

**PSYCHOLOGICAL RESOURCES
FOR OVERCOMING CRISIS STATES OF PERSONALITY
IN SPECIAL POLICE UNIT OFFICERS**

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Abstract. The professional activities of special police unit officers under martial law are accompanied by the influence of intense stress-inducing and extreme factors, which underscores the necessity of a comprehensive study of personality psychological resources. The aim of the study is the theoretical substantiation and empirical investigation of stress resistance and coping strategies as key mechanisms for overcoming crisis states in special police unit personnel. The research logic is determined by the need to address the following scientific tasks: analyzing contemporary theoretical approaches to understanding stress resistance and coping; identifying the specifics of psychological resources within the structure of professional reliability of police officers; and empirically examining the relationships between the level of stress resistance and dominant coping strategies. The study methodology is based on a combination of general scientific and specialized psychological methods. Theoretical methods (analysis, synthesis, generalization of scientific sources) and empirical methods (psychodiagnostic survey) were used, along with mathematical-statistical data processing procedures, including the Kolmogorov–Smirnov test and Spearman's correlation coefficient, ensuring the objectivity of result interpretation. The research findings revealed systematic relationships between the level of stress resistance and the characteristics of coping behavior. It was established that higher levels of stress resistance are associated with the predominance of adaptive, problem-focused strategies (planning, active problem-solving),

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whereas lower stress resistance levels are linked to a tendency toward avoidance and maladaptive responses. The results confirm the significance of psychological resources as factors of effective adaptation to extreme professional conditions. Practical significance. The study results can be applied in the system of psychological support and professional training of police officers, particularly for developing programs to enhance stress resistance, prevent professional maladaptation, and optimize stress-coping strategies under high-risk conditions. The originality of the study lies in expanding scientific understanding of the psychological mechanisms by which special police unit officers adapt to activity under extreme conditions of martial law and substantiating the role of stress resistance and coping strategies as system-forming resources of professional efficiency and psychological safety.

1. Introduction

A crisis state in an individual's life is an acute, time-limited phenomenon, subjectively experienced as an overwhelming emotional reaction to a stressful situation or event, a social situation or event, a disaster, a natural phenomenon, or the subjective perception of such an event. Life crises are an integral part of human existence, particularly in contemporary times, when daily life is increasingly stressful and every day may pose a direct threat to personal safety. A crisis state can be triggered by both physical and psychological factors and can negatively impact health and quality of life.

Stressful situations may lead to adverse outcomes such as anxiety, depression, heart disease, elevated blood pressure, insomnia, headaches, digestive problems, and numerous other health issues. Moreover, stress can reduce work productivity, cause difficulties in relationships with family and friends, and contribute to other social problems.

From the point of view of these negative consequences, resilience to crisis situations becomes an increasingly important topic for research and discussion. Psychological resources enable individuals to manage and adapt to stressful situations while maintaining high levels of productivity and quality of life. Developing personal psychological resources can help people cope more effectively with stress and improve their overall well-being. Therefore, the study and enhancement of stress resistance, resilience,

and coping strategies under contemporary conditions is a relevant and important area of scientific research.

Stress resistance and coping strategies are closely interrelated and mutually influence emotional well-being and adaptation to stress. Stress resistance is a psychological resource of the individual that helps counteract the negative effects of stress. High stress resistance indicates that a person can respond effectively to stressors while maintaining physical and mental health. Coping strategies, in turn, are various psychological and behavioral mechanisms used to manage and adapt to stress. Coping strategies may be active (e.g., seeking support, problem-solving) or passive (e.g., withdrawal, avoidance). They help reduce stress levels and facilitate more effective management of stressful situations.

Individuals with high stress resistance typically employ more adaptive and effective coping strategies. They are able to respond to stressors actively and constructively, seek support, develop action plans, and use other beneficial strategies for problem-solving.

The study of personal resources, particularly stress resistance and coping strategies, acquires special scientific and applied significance under martial law in Ukraine due to the armed aggression of the Russian Federation. Prolonged societal exposure to a state of war threat, uncertainty, and heightened risk to life and health leads to a significant increase in mental load on various professional groups, especially those whose work is strategically important for national security, law enforcement, and the stability of state institutions.

Under martial law, a large number of individuals perform professional activities in a chronic stress environment, characterized by constant threat, limited time for decision-making, high levels of responsibility, and the necessity to operate in extreme situations. This context requires intensive use of individual psychological resources to maintain work capacity, psychological balance, and operational effectiveness. At the same time, prolonged exhaustion of adaptive mechanisms may lead to professional burnout, maladaptive responses, reduced quality of task performance, and deteriorating mental health.

Particularly relevant is the study of stress resistance as an integrative personality trait reflecting the ability to function effectively under increased psycho-emotional tension, maintain self-control, constructive thinking,

and the capacity for reasoned decision-making. Equally important is the analysis of coping strategies – conscious and semi-conscious methods of overcoming complex life and professional situations, which may be adaptive or maladaptive. The nature of the chosen coping strategies determines the effectiveness of psychological adaptation to extreme working conditions.

In this context, special attention must be given to the professional activities of special police unit officers, who perform tasks under increased risk and operational uncertainty. Their duties include implementing measures under martial law, strengthening counteraction to armed aggression against Ukraine, responding to changes in operational conditions, participating in operational-preventive, anti-terrorist, and counter-sabotage activities. Additionally, they carry out police functions in areas affected by missile strikes and drone attacks, ensure public order and safety, perform tasks as part of rapid response teams, serve at checkpoints, protect critical infrastructure facilities, and implement preventive measures.

These activities are accompanied by high levels of emotional tension, potential threats to life, the need for rapid and responsible decision-making under limited information, and constant exposure to the consequences of traumatic events. Under such conditions, the level of stress resistance and the dominant coping strategies serve as key factors in professional reliability, psychological safety, and task performance efficiency.

Thus, a comprehensive scientific study of stress resistance and coping strategies as primary personal resources of special police unit personnel is a necessary prerequisite for developing systems of psychological support, preventing professional maladaptation, and enhancing the effectiveness of their professional activities under martial law.

2. Theoretical and Methodological Foundations for the Study of Psychological Resources for Overcoming Crisis States of Personality

Psychological resources of the individual refer to a person's or a system's ability to adapt, recover, and maintain effectiveness and functioning under stress. This means that an individual can effectively cope with stressful situations, withstand strain, and recover afterward.

Resilience in crisis situations encompasses various aspects, including physical, psychological, and emotional stability. Individuals with high

stress resistance are able to maintain a positive mood, find ways to relax and restore themselves, and effectively manage their emotions and respond to stressful events [5; 47].

Research indicates that psychological resources may be influenced both by genetic factors and by acquired skills and personal characteristics [18; 46]. For example, optimism, self-discipline, cognitive flexibility, effective coping strategies, and social support can enhance stress resistance under adverse conditions.

Stress resistance is an important psychological resource both in personal life and professional activities. It can help individuals achieve greater resilience, productivity, and satisfaction in situations requiring adaptation and endurance [34; 48; 52]. Studies on stress resistance are conducted across multiple scientific fields, including psychology, medicine, sociology, and neurobiology, aiming to understand the factors that promote stress resistance and to develop effective interventions to enhance it [43; 49; 51].

In psychology, several studies examine stress resistance. For instance, researchers investigate the impact of stress on cardiovascular function and the psychological state of individuals. Findings show that people with higher stress resistance exhibit fewer deviations in heart function and demonstrate better psychological well-being even under stress [20; 30; 45].

Researchers have also explored the role of social support in stress resistance, demonstrating that support from close relationships can reduce stress levels and improve overall personal well-being.

Videnyev I. O., in his work, emphasizes that coping with stress depends on personal resources, the chosen behavioral strategy, and the actions taken during a stressful situation [5].

Kudinova M. S., in her research, compares emotional stability and stress resistance, concluding that stress resistance is ensured by a combination of innate and acquired physical and psychological traits [21].

Foreign scholars have also actively study stress resistance, focusing on physiological and neurobiological mechanisms underlying this trait [53; 60; 62]. They utilize methods such as electroencephalography (EEG), functional magnetic resonance imaging (fMRI), and other techniques to examine brain activity and identify patterns associated with stress resistance. Some studies also indicate a genetic component, investigating hereditary factors that may affect an individual's capacity to adapt to stress [33; 58].

Overall, research on stress resistance is multifaceted. Scientists employ various methods to explore physiological, psychological, social, and genetic aspects of stress resilience [1; 15; 4]. The findings can inform the development of programs and strategies aimed at enhancing stress resistance and improving overall well-being.

Among foreign scholars, Hans Selye stands out for formulating and developing the concept of the General Adaptation Syndrome (GAS), significantly advancing our understanding of stress and its effects on the body. Selye proposed the GAS framework, which describes the general physiological response of the body to stressors, identifying three stages: the alarm stage, the resistance stage, and the exhaustion stage. This concept emphasizes that the body exhibits a common response to different stressors [26].

Selye also studies the impact of various physical and psychological stressors on the body, demonstrating that they trigger similar physiological and pathological changes. He highlights the importance of stressor duration and intensity in the development of stress responses. Actively examining stress resistance and its protective role, Selye introduces the concept of “stress resilience” and investigated factors contributing to its development, such as social support, individual resources, and adaptive mechanisms [31].

