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## **PARTICULARITIES OF RAISING RESILIENCE IN THE PROCESS OF PROFESSIONAL TRAINING OF SPECIALISTS IN MORAL AND PSYCHOLOGICAL SUPPORT IN UNITS OF SERVICEMEN-COMBATANTS OF THE ARMED FORCES OF UKRAINE**

*The article is devoted to the definition and substantiation of the scientific foundations of the formation of personal resilience in the process of professional training of specialists in moral and psychological support in units of servicemen-combatants of the Armed Forces of Ukraine.*

*It is proved that the formation of the personality of future specialists in moral and psychological support requires the implementation of new approaches both in professional and interdisciplinary training of specialists in accordance with the requirements of the main department of moral and psychological support of the Armed Forces of Ukraine.*

*It is determined that the structure of moral and psychological support occupies a leading role in the general system of comprehensive support for the troops of the Armed Forces of Ukraine. The priority modernization directions of updating the professional education system and increasing the personal readiness of moral and psychological support specialists for service in the combat units of the Armed Forces of Ukraine are highlighted: cultivation of moral virtues that will form the spiritual and value platform of future specialists; preparation for the organization of subject performance of military and professional duties; training based on the competence approach; strengthening of personal resilience.*

*It is emphasized that the formation of a high level of personal resilience of moral and psychological support specialists is a valuable auxiliary factor for the effective performance of military-professional duties and tasks in the combat units of the Armed Forces of Ukraine, which, together with professional competence, will provide a response to actual challenges in a combat environment.*

*The author substantiates: for today the training of specialists in moral and psychological support, whose personal resilience requires high mental and physical stability, is extremely important for service in combat units of the Armed Forces of Ukraine.*

**Key words:** *resilience, moral and psychological support, psychological stability of servicemen of the Armed Forces of Ukraine, professional training.*

**Statement of the problem.** Due to the full-scale war in Ukraine the problem of preserving and restoring mental health has come to the fore in the field of scientific interests today. Research on the resilience of the individual acquires significant importance in determining the factors that become the basis for the stable functioning of the psyche, the fastest possible adaptation, mental elasticity, recovery and post-traumatic growth after exposure to traumatic events. Special attention needs to be paid to the study of professional training methods and methods to strengthen the resilience of morale and psychological support specialists who work in the combat units of the Armed Forces of Ukraine, since this category of people belongs to the group of the greatest risk of not only physical health, but also mental health. The phenomenon of psychological resilience has taken a leading role in overcoming crisis and traumatic situations, in psychological stability in conditions of danger, constant threat to the life and health of military personnel who serve and fulfill combat tasks directly in the combat zone. Both the physical and mental

health of combatants are constantly under the powerful pressure of an existential threat.

The structure of moral and psychological support is an important and integral component of the general system of comprehensive support for the use of the Armed Forces of Ukraine. In modern conditions not only the requirements for the personal and professional qualities of specialists in moral and psychological support have increased significantly, but also the pressure on such specialists in combat units, which requires high resilience of the specialist's personality. Thousands of traumatized, psychologically unstable servicemen clearly testify to the exceptional relevance and necessity of a deep understanding of the problems of professional training of specialists in moral and psychological support in the Armed Forces of Ukraine.

The activities of military personnel require a significant need for the formation and strengthening of the psychological resistance of the individual to the negative impact of various factors when performing assigned tasks, especially in combat conditions.

### **Analysis of recent research and publications.**

The number of scientific studies devoted to the issue of personal resilience is quite significant. Among foreign scientists there are important works of Southwick S. M., Bonanno G. A., Masten A. S., Panter-Brick C., Yehuda, R., Antonio J. Castro, Marazziti M., Fantasia S., Palermo S., Arone A. and others. In the Ukrainian scientific environment there are significant works of E. Grishin, T. Larina, T. Tytarenko, O. Haminich, V. Chernobrovkina, G. Voytovych, T. Fedotova, K. Mazur, N. Chepeleva, O. Chikhantsova, K. Hutsol, H. Lazos. Elements and factors influencing moral and psychological support in the structures of the Armed Forces of Ukraine are actively studied by S. I. Nekhayenko. The studies of the psychological stability of military personnel in the conditions of hostilities are carried out by O. M. Kokun, V. V. Klochkov, V. M. Moroz, I. O. Pishko, N. S. Lozinska.

Our analysis of scientific sources allows us to state that today we have accumulated considerable experience devoted to the above-mentioned issue, but the problem of holistic understanding of the process of professional training and strengthening the resilience of specialists in moral and psychological support is investigated insufficiently.

**The purpose of the article** is to determine and substantiate the scientific principles of the formation of personal resilience in the process of professional training of specialists in moral and psychological support in the units of servicemen-combatants of the Armed Forces of Ukraine.

