



## Main Components of Communicative Activities of Future Legists with Sense of Loneliness

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**Article Citation:** Okhrimenko, I. & Boiko-Buzył, Y. & Kisil, Z. & Katolyk, H. & Miloradova, N. (2021). Main Components of Communicative Activities of Future Legists with Sense of Loneliness, *Applied Linguistics Research Journal*, 5 (4): 91–103.

**Received Date:** February 23, 2021

**Accepted date:** March 4, 2021

**Online Date:** April 5, 2021

**Publisher:** Kare Publishing

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Journal

E-ISSN: 2651-2629



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### ABSTRACT

Modern social and psychological studies of Loneliness involve the analysis of many personal problems that relate to various manifestations of human life, especially in the field of interpersonal contacts and communication. Loneliness as a complex and acute experience, which reveals special forms of self-knowledge, attitude to oneself and the world, attracts attention in terms of communicative behaviour and changes that can happen to a human being on the path of self-formation and professional development. Therefore, the study of the relationship between personality traits and feelings of Loneliness is of particular interest, especially in the category of future specialists in the field of "human being – human being", such as law specialists, who, within a framework of their professional activities, constantly cooperate with people, interact, communicate with them and guard their freedoms and interests. The research aims to determine the individual and psychological traits and manifestation characteristics of Loneliness in future legal practitioners and law enforcement officers in terms of their communicative activities. The research is based on the use of a number of psychological diagnosis methods, with the help of which 380 future law enforcement specialists have been surveyed. The results obtained have been processed using the methods of mathematical statistics. Empirical data have shown that there is a relationship between the personality traits of specialists and manifestations of Loneliness as a part of social and communicative processes. The research will help to understand the feasibility of introducing communicative linguistics in the process of law specialists training and the development of psychological support for law enforcement officers.

**Keywords:** Personality, Individual and Psychological Features, Loneliness, Communicative Criterion, Legist, Law-Enforcement Activities.

### 1. Introduction

Nowadays, when our society is experiencing social and economic crises and political reforms, it is very important to research the psychological problems of a modern human being, especially in harmonizing the inner world of the personality, overcoming internal and interpersonal conflicts, increasing the number and quality of social contacts, describing psycholinguistic processes, finding a balance between social and personal, etc. Therefore, theoretical and experimental understandings of current social and psychological phenomena, such as Loneliness, which is associated with a human worldview, action motivation, self-awareness, are of undeniable interest and find their expression in social and communicative processes, especially in communicative activities.

Personality, as a central psychological phenomenon that integrates and regulates the entire psychological organization of a human being (Korzhova, 2015), is developed and formed in activities and communication (Barko, Okhrimenko, Medvediev, Vagina, & Okhrimenko, 2020; Olefyr, 2009), and quite often specifically their deficiency gives rise to Loneliness (Huba, 2012), which finds expression in human feelings, thoughts and behaviour. Even though Loneliness does not depend on the number of social connections and communication, it determines the quality of communicative behaviour. It is the lack of communicative activities that complicate the processes of interpersonal interaction.

Most often, Loneliness is considered as a psychological state of a human being or as an indicator of physical relationships with other people, where the lack of communication and closeness is based on an objective situation of lack of communication or quality emotional bond, so the bond character of personal traits with Loneliness requires further study because it is the personality trait as a hypothetical basic disposition or qualitative characteristic which can be used to explain the communicative behaviour of the personality, especially his internal emotional experiences and external alienation, which minimize communicative activities manifested in communication strategy planning, use of various communication tools, overcoming communication barriers, communicative interaction of the personality with others and in fact are manifestations of Loneliness.

It is clear that the problem of Loneliness is not new, but the analysis of the scientific discourse of Loneliness reveals its contradictory nature. It is noted herewith that such a contradiction stems from the very essence of human existence. After all, any human being, on the one hand, seeks to express his individuality, freedom, independence from the environment. On the other hand, the human being is characterized by a sense of belonging to a certain social community, pursuance of interaction with other people, social recognition, communication and intercourse. Again, under some conditions, everyone strives for solitude, for others – the human being needs active communication, interaction, support, understanding, etc. (Pimenova, 2013; Barko, Okhrimenko, Ostapovich, Medvediev, & Sprynchuk, 2020).

