

Socio-Psychological Adaptation Of The Operational Staff Of The Ministry Of Emergency Situations To Activities In Extreme Conditions

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Abstract— The relevance of the study of the adaptation of the operational staff of the Ministry of Emergency Situations is due to the fact that the extreme nature of the activity requires not only professional selection, but also social and pedagogical support for employees, monitoring their psycho-emotional state, psychological stability, and adaptive abilities for timely corrective action.

Issues of improving the personnel potential of the operational staff, psychological support of the work of the team are considered as the most important factor in increasing the efficiency of the performance of the employees of the Emergencies Ministry.

The main problem of the study is that, despite the sufficient development of the topic of adaptation to professional activities, the contradictions between the requirements of psychological practice and the lack of theoretical substantiation of the problem of psychological adaptation of the operational staff of the Ministry of Emergency Situations to professional activities in extreme conditions remain.

The object of the study is adaptation to activities in extreme conditions. Subject - the socio-psychological adaptation of the operational staff of the Ministry of Emergency Situations to activities in extreme conditions.

The purpose of this work is to identify the characteristics of the socio-psychological adaptation of the operational staff of the Ministry of Emergency Situations to activities in extreme conditions.

The study used the following techniques: author's questionnaire and analysis of documents; diagnostics of the socio-psychological adaptation of C. Rogers and R. Diamond; Multi-level personal questionnaire "Adaptability - 02" (MLE-AM), A.G. Maklakova and S.V. Chermnyanin.

The sample of the study was 80 men - the operational staff of the Ministry of Emergency Situations, age from 22 to 45 years, work experience from 1 month to 10 years.

In the course of the study, a comparative analysis of the level of socio-psychological adaptation and the degree of neuropsychological stability of the operational staff of the Ministry of Emergency Situations with different service life was conducted. It was found that subjects with experience of service from 6 months to three years have the lowest level of socio-psychological adaptation and neuro-psychological stability. Based on the data obtained, recommendations were developed on the socio-psychological support of the operational staff of the Emergencies Ministry.

Keywords— adaptability, socio-psychological adaptation, stress resistance, neuro-psychological stability, the operational staff of the Ministry of Emergency Situations.

I. INTRODUCTION

The study of the ability to adapt a person, a professional to changing social conditions is one of the most significant problems at the present stage of development of society. The importance of the study of the socio-psychological adaptation of EMERCOM employees is due to the fact that the extreme nature of their activities requires the presence of certain personality traits, adaptive capacity, contributing to the rapid and effective mobilization of mental and physical forces, instant adaptation to activities in extremely tense conditions.

Issues of improving the personnel potential of employees of the Ministry of Emergency Situations, psychological support of work with the team are considered as the most important reserve for increasing the efficiency of service activities of security forces.

The problem of psychological adaptation of personality is widely studied in foreign psychology (Z. Freud, A. Adler, E. Erickson, G. Allport, D. Rotter, C. Rogers, and others). The modern concept of adaptation is also based on the works of I.P. Pavlova, I.M. Sechenov, P.K. Anokhina, O.I. Zotovoy, I.K. Kryazhevoy, A.G. Maklakova.

The relevance of this topic is determined by the need to study the characteristics of the socio-psychological adaptation of EMERCOM employees in the current conditions of ongoing reforms in this structure, as well as the increasing number of cases indicating the disadaptation of employees (abuse of power, nervous disorders, suicide, etc.).

The main problem of the study is that, despite the sufficient development of the topic of adaptation to professional activities, the contradictions between the requirements of psychological practice and the lack of theoretical substantiation of the problem of socio-psychological adaptation of the Ministry of Emergency Situations to professional activities in extreme conditions remain.

II. RESEARCH METHODOLOGY

The object of the study is adaptation to activities in extreme conditions.

Subject - the socio-psychological adaptation of the operational structure of the Ministry of Emergency Situations to activities in extreme conditions.

The purpose of this work is to identify the characteristics of the socio-psychological adaptation of the operational structure of the Ministry of Emergency Situations to activities in extreme conditions.

Hypothesis: there is a relationship between the level of socio-psychological adaptation of employees of the operational staff of the Ministry of Emergency Situations and the length of their professional activity in extreme conditions: socio-psychological adaptation is reduced for employees with a service life of 6 months to 3 years.

Objectives of the study:

1. to analyze the research of psychologists on the problem of socio-psychological adaptation of the Ministry of Emergency Situations to professional activities;
2. to identify the level of socio-psychological adaptation and neuropsychic stability of the EMERCOM employees with different service lives;
3. to develop recommendations for the socio-psychological support of the operational staff of the Ministry of Emergency Situations.

Theoretical and methodological base of research: the work of A.A. Nalchadzhana (theory of psychological adaptation of personality at the level of personal mechanisms) [1], V.S. Aseeva (system analysis of the problem of adaptation) [2], A.G. Maklakova (concept of personal adaptation potential) [3] and others.

