

## SECTION 3. SOCIO-PSYCHOLOGICAL PROBLEMS OF ORGANIZATION AND MANAGEMENT

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### ORGANIZATIONAL PRINCIPLES OF PROFESSIONAL ACTIVITY OF PSYCHOLOGISTS WITH MILITARY PERSONNEL: HEALTH-PRESERVING APPROACH

### ОРГАНІЗАЦІЙНІ ЗАСАДИ ПРОФЕСІЙНОЇ ДІЯЛЬНОСТІ ПСИХОЛОГІВ З ВІЙСЬКОВОСЛУЖБОВЦЯМИ: ЗДОРОВ'ЯЗБЕРЕЖУВАЛЬНИЙ ПІДХІД

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Given the third year of full-scale military operations in Ukraine, there is no doubt about the necessity of methodological substantiation and practical orientation regarding the organizational principles of professional activity of psychologists with military personnel.

It is worth noting that the general algorithm of work of military psychologists regarding the psychological support of the professional activity of the personnel of the Armed Forces of Ukraine is presented

in methodological recommendations developed by the Ministry of Defense of Ukraine in conjunction with the Scientific Research Center of Humanitarian Problems of the Armed Forces of Ukraine [1]. However, the aforementioned circumstances allow us to assert that civilian psychologists also engage in professional activities with military personnel, such as in social service centers, military hospitals and clinics, rehabilitation centers, etc. Therefore, one of the methodological approaches to solving the outlined problem is seen in the application of a health-preserving approach, outlining the basic principles of its implementation.

In publications within the national scientific space, we encounter a number of concepts and terms associated with the concept of “health preservation”, namely: “health”, “health-preserving space”, “health-preserving technologies”, “general theory of health and health preservation”, etc. However, a thorough elucidation of the methodological dimensions of the health-preserving approach, including in the activities of psychologists with military personnel, remains overlooked by researchers.

In general, the health-preserving approach is important in all spheres of psychological activity, from clinical practice to counseling and organizational consulting. At the same time, we believe that the organizational principles of professional activity of psychologists with military personnel should be oriented towards a health-preserving approach, which is crucial for ensuring the psychological well-being and effectiveness of military personnel both in fulfilling combat tasks and in their personal lives. The main principles of this approach include:

1. Assessment and monitoring: Psychologists continuously assess the mental state of military personnel and monitor their psychological well-being to promptly identify and address issues.

2. Prevention and early intervention: Psychologists focus on preventing the emergence of psychological problems and early detection of signs of stress, anxiety, or depression among military personnel.

3. Individualization and counseling: Each military member has unique needs and personal characteristics. Psychologists work with each individual soldier, taking into account their context, experience, and needs, providing support in addressing their issues and advising on strategies for maintaining overall health in service conditions.

4. Development of resources: Psychologists promote the development of positive mental and emotional resources in military personnel, such as resilience, adaptability, and self-regulation. They assist military personnel in developing their personality, feelings of competence, and self-respect through self-analysis, self-awareness, and self-reflection.

5. Coping strategy development: Psychologists facilitate the formation and improvement of coping strategies (stress management techniques) in military personnel to overcome challenging situations and events. They teach military personnel to effectively manage stress using relaxation methods, meditation, physical activity, and other strategies.

6. Educational work: Psychologists engage in activities aimed at enhancing psychological literacy among military personnel, which contributes to the preservation of their mental health and improvement of relationships within the collective. Psychologists help restore and maintain healthy interpersonal relationships, which are crucial for mental well-being.

7. Systematic approach: Psychologists consider not only individual factors but also social, organizational, and cultural aspects that affect the health of military personnel.

8. Development of educational and informational programs: Psychologists conduct educational and informational events to increase awareness of military personnel about health preservation and ways to maintain it.

9. Collaboration with other professionals: Psychologists collaborate with other specialists such as doctors, social workers, and others to provide comprehensive health support to military personnel.

These outlined principles are not exhaustive but help create an effective system of psychological support for military personnel, contributing to their health and successful optimization of their functioning as individuals serving in the military.

In summary, it can be noted that the health-preserving approach in the professional activity of psychologists with military personnel is aimed at supporting and strengthening mental, emotional, and social health, reducing the risk of psychological problems, and increasing the overall level of well-being and prosperity.

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