Communicative issues of distance learning in the English language, namely the usage of hardware tools, informational-communication support, general and special purpose software, web resources of educational disciplines, were revealed by scholars (Melnychuk, Rebukha, Zavgorodnia, & Bloshchynskiy, 2018). The structure and implementation of electronic teaching and methodological support for the communicative activity of law-enforcement personnel of the State Border Guard Service of Ukraine were presented by other scientists (Bloshchynskiy, Halus, Pohekalin, Taushan, 2018). Creating content-based warm-ups in the English class with the usage of communicative based situations with the cadets of "Law" specialty was substantiated in the work of (Karpushyna, Bloshchynskiy, Zheliaskov, Chymshyr, Kolmykova, Tymofieieva, 2019). Such scientist as I. Bloshchynskiy presented the significance of information and communication technologies usage (namely, Anki program) by future border guard officers during foreign language professional training (Bloshchynskiy, 2017).

The profession of a legist is of particular importance; its prestige or, conversely, contempt set the social content and create conditions for the personality of the specialist, which orient him to professional development and improvement, and, hence, set the dynamics of his professional affiliation (Aleksandrov, Okhrimenko, & Drozd, 2017; Bondarenko et al., 2020), communicative behaviour in the system of interpersonal and professional socio-communicative bonds. In view of the above, Loneliness can be considered a complex phenomenon, a set of objective and subjective factors that prevent a personality from entering his professional environment, assimilating the relevant norms, values, roles, etc. Individual and professional affiliation of the specialist covers the process and result of optimal and adequate coordination of internal and external conditions of the personality functioning and self-realization within professional legal reality, manifested in the need to improve communicative competence and skills, development of general communicative activities and communicative behaviour, constant confirmation of the value of social relations and communications, preserving them among the vital meanings of the subject, as a basis for the formation of his worldview and professional activities.

Thus, it is generally accepted that the feeling of Loneliness is widespread among legal professionals who do not have certain social relations with the immediate referential or professional environment, without friendly ties within law enforcement activities. Along with this, such traits can be manifested in people who do not formally have problems in the field of interpersonal communication, but internally difficult experience their role in the world, trying to understand themselves and clear out relationships with others, and therefore experiencing existential crises. Considering Loneliness as a subjective personal phenomenon of specialists, we understand that both social and individual-personal indicators (Ivanchenko, Pokrovskiy, 2008) can cause it. Thus, the tendency to Loneliness of legists is in the presence of certain individually- and professionally-psychological traits that prevent the maintenance of close relationships and interactions with people, result in superficiality or overload of contacts, disable the manifestation of communicative activities and further development of communicative competence of the lawyer. The presented experimental research is devoted, namely to the specified aspects of this category of experts.

The concept of Loneliness as a psychological phenomenon is multifaceted, ambiguous and difficult for scientific research. Loneliness, on the one hand, is a global, essential, socially conditioned phenomenon with

insufficiently clear criteria; on the other hand, it is a factor of complex mental experience, which affects the depths of human consciousness, which makes it difficult to build its scientific theory (Huseinova, 2013).

Considering Loneliness as a social and psychological phenomenon, the emotional state of a legist is associated with the lack of positive emotional bonds, communicative contacts and professional relationships with other people or the fear of losing them (Makarenko, 2014), it should be interpreted primarily as a feeling, state, process and attitude of a legal specialist to his environment (social, professional, managerial, etc.) (Barko, Okhrimenko, Ostapovich, Medvediev, & Sprynchuk, 2020; Boiko-Buzyl, 2020; Fedorenko, Dotsenko, Okhrimenko, Radchenko, & Gorbenko, 2020; Hays, Regoli, & Hewitt, 2007; Gupton et al., 2011; Kandyba, 2012; Okhrimenko, 2019).

Loneliness as a feeling is preconditioned by the experience of a specialist of his dissimilarity to others, resulting in a certain psychological barrier in professional and social communication, feelings of misunderstanding and rejection of himself and other people. Here, the feeling of Loneliness is associated with the awareness to develop social relationships and provide professional interaction. Along with this, the state of Loneliness or the legist's experience of loss of internal integrity and external harmony with the environment is expressed in the violation of the balance between the desired and achieved quality of social communication. Simultaneously, the Loneliness of the subject of law enforcement activities as a process is a gradual destruction of the personality's ability to perceive and implement the existing social norms, principles, values in specific life or professional situations. As a result of the process of Loneliness, the personality loses the status of a subject of social life or work activities. Loneliness as a relationship makes it impossible to accept the world as a self-fulfilling prophecy and inherent value. At the same time, the legist, analyzing his relationships with different categories of citizens and representatives of his own environment, does not always associate himself with the surrounding social space (Korchahyna, 2005; Okhrimenko, Yevdokimova, Shvets, Pakhomova, & Fediy, 2020; Shvets et al., 2020; Tsilmak, Okhrimenko, Barko, Protsenko, & Gerashchenko, 2020). Thus, among the causes of Loneliness are often those that are associated with the individual psychological characteristics of the subject of law enforcement activities, i. e. a conscious and purposeful desire to be alone; those that originate from other persons (ignorance, avoidance, forced imprisonment, etc.) or arise as a result of coincidence (objective isolation, independent either of the individual or of a social or professional group) (Osodlo, 2012; Ostapovich et al., 2020; Shagivaleva, 2007).