III. RESEARCH METHODS / STUDY DESIGN

The study used the following methods:

1. Author's questionnaire and analysis of documents.
2. Diagnosis of the socio-psychological adaptation of C. Rogers and R. Diamond;
3. Multi-level personal questionnaire "Adaptability - 02" (MLE-AM), A.G. Maklakov and S.V. Chernyanin.

The sample of the study was 80 men - the operational structure of the Ministry of Emergency Situations, age from 22 to 45 years, work experience from 1 month to 10 years.

The study of the socio-psychological adaptation of the operational staff of the Ministry of Emergency Situations to the professional activity took place in two stages. At the first stage, using the analysis of documents and the author's questionnaire, three groups of subjects were formed according to the criterion of seniority of service. The first group consisted of subjects with experience of service from 1 to 6 months. In the second - from 6 months to 3 years, in the third - from 3 to 10 years.

At the second stage of the study, a comparative analysis was made of the level of socio-psychological adaptation and the degree of neuropsychic stability of the operational staff of the Ministry of Emergency Situations with different service lives.

IV. THE RESULTS OF THE STUDY AND THEIR DISCUSSION

Theoretical analysis of the literature on the research problem showed that the activities of the operational staff of the Ministry of Emergency Situations are characterized by increased complexity and intensity, and can cause pronounced physiological and psychoemotional stress. Giving a socio-psychological characteristics of this type of activity,

first of all, it should be noted that it is associated with a risk to life. As modern researchers note, the activities of the operational staff of the Ministry of Emergency Situations have become incomparably more difficult, tense and dangerous because they are associated with the use of various technical means, weapons and special equipment. [4, 5] Work in the Ministry of Emergency Situations is complicated by considerable physical exertion and neuro-psychological stress. Such specificity of activity is accompanied by a high degree of personal risk, responsibility for people and the safety of material values, with the need to make a decision under time pressure. In addition, the activity of firefighters proceeds in extremely unfavorable conditions, characterized by high temperature, the presence of toxic substances in the environment. Additional difficulties are associated with the violation of the natural mode of work and rest, namely, periodic round-the-clock duty contribute to the development of pathological processes. [6].

As is known, a specific stress factor for the professional activity of firefighters is the anxious waiting mode when carrying out daily alert duty. For some firefighters, the excitement caused by waiting for a fire is accompanied by a reaction that may outweigh the reaction that occurs during the fighting. During his work shift, the Emergencies Ministry officer is in a state of constant readiness so that in the event of a crisis situation, hurry to the scene to resolve it. In the work of A.V. Osipova cites the following data: after duty with fire extinguishing, the efficiency of personnel is reduced to 76%, while indicators of fatigue assessment after daily duty with fire extinguishing correspond to the fifth and sixth categories of severity of labor. The dynamics of working capacity and the degree of fatigue of the fire brigade personnel, taking into account the peculiarities of operational activities, indicate that, according to the criteria of severity, fireman's work falls into the category of heavy and very hard work [7]. The professional activity of the operational staff of the Ministry of Emergency Situations has specific features, the main of which are: high level of danger, high level of trauma, high level of stress, riskiness, high level of responsibility, uncertainty of the situation, actions in conditions of limited space and time deficit.

In this regard, the problem of socio-psychological adaptation to the activities of the operational staff of the Ministry of Emergency Situations is extremely important. It is important to remember that the success of adaptation depends largely on a number of objective and subjective conditions: functional state, social experience, attitudes and much more. [8, 9] There are a number of personal characteristics that are distinguished by relative stability and largely determine the success of adaptation to the most diverse conditions of activity. Among such characteristics are AG. Maklakov attributes the level of neuropsychic stability, peculiarities of a person's self-esteem, a sense of his importance to others, the level of conflict, the experience of building contacts with people, an orientation to the moral norms of society, the degree of acceptance of group norms of the military collective. [ten]

Based on a theoretical analysis of the literature, a model of empirical research was developed, which involved solving a number of problems.

At the first stage of the study, an analysis was made of the results obtained from questionnaires and documents.

Questionnaire questions were aimed at identifying the age of employees, work experience, subjective assessment of satisfaction with the activity. On the basis of data on work experience, three groups were formed: the first group included subjects with experience from 1 to 6 months; in the second - from 6 months to 3 years, in the third - from 3 to 10 years (see table 1.).

TABLE I. THE DISTRIBUTION OF SUBJECTS INTO GROUPS ACCORDING TO THE CRITERION OF THE DURATION OF SERVICE IN THE MES

	Groups of testees based on work experience		
	<i>1 group from 1 to 6 months</i>	<i>2 group from 6 months to 3 years</i>	<i>3 group from 3 to 10 years</i>
The number of people in the group	25 people	25 people	30 people

At the second stage of the study, a comparative analysis of the level of socio-psychological adaptation and the degree of neuropsychological stability of the operational staff of the Ministry of Emergency Situations with different service life was conducted.

