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Dynamics of mental health indicators in security sector professionals under the influence of training and combat stressors

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Динаміка показників психічного здоров'я фахівців сектору безпеки під впливом стрес-чинників навчально-бойової діяльності

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Introduction

It is believed that stress is a reaction of the body, which is manifested by tension and excitement [1]. The body promptly activates a suitable response to counter the stressor. The constant exposure to stressors over time can cause a person to adapt to the factors that caused the tension. Also, stress is often viewed as a physical reaction that manifests itself in behavioral actions aimed at overcoming stressors [2]. In turn, stress is a significant concern, a psychological and behavioral reaction, a condition that requires the elimination of a threat [3, 4].

The educational, service and combat activities of security sector specialists have always been characterized by significant professional stress, which is caused by the diversity of professional tasks with limited time, adverse weather conditions, the need to use weapons and military equipment, significant tension, and the lack of sufficient time for recovery, which significantly affects the professional development of a specialist. However, since the implementation of martial law in Ukraine, security sector specialists have switched to a reinforced version of their service. Significant levels of overload, work in extreme and atypical situations associated with a threat to life, have negatively affected the mental health of specialists. Permanent stress can reduce the existing level of stress resistance and contribute to the development of occupational diseases.

In the opinion of the researchers [5–8], the essential factors in the emergence of professional stress among workers in critical professions are overload with work, lack of sufficient time for recovery; gaps in planning and time management, etc. At the same time, in the process of training and combat activities of security sector specialists, professional stress in wartime can be caused by such factors as: lack of desire to take responsibility for the consequences of one's actions or the actions of subordinates; overload due to performing too much work; overestimation of one's own capabilities; neglect of functional responsibilities; excessive or insufficient managerial control by management; performing several different types of tasks simultaneously; low level of adaptation to new conditions; lack of proper assessment at work. Participation in active hostilities, use of weapons, etc. can also be added to this list of reasons. As a result, security sector professionals witnessed deaths or injuries, often experiencing psychotraumatic experiences. Instead, the successful results of their activities can be considered as confirmation of a sufficient level of their stress resistance.

A number of scientists [9–12] are inclined to believe that the stress resistance of security sector specialists is revealed through their properties such as: emotional stability, psychological stability, neuropsychic stability, stress tolerance, and others. Researchers emphasize that stress resilience should be conceptualized as an individual's capacity to resist the adverse effects of stressors in professional settings. This capacity is determined by a unique constellation of personal traits and psychological processes that facilitate the effective attainment of goals under emotionally stressful conditions. This leads to the conclusion that stress resistance is a property that manifests itself during the influence of stress factors on a person, which can be strengthened by wartime conditions.

Thus, resistance to stress is a systemic dynamic characteristic that determines the ability of an individual to resist the influence of stress factors or the ability to cope with many stressful situations, actively transforming them or adapting to them without harming one's own health and the quality of the activities performed. At the same time, a timely response from management, psychologists,

and the security professionals themselves can not only prevent such negative outcomes but also enhance resilience to the adverse effects of occupational stress.

The aim of the study is to investigate the dynamics of mental health indicators of security sector professionals under the influence of stress factors of training and combat activities under martial law conditions.

Object, materials and research methods

Participants. The research was conducted in 2024-2025 at the Kharkiv National University of Internal Affairs (Ukraine, Kharkiv, KhNUIA). The study involved: 244 cadets studying at the bachelor's level of higher education in the specialty "Law Enforcement" (1st (n=57), 2nd (n=65), 3rd (n=67) and 4th (n=55) years), 58 trainees (master's level listeners), 85 officers. All the respondents were male. The criteria for inclusion of participants in the study were: all male cadets who studied at the KhNUIA majoring in "Law enforcement" and during the academic year took part in practical classes at the training ground (duration of 1 month); all male trainees who completed an internship in practical police units (duration of 3 months); all male officers of the KhNUIA (regardless of age, special rank, position) who were involved in the performance of special and combat tasks in the combat zone since the beginning of the full-scale invasion of the russian aggressor (from February 2022) (duration of 4–6 months). Moreover, all participants were informed that their involvement in the study was solely for scientific purposes, and they provided informed consent for voluntary participation. The exclusion criterion was the participants' willingness to withdraw from the study at any time of their own accord.