Loneliness should be distinguished from "solitude" and "isolation" (Pomazova, 2013). Isolation is, first of all, the localization of a human being from the social environment, which is determined more by the external situation than by the internal experience. In contrast to isolation, the Loneliness of a specialist reflects a disorder with his environment and with himself, accompanied thereat by suffering, crises and so on. Isolation and Loneliness are not identical concepts also because it is possible to be lonely but not isolated from society and one's professional environment. Along with this, you can be isolated and not perceive your own Loneliness. Solitude as voluntary isolation is also different from Loneliness. People can be happy in solitude and not necessarily worry about the emotional state of Loneliness.

The Loneliness of a legist as a representative of the socio-economic professions is often associated with depression, self-aggression, frustration, anxiety, shyness, restraint, which requires appropriate psychological help (Gupton et al., 2011; Patterson, Chung, & Swan, 2014; Sheremet, Suprun, M., Suprun, D., Okhrimenko, & Sprynchuk, 2020). Along with this, the typical emotional states of representatives of law enforcement activities include sadness, impatience, despair, feelings of unattractiveness, helplessness, depression, inner desolation, boredom, loss of hope, isolation, self-pity, stiffness, irritability, bleakness, melancholy, alienation, sense of guilt, etc. (Kisil, 2014; Klymenko, 2017; Makarenko, 2014). Instead, the personal characteristics of a legal specialist that contribute to Loneliness first and foremost include introversion, emotional instability, fear of rejection in the team, low self-esteem, maladaptation in society, inflated requirements to oneself or others, unrealistic or inadequate expectations and ideas about love, friendship, communication, insufficient development of communicative skills, social qualities and adequate forms of self-affirmation, etc. (Valieiev, Tohochynskyi, Pekarchuk, Sobakar, & Yermakov, 2019).

As we can see, Loneliness is associated with certain criteria: existential (finding one's place in the world, self-determination, self-affirmation), cognitive (immersion into the inner world, self-awareness, self-analysis) and communicative (lack or obvious sensitivity of social contacts, unsatisfactory level of communicative relations). In the framework of the presented research, the communicative criterion is of the greatest interest as the sphere of social and communicative relations is very important for a legist.

Continuing the consideration of the issues specified, it should be noted that Kolomiiets & Hryhoruk, having analyzed the negative colouring of the semantics of the concept of "loneliness", identified the following its features: personal destruction due to the lack of communication (psychodynamic approach); social and personal isolation (interactionist approach); personal awareness of the experience of Loneliness (cognitive approach); uncontrolled social and psychological dependence on changes in social institutions (sociological approach); conflict between personality and standards of behaviour, i. e. intrapersonal conflicts (phenomenological approach) (Kolomiiets, Hryhoruk, 2017). However, taking into account the approaches as mentioned above, let us note that negative manifestations of Loneliness of a law enforcement officer can gain positive characteristics under certain conditions,



for example, awareness of the nature of Loneliness, active position of a legist in relation to it, the experience of overcoming professional difficulties, motivation of social Loneliness. First and foremost, we are talking about preventing the leakage of personal and official information, developing a strategy of contact interaction with specific categories of people, formation of mechanisms of psychological protection and more.

In addition, Loneliness is a subjective feeling of a legist because it can be felt only by the personality. Given this, and having chosen peculiarities of its perception (negative and positive) and appearance causes (external factors, circumstances, personal choice) as the grounds for the typology of subjective Loneliness, the following types of Loneliness are distinguished: subjective negative stipulated by personal choice (internal negative); subjective negative stipulated by external factors (external negative); subjective positive stipulated by external factors (external positive); subjective positive stipulated by personal choice (internal positive) (Ivanchenko, Pokrovskiy, 2008; Huba, 2012; Huseinova, 2013).