**Presentation of the main material of the research.** Today high-quality professional education and military training of specialists in moral and psychological support in the structures of the Armed Forces of Ukraine requires not only the acquisition of professional competences, but also high personal resilience during the performance of their official duties in the conditions of hostilities.

To form and maximally realize the moral and psychological capabilities of the personnel of the armed forces, to protect them from negative informational and psychological influence, and especially targeted demoralizing efforts of the enemy in a combat situation, only a coordinated system of moral and psychological support, which allows influencing the psyche of an individual soldier and the moral and psychological state of military teams, can mobilize personnel to solve combat tasks [4, p. 18].

Psychological support is a component of moral and psychological support and is a system of coordinated, targeted measures that are based on the achievements of modern psychological science and are carried out in the interests of the training and use of troops (forces), formation, maintenance and recovery of psychological stability, psychological readiness of personnel, preservation of mental health of servicemen, their family members, civilian personnel, reservists of the Armed Forces of Ukraine.

The main tasks of psychological support are: study and analysis of the moral and psychological state, social and psychological characteristics of personnel and military teams; formation and support of psychological stability and readiness for action in combat conditions among military personnel; forecasting and assessment of psychological states, working out recommendations to the command regarding the optimization of management of socio-psychological processes in parts and subdivisions; carrying out preventive measures to increase emotional and psychological stability; training of personnel in methods of ensuring personal psychological safety; reducing the effectiveness of the enemy's psychological influence, implementing measures to reduce psychogenic losses; psychodiagnosis, psychocorrection and psychological rehabilitation of servicemen who have received combat mental injuries; creation of prerequisites for the formation and maintenance of high combat activity of personnel; adaptation of servicemen to combat conditions, their psychological rehabilitation and socio-psychological re-adaptation; carrying out measures to remove the negative consequences of the influence of the combat situation on personnel, etc. [7, p. 9].

The patriotic and professional moral and psychological state of the personnel of the security and defense sector, in relation to the effective formation of its proper psychological stability, is a decisive factor for ensuring coverage by a single leadership and coordination of the totality of state authorities, the Armed Forces of Ukraine, and other military formations formed in accordance with the laws of Ukraine [2, p. 104].

Formation of military personnel's psychological resistance to psycho-traumatic factors of modern combat operations is one of the main tasks of psychological training of personnel. Commanders, generally understanding the importance of training their subordinates for combat tasks, unfortunately often underestimate the importance of psychological stability in this process [8, p. 184].

It is obvious that moral and psychological support is one of the basic conditions for the successful performance of tasks by the troops (forces) of the Armed Forces in combat conditions, the most important means of forming and maintaining the appropriate moral and psychological state of the personnel, the readiness and ability of servicemen to faithfully perform their military duty regarding the protection of the Motherland.

The effectiveness of moral and psychological support depends on the level of professional training of military personnel functionally oriented to its organization and implementation. Commanders, officials of educational (educational and socio-psychological) work bodies, other military administration bodies, headquarters and services, being subjects of moral

and psychological support, directly implement the technologies of moral and psychological support into military practice. The effectiveness of the moral and psychological influence on the entire activity of troops (forces) in peacetime and wartime largely depends on their professionalism. In this regard, military specialists are subject to high requirements, first of all, the necessary level of theoretical training in tactics, operational art, philosophy, psychology, pedagogy, sociology, political science, law, cultural studies, military history, etc., i.e. in the field of knowledge that determines their professional competence as formal leaders, leaders of military teams, specialists in personnel education [4, p. 274].

Military specialists must have an appropriate level of professional training, possess appropriate skills and work skills in the direction of moral and psychological support for the activities of troops (forces).

Specialists who directly organize and carry out moral and psychological support should have appropriate personal qualities, patriotism, conscientious performance of military duty, the desire to improve professional skills, show initiative, determination, endurance, self-control, courage and heroism, personal responsibility for protection of Motherland. Only with a high level of personal responsibility and a conscientious attitude to the performance of one's official duty can one evoke in subordinates a mental response, a desire to follow an example in training, service and combat [4, p. 274].

Aspects of the military-professional activity of officers of the moral and psychological support structures are always connected with the need to make an independent, balanced and well-founded decision both in the conditions of the everyday life of military units and especially during the execution of combat missions [5, p. 147].

An officer of moral and psychological support structures is not just a military professional who performs military and professional tasks determined by his functional duties, but he is, first of all, an organizer of one of the main types of comprehensive support for operations (combat operations) – moral and psychological software. Today he is faced with the task of carrying out all the necessary measures that will ensure the formation and maintenance of the necessary moral and psychological state in military units and units, which in turn contributes to the successful performance by military units and units of assigned combat tasks with minimal losses of personnel and military equipment [5, p. 149].

