

PSYCHOLOGICAL ASPECTS OF HARDINESS OF MILITARY PERSONNEL WHO WERE WOUNDED IN WAR CONDITIONS

ПСИХОЛОГІЧНІ АСПЕКТИ ЖИТТЄСТІЙКОСТІ ВІЙСЬКОВОСЛУЖБОВЦІВ, ЯКІ ОТРИМАЛИ ПОРАНЕННЯ В УМОВАХ БОЙОВИХ ДІЙ

Military personnel are exposed to the stressful effects of various factors, including military mobilization, socio-economic, and informational. The war in Ukraine has created a threat to personal security and additional tension for both servicemen and their families. Due to the specifics and nature of military professional activity, a serviceman is required to have a high level of ability to adapt to changes in the situation, effectively overcome the life difficulties and solve service and combat tasks in various conditions. Professional military service requires a high level of resourcefulness and ability to overcome different difficulties. At the same time, the research shows that overcoming extreme situations, the ability to turn them into a source of development and actualization of the own life potential – all this is because of high importance in the development of the personality of a military specialist and requires active support from the psychologists.

The most important tasks of psychological support and training of personnel for war operations are to overcome fear and panic, as well as to strengthen interpersonal relations in units, squads, crews which serve as the basis for the offensive morale and psychological stability of troops.

The depth and form of mental disorders of soldiers depend on their war experience, the presence of past combat trauma, and the intensity of combat operations. By analyzing the war episodes, circumstances and factors that affect the psychological stability of military personnel, psychologists have attempted to establish some regularities that should be taken into account when leading military personnel in a combat situation as well as during the training and in peacetime.

Obvious fears, increased demonstrative behavior, aggressiveness and suspicion, mental instability as a result of participation in war actions and trauma impact cause problems of hardiness of soldiers.

Since military service has its own peculiarities, varying degrees of physical and personal changes, the problem of studying hardiness in military personnel who were injured during the war is particularly relevant.

Key words: *hardiness, soldiers, traumatic events, stress, mental health.*

Війна в Україні створила загрозу безпеці особистості та додаткову напруженість як для військовослужбовців, так і для їхніх

близьких. Військовослужбовці піддаються стресогенному впливу різних чинників, серед яких військово-мобілізаційні, соціально-економічні, інформаційні. З огляду на специфіку та характер військово-професійної діяльності від військовослужбовців вимагається високий рівень здатності підлаштовуватися під зміни ситуації, ефективно долати життєві труднощі та виконувати службово-бойові завдання в різних умовах діяльності. Професійна військова служба потребує високого рівня ресурсності та здатності долати труднощі.

На підставі аналізу й синтезу результатів наукових розвідок з'ясовано, що подолання екстремальних ситуацій, здатність звернути їх у джерело розвитку та актуалізації власного життєвого потенціалу – усе це має високий рівень значущості в розвитку особистості фахівця військового профілю й вимагає психологічного супроводу.

Життєстійкість є однією з ключових особистісних змінних, що є ознакою психічного здоров'я особистості військовослужбовця, допомагає справлятися з екстремальними та стресовими ситуаціями, при розвиненості підтримує високий рівень діяльності. Травматичні впливи екстремальних умов військової служби, високий рівень напруженості та ризику в діяльності військовослужбовців зумовлюють значущість звернення до проблематики формування ресурсів життєстійкості, а також визначення місця та ролі життєстійкості військовослужбовців у забезпеченні психологічного добробуту особистості.

Глибина та форма психічних розладів військовослужбовців залежать від бойового досвіду, наявності в минулому бойових психічних травм та інтенсивності бойових дій. Аналізуючи бойові епізоди, обставини й фактори, що впливають на психологічну стійкість військовослужбовців, психологи зробили спробу встановити деякі закономірності, які варто враховувати за керівництва військовослужбовцями в бойовій обстановці, а також у період навчання та в мирний час. Оскільки військова служба має свої особливості, різний ступінь фізичних та особистісних змін, проблема дослідження життєстійкості у військових, які зазнали поранень під час війни, є особливо актуальною.

Ключові слова: *життєстійкість, військовослужбовці, травматичні впливи, стрес, психічне здоров'я.*

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Introduction. Hardiness is one of the key variables of person that ensures the psychological well-being of a soldier, helps to cope with the extreme and stressful situations. In the process of development hardiness maintains a high level of activity. The traumatic effects of extreme conditions of military service, the high level of tension and risk in the activities of soldiers determine the importance of addressing the issue of hardiness resources formation, as well as determining

the place and role of soldiers resilience in ensuring the psychological well-being of person.

The problem of hardiness is currently relevant. The high pace of modern life, large amounts of information, and global crises all have different effects on people, impose increased demands on them, and test their stress resistance. There is no doubt that hardiness depends on the amount of personal resources, initial internal settings and experience.