Research methods: theoretical analysis and generalization of literature sources, psycho-diagnostic methods (for assessing the mental health of security sector professionals), methods of mathematical statistics.

The method of theoretical analysis and generalization of literary sources was used to conduct an analytical review of scientific sources on the outlined range of issues (25 sources (2010–2025) from MedLine, Scopus, Web of Science, Index Copernicus databases were analyzed).

The mental health of security sector professionals was assessed using psycho-diagnostic methods (PSM-25 psychological stress scale, methodology for determining the propensity to develop stress, stress resilience self-assessment test, methodology for assessing nervous and emotional stress, reactive anxiety scale, methodology for self-assessment of emotional state) [13].

The PSM-25 psychological stress scale is designed to measure the structure of stress. It contains 25 statements, answering which the respondents chose the frequency of their manifestation and rated in points from 1 to 8, where 1 is never, and 8 is constantly. After that, the sum of points for all statements was determined. Stress was assessed as follows: 99 or less points – low stress, 100–124 – average stress, 125 or more points – high stress.

The methodology for determining the propensity to develop stress contains 50 statements and allows for assessing the level of anxiety and the person's tendency to develop stress. The respondents were offered a form with statements opposite which they had to put "+" if the proposed answer "No" or "Yes" coincided with the respondent's opinion, or "–" if it did not. The propensity to develop stress was assessed as follows: 15 points or less – no stress, 16–24 points – moderate stress, 25–39 – average stress, 49–50 – high stress.

The test of self-assessment of stress resistance contains 10 questions, answering which the cadets had to choose one of the proposed answers. The answers for questions 1, 2, 3, 7, 9, and 10 were evaluated as follows: never – 0, rarely – 1, sometimes – 2, quite often – 3, frequently – 4; for questions 4, 5, 6, and 8 – never – 4, rarely – 3, sometimes – 2, quite often – 1, usually – 0. If the sum was 6.8 points or less, the level of stress resistance was considered excellent; 6.9–14.2 – good; 14.3–24.2 – satisfactory; 24.3–34.2 – poor; 34.3 and more – very poor.

The method for assessing nervous and emotional stress includes 30 signs of this condition, divided into three degrees of severity (a – low degree (complete absence), b – average degree, and c – high degree). The data were processed by summing the points: for answers a – 1 point, b – 2 points, and c – 3 points. The nervous and emotional stress level was considered low if the cadets scored 30–50 points, average – 51–70 points, and high – 71–90 points.

The reactive anxiety scale contains 20 statements with response options, depending on how the respondents felt during testing: no, it is not true; probably true; true; quite true. The points were calculated using the formula: $RA = \Sigma 1 - \Sigma 2 + 50$, where RA is reactive anxiety, $\Sigma 1$ is the sum of the numbers on scale items 3, 4, 6, 7, 9, 12, 13, 14, 17, and 18; $\Sigma 2$ is the sum of the numbers on scale items 1, 2, 5, 8, 10, 11, 15, 16, 19, and 20. The level of anxiety was assessed as low with 30 points or less, moderate with 31-45 points, and high with 46 points or more.

The emotional state self-assessment method includes four sets of 10 statements each ("Calm – Anxiety," "Energy – Fatigue," "Elevation – Depression," "Self-confidence – Helplessness"), among which in each set, it was necessary to choose the one that reflected the respondent's emotional state at the time of testing. The formula determined the emotional state: $ES = (I1 + I2 + I3 + I4) / 4$, where ES is an integral indicator of the emotional state; I1, I2, I3, and I4 are individual indicators on the respective scales. The emotional state was assessed as very good at 8-10 points, good – 6–7 points, poor – 4–5 points, bad – 1–3 points.

All the specified methodologies were applied to cadets before and after field training exercises (1 month), to trainees before and after internships in practical units (3 months), and to officers before and after deployments to combat zones (4–6 months). The assessment of mental health indicators of the study participants was carried out by specialists from the psychological department of the KhNUIA in compliance with all necessary requirements for sociological and psychological research.