By his behavior, the officer – the organizer of moral and psychological support constantly influences the formation of high moral and professionally important qualities in subordinates. Accordingly, there is no doubt that in the conditions of professionalization and at the same time humanization and democratization of the military sphere, the organizer of moral and psy-

chological support becomes one of the key figures in the military environment [5, p. 151].

Successful performance by specialists of moral and psychological support of the entire spectrum of their professional duties requires a high level of development of professional thinking, a high level of military-professional and psychological-pedagogical preparation and mental stability. Officers of the structures of moral and psychological support work with a large number of personnel, for the training of which they bear a high degree of responsibility, which in combat units is characterized by high emotional tension, since their military and professional activities are carried out in rather difficult, as well as directly in combat conditions. Therefore, the formation, maintenance and recovery of a positive moral and psychological state of the personnel, moral and combat qualities necessary for the successful performance of combat tasks by military servicemen-combatants requires the specialist to provide moral and psychological support for effective psycho-emotional self-regulation and psychological stability. After all, it is impossible to ensure the moral and psychological stability and readiness of personnel to perform tasks in extreme conditions, without showing similar behavior yourself and without displaying similar qualities yourself.

So, what is personal resilience of a serviceman-combatant?

Resilience is a complex phenomenon that is not a one-dimensional construct, as it encompasses a wide range of characteristics (Horn & Feder, 2018; Murrough & Russo, 2019; Southwick et al., 2014). Although in the past, it was generally conceptualized as an "outcome" according to the classical model of the absence of symptoms after a stressful event, new evidence suggests that resilience is an independent phenomenon and not just the absence of distress or of psychiatric symptoms (Cloninger et al., 2012; van der Werff et al., 2017). The development of resilience, similarly to other individual characteristics and attitudes, may be related to genetics, temperament and cognitive abilities, quality of experiences, and environmental factors (Babić et al., 2020; Cathomas et al., 2019). Therefore, it is not totally innate, but resulting from the interplay of genetic features sculptured by environmental variables and learning, so that it can be improved and strengthened (Babić et al., 2020; Curtis & Cicchetti, 2007; Southwick et al., 2014). This feature is particularly relevant, as the development of resilience is a main goal of preventive strategies in different fields and especially in medical areas. Not surprisingly, a person's psychosocial resources for resilience have been identified as predictors of a better quality of life in different pathological conditions and mental disorders, up to the point that in the last years resilience-promoting programs have been developed for specific populations (Cal et

al., 2015; Lee & Kim, 2017; Harms et al., 2019; Kim et al., 2019; Seiler & Jenewein, 2019; Zizolfi et al., 2019) [3, p. 115].

According to psychological research, resilience depends on different factors including temperament, intelligence, cognitive abilities, personality, quality of past experiences, and environmental variables (Leys et al., 2020). Personality is another fundamental factor contributing to the development of resilience. It can be defined as the whole of individual emotional, cognitive and behavioural characteristics determining the individual approach to life (Craik, 1997; Fleeson & Jayawickreme, 2015; Nieto et al., 2023). A resilient personality profile seems to be characterized by low harm avoidance, high persistence and high self-directedness (Cloninger, 2004; Granjard et al., 2021) [3, p. 117].

Dr. George Bonanno defines resilience very simply as a stable trajectory of healthy functioning after a highly adverse event. What he calls a resilience trajectory is characterized by a relatively brief period of disequilibrium, but otherwise continued health (Bonanno, 2004; Bonanno et al., 2011) [6].

Determinants of resilience may also differ depending on context and specific challenges. While it is useful for researchers to identify general principles related to resilience, it is also important to recognize that successful determinants may vary from one person to the next based on multiple factors such as personality, specific challenges, resources available, and environmental context. In addition, there is evidence suggesting that resilience is associated with the ability to employ a variety of coping strategies in a flexible manner depending on the specific challenge, and then to use corrective feedback to adjust those strategies [6].

Personal resilience of a serviceman's personality is formed by the stability of the value-motivational sphere, which is dominated by internal professional motivation, the priority of socially significant values, conscious morally normative behavior, responsibility, emotional balance, and self-control in the process of interaction with fellow servicemen, the civilian population, and in the armed struggle with the enemy [8, p. 185].

Personal resilience is related to resistance to and recovery from stressful life events. It is usually seen as an ability or process that occurs over time. Therefore, resilience is not a stable, unchanging ability. How a person responds to stress can vary greatly from stressor to stressor and from one context to another [1, p.85].

