Summary

The theme of the final qualifying work: The psychological features development of stress representatives of extreme professions”.

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Relevance of the research: the relevance of the research of the development of stress resistance of the employees is conditioned by the peculiarities of their professional activity and accompanied by a large number of stressors.

Extreme conditions of work faced by employees from a psychological point of view are characterized by strong psychotraumatic factors. The requirements for the level of professional suitability of employees are quite high.

Stress-resistance presupposes the ability of the employees of the Ministry of Emergency Situations to self-regulate and quickly restore psychological balance.

The aim of the research: to study the peculiarities of development of stress resistance of the staff in extreme conditions.

Objectives of the research:

1) to give a theoretical analysis of the problem of individual stress resistance in psychological research;

2) to determine the psychological characteristics of stress resistance of the employees of extreme professions;

3) to identify the psychological characteristics of stress resistance of the employees of extreme professions;

4) to develop and implement a psychological program for the development of stress-resistance among the employees of extreme professions;
5) to study the effectiveness of the introduction of a psychological program for the development of stress resistance representatives of extreme professions.

The results of the study:

Theoretical and empirical analysis of the study of stress resistance of the employees of extreme professions it possible to determine, that the main peculiarity of the professional activity of the employees is an increased risk, which is associated with significant physical and neuropsychic stress. Increased stress resistance is due to some personality traits (self-esteem, self-regulation, anxiety, emotional stability, etc.).

The development of stress resistance among the employees of extreme professions is one of the important tasks of the psychologists as the high level of stress resistance helps maintain optimal mental health indicators and ensure the reliability, efficiency and success of professional activities.

A psychological program aimed at the development of stress resistance among the employees was developed and implemented, the program includes 12 lessons.

Recommendations: results of the study of psychological features of stress resistance of employees of extreme professions can be used in the process of psychological training of staff to the impact of various stressful situations, related to professional activities, also for the psychological support of the formation of professionally important qualities of the employees of extreme professions in the process of staff training.