Richard Lazarus made a significant contribution to the study of stress, emotions, and stress resistance, focusing on psychological perception of stressors and their influence on the stress response. Lazarus developed the stress appraisal theory, which posits that stress results from the interaction between an individual and the environment. He distinguishes between primary appraisal (evaluation of the event) and secondary appraisal (evaluation of resources and abilities to cope with the situation). These appraisals determine how an individual perceives and reacts to stressors.

Lazarus also examined coping strategies, identifying two main categories: problem-focused strategies aimed at changing the situation itself, and emotion-focused strategies aimed at regulating emotional responses [16].

Regarding factors that promote stress resistance, foreign research highlights the contributions of scholars studying individuals who thrive and maintain well-being even under high-stress conditions [59–62]. These studies identify three key characteristics of highly stress-resistant individuals, termed “hardiness”:

– **Commitment** – highly stress-resistant individuals possess a strong sense of purpose and engagement in their activities. They are dedicated to their goals and find meaning in their work;

– **Control** – they believe in their ability to influence and control events in their lives, perceiving themselves as agents of their circumstances and possessing a sense of efficacy;

– **Challenge** – they view stressful situations as challenges rather than threats, interpreting obstacles as opportunities for growth rather than insurmountable barriers [22].

These characteristics of commitment, control, and “challenge mindset” are associated with more effective coping strategies, lower levels of distress, and higher overall well-being, even in the face of stressors [40]. Research indicates that stress resistance is not solely determined by genetics but can be cultivated through psychological and behavioral strategies. By developing purposefulness, enhancing perceived control, and reframing stress as a challenge, individuals can build resilience and cope more effectively.

Contemporary research on stress resistance is active and provides comprehensive insights into the topic.

The importance of social support for stress resistance was also emphasized by Robert M. Sapolsky, who extensively studies stress in humans and animals, with particular attention to resilience. His book *Why Zebras Don't Get Ulcers* addresses human responses to stressors and factors that promote effective coping. Sapolsky's studies examines stress across populations, observing how social hierarchies, environmental factors, and individual characteristics influence stress levels and resilience [63].

One key conclusion from Sapolsky is that social support and strong social connections play a critical role in fostering stress resistance. Individuals with strong social networks generally exhibit greater stress resilience and improved health outcomes compared to those lacking such support [32; 63].

Sapolsky also studied physiological stress responses, particularly the role of stress hormones such as cortisol, highlighting the importance of the body's stress response system in determining an individual's capacity to withstand and recover from stress [19]. Overall, Sapolsky's research illuminates the complex interplay of biology, psychology, and social factors in stress resistance, contributing to our understanding of how individuals can develop resilience and cope effectively.

Another notable researcher in this area is Susan Folkman, who focused on understanding how people cope effectively with stress and adversity and how they develop resilience to manage challenging situations. Folkman examined factors contributing to stress resistance, including cognitive appraisals, social support, and adaptive coping strategies.

Her work emphasizes the importance of problem-focused coping, which involves actively addressing stressors and developing strategies to overcome them. She highlights the role of cognitive processes, such as positive reappraisal and finding meaning in stressful experiences, in promoting stress resistance [64].

Folkman, along with contemporary researchers, also studied the impact of social support on stress resilience, finding that strong social networks and receiving support from others enhance one's ability to cope with stress and recover from difficulties [9; 64].

In summary, the analyzed research demonstrates that Susan Folkman's contributions provide valuable insights into understanding stress resistance and developing effective coping strategies. Her work continues to influence studies on stress and resilience, advancing our understanding of how individuals can cultivate resilience and thrive in the face of stressors.

3. Coping Strategies within the Structure of Personality Psychological Resources:

Mechanisms and Functions for Overcoming Crisis Situations

The state and development of stress resilience are also influenced by the choice and use of coping strategies.

Coping is the process of managing stress and adapting to stressful situations. Coping strategies encompass a wide range of psychological, emotional, and behavioral approaches that individuals use to overcome stress and reduce its negative impact on physical and mental well-being [27; 28].

The study of coping strategies is important for several reasons. For instance, coping strategies help individuals manage stress and adverse situations. Research into coping strategies allows us to understand which approaches and strategies are most effective in different contexts and for different individuals. This knowledge enables the development and recommendation of effective stress management methods, contributing to improved well-being and quality of life [7].

Studying coping strategies also assists psychologists, counselors, and other professionals in designing support programs and interventions for those experiencing stress. Understanding different coping strategies allows approaches to be tailored to the needs and unique circumstances of each individual.

Ineffective stress management can negatively affect physical and mental health [13]. Research on coping strategies helps identify effective methods to reduce stress and improve overall health, which may include lowering the risk of mental disorders, improving sleep quality, reducing anxiety, and enhancing resilience [11].

Coping strategies also influence professional performance and success. Individuals with effective coping strategies are better able to manage stress in the workplace, maintain productivity and efficiency, and build reserves for career development [38].

Overall, studying coping strategies contributes to understanding how individuals adapt to stressful situations and how psychological support can be improved to help people manage stress more effectively.

The choice of coping strategy depends on various factors, including personal traits such as self-esteem, emotional stability, self-confidence, tolerance to injustice, and capacity for reflection, which can influence the strategy selection [2]. For example, individuals with high self-esteem may respond to stress through positive reappraisal and active problem-focused strategies, whereas those with low self-esteem may seek support in difficult situations.

Social support and the reactions of others can also affect coping strategy selection. For example, if a person is surrounded by supportive people, they may feel more confident using active coping strategies. Conversely, negative reactions from others may encourage passive avoidance or concealment of the problem [23].

The type of stressor also affects coping strategy choice. For example, in situations involving unchangeable stressors, such as the death of a loved one, individuals may adopt acceptance strategies. In cases where stressors are changeable, individuals may focus on problem-solving and problem-focused strategies.

Past experiences in stress management can also influence coping strategy selection. If a strategy proved effective previously, the individual may use

it again. Conversely, negative experiences may prompt a change in strategy or experimentation with new approaches [6].

The selection of a coping strategy is a complex process that influences how an individual manages stress. Understanding these factors can help individuals choose more effective coping strategies to improve their well-being [36].

Coping strategies can be active or passive, problem-focused or emotion-focused. Problem-focused strategies aim at actively resolving the problem or changing the situation that caused stress, while emotion-focused strategies aim to reduce emotional discomfort associated with stress [25].

Common coping strategies include positive reappraisal, planning, seeking social support, active relaxation, physical activity, meditation, and others. Individuals often use a combination of strategies depending on their unique circumstances and personal characteristics.

Coping strategies can be broadly classified into adaptive and maladaptive strategies. Adaptive strategies are effective in reducing stress and promoting overall well-being. They often combine problem-focused and emotion-focused approaches, as well as seeking social support when necessary. Adaptive coping emphasizes resilience, flexibility, and the ability to adjust to situational demands [39].

Maladaptive coping strategies are counterproductive or harmful ways of managing stress. These strategies may provide temporary relief but can have long-term negative consequences. Examples include substance abuse, aggressive behavior, avoidance of responsibilities, or other self-destructive habits [14].

It is important to note that individuals may use different coping strategies depending on the situation and their personal preferences. Effective coping involves recognizing which strategies are most suitable for a given context and being open to adapting and developing healthier coping mechanisms when necessary.

Coping strategies are essential tools for effective stress management and psychological well-being. They help individuals find ways to adapt to adverse life events and build resilience [3].

Gulyas I. A. concludes in her study that individuals who perceive a stressful situation as less threatening demonstrate greater ability to overcome it. People with high self-confidence, when encountering a negative event,

attribute it to external, temporary, and specific factors rather than blaming themselves, and they do not indulge in self-pity. They attribute positive events to their own decisiveness, activity, perseverance, and patience [8].

Analysis of Pichurin V. V.'s research on coping strategies among young people and students indicates that youth often employ various coping strategies to manage stress. Among adaptive strategies that facilitate adjustment, emotional strategies are particularly common. Young people typically engage these strategies to express and regulate their emotions.

Conversely, maladaptive coping strategies are also prevalent among youth. Among females, emotional maladaptive strategies – such as immersing themselves in negative emotions without problem resolution – are most common. Among males, emotional maladaptive strategies, as well as behavioral maladaptive strategies – such as reckless or risky behavior without considering consequences – are observed [27].

Thus, among young people, coping strategies can be adaptive or maladaptive. Understanding these differences can support the development of more effective stress management strategies and enhance overall resilience.

The work of Shelley E. Taylor significantly advanced our understanding of how people perceive, experience, and respond to stressful situations. Taylor's research focused on several key areas related to stress and coping. She examined different coping strategies people use to manage stress, emphasizing the distinction between problem-focused coping (directly addressing the stressor) and emotion-focused coping (regulating emotional reactions). Her research illuminated the effectiveness and adaptive nature of various coping strategies [37].

A notable contribution of Taylor is the concept of “positive illusions,” suggesting that people often maintain overly optimistic beliefs about themselves, their abilities, and future outcomes. These positive illusions can function as a coping mechanism, enhancing resilience and reducing stress.

Taylor also studied the role of social support in coping, highlighting the importance of social relationships for emotional support and practical assistance during difficult times. She explored how social support networks influence stress outcomes and resilience.

In summary, Shelley E. Taylor's research provided valuable insights into the complex interaction between stress, coping mechanisms, and overall

resilience. Her work shaped our understanding of how individuals navigate and adapt to stressful situations, continuing to influence the field of stress psychology.

Regarding coping and coping strategies, it is important to mention Richard Lazarus, a prominent psychologist known for his influential work on stress, coping, and coping strategies. He emphasized the cognitive appraisal process and its role in understanding how people manage stressful situations [29].