The concept of hardiness was first defined and most fully presented by S.Maddi and S.Kobasa. S.Maddi viewed hardiness as a phenomenon that is part of the core of the system, which helps to overcome and reduce the negative impact of stressors, while maintaining the psychological well-being of the individual. In other words, hardiness helps to reduce the level of psycho-emotional stress in a stressful situation and overcome the adverse effects of the stressor in the best way [12].

O.Datsenko considered hardiness as a personal feature with certain characteristics. Also, this concept is defined through a personality feature, for example, as a measure of a person's ability or as a set of attitudes [5]. Hardiness can be a resource of personality [13], courage [4] and also possibility to act in spite of life situations [9].

According to V.Bedan, this phenomenon is the ability to "turn problematic situations into new opportunities" [1].

Hardiness includes behavioral, cognitive, motivational and emotional components [1; 13].

The behavioral component consists of behavioral patterns and coping skills available to the individual to overcome various situations.

The cognitive component is responsible for the cognitive assessment of a situation that can or cannot be overcome or that is on the verge of personal capabilities.

The motivational component is characterized by the motive of the person's activity, and the emotional component is responsible for affective regulation and the ability to cope with the situation [2].

Hardiness is also defined as a complex concept that includes resilience, the use of personal potential, the possibilities of the situation and the flexibility to choose the necessary strategies to overcome and refuse unfavorable ones.

In foreign studies, the word "resilience" instead of "hardiness", is often used as the ability to adapt to new negative life conditions. Resilience is something that is consistently present in a person and helps him or her cope with difficult life situations. It is important to note that using only one coping strategy each time is exhausting for an individual, while using a variety of available personal strategies is most productive in adaptation [6].

S.Maddi identified the following factors of resilience: hereditary factors; stress (physical, psychological); stressful circumstances (chronic unresolved internal conflicts, acute destructive changes); somatic problems (somatic diseases, mental exhaustion, vision of prospects in an unfavorable situation); social support (psychological assistance of the person's close social environment); sustainable lifestyle (care for health, nutrition, physical tone of the body) [12].

Research core material. Hardiness is developed in the early childhood, based on the peculiarities of child-parent relationships, and only in adulthood does one rethink of the personal qualities to overcome situations. When defining the phenomenon of

hardiness, S.Maddi added the category of meaning. It is important how a person experiences a situation internally, what they rely on in the process of experiencing it, what qualitative strategies they adopt and what guides their choice, because these decisions can lead to either gaining new experience or getting stuck in trauma. In other words, they can be focused on the future or the past. For example, strategies aimed at new experiences and overcoming them are also based on the person's past, but require a new way of acting. However, a person can make decisions that keep him or her in the past and that he or she draws from past experience, but without being active in a new direction and without striving to act differently [12].

S.Muddy identified three components of hardiness: engagement; control; and risk taking.

A person with developed involvement can find something valuable in different situations due to their involvement in the situation and their active position in it. A person with developed control believes that by influencing the situation, it is possible to change it. There are situations in which it is easy to change something or which require a lot of effort to resolve. If the analyzed component is underdeveloped, the individual avoids difficulties and sets easy goals, remains passive in his or her own and almost believes in the effectiveness of the efforts. A person with a well-developed risk-taking component considers various events to be life experiences that can be relied upon in the future. The more such experiences they have, the more versatile they are.

A person with developed hardiness (pronounced resilience components) has a great deal of personal resilience and great life experience, and is active in overcoming difficult situations. These three components are evident in the person's attitudes and beliefs, behavior, and emotional response. Thanks to these components, the individual, with different degree of success, copes with traumatic situations [12].

Hardiness is associated with a sense of happiness and a sense of life satisfaction. It is important to develop all components of hardiness to realize psychological well-being and overcome stressful situations with less emotional cost. A high level of hardiness sets the activity and motivates to work so that stressful events are passed favorably [13].

It is worth noting that the psychological resources of each individual are limited, but knowing the quantity and quality of these resources, one can build their regulatory behavior. In the course of any activity, difficulties arise, but a person can learn to overcome them in a favorable way.

Hardiness is a personal feature that includes certain components (control, involvement, risk taking) and is characterized by various resources necessary to overcome life situations. Hardiness depends on psychological stress, peculiarities of stressful circumstances and resilient coping, as well as social support. This feature is manifested in different situations depending on the state of the person's

resources at the time and the quality of development of these psychological factors in a particular individual.

Nowadays, based on the analysis of socio-political factors of the current situation in the world, the study of personal qualities related to aggression and the neuropsychological state of military personnel is of particular importance.