Statistical analysis. The methods of mathematical statistics were used to process the data obtained. The compliance of the sample data distribution with the Gauss' law was assessed using the Shapiro-Wilk W test. The reliability of the difference between the indicators was determined using the Student's t-test. The reliability of the difference was set at $p<0.05$. All statistical analyses were performed using SPSS software, version 10.0, adapted for medical and biological research.

Ethics. The procedure for organizing the study and the topic of the article were previously agreed with the Committee on compliance with Academic Integrity and Ethics of the KhNUIA. Also this study followed the regulations of the World Medical Association Declaration of Helsinki. Informed consent was received from all participants who took part in this study.

Research results

The results of the assessment of mental health indicators in security sector professionals before and after the completion of training and combat-related tasks are presented in Table 1.

The analysis of psychological stress according to the PSM-25 scale showed that before performing the tasks of training and combat activity in all studied groups, except for 1st-year cadets and officers, the level of psychological stress was at a low level. During the period of practical training at the training grounds, the stress level of cadets of all years of study deteriorated by 4.9–7.8 points, however, statistically significant differences were found only in the indicators of cadets of the 1st and 2nd years ($p\leq0.05$). Statistically significant changes in psychological stress

Table 1

Dynamics of mental health indicators before and after training and combat activities in cadets (n=244), trainees (n=58) and officers (n=85) (Mean±m), points

Study groups	Research stages		Δ	t/p
	Before	After		
1	2	3	4	5
PSM-25 psychological stress scale				
1st year cadets (n=57)	101.8±2.26	109.6±2.31	7.8	2.41/≤0.05
2nd year cadets (n=65)	98.7±2.21	105.3±2.25	6.6	2.09/≤0.05
3rd year cadets (n=67)	97.4±2.13	102.3±2.18	4.9	1.61/>0.05
4th year cadets (n=55)	96.7±2.17	101.8±2.20	5.1	1.65/>0.05
Trainees (n=58)	97.9±2.09	106.7±2.14	8.8	2.94/≤0.01
Officers (n=58)	103.6±1.99	115.2±2.05	11.6	4.06/≤0.001
Methodology for determining the propensity to develop stress				
1st year cadets (n=57)	19.6±1.38	24.2±1.45	4.6	2.30/≤0.05
2nd year cadets (n=65)	18.9±1.31	23.4±1.36	4.5	2.38/≤0.05
3rd year cadets (n=67)	18.6±1.26	22.9±1.29	4.3	2.38/≤0.05
4th year cadets (n=55)	18.5±1.28	22.6±1.33	4.1	2.22/≤0.05
Trainees (n=58)	19.1±1.27	23.9±1.35	4.8	2.59/≤0.05
Officers (n=58)	20.7±1.19	27.5±1.27	6.8	3.91/≤0.001
Stress resilience self-assessment test				
1st year cadets (n=57)	16.8±1.03	21.3±1.12	4.5	2.96/≤0.01
2nd year cadets (n=65)	16.3±0.95	20.5±0.99	4.2	3.06/≤0.01
3rd year cadets (n=67)	15.9±1.07	19.8±1.11	3.9	2.53/≤0.05
4th year cadets (n=55)	15.7±1.10	19.5±1.14	3.8	2.40/≤0.05
Trainees (n=58)	16.0±0.92	20.9±0.98	4.9	3.65/≤0.01
Officers (n=58)	16.2±0.89	22.6±0.97	6.4	4.86/≤0.001
Methodology for assessing nervous and emotional stress				
1st year cadets (n=57)	55.1±1.15	60.3±1.21	5.2	3.12/≤0.01
2nd year cadets (n=65)	53.8±1.11	58.7±1.16	4.9	3.05/≤0.01
3rd year cadets (n=67)	52.7±1.19	57.1±1.23	4.4	2.57/≤0.05
4th year cadets (n=55)	51.9±1.17	56.2±1.20	4.3	2.55/≤0.05
Trainees (n=58)	52.6±1.08	58.4±1.13	5.8	3.71/≤0.01
Officers (n=58)	57.5±0.95	65.8±1.06	8.3	5.83/≤0.001
Reactive anxiety scale				
1st year cadets (n=57)	44.2±1.05	47.5±1.10	3.3	2.17/≤0.05
2nd year cadets (n=65)	43.5±0.97	46.6±1.01	3.1	2.21/≤0.05
3rd year cadets (n=67)	40.9±0.95	42.8±1.00	1.9	1.37/>0.05
4th year cadets (n=55)	40.3±0.99	42.1±1.04	1.8	1.37/>0.05
Trainees (n=58)	40.1±0.91	46.3±0.97	6.2	4.66/≤0.001
Officers (n=58)	43.9±0.88	51.2±0.96	7.3	5.61/≤0.001