Our study, conducted on October, 2024, examined the relationships between resilience, assessed by the Connor-Davidson Resilience Scale, CD-RISC-10 and DERS-SF (Difficulties in Emotion Regulation Scale, Short Form) and personality's locus of control measured by "Locus of control" technique (modified

by E. H. Xenofontova) carried out in highly motivated and disciplined units of servicemen-combatants of the Armed Forces of Ukraine demonstrated how resilience level depends on the locus of control directionality.

The sample of the study consisted exclusively of male military servicemen-combatants who at the time of the survey had been on the frontline for more than two years. The total number of survey participants is 92 servicemen, aged from 22 to 59 years old.

As for the locus of control of the respondents, 63% of the total sample revealed an internal orientation and 37% – an external orientation, that is, only every third participant in the sample has an external orientation, which in turn indicates a tendency for two internal-servicemen to balance and strengthen personal resilience of one military serviceman-external and this should be taken into account when forming combat units for higher efficiency and coordination of the combat team.

Analysis of the resilience level of combatants through the prism of stress resistance (Connor-Davidson Resilience Scale, CD-RISC-10) and emotional regulation (DERS-SF scale of emotional regulation difficulties) showed statistically significant correlations of the orientation of the locus of control with the resilience level of combatants of the Armed Forces of Ukraine. Internality is directly related to the level of resilience. The indicator of the correlation analysis of externality with emotional regulation revealed an inverse dependence of the studied characteristics, i.e. the higher the indicator of external orientation, the lower the level of emotional regulation of military servicemen-combatants.

Therefore, it can be confidently stated that combatants of the Armed Forces of Ukraine with an internal focus, unlike external ones, demonstrate higher emotional regulation and stress resistance, and accordingly have a higher level of resilience.

The peculiarities of the resilience of the personality of specialists in moral and psychological support that we singled out testify to the presence of an effective helping factor of high-quality training and effective professional competence of specialists in the structure of moral and psychological support of the Armed Forces of Ukraine.

**Conclusions and proposals.** Therefore, in our opinion, the training of future specialists in moral and psychological support, whose personal resilience, on the same level as professional competences for service in the combat units of the Armed Forces of Ukraine, requires high mental and physical stability, becomes extremely important. The direction of readiness of specialists in moral and psychological support to interact with personnel distinguished by us reveals the peculiarities and role of psychological support of combatants in the conditions of hostilities.

In the process of further implementation of the above-mentioned scientific guidelines in professional

training, it is expected to expand the range of organizational forms of raising and strengthening the personal resilience of specialists in moral and psychological support; orienting the content of professional training to the model of a specialist who meets the quality criteria; shifting goals towards the formation of interest in continuous professional self-improvement and self-development.

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**Гаврилів Ю. О. Особливості формування резильєнтності у процесі професійної підготовки фахівців із морально-психологічного забезпечення в підрозділах військовослужбовців-комбатантів Збройних Сил України**

*Статтю присвячено визначенню та обґрунтуванню наукових засад формування особистісної резильєнтності у процесі професійної підготовки фахівців з морально-психологічного забезпечення в підрозділах військовослужбовців-комбатантів Збройних Сил України.*

Доведено, що формування особистості майбутніх фахівців з морально-психологічного забезпечення вимагає реалізації нових підходів як у фаховій, так і в міждисциплінарній підготовці спеціалістів відповідно до вимог головного управління морально-психологічного забезпечення Збройних Сил України.

Визначено, що структура морально-психологічного забезпечення займає провідну роль в загальній системі всебічного забезпечення військ Збройних Сил України. Виокремлено пріоритетні модернізаційні напрями оновлення системи професійної освіти та підвищення особистісної готовності фахівців морально-психологічного забезпечення для служби в бойових підрозділах Збройних Сил України: культивування моральних чеснот, що формуватимуть духовно-ціннісну платформу майбутніх спеціалістів; підготовка до організації суб'єктного виконання військово-професійних обов'язків; навчання, засноване на компетентнісному підході; зміцнення особистісної резильєнтності.

Наголошується на тому, що формування високого рівня резильєнтності особистості фахівців морально-психологічного забезпечення є цінним допоміжним фактором ефективного виконання військово-професійних обов'язків та завдань в бойових підрозділах Збройних Сил України, що разом з професійною компетентністю забезпечуватиме відповідь актуальним викликам в бойовій обстановці.

Автором обґрунтовано: на сьогоднішній день винятково важливого значення набуває підготовка фахівців з морально-психологічного забезпечення, особистісна резильєнтність яких вимагає високої психічної та фізичної стійкості для служби в бойових підрозділах Збройних Сил України.

**Ключові слова:** резильєнтність, морально-психологічне забезпечення, психологічна стійкість військовослужбовців ЗСУ, професійна підготовка.