According to Lazarus, coping involves cognitive and behavioral efforts made by individuals to handle the demands of a stressful situation and reduce its impact. He proposed that how people perceive and interpret a stressful event determines their emotional and behavioral responses.

Lazarus identified two main types of coping strategies: problem-focused coping and emotion-focused coping. Problem-focused coping involves actively addressing the problem or stressor and taking steps to resolve or change the stressful situation. Emotion-focused coping, on the other hand, focuses on regulating and managing emotional distress associated with the stressor rather than changing the stressor itself.

Lazarus emphasized that the effectiveness of coping strategies depends on the specific situation and individual factors. He highlighted the importance of people's perception of their ability to cope, their belief in controlling the stressor, and the availability of resources and support systems [35].

Lazarus also stressed the role of secondary appraisal, which involves evaluating one's coping resources and options for handling the stressor. This appraisal process influences the selection of coping strategies and subsequent outcomes.

Susan Folkman, an American psychologist, collaborated with Richard Lazarus and made significant contributions to the study of coping and coping strategies, particularly in the context of stress. Folkman and Lazarus conducted research aimed at understanding how individuals use different coping strategies to manage stress. They found that the effectiveness of coping strategies may depend on specific contextual factors and individual characteristics.

Folkman and colleagues also investigate how people regulate their emotions using different coping strategies. They study emotional

expression, suppression, reappraisal, and other strategies to understand their impact on emotional well-being [41].

Overall, it can be concluded that Richard Lazarus's work greatly advanced our understanding of coping and coping strategies. His cognitive transactional model of stress and coping provided a comprehensive framework for studying the dynamic relationship between individuals and their environment, shedding light on the complexity of human adaptation to stressful situations.

4. Stress-inducing and extreme factors of official activities of special-purpose police units

In the system of state authorities of Ukraine, the National Police is one of the largest institutions tasked with ensuring public safety, maintaining law and order, and combating crime. The specificity of its activities lies in constant direct contact with the population, including individuals prone to unlawful behavior, aggression, armed resistance, and open confrontation with authorities. The professional activity of a police officer, particularly in special-purpose units, is characterized by intensive interaction with the most socially complex groups, which leads to increased psycho-emotional stress and constant exposure to risky situations.

Such working conditions objectively create a system of heightened requirements for the personal and professional qualities of personnel. This concerns not only an adequate educational level and established professional competencies but also high levels of communication skills, moral and ethical orientation, legal culture, and, most importantly, psycho-emotional resilience. The issue of strengthening professional discipline and legality within law enforcement agencies remains relevant and requires systematic scientific analysis, especially regarding the impact of extreme factors on the behavior and decision-making of police officers.

It should be noted that the professional activity of a police officer is characterized by the following features:

- Legal regulation of activities;
- Possession of authoritative powers;
- Constant confrontation with interested parties;
- High level of communicativeness;
- Time constraints and work overload [65, p. 26].

The introduction of martial law due to armed aggression against Ukraine has led to significant changes in the powers, competencies, and functioning of state institutions, including the National Police. Numerous amendments have been made to the legal framework regulating its activities to adapt to wartime conditions. Under such circumstances, the professional activity of special-purpose police units has become even more extreme. Continuous exposure to life-threatening situations, the need to quickly assess the environment, and make responsible decisions under uncertainty require police officers to possess a high level of self-regulation and psychological resilience. Inability to effectively manage one's mental state can lead to professional errors with serious consequences for both the officer and others [66, p. 63].

The scientific interest of this study is primarily due to the need for a systematic examination of the stress-inducing and extreme factors of the professional activity of special-purpose police units. The relevance of the topic is determined by the characteristics of the professional environment in which these units operate, the high level of psycho-emotional and physical stress, and significant responsibility for the lives and health of citizens, colleagues, and individuals under protection.

The legal basis for the activities of special-purpose police units is defined, in particular, by the Law of Ukraine "On the National Police" (hereinafter – the Law). According to Part Four of Article 24 of this Law, during martial law, such units, based on a decision by the military command approved by the head of the police or an authorized person, may directly participate in the defense of Ukraine under the Law of Ukraine "On Defense of Ukraine," including through engagement in combat operations [67].

At the same time, special-purpose police units are tasked with a wide range of law enforcement functions: prevention, detection, and suppression of administrative and criminal offenses; conducting special police operations to stop crimes involving high public danger and armed resistance; ensuring public safety and order during mass events; protection of state and administrative facilities; providing security for individuals under protection; implementation of martial law legal measures; conducting anti-terrorist and counter-sabotage operations; responding to missile strikes and drone attacks; guarding critical infrastructure; serving at checkpoints; and performing tasks as part of rapid response teams.

A separate area of activity is participation in the evacuation of the population from shelled areas, maintaining public order at evacuation points, escorting convoys, providing assistance to the injured, transporting the bodies of the deceased, documenting the consequences of armed attacks, and interacting with military administrations, medical services, and volunteer organizations. These tasks are implemented, in particular, in the Dnipropetrovsk region, which is systematically subjected to missile and artillery attacks.

The specificity of the professional activity of special-purpose police units determines the impact of a complex of stress-inducing and extreme factors, which include:

- Constant threat to life and health;
- Necessity to make decisions under time and information constraints;
- High level of responsibility for the safety of citizens and colleagues;
- Exposure to the consequences of traumatic events (injuries, deaths, destruction of property);
- Prolonged stay in a high-alert state;
- Irregular working hours, physical and emotional exhaustion;
- Need for precise coordination within the unit in rapidly changing operational conditions.

One of the most characteristic and representative examples of special-purpose police units, where stress-inducing and extreme factors are particularly pronounced, is special firearms units, namely the “Rapid Response Corps” (hereinafter – RRC “KORD”), whose activities are regulated by the Regulation on Special-Purpose Police Units “Rapid Response Corps,” approved by the Order of the Ministry of Internal Affairs of Ukraine No. 958 dated 26.11.2018 [68]. The activities of these units are characterized by a high level of professional intensity, constant presence in life-threatening situations, and the need for rapid decision-making under considerable uncertainty and limited time. The main stress-inducing factors include conducting special police operations to detain armed offenders, neutralize organized criminal groups, rescue hostages, as well as participation in anti-terrorist operations and direct combat during martial law.

RRC “KORD” consists of organizationally connected structural units (departments, divisions, sectors) and operational units and is divided into two types:

1. Type “A” (assault units) – designed for special police operations in combating high-risk crime where armed resistance is possible. Activities require a high level of physical fitness, professional skills, tactical abilities, and the capacity to act confidently under extreme conditions.

2. Type “B” (support units) – designed to support assault units and provide organizational and logistical support for special operations.

Thus, the division into assault (Type “A”) and support (Type “B”) units additionally defines the nature of stress impacts: assault units face direct extreme situations, while support units carry a high level of responsibility for coordination, logistical support, and the safety of colleagues.

The main tasks of the RRC “KORD” include:

- Conducting high-risk crime prevention and response operations, anticipating armed resistance, and adhering to extreme professional standards;

- Planning and conducting special operations, including detaining armed individuals, rescuing hostages, and countering organized criminal and armed groups;

- Ensuring investigative and operational actions in criminal proceedings involving serious or especially serious crimes with a risk of armed confrontation;

- Providing personal security for protected individuals;

- Ensuring safety and preventing illegal threats to the lives and health of police officers;

- Participating in anti-terrorist operations and territorial defense measures according to Ukrainian law;

- Direct participation in combat operations during martial law based on decisions of military command and police leadership approval;

- Joint operations with the Armed Forces of Ukraine, National Guard, SBU, and other state agencies to counter enemy reconnaissance and sabotage forces;

- Providing urgent pre-medical and medical assistance in combat zones;

- Using modern technical means, including unmanned systems and water/underwater vehicles;

- Controlling the use of airspace by drones and other unmanned aerial vehicles.

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Thus, special-purpose police units and RRC “KORD” operate in an environment characterized by high professional risk, complexity and dynamism of operational situations, and constant threats to life and health. These conditions form a set of stress-inducing and extreme factors that define the main directions of scientific research:

- Analysis of psychophysiological and psychological demands on officers during high-risk tasks;
- Identification of mechanisms for developing stress resilience and adaptive resources;
- Assessment of the impact of extreme factors on performance and decision-making;
- Development of recommendations for professional training, drills, and psychological support of personnel in challenging wartime conditions.

Scientific research on this problem allows a comprehensive assessment of the role of psychological resources in ensuring professional reliability, safety, and effectiveness of special-purpose police units, particularly during martial law and heightened extreme stress.

The psychology of professional activity of special-purpose police units focuses on studying the patterns of personality functioning under heightened risk, uncertainty, and extreme stress associated with ensuring national security and law and order. This research area includes analysis of mental states, individual psychological characteristics, adaptation mechanisms, and coping behavior of personnel serving during martial law and armed aggression against Ukraine.

A key psychological characteristic of special-purpose police officers’ work is the increased level of responsibility and the need for high stress resilience. Officers must maintain emotional balance, self-control, and the ability to think rationally even under real threats to life. Errors in decision-making can have severe legal, social, and human consequences, further increasing psycho-emotional stress.

Equally important are vigilance, attention, and discipline. Professional activity requires strict adherence to instructions, response algorithms, rules for using special equipment and firearms. Procedural violations or reduced attention in extreme conditions can pose threats to both the officer and others.

