

## **Summary of the master's dissertation**

**Theme of the master's dissertation:** “Peculiarities of the psychological security of the individual as a factor in the effective professional activity of the Ministry of Emergencies”.

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**Customer organization:** The branch of the North-Caucasian federal state institution of the Center for Emergency Psychological Assistance of the Ministry of Emergency Situations of Russia.

### **Topicality of the study:**

The problem of psychological security of the individual today is of particular relevance in the framework of official activities, since this area is characterized by an increased level of tension in extreme conditions. The activities of EMERCOM of Russia employees are closely related to the performance of professional duties in extreme conditions. Long-term exposure to professional stress factors reduces the level of psychological safety and increases the risk of maladaptation among EMERCOM employees, which, as a result, manifests itself as short temper, conflict, haste and erroneous actions, disobedience or untimely execution of orders due to the desire to avoid formal restrictions. That is why, within the framework of extreme working conditions, it is important to form adaptive coping strategies among employees, develop self-regulation and relaxation skills, and carry out educational activities to develop psychological competence. These measures will increase the level of psychological safety of the personality of employees, which will significantly affect the level of professional success and make them more competitive in the labor market.

**Objective of the research:** conducting a theoretical and experimental study of the problem of the influence of psychological security of an individual on the effectiveness of professional activities of EMERCOM employees in Russia.

**Tasks:**

1. To analyze the scientific literature on the problem of studying the psychological security of the individual in the works of domestic and foreign authors.
2. Consider the main factors contributing to the formation of psychological security of the individual.
3. To consider the main psychological features of the effectiveness of professional activity in scientific research.
4. To study the relationship of psychological safety and the effectiveness of professional activities of the EMERCOM of Russia.
5. Experimentally identify the features of the impact of psychological security of the individual on the effectiveness of professional activities of the EMERCOM of Russia.
6. To prepare a program to increase the level of psychological security of an individual for employees of the Russian Ministry of Emergencies in order to increase the effectiveness of their professional activities.

**Theoretical and practical significance of the research:**

The content of this final qualification work consists in the analysis of psychological literature on the research topic. As a result of the analysis, it can be concluded that the psychological safety of the individual is undoubtedly important for the effectiveness of the professional activities of the Ministry of Emergencies.

The practical significance of this final qualification work is to draw up a program to increase the level of psychological safety of an individual in order to improve the efficiency of professional activities of EMERCOM employees in Russia. This program can be used by psychologists of the Center for Emergency Psychological Aid of the Russian Emergencies Ministry.

### **The results of the study:**

The study proved that:

- psychological security of the individual is a system that provides a certain protection of consciousness from the effects of exogenous and endogenous factors, preserving the productive functioning of the human psyche, in order to fulfill significant life goals;

- psychological security of an individual determines the degree of effectiveness of professional activity, how successfully and efficiently it can be implemented;

- psychological security of the individual is a fundamental link that is able to provide a high level of efficiency of professional activity of an employee of the Ministry of Emergencies of Russia;

- the effectiveness of the professional activities of the EMERCOM of Russia employees is associated with the psychological safety of the individual. The following indicators influence the psychological security of a person to a greater extent: trust, external locus of control, “driven into a cell”, psychosomatic and psycho-vegetative disorders, moral-communicative, motivational-volitional, value-semantic, emotional-moral disorientation;

- the developed program to increase the psychological safety level of the personality of EMERCOM employees in Russia, aimed at increasing the level of subjective control, trust in society, psychological health, resilience (stress resistance), improves the efficiency of the professional activities of EMERCOM employees in Russia.

### **Recommendations:**

- theoretical and practical developments can be used in the activities of the psychological services of the Ministry of Emergencies of Russia in order to increase the effectiveness of professional activities of employees;

- the program was proposed to increase the level of psychological safety of an individual to improve the effectiveness of the professional activities of EMERCOM employees. The developed program includes the training “Improving the

Psychological Safety of the Personality of Personnel of the Ministry of Emergencies of Russia” and the self-observation diary “Self-Ensuring Psychological Safety”;

- the self-observation diary “Self-maintenance of psychological safety” can be used by employees to consolidate their skills, monitor their well-being, and increase the level of psychological safety.