

УДК 159 94: 364-786-057.36(043.2)

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AGGRESSIVENESS AND CONFLICT AS DETERMINANTS FOR CHOOSING COPING STRATEGIES IN THE MILITARY DURING DECOMPRESSION

Important parameters when you choosing coping strategies are aggression and conflict of personality. According to E.P. Ilyin and P.A. Kovalev, aggressive behavior, aggression (from the Latin aggression - attack) - is a motivated destructive behavior that contradicts the norms of human existence, causes physical or psychological harm to the object of attack.

Aggression is a type of action or condition. Aggression is a character trait, habit or tendency to react aggressively to everything. Consider positive and negative aggression in the military. Positive aggression is a persistent behavior that helps an individual achieve a goal, but at the same time causes little discomfort to others. For servicemen, such behavior is necessary during hostilities. American psychologists believe that aggression should be one of the features included in the map of professionally important qualities, because the military profession involves fighting the enemy, which is not possible without aggression. However, here an important aspect is that aggression and aggression must be controlled, dosed according to the situation.

Negative aggression is manifest through vengeance, intolerance of others. Often servicemen cannot control it, especially after losses in the unit. In such cases, aggression occupies a dominant position in behavior and displaces fear, depriving such

military cautions in a combat situation. During decompression, they continue a pattern of behavior that makes it impossible for the psychologist and the group as a whole to work. There is no need to talk about the choice of productive coping either they choose destructive strategies.

The accompanying parameter that affects the coping strategy is the level of personality conflict. E.P. Ilyin considered the conflict of personality as a character trait that contributes to the conflict and entry into it. Conflict is determined by the action of such psychological factors as temperament, level of aggression, competence in communication, emotional state.

Thus, conflict is a complex indicator associated with personal preconditions, such as feelings of uncertainty, insecurity, fatigue, mood swings, irritability and a state of suggestion. Taken together, these parameters are determinants for the choice of coping strategies. Further studies of aggression and conflict reveal prospects for the formation of programs for the development of productive coping strategies in the military during decompression.

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