

# **THE ROLE OF PERSONAL FEATURES AND PROFESSIONAL ACTIVITIES OF SEAMEN IN THE CHOICE OF COPING STRATEGIES**

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## **Abstract**

This paper is devoted to the consideration of the concept about coping strategies and their varieties; the specifics of the seafarers work as a sphere of an extreme situation; the concept of personal characteristics and protective mechanisms. The object of the study is the relationship of the personal characteristics of seafarers with the choice of coping strategies. The subject of the research is coping strategies as a system of psychological defense mechanisms and patterns of overcoming behavior in seafarers. The purpose of the study is due to the study of the relationship of personality characteristics and coping-behavior of sailors in a stressful situation. Also affected the problem of nautical educational institutions that are engaged in the preparation of future specialists, but do not pay enough attention to issues related to the mental health of seafarers.

Keywords: coping; extreme situation; personality traits; coping strategies; protective mechanisms.

In the modern world, the problems of coping strategies are actively explored with the help of theoretical and empirical methods in various fields of activity and for example of various professions related to particular types of activity. The specifics of the seafarers work is such that this type of activity is of particular interest when studying a person who is in an extreme situation, which is the field of activity of water transport specialists.

The situation that has developed over the past 20 years has led to an acute shortage of jobs for maritime transport specialists in Ukraine. As a result, many experienced officers and sailors go to work for foreign shipping companies. In addition to the benefits that such a service provides, seafarers are faced a number of problems, many of which are issues of a psychological nature.

The stressful conditions and the complex nature of the activities of the maritime transport worker largely determine the need for psychological components of readiness for this kind of service. The specificity of the activity is associated with social isolation, sensory isolation, cumulative effects of rolling and

vibration, climate-zonal contrasts, round-the-clock work, increased intensity, intensity of work and requires the concentration of physical and psychological forces from a professional.

Expeditionary-rotational method of organizing the work of seafarers, the repeated movement of ships over long distances with the intersection of several time zones make high demands on the human body due to changes in seasonal and daily rhythms against the background of an incomplete adaptation of man to the changed environmental conditions. All these and a number of other factors affect everyone on board. Meanwhile, the majority of maritime educational institutions are mainly engaged only in the training of specialists and practically do not deal with issues related to the mental health of seafarers. As a result, many seafarers, having mastered the main aspects of their professional activities, are not able to effectively resist the negative phenomenon accompanying the work process.

To cope with stressful situations, a person throughout his life forms the so-called coping behavior or coping strategies - a whole complex of purposeful behavior to master the situation to reduce the negative impact of stress on the body. The concept of «coping» comes from the English verb «to cope» (*handle; endure, cope, overcome*). The psychological purpose of coping is to adapt a person as best as possible to the requirements of a particular situation, allowing him to master it, weaken or soften these requirements, try to avoid or get used to them and thus extinguish the stressful effect of the situation.

Analyzing literary sources, one can say that the main difference between defensive automatisms and coping strategies is the unconscious inclusion of defense mechanisms and the conscious and purposeful use of coping strategies.

Thus, according to the primary results of the study, the following conclusions can be drawn: it is customary to understand the constantly changing behavioral and cognitive attempts of a person to cope with special internal or external requirements, estimated as stress or exceeding the individual's ability to overcome them. The highest rate about selectivity of the negation strategies and regression among sailors, followed by substitution and intellectualization, as well

as repression, projection and reactive formation. The lowest indicator of the chosen compensation strategy. A further reliable relationship will be revealed through mathematical data processing and sample expansion.

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