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Development of emotional and Volitional Resilience of Future Officers of Defense and Security Sector of Ukraine During Professional Training

Abstract. *The article highlights the specifics of emotional and volitional resilience development of future officers of the Defense and Security Sector of Ukraine during professional training at the higher military educational institutions (HMEI). The emotional and volitional resilience of future officers of the defense and security sector of Ukraine is considered as a holistic characteristic of the mental component of their purposeful managerial activity in everyday and, especially, extreme and combat conditions, readiness to resist the stressogenic influence of stress factors of adverse situations of military-professional activity. influence of stress factors in adverse situations in military and*

professional activity. The emotional and volitional resilience includes a systematic practical ability to withstand extreme excitement and emotional stress under the influence of military service stressors, in particular, stress factors of the combat situation. Stimulation of emotional and volitional resilience of future officers should include exercises and techniques modified in accordance with the purpose and objectives of the training program at the HMEI for the formation and development of cadets' resilience. The specified professional training should be filled with necessary, practically oriented psychological knowledge and enrich the entire educational process with not only methods to form emotional and volitional resilience, but also create conditions for the internal growth of the cadets' personality. Thus, training program for the formation and development of emotional and volitional stability of cadets should be an important addition to the system of psychological training that functions at the HMEI of the security and defense sector of Ukraine.

Keywords: *emotional and volitional resilience, cadet, professional training of future officers, security and defense sector, training.*

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Introduction

Problem statement. Nowadays conducting the conduct of modern warfare war requires from a military personnel mental stability, confidence in one's actions and physical endurance. The problem of his or her emotional and volitional resilience is of particular importance, because it directly influences the speed of action and adequate behaviour in a variety of complex and controversial situations. In the context of a full-scale war with against russia, most officers of the defense and security sector of Ukraine perform tasks related to real combat situations. In these conditions, the insufficient development of their emotional and volitional resilience, accompanied by significant psycho-emotional stress, leads to erroneous decisions, and in extreme cases, panic, inadequate accomplishing of tasks or refusal to perform them. Also, these activities are accompanied by a reasonable risk to their life and health.

Prolonged performance of duties Long-term performance of the duties in a tense stressful situation leads to maladjustment, causes maladaptation, decreased low body resistance, neuropsychic overstrain, mental exhaustion, resulting in the development of persistent negative mental states of servicemen. One of the determining components of the

successful performance of combat missions by an officer is the proper level of emotional and volitional resilience to the psycho-traumatic factors inherent in modern combat operations, the ability to maintain concentration and make informed management decisions. However, the existing experience of military professional training of future officers at the Higher Military Education Institutions (HMEI) of Ukraine makes it possible to state the urgent need to find ways to increase the level of their emotional and volitional resilience in the process of professional training.

Analysis of recent research and publications. Emotional stability has been studied in psychological science by V. Nebylitsyn, P. Zilberman, L. Abolin and others. The phenomenon of emotional and volitional resilience was studied by N. Babych, V. Vlasov, P. Zilberman, and S. Kruchinin. The professional resilience of pilots, astronauts, athletes, operators and teachers was studied by H. Berehovyi, L. Borysova, I. Dimura, Ye. Kovalchuk. The general regularities and importance of forming the will of military personnel in overcoming the difficulties of military activity were the subject of the works of H. Lukov, A. Maklakov, A. Shramenko. The development of professionally important qualities of officers was studied in the works of V. Roilian, B. Bakhireiev. Stressful situations and adaptation to them were studied by I. Volkov, O. Luriia, O. Ovchinnikova, A. Petrovskyi. The actions of servicemen in a stressful situation were described in the works of M. Diachenko and V. Diachenko.

The purpose of this study is to substantiate the content of emotional and volitional resilience of future officers of the security and defense sector of Ukraine and to characterize the ways of its effective formation in the process of professional training at higher military educational institutions.

Results and Discussion

In modern psychological and pedagogical literature the ability to resist real and imaginary danger, to overcome negative feelings and states with willpower is called emotional and volitional resilience. It allows a person to manage his or her feelings, remain calm, and take appropriate actions in critical circumstances. It is known that people react

differently to danger: some experience difficulties that decrease in the course of training, while others, on the contrary, feel an unusual surge of strength [1]. Resilience indicates a dynamic process of adaptation that can be facilitated through supportive relationships, meaningful work, positive emotions, and effective coping strategies [2]. Emotional resilience means the ability of a person to adapt to stressful situations, maintain psychological well-being, and overcome the adversity [3].