Despite the fact that the problem of Loneliness has repeatedly been the subject of close attention of various branches of science such as psychology, philosophy, pedagogy, sociology, cultural studies, which indicates its integrative nature, theoretical and practical significance, there is still no single model to explain the essence and all the versatility of this concept in the activities of specialists in the field of socioeconomics. The originality of the research was determined by the fact that most often, the scientists study the general theoretical aspects of Loneliness (Gasanova, Omarova, 2017; Fromm-Raikhman, 1986; Korchahyna, 2008), its types (Bek, 2000; Weiss, 1973; Kandyba, 2012), manifestations (Huseinova, 2013; Pomazova, 2013; Slobodchikov, 2007), preconditions for origin (Russell, Peplau, & Cutrona, 1980), and also by the fact that psychological features of experiencing Loneliness in legal specialists, law enforcement officers were covered by only a few scientists, including Makarenko (2014), Bondarenko, Okhrimenko, Tverdokhvalova, Mannapova, & Prontenko (2020).

## 2. Methodology

The research aims to determine the individual and psychological traits and manifestation characteristics of Loneliness in future legal practitioners and law enforcement officers in terms of communicative activities of a modern human being.

The results of the author's research significantly complement the existing publications. For the first time, they contain qualitative and quantitative results of the study of the relationship between individual and psychological traits of law enforcement specialists with a sense of Loneliness through the prism of social and communicative processes. In addition, this expands the understanding of communicative linguistics among the areas of psychological support for legal specialists during their training in higher educational institutions, as well as direct professional activities.

The experimental research, which was conducted for 6 months of 2020, involved 380 future legists (aged from 18 to 24). The quantitative indicator of the sample is representative (the general population of future legal practitioners is about eight thousand people, therefore, with a fiduciary level of 0.95; the statistical error does not exceed 5%). Testing was carried out using the blank method in groups of 10-12 people in the morning. The subjects of interest were motivated by preliminary information about the psychological study of their personality; the results were processed using "keys" to the questionnaires, the correlation analysis of data was performed using Excel. Research methods: theoretical analysis and generalization of scientific and methodical literature, observation, psychological diagnostics, methods of mathematical statistics.

The first stage of the research provided for the determination of the characteristics of loneliness indicators in future legists. The second stage covered the study and analysis of the personality traits of future specialists. The third stage involved the correlation analysis of the data obtained in order to study the nature of the relationship between personality traits and indicators of Loneliness in legal practitioners through the prism of their communicative activities.

Loneliness questionnaires developed by Korchagina (2008) were used to study independent behaviour indicators in law enforcement representatives. The first questionnaire focuses on the study of the depth of Loneliness experiencing. The questionnaire consists of 12 questions. The subjects of interest are asked to rate each of the questions on the scale such as "always", "often", "sometimes", "never". The answers are then evaluated by points such as "always" – 4, "often" – 3, "sometimes" – 2, "never" – 1. The total number of points indicates the following: 12-16 points – a person does not experience Loneliness; 17-27 points – the shallow experience of Loneliness; 28-38 points – the deep experience of actual Loneliness; 39-48 points – very deep experience of Loneliness, immersion in this state. The second questionnaire aims to determine the type of Loneliness, namely: diffusive, alienating, dissociated. The questionnaire consists of 30 statements and has 2 possible answers, "yes" or "no". The total number of points for each type is calculated. The highest number of points indicates its severity.

The personality traits of future legists were also diagnosed using the personal questionnaire of G. Eisenko, the Freiburg Personal Questionnaire (form B) and the questionnaire of 16-personal factors by Kettell (form C).

The research was performed according to the Regulations on Academic Honesty requirements at the National

Academy of Internal Affairs, which were developed on the basis of Ukrainian and world experience of ethical rulemaking. This document was approved by the Academic Council of the National Academy of Internal Affairs (Protocol No. 5 of 27.03.2018 and implemented by order of the Rector of the Academy (Order No. 422 of 30.03.2018). According to its provisions, the scientific community members are guided by the rules of ethical conduct and professional communication; respect the principles, values, norms, rules, and conditions of academic honesty in their activities. The consent to participate in the research was obtained from all subjects.

### 3. Results

The results of the empirical research of Loneliness and individual psychological traits of future legists in terms of their communicative activities are shown below.