Adaptability and the ability to solve problems quickly are also crucial. Special-purpose police officers regularly face unpredictable situations requiring immediate situational analysis and optimal decision-making. Cognitive flexibility, well-developed teamwork skills, and effective communication are prerequisites for successful task performance.

The phenomenon of professional stress, which becomes chronic under martial law, is of particular importance. Prolonged exposure to extreme factors can lead to emotional exhaustion, anxiety and post-traumatic reactions, decreased professional motivation, and maladaptive coping strategies. Therefore, studying the psychological resources of special-purpose police officers, particularly stress resilience and dominant coping strategies, is essential for developing effective psychological support programs and preventing professional maladaptation.

Theoretical analysis of scientific sources suggests a specific relationship between stress resilience levels and coping strategies in special-purpose police officers. Identifying the characteristics of this relationship and determining adaptive behavioral models under extreme conditions is a promising area for further empirical research and has practical significance for improving professional performance during martial law.

5. Empirical study of personal psychological resources and mechanisms for overcoming crisis states in special-purpose police units

The theoretical analysis of the problem regarding the relationship between stress resilience and stress management strategies in employees of special-purpose police units allowed for the development of research methods – both the theoretical justification and empirical investigation of psychological resources that help individuals overcome crisis states.

Stress resilience and coping strategies are two interrelated concepts in the context of the impact of stress on special-purpose police officers. Stress resilience refers to a psychological characteristic of an individual, denoting the ability to adapt to and withstand stressful situations. Coping strategies, on the other hand, refer to the methods by which individuals manage and respond to stress.

Research shows that there is a certain relationship between stress resilience and coping strategies in special-purpose police officers.

Individuals with higher levels of stress resilience, meaning the ability to adapt effectively to stress, more often employ positive and active coping strategies. They can seek support from colleagues or specialists, practice relaxation techniques, engage in physical activity, or reframe situations with optimism and a positive perspective.

Conversely, individuals with lower levels of stress resilience may use less effective coping strategies, such as problem avoidance, rumination, or negative coping mechanisms, including alcohol or drug use [35].

Therefore, supporting and developing stress resilience in special-purpose police officers can be useful for selecting adaptive coping strategies and effectively managing occupational stress.

The study of stress resilience and coping strategies among special-purpose police officers is highly relevant for several reasons. These officers operate in extremely challenging and hazardous conditions, involving high levels of physical, psycho-emotional, and social stress. Personnel face constant threats to life and health, the need to rapidly assess operational environments, make responsible decisions under uncertainty, interact with aggressive or armed individuals, and perform tasks within the context of armed conflict. Studying stress resilience in these officers allows for an understanding of how these specific working conditions impact their psychological well-being and professional performance.

Stress and psycho-emotional load can negatively affect cognitive processes, decision-making, behavior, and interpersonal interactions during professional activity. Studying mechanisms of stress resilience and coping strategies helps identify key factors determining adaptation to extreme conditions, as well as develop methods of psychological support and training programs aimed at maintaining psychophysiological health and enhancing professional effectiveness.

Moreover, developing stress resilience in special-purpose police officers fosters greater confidence in their actions, the ability for self-control, and concentration during special operations, which, in turn, increases the safety of both personnel and civilians. Analyzing factors that support or undermine stress resilience allows for predicting the potential emergence of maladaptive coping strategies and implementing preventive or corrective measures in a timely manner.

Thus, the scientific study of stress resilience and adaptive behavioral mechanisms in special-purpose police officers is extremely relevant. It enables a comprehensive assessment of the influence of extreme and stress-inducing factors on personnel, the development of effective psychological support and training programs, and the enhancement of professional reliability, safety, and mental health in highly challenging conditions of modern wartime reality.

Based on the study's aim, object, and subject, a conceptual hypothesis was formulated, assuming that there is a specific relationship between stress resilience and coping strategies in special-purpose police officers.

The conceptual hypothesis was specified into the following empirical hypotheses:

1. The lower the level of stress resilience, the higher the scores on the "problem avoidance" coping scale.

2. The higher the level of stress resilience, the higher the scores on the "problem-solving" coping scale.

3. The higher the level of stress resilience, the lower the scores on the "escape-avoidance" coping scale.

4. The higher the level of stress resilience, the higher the scores on the "problem-solving planning" coping scale.

To address this problem, an empirical study of stress resilience levels and coping strategies among special-purpose police officers was planned.

Achieving the research objective involved solving the following tasks:

1. Selecting and justifying the psychodiagnostic instruments for the study.

2. Conducting an empirical study of the relationship between stress resilience and coping strategies in special-purpose police officers.

3. Analyzing and interpreting the results of the empirical study.

4. Identifying future directions for developing this research area.

A set of methods was used to accomplish these tasks:

– Empirical: survey implemented using the following psychodiagnostic tools;

– Mathematical-statistical: correlation analysis (Spearman's correlation coefficient);

– Interpretative: systematization and generalization of obtained results.

The processing of empirical results was performed using statistical methods:

- Kolmogorov–Smirnov test;
- Spearman’s correlation coefficient (ρ).

For the empirical study and verification of the hypotheses, the following instruments were selected:

– **Stress Resilience Test** (Romanovska D.D., *Prevention of Post-Traumatic Stress Disorder: Psychological Aspects*, Chernivtsi, 2014, 133 p.). This test is based on the research and concepts of Hans Selye, the psychologist who first introduced the concept of stress. It was developed by researchers at the Boston University Medical Center. The Boston Stress Resilience Test assesses how individuals respond to stress situations and their ability to withstand and adapt to stress. It consists of 20 questions with response options: “almost always,” “often,” “sometimes,” “almost never,” “never,” allowing determination of low, medium, or high stress resilience.

– **Self-Assessment of Stress Resilience** (from the textbook *Professional Burnout Syndrome and Career Development of Educational Staff: Gender Aspects*, edited by S.D. Maximenko, L.M. Karamushka, T.V. Zaichikova). Contains 18 questions with response options: “rarely,” “sometimes,” “often,” allowing assessment of very low to very high stress resilience.

– **Coping Strategies Indicator** by J. Amirkhan (Ukrainian adaptation from E.P. Ilyin, *Psychology of Individual Differences*). This instrument assesses typical stress management strategies used by individuals, identifying the strategies applied in stressful situations. It includes 33 questions and three coping scales: problem-solving, social support seeking, and problem avoidance.

– **Coping Strategies Questionnaire** by R. Lazarus (adapted by T.L. Kryukova, E.V. Kuftyak, M.S. Zamishlyayeva). This widely used instrument measures the ways people cope with stress and solve problems. Developed by Lazarus and Folkman in 1988 and adapted for Ukrainian use, it contains 50 questions and 8 coping scales: confrontational coping, distancing, self-control, social support seeking, responsibility acceptance, escape-avoidance, problem-solving planning, and positive reappraisal.

The research sample consisted of 62 employees of special-purpose police units, aged 18 to 45. To ensure ethical standards and participant safety, the study was conducted anonymously: any information that could identify participants or their units was not disclosed. This is particularly important under martial law, as revealing information about specific special-purpose units could pose security risks and violate laws protecting official secrets.

All data were aggregated and presented in a generalized form, without specifying particular units or identifying features, ensuring confidentiality and compliance with ethical research norms.

The sample data are presented in Table 2.1.

Table 2.1

General characteristics of the research sample

Sample	Indicator	umber of participants	Percentage (%)
By gender	Women	34	54,8
	Men	28	45,2
By age	Up to 20 years	3	4,8
	20–40 years	28	45,2
	Over 40 years	31	50

Thus, we prepared the methodological foundation for conducting the empirical study: the conceptual and empirical hypotheses were formulated and justified, a psychodiagnostic toolkit for testing the hypotheses was selected, and the research sample was characterized.

For the empirical study, the psychodiagnostic toolkit included the following methods:

– **Stress Resilience Test** by D. D. Romanovska and O. V. Ilashchuk, which allows determination of the level of stress resilience: low, medium, or high;

– **Self-Assessment of Stress Resilience** edited by S. D. Maksymenko, L. M. Karamushka, and T. V. Zaichykova, which allows determination of stress resilience levels on a 9-point scale: very low, low, below average, slightly below average, average, slightly above average, above average, high, very high;

– **Coping Strategies Indicator** by J. Amirkhan, which identifies specific coping strategies employed by an individual in stressful situations;

– **Coping Strategies Questionnaire** by R. Lazarus, used to determine dominant coping strategies.

For the quantitative analysis, statistical methods and the Statistica-10 software were used to process the empirical data.

At the first stage of statistical processing, the **Kolmogorov–Smirnov test** was applied to determine whether the distribution of results on the scales of each method corresponded to a normal distribution.

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Since the distribution of the obtained results did not fully match the normal distribution of the theoretical model, and the scales are ordinal, we used **Spearman's rank correlation coefficient (ρ)** to determine correlation relationships. This coefficient indicates whether a relationship exists between variables and its direction: an increase in one indicator is accompanied by either an increase (positive correlation) or a decrease (negative correlation) in another.

The next stage involved calculating the **mean values** and **standard deviations** of the indicators for each method using Statistica-10. The results are presented in the tables below.