Table 1 (Continued)

1	2	3	4	5
Methodology for self-assessment of emotional state				
1st year cadets (n=57)	5.5±0.24	4.1±0.25	1.4	4.04/≤0.001
2nd year cadets (n=65)	6.1±0.27	4.9±0.26	1.2	3.20/≤0.01
3rd year cadets (n=67)	6.3±0.22	5.4±0.21	0.9	2.96/≤0.05
4th year cadets (n=55)	6.7±0.23	5.9±0.23	0.8	2.57/≤0.05
Trainees (n=58)	6.9±0.21	4.8±0.24	2.1	6.59/≤0.001
Officers (n=58)	5.6±0.19	3.3±0.20	2.3	8.34/≤0.001

Legend: n – sample size; Mean – arithmetic mean; m – standard error; Δ – difference between the studied indicators; t – value of Student's t-test; p – level of statistical significance of differences.

indicators were observed among trainees and, particularly, among officers: the difference between pre- and post-task assessment scores amounted to 8.8 points in trainees (p≤0.01) and 11.6 points in officers (p≤0.001). It was found that, following the completion of training and combat-related tasks in war conditions, all studied groups demonstrated a moderate level of psychological stress according to the PSM-25 scale, which emphasizes the negative impact of stress factors of training and combat activities on the psycho-emotional state of the study participants. The most pronounced impact of stress factors was found in the group of officers, which confirms the connection between the development of stress and the duration of stay in extreme conditions of activity.

The study of indicators of the propensity to develop stress shows that before the performance of training and combat tasks, a moderate level of stress and anxiety (18.5–20.7 points) was found in all groups of subjects. During the period of field training, internships, and deployments to combat zones, a statistically significant deterioration in stress levels was observed across all study groups (p≤0.05–0.001). However, at the end of the study period, the stress level of cadets and trainees remained within a moderate level, while that of officers deteriorated to an average level. The largest difference between the initial and final testing data was found among officers and trainees, and among cadets in the junior years.

Assessment of the level of stress resistance shows that before leaving for the tasks of training and combat activity, a satisfactory level of stress resistance was observed in all groups of subjects – the average score was in the range of 15.7–16.8 points. In the process of performing the tasks of training and combat activity, there was a statistically significant (p≤0.05–0.001) deterioration in the level of stress resistance in all groups: the least pronounced negative changes occurred in senior year cadets (the difference is 3.8–3.9 points), the most pronounced – in junior years (4.2–4.5 points) and in trainees (4.9 points) and officers (6.4 points). At the end of the studied period, the respondents of all groups had a satisfactory level of stress resistance.

The analysis of the dynamics of nervous and emotional stress indicators revealed statistically significant negative changes in all respondents during the course of training and combat activities under martial law conditions. In cadets, the deterioration ranges from 4.3 points in the 4th year (p≤0.05) to 5.2 points in the 1st year (p≤0.01); in trainees – 5.8 points (p≤0.01), in officers – 8.3 points (p≤0.001). The poorest indicators were observed among officers, whose task duration was the longest, indicating the negative impact of combat-related stressors on various aspects of neuro-emotional tension, such as physical discomfort, cardiovascular and gastrointestinal issues, sleep disturbances, psycho-emotional state, cognitive performance, psychological discomfort, and others.

Assessment of the level of reactive anxiety shows that at the beginning of the studied period, the anxiety level of cadets, trainees, and officers was at a moderate level (within 31–45 points). During the training and combat activities under martial law, the level of anxiety in all studied groups worsened, however, statistically significant changes occurred in 1st and 2nd year cadets (the difference is 3.3 and 3.1 points, respectively, at p≤0.05), as well as in students and officers (the difference is 6.2 and 7.3 points, respectively, at p≤0.001). It was found that at the end of the studied period, the worst level of reactive anxiety was observed among officers (51.2 points) and among cadets in the 1st year (47.5 points). Following the training and combat activities, a moderate level of anxiety was recorded among senior-year cadets, while junior-year cadets, trainees, and officers demonstrated a high level of anxiety. This confirms our previous findings regarding the long-term impact of training and combat stressors on the mental health of security sector professionals.

