

актуалізованих потреб і робить доцільним розгляд професійного благополуччя у контексті мотиваційної сфери особистості. Потреби є основою професійної діяльності, а їхній зміст значається як особистісними установками і ціннісними орієнтаціями, так і об'єктивними зовнішніми умовами її життя.

Отже, професійне благополуччя пов'язане безпосередньо з процесом виконання професійної діяльності в певному організаційному середовищі і включає оцінку цього середовища працівниками. Кожен працівник переживає професійне благополуччя в контексті особистісних цінностей. Тобто люди задоволені професійною діяльністю тією мірою, наскільки задоволені їхні потреби та цінності. Цінності як усвідомлена особистістю значущість певних об'єктів стосовно їх відповідності чи невідповідності потребам особистості визначають специфіку трудової мотивації особистості. Задоволення потреб у професійній діяльності є чинником успішності професійної діяльності.

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## **PRIORITIZATION OF PSYCHOLOGICAL RECOVERY SKILLS**

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Traumatic events, such as disasters or military conflicts, often lead to complex challenges that may result in a sense of helplessness among those who have experienced them. Persistent stress and pressure associated with the need for rapid problem-solving can hinder the ability for reflection and rational analysis of optimal coping strategies. Implementing a systematic approach to problem-solving contributes to enhancing the effectiveness of overcoming difficulties, restoring a sense of personal control, and strengthening self-efficacy. The development of psychological resilience skills in individuals affected by catastrophic or wartime events enables them to analyze psychological challenges, assess alternative solutions, and apply optimal coping strategies.

An analysis of contemporary scientific literature allows for the identification of key coping strategies, including confrontation, distancing, self-control, seeking social support, accepting responsibility, avoidance, planned problem-solving, and

positive reappraisal. Within the framework of R. Lazarus and S. Folkman's concept, coping strategies are defined as adaptive behavioral mechanisms that contribute to stabilizing an individual's psychosocial state under stressful conditions. In his monograph *Psychological Stress and the Coping Process*, R. Lazarus emphasizes the role of conscious strategies in responding to stressful situations, highlighting their importance in fostering resilience [1, pp. 67–69].

Coping strategies are considered significant personal resources that facilitate adaptation to a changing environment. The key functions of coping behavior include mitigating the negative impact of stressors, adjusting to new conditions, maintaining a positive self-concept, ensuring emotional stability, and fostering constructive social connections. According to the classification proposed by E. Frydenberg and R. Lewis, coping strategies are categorized into three primary styles: productive, intermediate, and non-productive [2, p. 35].

In the international context, specialized support programs are being developed for individuals in crisis situations, particularly refugees. These programs incorporate psychological assistance aimed at reducing anxiety levels, as well as measures to promote sociocultural adaptation and integration [3, pp. 145–160].

The effective resolution of complex psychological issues requires the optimization of corrective strategies and the integration of relevant psychological resilience skills, which enhance an individual's adaptive capacity.

In the initial encounter with a crisis or catastrophic psychological situation, the ability to engage in problem-focused coping plays a decisive role. The level of an individual's cognitive functioning and the development of their social network provide essential support both at the onset and in the later stages when the emergence of intense and recurring distress reactions necessitates emotional regulation. Compensating for emotional imbalance is a key factor in minimizing physiological and psychological stress responses.

Well-developed social connections play a critical role in the process of restoring interpersonal relationships with family members and close individuals. A lack of social support can significantly complicate psychological rehabilitation. Restoring social connections involves not only rebuilding positive interpersonal relationships but also activating community support resources.

Engagement in positive activities as a strategy for improving emotional well-being and overall functioning is a crucial skill when facing depressive states, affective disorders, or social isolation. In such cases, problem-focused coping skills and social support play a secondary role.

When an individual experiences heightened anxiety and intrusive cognitions that negatively affect their functioning, the development of rational thinking skills becomes a primary concern. This involves analyzing and recognizing triggering events or their components, as well as modifying cognitive schemas to reduce anxiety levels. In such conditions, action-planning strategies or emotional regulation techniques tend to be less effective.

In cases of severe somatic illnesses, pronounced mental disorders, substance abuse, or significant ongoing adversities, the supervisor refers the patient to appropriate specialized services, emphasizing the importance of problem-focused coping skills.

The first step in the problem-solving process is a clear definition of the problem itself. If the issue is complex, it is recommended to decompose it into more manageable components. Often, large-scale problems can be broken down into a series of smaller, more solvable tasks. Clearly defining the problem enhances the effectiveness of its resolution.

When decomposing a problem into multiple components, an individual may experience doubts about their ability to solve them. It is crucial to focus on each component separately, avoiding multitasking and distractions caused by secondary issues.

Chronic problems may lead to increased stress levels, negative affect, and disruptions in interpersonal relationships, including heightened aggression. The inability to resolve current issues can result in feelings of helplessness and demoralization. Problem-focused coping enables individuals to break down problems into manageable components, prioritize tasks, and select optimal action strategies. In cases where family members struggle with problem-solving, engagement in psychological counseling is recommended.

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