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PSYCHOLOGICAL RESILIENCE AND MENTAL HEALTH: INTEGRATING PSYCHOLOGICAL TRAINING INTO THE TRAINING PROCESS FOR WORKING IN EXTREME CONDITIONS

In today's world, psychological resilience is one of the key components of professional effectiveness, especially in areas associated with high stress. In times of war, crisis, or social instability, mental health issues take on particular importance. Developing this quality in students and professionals requires not only theoretical knowledge but also specialized training in how to act in difficult circumstances. The education system should include programs aimed at training emotional self-regulation skills, overcoming anxiety and fear, and maintaining constructive thinking.

Psychological resilience is defined as a person's ability to function effectively in difficult or traumatic situations while maintaining inner balance. It is based on key elements such as self-regulation, adaptability, emotional flexibility, and the ability to cope with stress. In the educational process, these qualities are formed thanks to a comprehensive approach by teachers, psychologists, and trainers who combine academic theory with elements of psycho-emotional training [1].

It is the integration of psychological training into education that creates the basis for educating generations of professionals who are able to work effectively even in the most difficult conditions. The integration of psychological aspects into educational programs requires an interdisciplinary approach, where psychology is closely intertwined with practice-oriented subjects.

In areas such as the military, law enforcement, medicine, and emergency services, psychological training is applied in practice. It is implemented through stress

management training, simulation scenarios, and role-playing exercises. These methods not only convey theoretical knowledge but also develop the behavioural skills necessary to maintain mental stability under intense pressure.

Another key aspect of psychological training is its importance in preventing professional burnout. Professionals who work in high-risk or emotionally stressful environments are prone to chronic stress, which can negatively affect cognitive abilities and decision-making. The inclusion of modules for developing resilience - the ability to recover - in training programmes is an effective tool for preventing mental disorders. Such programmes help not only to overcome stress, but also to use crisis situations as an impetus for personal and professional growth.

One of the key aspects of integrating psychological training is the introduction of emotional intelligence development training. These programmes are aimed at deepening understanding of one's own emotions, developing empathy and effective communication skills, especially in stressful situations. A high level of emotional intelligence is closely linked to the ability to exercise self-control, which is the foundation of psychological resilience. Educational institutions that systematically develop elements of emotional literacy help students develop skills for constructive conflict resolution without destructive consequences.

The role of the teacher as a catalyst for the psychological stability of the educational community is of particular importance. The teacher plays the role not only of a source of knowledge, but also of an example of resilience, tolerance and the ability to manage stressful situations. Successful integration of psychological training is only possible if the teachers themselves have been trained beforehand. Participation in seminars on mental hygiene and the development of professional resilience creates a favourable atmosphere for ensuring the mental well-being of students [2].

Mental health plays a key role in human life, determining not only the absence of mental disorders, but also a state of harmonious psychological well-being. It provides the opportunity to realise one's potential, effectively overcome difficulties and actively interact with the community. The integration of academic achievements into the educational process must be in harmony with the psycho-emotional comfort of students. Systematic psychological support, individual counselling and the creation of an atmosphere of trust reduce anxiety levels, which has a positive effect on the quality of knowledge acquisition.

According to research by both Ukrainian and foreign scientists, students involved in psychological training programmes demonstrate better adaptation to complex and unpredictable conditions. This is especially important for future military personnel, medical professionals, social workers and educators. Developing their ability to recover quickly from emotional stress not only helps to maintain mental health, but also increases professional effectiveness.

Such students are more stress-resistant, work better in a team, and possess critical thinking skills. In psychological training practice, the effective use of techniques such as cognitive-behavioural therapy, relaxation techniques, and mindfulness training is most evident. Thanks to them, it is possible to reduce anxiety levels, normalise emotional state and improve concentration. The active inclusion of

such approaches in the educational process contributes to the formation of a culture of mental health preservation, which is an integral part of modern professional competence.

Creating a psychologically safe educational environment is a key component of a successful learning process. Students should feel that their opinions are respected and understand that mistakes are not failures, but a natural part of learning. An atmosphere of support from teachers and classmates promotes the development of trust, which is the basis for building psychological resilience. In a comfortable environment, students are not afraid to take initiative, take responsibility, and effectively manage their emotions [3].

Practical exercises that simulate extreme situations play a significant role in strengthening psychological resilience. They help students learn to make quick decisions, focus their attention, and overcome fear. Such exercises develop the ability to act calmly even in unpredictable circumstances and foster team spirit, which is crucial for successful interaction in crisis situations.

In addition to short-term training, psychological support should include long-term programmes. Regular consultations with professionals, individual plans for developing emotional resilience, and stress management courses should be an integral part of educational strategies. This helps students develop a responsible attitude towards their own mental health and breaks down barriers to seeking help, removing the stigma from the process.

Modern digital technologies offer new ways to enhance psychological training. Online platforms and mobile apps for self-regulation and meditation can be easily integrated into curricula, expanding accessibility and adapting materials to the needs of different groups of students. Such innovations are extremely effective for blended learning formats that combine face-to-face and distance learning [4].

The integration of psychological training is not only a preventive but also a strategic initiative. It allows for the formation of conscious citizens who are able to remain resilient in times of social challenges. In the context of Ukraine's post-war recovery, the development of a psychological culture of education is the foundation for creating strong human capital that is geared towards adaptation and self-renewal.

Integrating psychological training into the educational process involves not only developing personal resilience, but also forming a collective psychological culture in the learning environment. Educational institutions should create a system of mutual support where students and teachers jointly develop trust, empathy and teamwork. This approach helps the group to better cope with stressful situations, adapt to change and resolve conflicts effectively. A developed collective culture promotes social cohesion and strengthens the sense of belonging to the community.

The development of crisis management skills is a key component of modern educational programmes. Students need to learn how to assess situations with a high degree of uncertainty, make decisions under pressure and take care of their own psychological safety. These competencies are especially important for professions that require high stress resistance, such as emergency response, medicine, journalism, or education. Scenario training, crisis simulations, and modelling behavioural responses

in stressful conditions help develop practical skills for responding to extreme challenges.

A promising direction is the introduction of courses on stress psychology and crisis communication into all educational programmes. Such disciplines allow for a deeper understanding of the mechanisms of stress phenomena, learning to manage one's emotions and effectively interact with people who are in a state of anxiety. Students who learn the basics of crisis psychology become better prepared for unpredictable circumstances in life and able to support others in difficult moments. This is especially important in times of war, when society faces collective trauma [5].

Psychological training should include the development of mindfulness. Such practices improve concentration, reduce stress levels and promote inner stability. The educational process can easily integrate short mindfulness exercises, such as conscious breathing, meditation or analysis of emotional states. Studies confirm that even short mindfulness sessions significantly reduce students' emotional exhaustion while increasing their cognitive activity.

It is equally important to ensure access to quality psychological counselling in educational institutions. The presence of a qualified psychologist or psychotherapist enables students to receive the necessary support in a timely manner and helps to quickly identify signs of depression, anxiety or emotional burnout. Psychological services should work systematically, be confidential and accessible to all participants in the educational process, with an emphasis on preventive measures. This contributes to the creation of an environment where caring for mental health is the norm and an integral part of learning.

Thus, psychological resilience and mental health form the basis of professional effectiveness for modern people, regardless of their occupation. Education should become a space not only for the transfer of knowledge, but also for personal growth and resilience. Integrating psychological support into educational processes is an investment that ensures the future of a society that is able to overcome difficulties while preserving humanity, dignity and inner strength.

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