The assessment of the participants' emotional state showed that, prior to the execution of training and combat tasks, 1st year cadets and officers demonstrated a decreased emotional state, while the remaining study groups exhibited a good level of emotional well-being. After returning from training grounds, internships, and missions to the combat zone, all respondents experienced a statistically significant deterioration in their emotional state (p≤0.05-0.001). Specifically, among 1st year cadets, the difference in emotional state indicators before and after training and combat activities was 1.4 points (p≤0.001); among 2nd year cadets – 1.2 points (p≤0.01); 3rd year – 0.9 points (p≤0.05); 4th year – 0.8 points (p≤0.05); among trainees – 2.1 points (p≤0.001); and among officers – 2.3 points (p≤0.001) (Fig. 1). After

completing the tasks of training and combat activities, cadets of all years of study, as well as trainees, showed a deteriorated level of emotional state (4.1–5.9 points), and officers had a very poor level (3.3 points).

The obtained results indicate a pronounced negative impact of training and combat-related stressors under martial law conditions on the mental health of security sector professionals.

Discussion of research results

The everyday professional activities of security sector professionals are filled with occupational stressors [14–16]. However, even in their own activities, people experience physiological, psychological, informational, and emotional stress. The main factors are: participation in hostilities, overload with work, difficult working conditions, conflict, distrust of the population, etc. In recent years, security sector professionals have lost relatives, friends, and colleagues; were on the battlefield; were involved in the evacuation of the population from dangerous areas; and eliminated the consequences of air strikes. Each of these situations causes severe stress, anxiety, and provokes chronic stress.

According to researchers [17, 18], effective stress management requires mobilizing the full capacity of the body, immunity, and the protective mechanisms of the nervous system and psyche, primarily to overcome life-threatening situations in professional activities. In stressful situations in the body, the composition of blood changes. Hormones secreted by endocrine glands cause anxiety, vigilance and aggression. For almost all people, participation in combat operations is considered a stressful factor, or rather a mental trauma [19]. This potentially leads to personal changes, as proven by our results.

Under such conditions, security sector professionals often experience psychological discomfort and attempt to cope with it independently, yet tend to avoid seeking help due to stereotypical societal expectations of a defender – as demonstrated by our findings. At the same time, during stress in the process of training and combat activities and in service situations, there are several recommendations that can reduce its effects [20–22]: try to concentrate on controlling of own activities; do everything as carefully as possible; try to control not only yourself, but also the surrounding situation as a whole; to try to look at yourself from the side; not succumb to emotions; try to understand everything around you as a whole. We share a similar viewpoint, supported by our research, that the stress resilience of a security sector professional under wartime conditions is an integrated personal characteristic. It is responsible for the emotional and personal stability. That is why a law enforcement officer must possess both the ability to withstand stress and the properties of emotional stability in difficult wartime situations. At the same time, stress resistance (the body's resistance to the effects of stress factors) and resilience (resistance to stress, recovery, regulation of physical or mental health) are becoming increasingly relevant. With the aim of improving the practice of coping with stressors arising from training and combat activities, it is advisable to implement training programs focused on developing a high level of stress resilience within the system of professional and psychological preparation of security sector professionals [23–25]. They contain classes that should help professionals master self-regulation skills in stressful situations and provide assistance to people in shock.

