

Annotation

Subject matter of the dissertation: «Increasing the resistance to stress as a condition for social and psychological safety of the person in the organization.»

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Customer organization: Leninsky District Court of Makhachkala.

Topicality of the research: The problem of increasing stress resistance of the person to different life situations is one of the basic components of the social and psychological characteristics of the individuality. Psychologists find the role of stress resistance in providing social and psychological safety of the person to be of particular interest, as well as the specifics of creating psychologically safe environment. There is a need for an individual approach to psychological life and psychological reality of the person. The context of this work is determined by the relevance of the need to find ways and means to enhance resistance to stress by optimizing the adaptation process to the professional activities of the person in the sphere of the legal staff. However, the solution to this problem cannot be successful without the use of diagnostic technologies for the study of personality. In this matter we have chosen the theme of final qualifying work seems relevant and meaningful.

Objective: It is a theoretical and experimental study of the regularities of the process of stress resistance by adapting to the conditions of the judges profession.

Tasks:

1. Analyze and organize the psychological literature on the subject of the study.
2. Conduct a diagnostic study.
3. Develop and implement a program to improve stress resistance of the individual judges.
4. To re-diagnose in order to monitor the effectiveness of the development program.
5. Summarize the results of the study.

Theoretical and practical significance of the research is determined by the fact of specific content and features of psychological safety of the person in professional work of the judicial system. The results allow to diagnose the level of psychological readiness for activity in stressful conditions of service, assess the quality of work and level of development of professionally important qualities of the person. The main conclusions and provisions contained in the work, may contribute to the development of substantive aspects of the professional activity of judges, increase scientific understanding of the means to ensure the safety of the person under stress and theoretical training courses in the aforesaid issue.

Results of the research. The advantage of this study is that the security of the person was the subject of an independent comprehensive research. Analysis of the results of the experiment showed that the psychological training of judges with the social and psychological technologies effectively forms a resistance to stress, improves self-regulation, which is reflected in the improvement of performance of professional activities as a whole.

Recommendations: Recommendations may be particular and general, so that the materials of this study can be used in the framework of practical psychologists diagnostic and correctional-developing work in particular with representatives of the judicial practice, as well as in the teaching of relevant subjects at universities.