Results of the calculations for the Coping Strategies Indicator by Amirkhan:

Table 3.2

Mean values and standard deviations of the Coping Strategies Indicator (Amirkhan)

Indicator	Minimum	Maximum	Mean	Standard Deviation
Problem-solving	15,00	33,00	24,0323	4,68681
Seeking social support	12,00	33,00	21,0323	5,66255
Problem avoidance	11,00	30,00	17,9839	5,10381

As a result of the calculations based on the **Coping Strategies Questionnaire** by Lazarus, the following results were obtained:

Table 3.3

Mean values and standard deviations for the Coping Strategies Questionnaire (Lazarus)

Indicator	Minimum	Maximum	Mean	Standard Deviation
Confrontation	2,00	15,00	9,2419	2,32369
Distancing	1,00	14,00	10,4677	2,58443
Escape-Avoidance	4,00	20,00	12,1129	3,74649
Accepting responsibility	1,00	11,00	7,3871	2,00291
Seeking social support	1,00	17,00	11,1290	3,22635
Positive reappraisal	3,00	17,00	11,3226	2,99603
Planful problem-solving	2,00	18,00	12,2581	2,90808
Self-control	4,00	17,00	12,4516	2,30948

The next step involved calculating the **mean values** and **standard deviations** for the indicators of the **Self-Assessment of Stress Resilience** and the **Stress Resilience Test** by Romanovska and Ilashchuk. The results of these calculations are presented below.

Table 3.4

**Mean values and standard deviations
for the Self-Assessment of Stress Resilience**

Indicator	Minimum	Maximum	Mean	Standard Deviation
Stress resilience level	3,00	9,00	5,8548	1,18525

Table 3.5

**Mean values and standard deviations
for the Stress Resilience Test by Romanovska and Ilashchuk**

Indicator	Minimum	Maximum	Mean	Standard Deviation
Stress resilience level	1,00	2,00	1,6774	0,47128

The next step involved determining the frequency of responses of the participants for the assessed indicators. The following results were obtained:

According to the Coping Strategies Indicator by Amirkhan, on the Problem-Solving scale, most of the respondents demonstrated an average level of this coping strategy, the majority showed low levels, and approximately one-sixth of the sample exhibited a high level of this coping strategy (see Figure 3.1).

On the Seeking Social Support scale, approximately one-third of the respondents demonstrated an average level of this coping strategy, another third showed low levels, and approximately one-sixth of the sample exhibited a high level of this coping strategy (see Figure 3.2).

On the "Problem Avoidance" scale, most participants exhibit a low level of this coping strategy, the majority have average scores, and even fewer respondents show a high level of this coping strategy (see Figure 3.3).

Thus, it can be concluded that according to Amirhan's "Coping Strategies Indicator", most respondents have an average level of expression of the coping strategies "problem-solving" and "seeking social support", and a low level of expression of the "problem avoidance" coping strategy.

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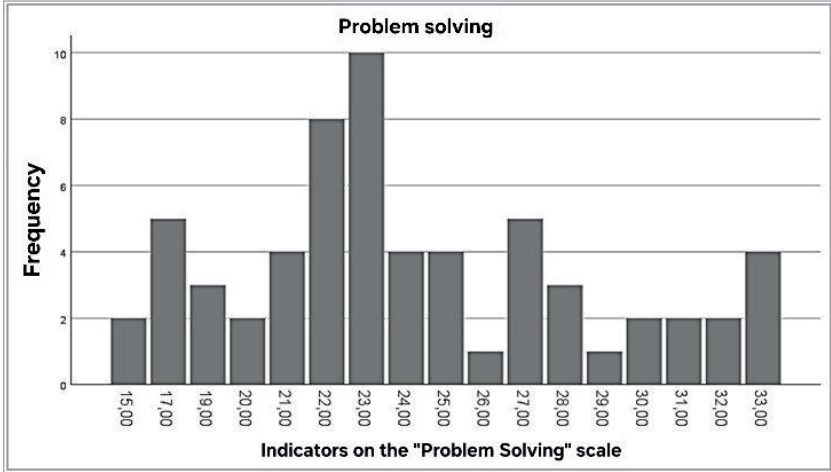


Figure 3.1. Distribution of responses on the "Problem-Solving" scale

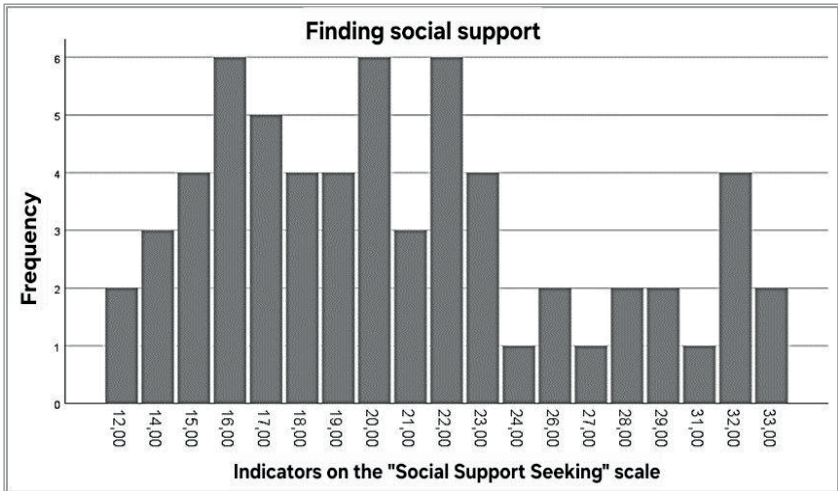


Figure 3.2. Distribution of responses on the "Seeking Social Support" scale

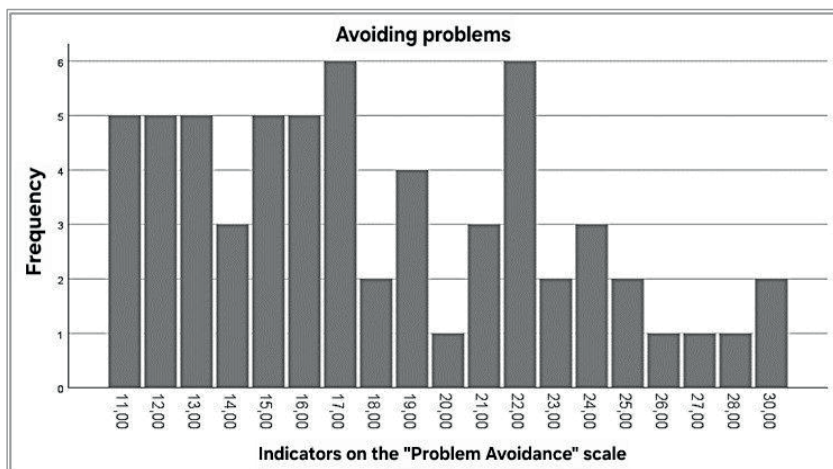


Figure 3.3. Distribution of responses on the "Problem Avoidance" scale

According to Lazarus's "Coping Strategies Questionnaire", on the "confrontation" scale, the vast majority of participants show an average level of expression of this coping strategy, while most have either low or high scores for this coping strategy (see Figure 3.4).

On the "distancing" scale, approximately half of the participants show an average level of expression of this coping strategy, about one-tenth of the sample have low scores, and one-sixth of the sample have high scores for this coping strategy (see Figure 3.5).

On the "self-control" scale, approximately half of the participants exhibit an average level of expression of this coping strategy, only a few individuals have low scores, and the remaining participants have high scores for this coping strategy (see Figure 3.6).

On the "seeking social support" scale, a few participants show a low level of expression of this coping strategy, more than half have average scores, and the remaining participants have high scores for this coping strategy (see Figure 3.7).

