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Levels of operating police officers' stress-tolerance development

Bilyalova A., Ryseva Y., Kalashnikova M.
Kazan Federal University, 420008, Kremlevskaya 18, Kazan, Russia

Abstract

The article deals with levels of operating police officers' stress-tolerance development. The study of stress-tolerance of police officers, who are exposed to many negative factors, is particularly relevant from a practical point of view. This is a part of the study devoted to the development of stress-tolerance of novice police officers by means of psychological correction of the process of self-regulation of their professional activities. Psycho diagnostic methods include a number of tests and questionnaires, which are described further in the "Methods" section. On the stating stage of the study significant differences on many indicators between novice police officers (low level of stress-tolerance) and police officers with experience (high level of stress-tolerance) were revealed. The differences are the following: differences in stable personal features, in special characteristics, in sensitivity to external stressors, in emotional levels, in the ability to self-regulation. Correlation analysis showed a large number of interrelations in the group of police officers with experience and a small number of interrelations in the group of novice police officers. Obviously, a low level of stress-tolerance is caused by a violation of basic regulatory relations at professional activity of the person, which in turn is related to the lack of professional experience. The results of the study are of great interest both from scientific and practical point of view, and further were used to increase the resistance to stress of novice police officers.

Keywords

Police officer, Professional experience, Self-regulation of activity, Stress, Stress-tolerance