The scientists understand the emotional and volitional resilience of an army officer as the ability to overcome difficulties and shortcomings of service without negative emotions, as the ability to control one's emotions even in extreme situations. So, formation of officers' calmness, resilience, ability to overcome fear, ability to withstand danger without reducing the effectiveness of professional tasks directly depends on their level of emotional and volitional resilience [1].

Emotional and volitional resilience can be considered as one of the important indicators of psychological preparedness of military specialists for professional activity. As noted by Ye. Potapchuk, emotional and volitional resilience is the ability to withstand real danger, to show mental endurance and resistance, to overcome negative feelings and mental states by volitional efforts, and it is developed in the process of psychological training [4]. The main work on its formation should be carried out under the guidance of a competent officer or psychologist in the course of professional psychological training. Of course, Needless to say, his does not exclude the possibility of self-development and improvement of the emotional and volitional qualities of military professionals in their free time.

Emotional resilience includes the ability to effectively regulate one's emotions and interact with other individuals in emotionally complex situations [5]. The emotional stability is also described as the ability of an emotionally excited person to maintain a predetermined direction of their actions, as well as the ability to control their emotions and suppress emotional reactions. Individuals with high levels of emotional and volitional resilience are more likely to experience greater well-being, success, and satisfaction in their lives" [6]. The existence of a number of different approaches to defining the concept of "emotional and volitional resilience" requires a thorough analysis and generalization. The concept of "emotional resilience" is considered by O. Chebykin and I. Pavlov as the processes of

excitation and inhibition of the nervous system. One of the leading qualitative characteristics of emotional stability is the ability of a person to maintain an appropriate level of readiness to perform professional duties in the face of negative factors, while in the classification of the author the emotional resilience can be divided into:

emotional-volitional (the degree of volitional control of a person's emotions);

emotional-motor (psychomotor stability);

emotional and sensory (stability of sensory actions) [7].

Further consideration of the views of researchers on the concept of "emotional and volitional resilience" requires an analysis of the term "volition" and its interpretation.

The study of the will and the ways of its formation dates back to ancient times and was developed in the Middle Ages. Philosophers interpret the term "volition" mainly as a conscious regulation of the subject's activity and behavior, which ensures overcoming difficulties in the process of achieving the goal. According to modern researches, the definition of the term "volition" is mostly interpreted as the ability to overcome obstacles by performing purposeful actions and deeds or mental self-regulation of the individual [1].

The volitional properties of a personality, which are formed in unity with others, characterize the level of conscious self-regulation of their behavior and activities achieved by a personality, while the scientist defines the volitional qualities of a personality through the concepts of "abilities" and "skills". The determining criteria for its manifestations are volitional actions, choice of motives and goals, regulation of internal states of a person, volitional properties of a personality.

The allocation of volitional qualities that are key ones in the military professional activity of a future officer requires taking into account the integrative nature of the profession and the combination of a number of functions of an officer, among which the most important are managerial and organizational. Also, the most important volitional qualities, the formation of which ensures the successful performance of service and combat tasks by an officer, include volitional qualities that reveal the ability of a person to constantly set vital and socially important goals and to subordinate one's own behavior to their achievement of volitional qualities that characterize a person's ability to constantly look for

ways to achieve a goal, to carry out decisions (activity, initiative, determination, energy, independence, responsibility, perseverance); volitional qualities that characterize a person's ability to subordinate his or her own behavior to objective necessity (discipline, courage, resilience, courage) [1].

We agree that the priority areas for the formation of volitional qualities of future officers during their studies in higher military educational institutions are as follows: development of the ideological and moral basis of volitional behavior; systematic accumulation of experience of volitional behavior, development of the ability to set realistic goals, make appropriate decisions, implement them, overcome difficulties; development of the desire for self-development of volitional qualities, self-criticism.

L. Zajak, L. Zajac, speaking about the ways to form emotional-volitional resilience, mentions experiential learning, such as service projects, professional development programs and leadership training can enhance emotional-volitional resilience by providing opportunities to develop skills and build confidence in one's ability to overcome challenges [8].