TABLE II. THE LEVELS OF SOCIO-PSYCHOLOGICAL ADAPTATION OF THE OPERATIONAL STRUCTURE OF THE MINISTRY OF EMERGENCY SITUATIONS DEPENDING ON THE LENGTH OF SERVICE

Groups of testees based on work experience	Levels of socio-psychological adaptation		
	<i>High</i>	<i>Medium</i>	<i>Low</i>
1 group From 1 to 6 months (25 people)	60% 15 people	40% 10 people	0
2 group from 6 months to 3 years (25 people)	24% 6 people	48% 12 people	28% 7 people
3 group from 3 to 10 years (30 people)	27% 8 people	57% 17 people	16% 5 people

Table 2 shows that a low level of socio-psychological adaptation was found in employees with a service life of 6 months to 3 years (28% of subjects) and in 5 people with a service life of 3 to 10 years (16%). Employees with a low level of socio-psychological adaptation recognize the presence of some anxiety, anxiety, fatigue, experiencing tension, self-doubt, and prostration.

A high level of socio-psychological adaptation was demonstrated in group 1 (60%). This is explained by the fact that these employees, who successfully passed the professional selection, are eligible for activity. However, they are still in training and there were no visits to the facilities.

In terms of training, they deny they have a feeling of fatigue, anxiety, irritability. The subjects of this group

recognize the presence of cheerfulness, optimism, they maintain good relations with others, are friendly and cheerful.

Most often, the conditions of professional activity of employees of the Ministry of Emergency Situations are stressful when employees start real activities. The operational composition of the second group is more susceptible to stress factors that provoke anxiety, nervous tension, negative psycho-emotional states, and weaken the process of socio-psychological adaptation.

Next, a study on the methodology of A.G. Maklakov and S.V. Chermyanin "Adaptability-MFO" was conducted. Based on the results of this method, the following ratio of levels according to the proposed scales was revealed:

- on the scale of "Neuropsychic Stability" (NPU) the following results were obtained. High neuropsychic stability was found in 20% of subjects; This level of NHRI is characterized by a low probability of mental disorders, a high level of behavioral regulation;

- An average NPU was detected in 65% of subjects: these subjects had a low probability of neuropsychic disruptions, adequate self-assessment and an assessment of the surrounding reality. There may be single, short-term behavioral disorders in extreme situations with significant physical and emotional stress;

- satisfactory NPU was detected in 15% of subjects; This level is characterized by the possibility of extreme mental disorders in extreme situations, accompanied by inappropriate behavior, self-esteem and / or perception of the surrounding reality.

In general, the average level of neuropsychic stability most prevails among the tested employees of the MES, which is manifested in a low probability of neuropsychiatric disruptions, adequate self-esteem and assessment of the surrounding reality. Single, short-term behavioral disturbances in extreme situations with significant physical and emotional stress are possible.

When comparing the results of the two groups (successfully and less successfully adapted), the following was additionally established: subjects with high rates of psychological adaptation generally have high and moderate psychological stability, adequate self-esteem and a high level of behavioral regulation.

On the basis of the obtained data, recommendations were developed in the form of a program of socio-psychological support for the operational staff of the Emergencies Ministry.

The main goal of the developed program is to increase the level of personal adaptation to activities in extreme conditions. The psychological program is aimed at the socio-psychological and professional development of the operational staff of the Ministry of Emergency Situations and increases the effectiveness of adaptation to activities in extreme conditions.

The program consists of training sessions that contribute to the formation of practical skills and skills of social interaction; ability to manage their state and behavior in extreme situations.

In developing practical exercises, we included exercises aimed at: 1) research of intragroup processes; 2) the formation of the ability to make decisions; 3) the formation of skills to manage their state and behavior; 4) the

development of skills of self-control and self-esteem, 5) the development of cognitive processes - memory, attention, observation, spatial orientation.

When developing practical classes, techniques of various psychological schools and directions were used: psychoanalytic techniques, communicative games of transactional analysis, interactive games, symbolic motives.

The content of the program of social and psychological support is represented by three components:

1. Deployed information:
 - about personal features;
 - on the socio-psychological characteristics of the performance of the Ministry of Emergency Situations;
 - about the importance of developing professionally important qualities in extreme conditions;
 - about the need for the ability to manage their state and behavior.
2. Formation of professional skills:
 - plan interactions;
 - use effective psychological techniques.
3. Work on professional and personal qualities:
 - development of the ability of self-control and self-assessment;
 - awareness of oneself as a subject of professional activity;
 - formation of skills of emotional-volitional self-regulation.

V. CONCLUSIONS

As a result of the study, a number of conclusions can be formulated. The activity of the operational staff of the Ministry of Emergency Situations is associated with a variety of extreme situations of various kinds, which requires the mobilization of domestic resources. This fact necessitates an increase in adaptive abilities, in particular, socio-psychological adaptation to activities in extreme conditions. The dynamics of the process of socio-psychological adaptation of the operational structure of the Ministry of Emergency Situations to activities in extreme

conditions is due to the length of service. The most vulnerable group are employees with experience from 6 months to 3 years. In this regard, there is a need to introduce a program of social and psychological support for the operational staff of the Ministry of Emergency Situations, in order to reduce the risks of maladaptation.

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