The results of the study of the current state of Loneliness are shown in Table 1.

**Table-1.** *The results of the study of the current state of Loneliness in future legists (%)*

<b>Experience of Loneliness</b>	<b>Does not experience Loneliness</b>	<b>Shallow experience</b>	<b>Deep experience</b>	<b>Very deep experience</b>
Respondents	–	40	60	–

The data obtained show (Table 1) that there were no lawyers with a very deep sense of Loneliness among the sample of respondents. We see this as a favourable forecast, as it is objectively difficult for future legists, who are deeply affected by Loneliness, to build relationships not only with colleagues but also with citizens. However, there were no respondents who would not experience Loneliness at all; i. e. specialists are characterized by the experience of Loneliness as a social and psychological phenomenon in the field of interpersonal contacts and communication. Analyzing the other two indicators, we understand that 40% of legists experience shallow Loneliness, and as many as 60% of respondents were diagnosed with deep experience of Loneliness. Therefore, the staffing units of higher educational institutions with specific learning conditions, especially employees of social and psychological departments on human resourcing, should pay attention and strengthen work with future law enforcement activities subjects in the line of mastering the psychological foundations of communicative linguistics and acquiring skills of effective communicative behaviour.

Continuing the analysis of the data obtained, let us present the results of the research of the types of Loneliness found in future legists (Table 2).

**Table-2.** *The results of the research of types of Loneliness in future legists (%)*

<b>Type of Loneliness</b>	<b>Diffusive</b>	<b>Alienating</b>	<b>Dissociated</b>
Respondents	20	10	70

As we can see, 20% of legists have diffusive Loneliness, which indicates suspicion in interpersonal relationships and a combination of contradictory personal and behavioural characteristics: resistance and adaptation in conflicts; the presence of all levels of empathy; excitability, anxiety and emotionality of character, communicative orientation. This contradiction is largely due to the identification of a human being with different objects (people) possessing, of course, different psychological characteristics. Alienating Loneliness is inherent in only 10% of future legists. It is manifested in excitability, anxiety, cyclothymic type of character, low empathy, confrontation in conflicts, pronounced inability to cooperate, suspicion and dependence in interpersonal relationships. Dissociated Loneliness is most pronounced among legal specialists (70%). This type of Loneliness is the most difficult state, both in terms of experiences and in origin and manifestations. Dissociated Loneliness is expressed in anxiety, excitability and demonstrative nature of the character, confrontation in conflicts, personal orientation, the combination of high and low empathy (in the absence of a medium level), selfishness, and obedience interpersonal relationships, which are certainly opposite tendencies. Dissociated Loneliness stipulates an acute experience of changes in communicative bonds and behaviour and finds its expression in communicative ambivalence. Thus, we can state that the subjects of interest are mostly characterized by the pronounced dissociated type of Loneliness, the second place being occupied by the diffusive type of Loneliness, and the least represented type of Loneliness is alienating one.

The next stage of our research was to determine the individual and psychological traits of legists, the results of which are presented in Tables 3, 4 and 5.

**Table-3.** The results of the personality research using the questionnaire by G. Eisenko (%)

Personal indicators	Extraversion-introversion			Level of neuroticism		
	Extrovert	Ambivert	Introvert	High	Medium	Low
Respondents	45	35	20	55	15	30

As can be seen from Table 3, the neuroticism parameter is represented by 55% of future legists who have a high level of the phenomenon under study, 15% have a medium level, and the rest, namely 30%, have a low level of neuroticism. Therefore, the sample cannot be described as a neurotic one. On the contrary, this sample tends to have emotional stability. This is manifested in many areas, but first and foremost, we must highlight the following: psychological adaptability, maturity, lack of impulsiveness in behaviour, lack of anxiety, desire for leadership and communication. Of course, this description covers most of the subjects of interest, but it does not characterize all of them, while a significant part of the sample still has a high level of neuroticism. The high level of neuroticism describes this rather significant part of the sample as people who are characterized by excessive mental stress. In addition, a high level of neuroticism indicates an excessive tendency to doubt, lack of self-confidence, maladaptation, and irritability. Also, this questionnaire allowed revealing indicators of "extraversion-introversion". According to the data obtained as the result of the research, it can be stated that the sample is represented by 35% of ambiverts, 20% of respondents being introverts who made the minority, and the dominating number of extroverts (45%), characterized by developed communication skills, wider communicative world, desire to be understandable to others, to disclose more information about themselves, to turn the disclosed information into a source of new situations of communication and communicative interaction.

