conflict show greater suspicion and incomppliance. They have low levels of health, activity and mood. They are more dependent on alcohol, food and computer, and have a

much higher inclination to addicts. Their level of neuroticism significantly exceeds the level of neuroticism of the young SESU employees. Therefore, the features of professional activity have had a significant impact on the mental health of the SESU staff over 30.

4. Testing our psychocorrection program aimed at preserving the mental health of the SESU staff proved that all participants had significantly reduced their anger, assertiveness, sensibility, incomplicance and inflexibility, open cruelty, complaining, level of neuroticism. The SESU employees over 30 have significantly improved their health, activity and mood.

The results obtained during the re-diagnosis indicate the effectiveness of the established program of psychological correction for the preservation of the mental health of the SESU staff.

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ФІЛОСОФІЯ ОСВІТИ В КОНТЕКСТІ ЦИВІЛІЗАЦІЙНИХ ПРОБЛЕМ: ДОСВІД ОСВІТНІХ РЕФОРМ У ПОЛЬЩІ Й УКРАЇНІ

Анотація

Статтю присвячено впливу цивілізаційних криз на розвиток науки й філософії освіти. Кризу освіти, осмислення якої є одним із завдань філософії освіти, висвітлено у зв'язку з глобальною кризою цивілізації. Подано різні підходи щодо розуміння особливостей сучасної постіндустріальної фази розвитку цивілізації. Модернізацію освіти розглянуто в контексті цивілізаційних проблем. Серед напрямів реформування освіти виокремлено глобальну й етнокультурну освіту. Порівняно тенденції реформування освіти в Польщі й Україні. Подано власний досвід етнокультурного виховання дітей та молоді на Сході