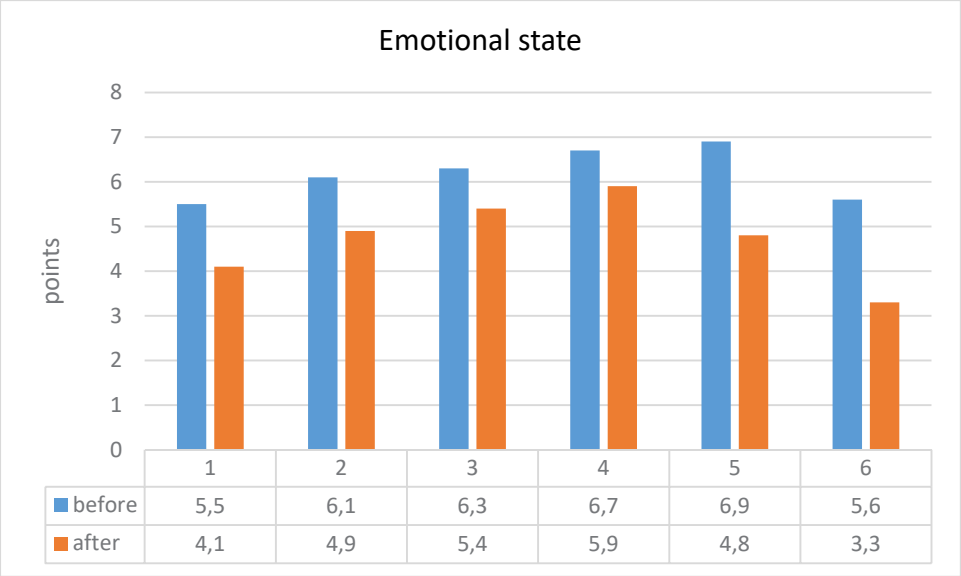

Fig. 1. Dynamics of emotional state in cadets (n=244), trainees (n=58) and officers (n=85) before and after training and combat activities (scores): 1 – 1st year cadets, 2 – 2nd year cadets, 3 – 3rd year cadets, 4 – 4th year cadets, 5 – trainees, 6 – officers

Prospects for further research

It is planned to investigate the impact of training and combat activities during the war on the level of stress and other indicators of mental health of female police officers.

Conclusions

The negative impact of stress factors of training and combat activities on the mental health of security sector specialists and, in particular, on the level of manifestation of stress disorders, predisposition to the development of stress, decreased stress tolerance, increased neuro-emotional tension, increased anxiety, and worsening of the emotional state has been proven. The most pronounced negative changes in the indicated mental health indicators were found in specialists whose training and combat activities are characterized by prolonged systematic exposure to stress factors (officers during a trip to a combat zone, trainees during internships), and those who have not developed the skills to counteract stress during the performance of training and combat tasks (junior year cadets).

The obtained results highlight the necessity of developing stress resilience among security sector professionals to ensure the effectiveness of their training and combat activities under martial law conditions. They also emphasize the importance of fostering skills in applying effective stress prevention strategies during such activities, as well as promoting the recovery of mental health indicators following their completion.

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The purpose of the work is to investigate the dynamics of mental health indicators of security sector professionals under the influence of stress factors of training and combat activities under martial law conditions.

Materials and methods. The research was conducted in 2024–2025 at the Kharkiv National University of Internal Affairs (Ukraine, Kharkiv). The study involved: 244 cadets of the1st–4th years, 58 trainees, 85 officers. Research methods: theoretical analysis and generalization of literature sources, psycho-diagnostic methods (for assessing the mental health of security sector professionals), methods of mathematical statistics.

Results. The negative impact of stress factors of training and combat activities on the mental health of security sector specialists and, in particular, on the level of manifestation of stress disorders, predisposition to the development of stress, decreased stress tolerance, increased neuro-emotional tension, increased anxiety, and worsening of the emotional state has been proven. The most pronounced negative changes in the indicated mental health indicators were found in professionals whose training and combat activities are characterized by prolonged systematic exposure to stress factors (officers during a trip to a combat zone, trainees during internships), and those who have not developed the skills to counteract stress during the performance of training and combat tasks (junior year cadets).

Conclusions. The obtained results highlight the necessity of developing stress resilience among security sector professionals to ensure the effectiveness of their training and combat activities under martial law conditions. They also emphasize the importance of fostering skills in applying effective stress prevention strategies during such activities, as well as promoting the recovery of mental health indicators following their completion.

Key words: stress, stress factors, war, martial law, mental health, security sector professionals.

Мета: дослідити динаміку показників психічного здоров'я фахівців сектору безпеки під впливом стрес-чинників навчально-бойової діяльності в умовах воєнного стану.