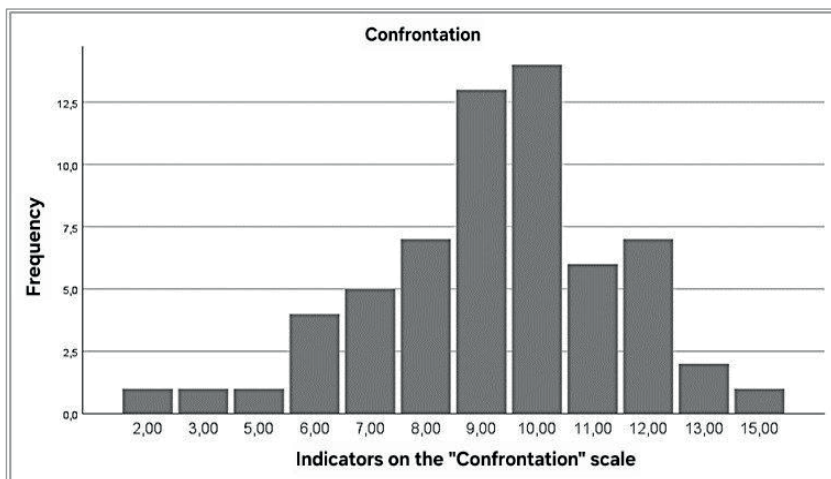


Figure 3.4. Distribution of responses on the "Confrontation" scale

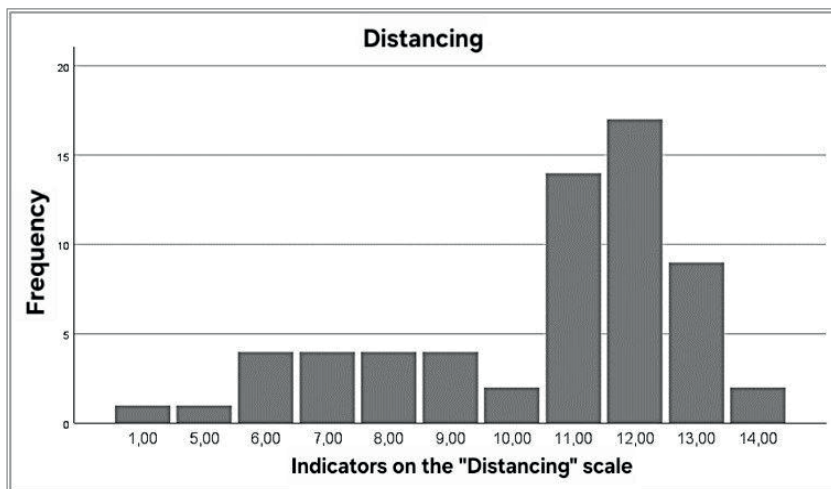


Figure 3.5. Distribution of responses on the "Distancing" scale

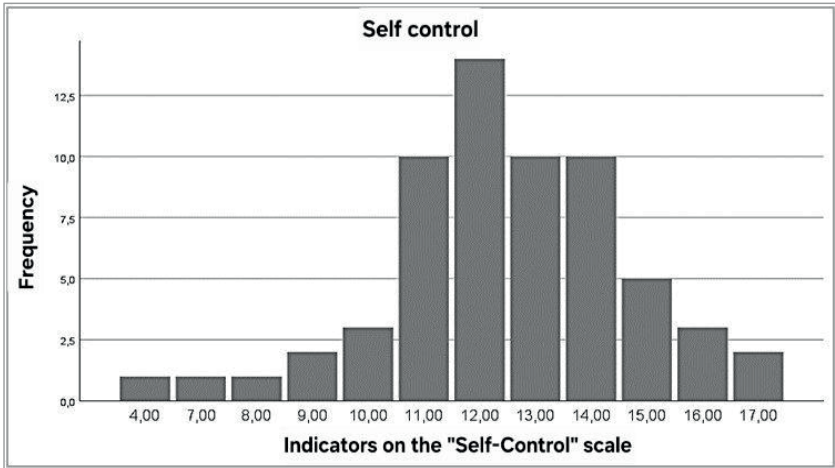


Figure 3.6. Distribution of responses on the "Self-Control" scale

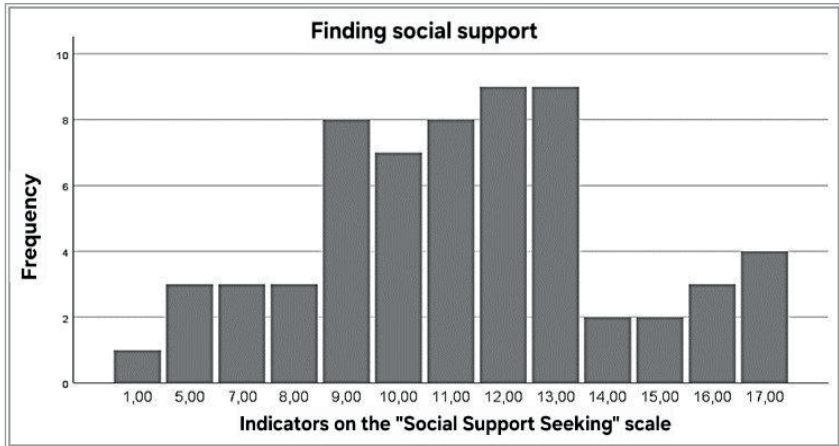


Figure 3.7. Distribution of responses on the "Seeking Social Support" scale

On the “acceptance of responsibility” scale, approximately one-third of the participants show a low level of expression of this coping strategy, while the remaining respondents have average scores for this coping strategy (see Figure 3.8).

On the “escape-avoidance” scale, only a few participants show a low level of expression of this coping strategy, approximately half of the sample have average scores, and the remaining participants exhibit a high level of expression of this coping strategy (see Figure 3.9).

On the “problem-solving planning” scale, only a few participants show a low level of expression of this coping strategy, approximately one-third of the participants have average scores, and the remaining participants exhibit a high level of expression of this coping strategy (see Figure 3.10).

On the “positive reappraisal” scale, only a few participants show a low level of expression of this coping strategy, approximately half of the participants have average scores, and the remaining participants exhibit high scores for this coping strategy (see Figure 3.11).

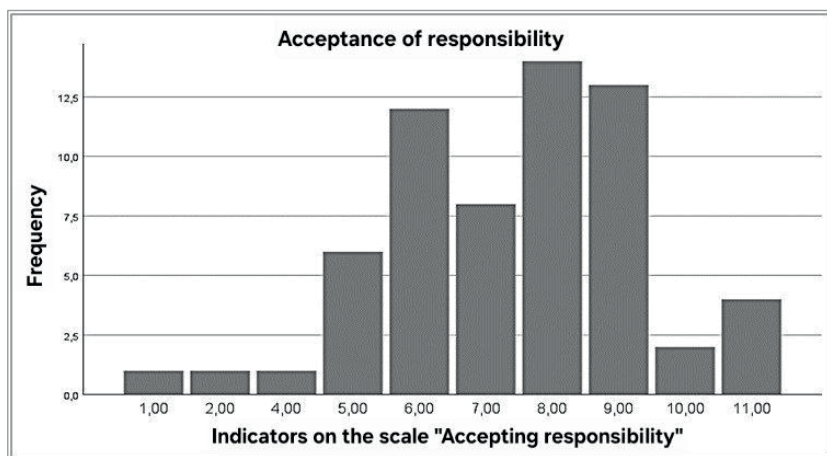


Figure 3.8. Distribution of responses on the "Acceptance of Responsibility" scale

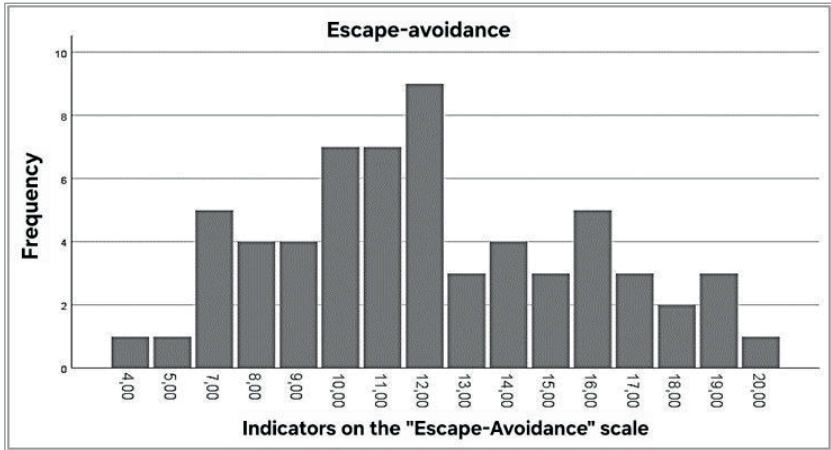


Figure 3.9. Distribution of responses on the "Escape-Avoidance" scale

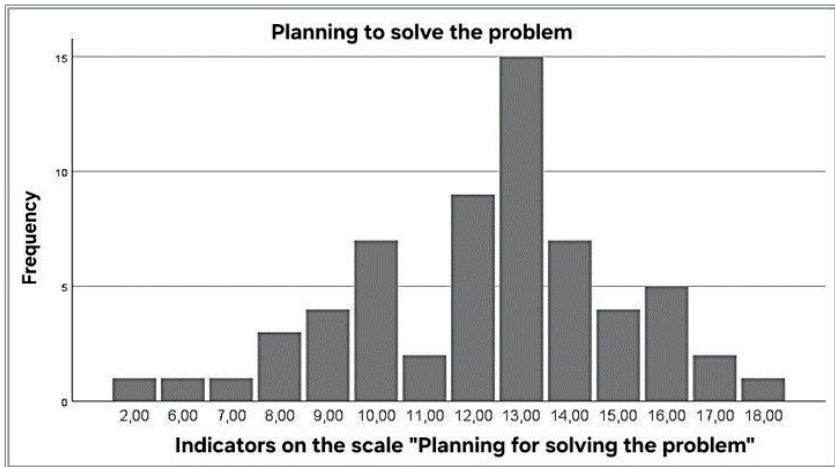


Figure 3.10. Distribution of responses on the "Problem-Solving Planning" scale

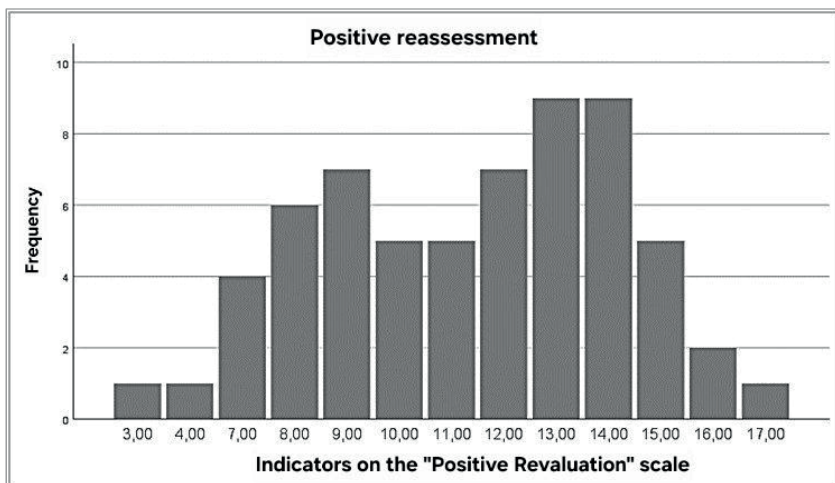


Figure 3.11. Distribution of responses on the "Positive Reappraisal" scale

Thus, it can be concluded that according to Lazarus's "Coping Strategies Questionnaire", most participants show an average level of expression for the majority of coping strategies, indicating that their adaptive potential is at a moderate level.