The development of a future officer's volitional qualities and the formation of skills to control emotions are the basis for the formation of emotional and volitional resilience as a basic component of the officer's profession. We agree with S. Denizhna, who defines the emotional and volitional resilience of an officer as the ability to maintain a stable mental state in difficult conditions, favorable for successful work, and identify the main personal and professional qualities that are reflected through absence of psychological reactions of officers that reduce the effectiveness of actions in extreme situations and give rise to inaccuracies, mistakes, errors; training to achieve perfect performance of professional duties in psychologically difficult conditions; ability to maintain professional vigilance, show reasonable alertness and attention to risk, danger, and surprises; resistance to psychological pressure; the ability to control oneself in psychologically tense, conflictual, stressful situations [9], which is fully inherent in the profession of a military specialists and officers of the defense and security sector in particular.

H. Dzvonyk emphasized that in the context of a practical psychology, emotional and volitional resilience is defined as the ability of the psyche to maintain high functional

activity under conditions of stress and frustration, both because of adaptation to them and as a result of a high level of development of emotional and volitional self-regulation [10].

Based on the above, the definition of the officers' emotional and volitional resilience can be interpreted as a complex practical property of their psyche, which is manifested in its stable functional state under the influence of stressors of unfavorable circumstances. If there are obstacles in the professional activities of servicemen to achieve the goal, then professional training alone is not enough and they use the will as a mental quality and emotions as a class of mental state. According to S. Zinchenko, personal readiness of future officers to work in extreme conditions is emotional, intellectual, volitional, motivational attitude to one's professional duties, a sense of responsibility, confidence in success, the need to perform tasks at a high professional level, mobilization of forces, overcoming uncertainty, etc. [11].

We agree with V. Yagupov [12], who identified the main indicators of professionalism of an Armed Forces officer, which will enable him or her to act successfully in extreme conditions, namely:

- professional competence as a military serviceman and a representative of the military organization of the state, which is manifested in the perception of himself as a military specialist and on the other hand his perception by society and the military environment as a military professional;
- military-professional competence as a representative of a specific type of troops, for example, the Land Forces, the Air Forces, the Naval Forces of the Armed Forces of Ukraine;
- special or professional competence of a specific military specialist, for example, a commander, engineer, logistics officer, who also have different manifestation of emotional and volitional resilience depending on the specific type of troops;
- personal and military-professional qualities and attributes of an officer in an extreme activity, among which the mental resilience to extreme conditions of action is the leading one;

- clear awareness of the professionally important goals of service and combat activity as a subject of military-professional activity;
- skills to work with modern information technologies, methods and means of solving problems in case of hostilities;
- low level of dependence in the process of implementation of professional competences from external factors, i.e. professional subjectivity, manifested in autonomy in the process of accomplishing professional competences;
- success, productivity and efficiency of military professional activity as actualization of military professional competence. Their creative consideration in the specific circumstances of extreme conditions of activity will help enrich the emotional and volitional resilience of officers.

The generalization of the results of research by scientists on the concept of "emotional and volitional resilience" allows us to come to the conclusion that it is mostly considered as a complex mental formation, which is the result of the integration of certain mental processes and phenomena. With regard to future officers, emotional and volitional resilience, in our opinion, is an integrative property of the personality, which is formed in the process of military-professional training in a specially created educational environment of a higher military educational institution, the proper level of formation of which ensures the successful performance of educational and service-combat tasks under the influence of psycho-traumatic factors [13-15].

Preparation for actions in combat situations is an integral indicator of the professional training process of the HMEI. Its structure covers the same subsystems as the professional training system in general. The system-forming factor is the requirements of professional activity for the training process, which ensures the formation of skills to act in combat situations [16]. The most important basis of professional training for the formation of emotional and volitional resilience, which conveys the objective logic of the organizational construction of the process of tactical and special training of future officers, are such principles as: continuity, regularity, alternation of loads and rest, sequence, distribution of training material, cyclicity, dynamism and phasing, specialization, multidirectionality, rhythmicity and feedback.

The formation of emotional and volitional resilience have to should be carried out with the help of active socio-psychological training methods, among which we can highlight such as: self-diagnosis, group discussion, obtaining psychological knowledge about certain aspects of psychological stability, forming psychological competence in the field of stability and personal growth.

Stimulation of emotional and volitional resilience of future officers should include exercises and psychotechniques modified in accordance with the purpose and objectives of the training program for the formation and development of cadets' resilience. The specified components of the program should be filled with psychological knowledge, which has a practical orientation and enriches the entire educational process with not only methods to form emotional and volitional resilience, but also creates conditions for the internal growth of the cadets' personality. Thus, training programs for the formation and development of emotional and volitional stability of cadets of higher military educational institutions should be an important addition to the psychological training that functions in the Armed Forces of Ukraine [1].