Матеріали та методи. Дослідження проводилося у 2024–2025 рр. на базі Харківського національного університету внутрішніх справ (Україна, м. Харків, ХНУВС). До дослідження було залучено: 244 курсанти, які навчалися на бакалаврському рівні вищої освіти за спеціальністю «Правоохоронна діяльність» (I (n=57), II (n=65), III (n=67) та IV (n=55) курсів), 58 слухачів магістерського рівня, 85 офіцерів. Усі респонденти були чоловічої статі. Критеріями включення учасників до дослідження були: усі курсанти чоловічої статі, які навчалися у ХНУВС за спеціальністю «Правоохоронна діяльність» та впродовж навчального року взяли участь практичних заняттях на навчальному полігоні (тривалістю один місяць); усі слухачі чоловічої статі, які пройшли стажування у практичних підрозділах поліції (тривалістю три місяці); усі офіцери ХНУВС чоловічої статі (незалежно від віку, спеціального звання, посади), які були залучені до виконання спеціальних і бойових завдань у зоні бойових дій від початку повномасштабного вторгнення російського агресора (з лютого 2022 р.) (тривалістю 4–6 місяців). Окрім того, усі учасники були повідомлені про їхню участь у дослідженні виключно у наукових цілях та надали згоду на добровільну участь у дослідженні. Критерієм виключення було бажання учасників вийти з дослідження у будь-який час за власним бажанням. Методи дослідження: теоретичний аналіз та узагальнення літературних джерел, психодіагностичні методи, методи математичної статистики. Психічне здоров'я фахівців сектору безпеки оцінювалося за допомогою психодіагностичних методик (шкала психологічного стресу PSM-25, методика визначення схильності до розвитку стресу, тест самооцінки стресостійкості, методика оцінки нервово-емоційного напруження, шкала реактивної тривожності, методика самооцінки емоційного стану). Шкала психологічного стресу PSM-25 розроблена для вимірювання структури стресу. Вона містить 25 тверджень, відповідаючи на які респонденти вибирали частоту їх прояву. Методика визначення схильності до розвитку стресу дає змогу оцінити рівень тривожності та схильність людини до розвитку стресу. Тест самооцінки стресостійкості містить 10 запитань, відповідаючи на які респонденти мали вибрати один із запропонованих варіантів відповіді та оцінити рівень стресостійкості. Методика оцінки нервово-емоційного стресу включає 30 ознак цього стану, розділених на три ступені тяжкості (а – низький ступінь (повна відсутність), б – середній ступінь та в – високий ступінь). Шкала реактивної тривожності містить 20 тверджень із варіантами відповідей залежно від того, як почувалися респонденти під час тестування. Метод самооцінки емоційного стану включає чотири набори з 10 тверджень та дає змогу оцінити психоемоційний стан респондентів. Усі зазначені методики застосовувалися у курсантів перед практичними заняттями на полігонах та після них (один місяць), у слухачів – до та після стажування у практичних підрозділах (три місяці), у офіцерів – до і після відрядження у зону бойових дій (4–6 місяців). Оцінювання показників психічного здоров'я учасників дослідження здійснювалося фахівцями психологічного відділу ХНУВС із дотриманням усіх необхідних вимог до соціологічних та психологічних досліджень.

Результати. Доведено негативний вплив стрес-чинників навчально-бойової діяльності на психічне здоров'я фахівців сектору безпеки та зокрема на рівень прояву стресових розладів, схильність до розвитку стресу, зниження стресостійкості, збільшення нервово-емоційного напруження, зростання тривожності, погіршення емоційного стану. Найбільш виражені негативні зміни у зазначених показниках психічного здоров'я виявлено у фахівців, навчально-бойова діяльність яких характеризується тривалою систематичною дією стрес-чинників (офіцери під час відрядження у зону бойових дій, слухачі під час стажування), та тих, у яких не сформовано навички протидії стресу під час виконання навчально-бойових завдань (курсанти молодших курсів).

Висновки. Отримані результати свідчать про необхідність формування стресостійкості у фахівців сектору безпеки для забезпечення ефективності їхньої навчально-бойової діяльності в умовах воєнного стану, а також формування навичок застосування ефективних засобів профілактики стресу у процесі навчально-бойової діяльності та для відновлення показників психічного здоров'я після її завершення.

Ключові слова: стрес, стрес-чинники, війна, воєнний стан, психічне здоров'я, фахівці сектору безпеки.

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