According to the "Self-Assessment of Stress Resilience" method, the following results were obtained: a few respondents demonstrated low levels of stress resilience, the vast majority of the sample had average stress resilience scores, and approximately one-sixth of the sample exhibited high levels of stress resilience (see Figure 3.12).

According to the "Stress Resilience Test" by Romanovska and Ilashchuk, the following results were obtained: one-third of the respondents demonstrated low levels of stress resilience, while the remaining participants showed average levels of stress resilience. No participants exhibited a high level of stress resilience (see Figure 3.13).

Thus, in summary, it can be stated that most participants in the sample exhibit average levels of stress resilience.

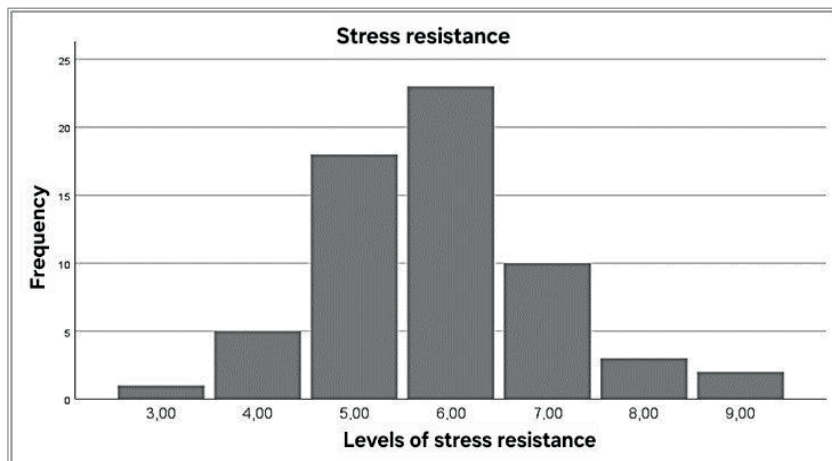


Figure 3.12. Distribution of stress resilience levels according to the “Self-Assessment of Stress Resilience” method

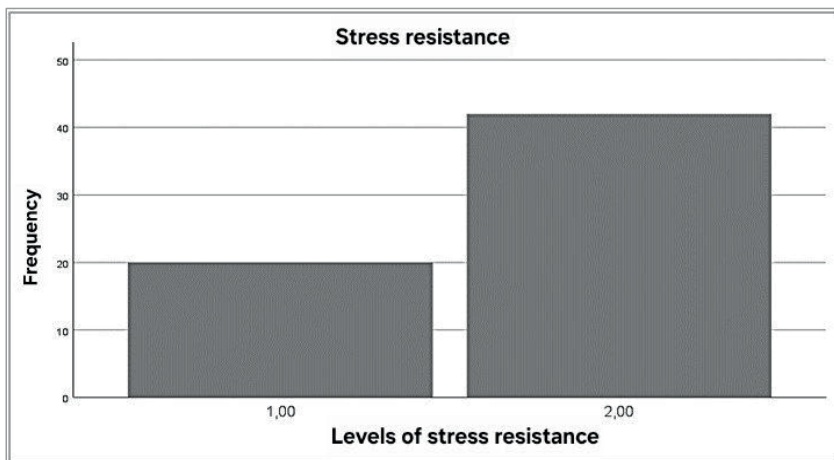


Figure 3.13. Distribution of stress resilience levels according to the “Stress Resilience Test”

The next stage involved testing the research hypotheses by establishing correlation relationships. The correlation strategy in our study was applied to investigate the specifics of the relationship between stress resilience and coping strategies among officers of special police units.

The results of our calculations are presented in the tables. Table 3.6 shows the obtained Spearman correlation coefficients between coping strategy indicators according to Amirhan's "Coping Strategies Indicator" and stress resilience indicators according to the "Self-Assessment of Stress Resilience" method.

Table 3.6

Spearman correlation coefficients (ρ) between coping strategy indicators according to Amirhan's "Coping Strategies Indicator" and stress resilience indicators according to the "Self-Assessment of Stress Resilience" method

Stress Resilience Scale according to the "Self-Assessment of Stress Resilience" method	Coping Strategy Scales according to Amirhan's "Coping Strategies Indicator"		
	Problem-Solving	Seeking Social Support	Problem Avoidance
Level of Stress Resilience	0,130	-0,135	-0,559**

** - Statistically significant correlation at $p < 0,01$

Thus, an inverse correlation was found between the level of stress resilience and the coping strategy "problem avoidance." In other words, the lower the level of stress resilience, the higher the scores on the "problem avoidance" scale, and conversely, higher stress resilience corresponds to lower scores on this coping strategy.

This relationship can be explained by the tendency of some individuals to use avoidance-oriented coping strategies. These may include avoiding conflict situations, denying problems, or distracting attention from negative events. Such strategies can be helpful in minor situations or as a temporary way to relieve stress. However, if a person consistently relies on avoidance strategies, it can negatively affect their level of stress resilience, as avoiding problems can hinder their resolution and personal growth.

For other indicators of Amirhan's "Coping Strategies Indicator" – the "problem-solving" and "seeking social support" scales – no correlation with

stress resilience measured by the “Self-Assessment of Stress Resilience” method was found.

Table 3.7 presents the Spearman correlation coefficients between coping strategy indicators according to Amirhan’s “Coping Strategies Indicator” and stress resilience indicators according to the “Stress Resilience Test” by Romanovska and Ilashchuk.

Table 3.7

Spearman correlation coefficients (ρ) between coping strategy indicators according to Amirhan’s “Coping Strategies Indicator” and stress resilience indicators according to Romanovska and Ilashchuk’s “Stress Resilience Test”

Stress Resilience Scale according to the “Stress Resilience Test”	Coping Strategy Scales according to Amirhan’s “Coping Strategies Indicator”		
	Problem-Solving	Seeking Social Support	Problem Avoidance
Level of Stress Resilience	0,464**	-0,119	-0,539**

** - Statistically significant correlation at $p < 0,01$

Thus, a direct correlation was found between the level of stress resilience and the coping strategy “problem-solving.” In other words, high scores on one scale correspond to high scores on the other, and conversely, low stress resilience scores correspond to low scores on the “problem-solving” coping strategy.

An inverse correlation was also found between the level of stress resilience and the coping strategy “problem avoidance.” That is, the lower the level of stress resilience, the higher the scores on the “problem avoidance” scale, and conversely, high stress resilience corresponds to low scores on this coping strategy.

These results can be explained by the fact that individuals with high stress resilience more frequently use active coping strategies. They may take an active role in problem-solving, seek rational solutions, turn to support from others, and develop action plans. They have confidence and the skills to manage stress effectively.

Conversely, as mentioned earlier, individuals with low stress resilience may prefer avoidance strategies when facing stress. They may avoid problems, deny issues, or distract themselves from negative situations.

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While this may temporarily reduce psychological strain, in the long term, such strategies can hinder problem-solving and personal development.

Table 3.8 presents the calculated Spearman correlation coefficients between coping strategy indicators according to Lazarus’s “Coping Strategies Questionnaire” and stress resilience indicators according to the “Self-Assessment of Stress Resilience” method.

Table 3.8

Spearman correlation coefficients (ρ) between coping strategy indicators according to Lazarus’s “Coping Strategies Questionnaire” and stress resilience indicators according to the “Self-Assessment of Stress Resilience” method

Stress Resilience Scale according to the “Self-Assessment of Stress Resilience” method	Coping Strategy Scales according to Lazarus’s “Coping Strategies Questionnaire”			
	Confrontation	Distancing	Self-Control	Seeking Social Support
Level of Stress Resilience	0,003	-0,096	-0,203	-0,072
Stress Resilience Scale according to the “Self-Assessment of Stress Resilience” method	Coping Strategy Scales according to Lazarus’s “Coping Strategies Questionnaire”			
	Acceptance of Responsibility	Escape-Avoidance	Problem-Solving Planning	Positive Reappraisal
Level of Stress Resilience	-0,194	-0,414**	0,249	-0,098

** - Statistically significant correlation at $p < 0.01$

Thus, an inverse correlation was found between the level of stress resilience and the coping strategy “escape-avoidance.” In other words, the lower the level of stress resilience, the higher the scores on the “escape-avoidance” scale, and conversely, high stress resilience corresponds to low scores on this coping strategy.

This relationship can be explained by the tendency of individuals with low stress resilience to prefer avoiding or evading the stressor or problem that caused the stressful situation. Such behavior may involve focusing efforts on reducing or escaping the stress rather than solving the problem or confronting it. This strategy may also include avoiding situations or places that trigger stress, postponing problem-solving, or concealing one’s emotions.

No correlation was found between other indicators and stress resilience, which may be due to the fact that the choice of coping strategy is influenced not only by stress resilience but also by other factors, both internal (personal characteristics, experience, availability of internal resources, motivation, etc.) and external (social environment, support from close ones, nature and intensity of stressors, etc.), which in certain situations may have a greater impact than stress resilience.