Speaking about practical tools and learning activities to raise the level emotional and volitional resilience of future officers of the defense and security sector of Ukraine, the following can be used:

- psychodiagnostics (observation, conversation, testing);
- training to develop professional memory, attention and observation;
- psychophysical training for overcoming obstacles;
- ideomotor training;
- trainings using elements of surprise, lack of time, noise and fire effects;
- trainings to act and make decisions in situations related to the perception of suffering, blood, wounds, injuries, death;
- learning the basics of autogenic training, self-suggestion, self-belief, mood training;
- - situational psycho-regulatory training.

The expediency of practical classes and trainings on the formation of emotional and volitional resilience is justified by the existence of a well-known pattern: a person who has

repeatedly fallen into difficult conditions and coped with them, has more chances to successfully come out from another extreme situation than a person who has never been in similar situations. The analysis of errors and gaps of the future officers of the defense and security sector of Ukraine regarding performance of combat tasks proves the need to improve the methods of forming the emotional and volitional resilience of future officers of the defense and security sector of Ukraine to the frustrating and stressogenic effects of combat actions.

Conclusions and Prospects for Further Research

The emotional and volitional resilience of future officers of the defense and security sector of Ukraine is a holistic characteristic of the mental component of their purposeful managerial activity in everyday and, especially, extreme and combat conditions, readiness to resist the stressogenic influence of stress factors of adverse situations of military-professional activity. It includes a systematic practical ability to withstand extreme excitement and emotional stress under the influence of military service stressors, in particular, stress factors of the combat situation. Stimulation of emotional and volitional resilience of future officers should include exercises and psychotechniques, it should be filled with practically oriented psychological knowledge and enrich the entire educational process and form not only emotional and volitional resilience, but also creating conditions for the internal growth of the cadets' personality. The program for the formation and development of emotional and volitional resilience of cadets of higher military educational institutions should be an important addition to the psychological training of the personnel of the defense and security sector of Ukraine.

The study conducted do not solve the problem of formation of emotional and volitional resilience of future officers completely and further research should encompass the ways to enrich the methodological component of the mentioned aspect of the educational process at the higher military educational institutions.

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Формування емоційно-вольової стійкості майбутніх офіцерів сектору безпеки та оборони України в процесі професійної підготовки

Анотація. У статті висвітлено особливості формування емоційно-вольової стійкості майбутніх офіцерів сектору оборони та безпеки України в процесі професійної підготовки у вищих військових навчальних закладах (ВВНЗ). Визначено, що емоційно-вольова стійкість майбутніх офіцерів сектору оборони та безпеки України є складною динамічною інтегративною властивістю особистості, що забезпечує їх ефективну діяльність в складних умовах військово-професійної діяльності, особливо під час бойових дій. Авторами наголошено, що емоційно-вольова стійкість включає практичне вміння витримувати емоційне напруження під впливом стресових факторів бойової обстановки та зменшує негативні емоційні впливи, попереджує стрес, сприяє появі готовності до дій в екстремальних ситуаціях. Виявлено, що високий рівень сформованості емоційно-вольової стійкості дозволить посилити ефективність службово-бойової діяльності, саморозвитку та самоактуалізації майбутніх офіцерів сектору безпеки та оборони. Формування емоційно-вольової стійкості майбутніх офіцерів сектору оборони та безпеки України в процесі професійної підготовки у ВВНЗ має включати організацію проведення психологічних тренінгів, аутогенних тренувань, оволодіння курсантами навичками та вміннями емоційної саморегуляції діяльності, виконання вправ та психотехнічних прийомів, водночас формувати необхідно не лише емоційно-вольову стійкість, а й створювати умови для внутрішнього зростання особистості курсантів. Формування та розвиток емоційно-вольової стійкості курсантів вищих військових навчальних закладів має стати важливою складовою психологічної підготовки особового складу підрозділів сектору оборони та безпеки України. Виявлено, що формування емоційно-вольової стійкості курсантів вищих військових навчальних закладів необхідно здійснювати за допомогою активних соціально-психологічних тренінгових методів, проведення спеціальних вправ та використання відповідних прийомів формування та розвитку цієї якості, що в цілому сприятиме

реалізації умов для зростання особистості курсантів. Таким чином, формування емоційно-вольової стійкості курсантів вищих військових навчальних закладів повинно бути важливою складовою системи професійної підготовки майбутніх офіцерів у ВВНЗ.

Ключові слова: *емоційно-вольова стійкість, курсант, професійна підготовка майбутніх офіцерів, сектор безпеки та оборони, тренінг.*

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