The problems of society always affect the personality of soldiers and affect the quality of manning military units with soldiers with the necessary professional and mental characteristics. People with nervous and mental instability and high aggressiveness can have a negative impact on the activities aimed at ensuring the combat capability of military units.

The study of personal psychological characteristics of soldiers allows to identify people with certain psychological difficulties who need psychological assistance. In order to determine the need for assistance, both the feeling of psychological distress of the servicemen themselves and generalized ideas about the norm of mental health are very important, allowing to determine with a certain degree of probability the presence of deviations in a particular person [8].

The most general criteria characterizing the norm of mental health are:

- correspondence of subjective images to the reflected objects of reality, as well as proportionality and compliance of the nature of the reaction to external factors, the significance of life events;
- ability to adapt in microsocial relations;
- the ability to control the own behavior, change it depending on the situations, reasonably plan life goals and maintain activity in achieving them;
- a critical approach to life circumstances, a sense of responsibility for offspring and close family members.

Military service is necessarily accompanied by significant mental and physical stress. Changes in the rhythm of life, separation from family, statutory daily routine, regulated behavior, the need to conform to, the inability to have privacy, the increased responsibility, certain domestic inconveniences, unusual climatic and geographical conditions, and various occupational hazards, accompanying this or that type of military work (limited space, noise, vibration, temperature loads, electromagnetic radiation, rocket fuel components, operator's activities, emergencies etc.) – all this places increased demands on the state of mental and physical health of soldiers [7].

Even bigger reasons for the development of pathology in soldiers appear in the context of combat operations. The need to survive in the environment of death and destruction, negative impressions, moral and psychological unpreparedness, fear of not being able to cope with duties, feelings of guilt over the dead, uncertainty and lack of information, disruption of sleep, rest and nutrition, injuries and wounds, and the lack of a reserve of possible responses in previous experience are the main factors affecting the psyche of servicemen in modern warfare. During

the military actions, 75 % of soldiers may have short-term psychological stress reactions accompanied by partial or complete loss of the combat capability.

Nowadays the commanders of all ranks should and must intensify their efforts to preserve the mental health of their personnel.

A number of psychodiagnostic techniques are used to determine the level of aggression and neuropsychological stress in a military (training) unit, to analyze the peculiarities of behavior in the difficult situations where signs of instability are particularly appeared.

Based on the results of the diagnosis, "a group of risk" is may be identified among the soldiers who are included in the dynamic observation group. The military psychologist, together with the commanders, develops and implements a system of group or individual corrective measures.

According to world statistics, approximately every third participant of military action is injured during the war and suffers from some form of neuropsychiatric disorders. Among those who became disabled, the number of such people is even higher.

Depending on many factors (time spent in extreme conditions, intensity of traumatic experience, psychological characteristics of the participants, timeliness and intensity of psychological assistance), the consequences of participation in military actions can be short-term or long-term.

The problems of military hardness disorders as a result of participation in war actions and trauma are usually identified as the presence of fears, increased demonstrative behavior, aggressiveness and suspicion, and mental instability. Their behavioral characteristics include conflict in the family and at work, outbursts of anger, alcohol and drug abuse. War veterans are also characterized by feelings of guilt for surviving, identification with killed people, a state of pessimism and self-doubt, a sense of unreality of what happened in the war and loss of control over the course of events, negative attitudes toward the representatives of government, rejection of veterans of other wars and the desire to take out anger on someone for being sent to war and for everything that happened there.

The process of adaptation to new living conditions is influenced by the characteristic features of a person. The behavior of a person who has returned from war combines the ways of behavior formed under the influence of stress factors of the military situation and the former (pre-war) ways of behavior [10].

The psyche of each person reacts differently in the extreme actions. The mechanisms of protective behavior can include motor excitability and activity, aggression, apathy, mental regression, alcohol and drug use.

Various delayed reactions to the psychotraumatic events of war are manifested depending on the individual characteristics of the soldiers. Such fact can provide fixation on the trauma, typical dreams, a decrease of the overall level of mental activity, irritability or explosive aggressive reactions [3].

Almost all military personnel who suffered injuries during the war have severe primary symptoms of PTSD for a long time.

In modern psychology, the concept of hardiness has been introduced as one of the key resources that influence the use of strategies for overcoming life problems.

Conclusions. Hardiness is a characteristic of a personality that allows to cope with distress effectively and always in the direction of personal growth. Hardiness helps to actively overcome difficulties by actualizing concern for the own health and well-being, as well as seeking social support to help overcome stress. Therefore, it is especially important to teach hardiness to soldiers who have been injured and have PTSD.

Having analyzed the approaches of understanding the hardiness as a system of human beliefs related to ways of overcoming stress and personal choices, we can assume that soldiers who were wounded with PTSD have a reduced level of hardiness as a reaction to traumatic experience.

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