Table 3.9 presents the calculated Spearman correlation coefficients between coping strategy indicators according to Lazarus’s “Coping Strategies Questionnaire” and stress resilience indicators according to the “Self-Assessment of Stress Resilience” method.

Table 3.9

Spearman correlation coefficients (ρ) between coping strategy indicators according to Lazarus’s “Coping Strategies Questionnaire” and stress resilience indicators according to Romanovska and Ilashchuk’s “Stress Resilience Test”

Stress Resilience Scale according to the “Stress Resilience Test”	Coping Strategy Scales according to Lazarus’s “Coping Strategies Questionnaire”			
	Confrontation	Distancing	Self-Control	Seeking Social Support
Level of Stress Resilience	0,217	0,000	-0,020	-0,125
Stress Resilience Scale according to the “Stress Resilience Test”	Coping Strategy Scales according to Lazarus’s “Coping Strategies Questionnaire”			
	Acceptance of Responsibility	Escape-Avoidance	Problem-Solving Planning	Positive Reappraisal
Level of Stress Resilience	-0,429**	-0,597**	0,530**	0,032

** - Statistically significant correlation at $p < 0.01$

Thus, a direct correlation was found between the level of stress resilience and the coping strategy “problem-solving planning.” In other words, high scores on one scale correspond to high scores on the other, and conversely, low stress resilience corresponds to low scores on the “problem-solving planning” coping strategy.

This result can be explained by the tendency of individuals with higher stress resilience to take concrete steps and actions when faced with a stressful or problematic situation. This strategy involves systematically analyzing the problem, developing a plan of action, and executing the necessary steps to achieve the goal.

This approach allows the individual to take initiative, focus on problem-solving, and feel more in control of the situation. It can be particularly effective in situations where the problem has concrete solutions that can be influenced by the person's actions.

An inverse correlation was also found between stress resilience and the coping strategy "escape-avoidance." That is, the lower the stress resilience, the higher the scores on the "escape-avoidance" scale, and conversely, high stress resilience corresponds to low scores on this coping strategy. As previously mentioned, this may be because individuals with lower stress resilience tend to avoid or withdraw from stressful situations that cause discomfort or perceived threat.

In the context of the "escape-avoidance" strategy, a person can respond to stress by diverting attention to other tasks or actions that help distract from the source of stress. They may deny or ignore the problem, avoid conflict, or disengage from the situation. This can include physically avoiding the stressor, passively adapting to it, or refusing to solve the problem.

An inverse correlation was also identified between stress resilience and the "acceptance of responsibility" coping strategy. That is, lower stress resilience corresponds to higher scores on "escape-avoidance", and conversely, high stress resilience corresponds to lower scores on "acceptance of responsibility."

This can be explained by the fact that individuals with low stress resilience may experience excessive stress in difficult situations and have difficulty managing it. In such cases, they can avoid taking responsibility and attribute blame to external factors or other people. While this can serve as a temporary coping mechanism, it prevents active problem-solving and can contribute to increasing stress over time.

Mathematical-statistical analysis was performed using the Spearman correlation coefficient. The correlation analysis allowed the identification of relationships that confirm the proposed hypotheses.

The results of the study support the conceptual hypothesis that among officers of special police units, there is a specific relationship between stress resilience and coping strategies. The findings are consistent with both Ukrainian and international research indicating that stress resilience can influence the choice of coping strategy in different situations. The identified correlations between stress resilience and specific coping strategies confirm the theoretical assumption that stress resilience affects the selection of coping strategies.

The first hypothesis was confirmed: lower stress resilience corresponds to higher scores on the “problem avoidance” coping scale. This coping strategy, defined by J. Amirhan, involves attempts to avoid or evade the problem rather than directly addressing or influencing it. The main idea is to reduce psychological strain, avoid confronting the stressful situation, or eliminate negative emotions associated with the problem.

For example, an individual with low stress resilience using the “problem avoidance” strategy can try to distract themselves from the stressful situation, seek entertainment, or avoid engagement with the problem by changing the topic of conversation or remaining passive. They can also employ self-soothing strategies such as masking the problem with a positive mood, denial, or minimizing the importance of the issue.

This strategy can be useful in some cases, for instance, when the problem is temporary and the individual needs time to gather themselves before addressing it. However, relying on this strategy as a primary coping mechanism may have negative consequences, such as delaying problem resolution, accumulating stress, or impairing psychological well-being.

The second hypothesis was partially confirmed: higher stress resilience corresponds to higher scores on the “problem-solving” coping scale. Individuals with high stress resilience who choose this strategy take practical steps to solve the problem or manage stress. They actively confront stressors and problems, seeking ways to overcome them. This can involve taking specific actions, implementing a plan, changing behavior, or interacting with others.

After executing these actions, individuals evaluate the results of their efforts and determine the effectiveness of their problem-solving. This evaluation can be used to adjust the strategy or develop new approaches.

The third hypothesis regarding the relationship between stress resilience and the “escape-avoidance” coping scale was confirmed: higher stress resilience corresponds to lower “escape-avoidance” scores. While “escape-avoidance” may provide temporary relief, it is less effective in the long term. Avoiding problems can increase stress, delay problem-solving, and reduce self-esteem.

However, in some situations, “escape-avoidance” can be beneficial, especially as a temporary way to relieve tension while the individual prepares to confront the problem. It is important to balance the use of this strategy with more active and constructive coping strategies for effective stress and problem management. This strategy may be useful when someone needs a temporary break from stress or prioritizes maintaining relational harmony. Yet, persistent reliance on “escape-avoidance” may hinder problem-solving and personal growth, leading to missed opportunities or prolonged stressful situations.

The fourth hypothesis was partially confirmed: higher stress resilience corresponds to higher scores on the “problem-solving planning” coping scale. Individuals with high stress resilience using this strategy carefully analyze the stressful situation, gather necessary information, clearly define the problem, and set a specific goal to achieve. Their plan can include concrete steps, required resources, and potential constraints. They actively work on solving the problem, follow the planned steps, and utilize the necessary resources.

Finally, an inverse correlation was found between stress resilience and the “acceptance of responsibility” coping strategy. Low stress resilience may be accompanied by low confidence in one’s abilities, leading individuals to avoid responsibility due to fear of failure or inability to meet situational demands. They can rely on others to take charge and solve problems on their behalf.

It is important to note that stress responses and coping strategy selection vary depending on individual characteristics. Some individuals can adapt more quickly and take responsibility regardless of stress resilience. Therefore, stress resilience influences the choice of “acceptance of responsibility” strategies, but it is not the only factor; other personal characteristics also play a role.

Overall, each person has unique coping strategies, and the choice depends not only on stress resilience but also on multiple factors, including personal

traits, experience, resources, and context. Sometimes, a combination of strategies is more effective than relying on a single approach.

6. Conclusion

Understanding stress resilience and coping helps us better comprehend how individuals can effectively adapt to stress and overcome challenges, promoting both physical and mental health. Studying these phenomena can be valuable for developing psychological support programs and interventions aimed at improving well-being and quality of life.

High levels of stress resilience and the ability to use coping strategies effectively are important for employment and professional development. Understanding the factors that influence stress resilience and coping strategies can help organizations create supportive environments, assist employees, and develop their potential.

Coping strategies also affect interpersonal interactions and relationship quality. Understanding which strategies are effective in different situations can improve communication, conflict resolution, and support in relationships.

Research on stress resilience and coping contributes to personal development. Recognizing one's stress responses, coping mechanisms, and selecting effective strategies can help individuals become more adaptive, make healthier choices, and develop personal resources to overcome life challenges.

Overall, studying stress resilience and coping strategies is important both for advancing general knowledge of human psychology and for designing interventions that promote psychological and social well-being.

Analysis of the literature and the conducted study indicate a specific relationship between stress resilience and coping strategies among officers of special police units. Individuals with higher stress resilience, that is, the ability to adapt effectively to stress, more frequently use positive and active coping strategies. They may seek support from colleagues or specialists, practice relaxation techniques, engage in physical activity, or reframe situations with optimism and a positive perspective.

Conversely, individuals with lower stress resilience may use less effective coping strategies, such as problem avoidance, rumination, or maladaptive stress management mechanisms, including alcohol or drug use.

The study confirmed the first hypothesis regarding an inverse correlation between stress resilience and the “problem avoidance” coping strategy.

The third hypothesis was also confirmed, showing an inverse correlation between stress resilience and the “escape-avoidance” coping strategy.

The second hypothesis, regarding a correlation between stress resilience and the “problem-solving” coping strategy, and the fourth hypothesis, regarding a correlation between stress resilience and the “problem-solving planning” coping strategy, were partially confirmed.

Additionally, empirical data analysis revealed an inverse correlation between stress resilience and the “acceptance of responsibility” coping strategy.

It is important to note that each individual has unique coping strategies, and the choice of strategies depends not only on stress resilience but also on many other factors, including personal characteristics, experience, resources, and context. Sometimes a combination of different strategies may be more effective than relying solely on a single strategy.

The practical significance of this study lies in the fact that its results can be applied by psychologists in consultations, professional selection, psychological support, and psychocorrection of officers in special police units.

Future research directions include further examination of stress resilience and coping strategies in special police units, considering gender and age differences that influence the development of stress resilience, internal and external factors affecting coping strategy selection, correction and prevention of maladaptive coping strategies, training and development in adaptive coping skills, and the design of psychological support and training programs aimed at reducing stress, improving health, and enhancing the effectiveness of police officers.

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