As you can see, 50% of the specialists of interest showed a medium level of neuroticism, 35% - a high level and only 15% - a low level of the studied parameter. This means that the indicators for the entire sample are generally normal. The sample has no existing psychosomatic disorders, high anxiety, and hypersensitivity. On the contrary, low fatigue, tendency to calm emotional reactions and oppression are inherent. According to the indicator of spontaneous aggression, the majority of the sample (55%) has a high level of spontaneous aggression and a slightly smaller part (40%) is characterized by a medium level. Only 5% of respondents did not show spontaneous aggression at all.

**Table-4.** The results of the personality research using the Freiburg personality questionnaire (form B) (%)

Scale	High	Medium	Low
I Neuroticism	35	50	15
II Spontaneous aggression	55	40	5
III Depressiveness	25	55	20
IV Irritability	50	50	0
V Sociability	45	55	0
VI Tranquility	30	65	5
VII Reactive aggression	65	30	5
VIII Shyness	25	50	25
IX Openness	70	30	0
X Extraversion-introversion	40	60	0
XI Emotional lability	45	40	15
XII Masculinity-feminism	30	50	20

Spontaneous aggression indicates psychopathization of the personality, impulsiveness, the presence of a prerequisite for uncontrolled aggression; this is really true of the sample if guided by the data obtained. A high level of their spontaneous aggression indicates poor self-control, the tendency to acute emotional experiences, inability to delay the satisfaction of their desires, joy while observing difficulties in others, desire to spoil the mood, put out other people of temper and annoy them, thereat verbal communication is often chosen as the tool. On the scale of depressiveness, a high level is present in 25% of respondents, a medium level is inherent in the majority (55%), and 20% is characterized by a low level of depressiveness. Depressiveness indicates the presence of depression signs in emotional states, behaviour, attitudes toward themselves and others; a high level is manifested in a low mood, the anticipation of unhappiness, gloom, immersion in one's own experiences, isolation from the environment, rapid fatigability, exhaustion, indecision and insecurity. Respondents are characterized by equally high (50%) and medium levels (50%) of irritability on the corresponding scale, a low level in this sample is not represented. Irritability indicates the emotional stability of the personality; high scores are expressed in poor self-regulation, poor concentration, incoherence, despair, conflict behaviour, lies, ignoring social demands and moral values. According to the scale of

sociability, a high level characterizes 45% of specialists, a medium level is typical of the majority, namely 55%, and a low level is not detected. Sociability indicates potential opportunities for social activities, the need to communicate, to establish communicative bonds; high indicators of this property are manifested in a willingness to cooperate, communicate, a variety of emotional expressions, caring, sensitivity, desire to work, and relax a team. The scale of tranquillity showed that a high level is inherent in 30% of legists; a medium level is expressed in 65% of them, and a low level in 5% of respondents. Tranquillity reflects resistance to stress. High scores indicate good protection against the stressors of ordinary life situations, based on self-confidence, optimism and proactive attitude. The scale of reactive aggression indicated a high level in 65% of respondents, a medium level in 30%, and a low level in 5% of them. High indicators of reactive aggression indicate manifestations of psychopathization, desire for dominance, aggressive attitude to the social environment, resentment, proneness to conflict, distrust, lack of higher social feelings, moral and ethical norms, desire for sensual pleasures, power over others, thrills, selfishness, cruelty. According to the scale of shyness, 25% of respondents are characterized by a high level, 50% - by medium indicators, and a low level is inherent in 25% of specialists. Shyness reflects a tendency to stress response of passive and protective type; high scores indicate the presence of anxiety, fear, insecurity, stiffness, indecision, anticipation of trouble, avoidance of large crowds, difficulties in making decisions and their implementation. A high level on the scale of openness is typical of 70% of respondents, a medium level of 30%, a low level is not detected. Openness reflects the tendency of professionals to trust and open interaction with others, high self-criticism and sincerity in dealing with others. The scale of extraversion-introversion diagnosed that 40% of respondents have a high level, a medium level is inherent in 60%, and a low level is not detected among the respondents. The scale of emotional lability revealed that 45% of respondents have a high level of the studied indicator, 40% are characterized by a medium level, and 15% have a low level. Emotional lability is manifested in emotional instability, mood swings, hyperexcitability, irritability; high scores indicate a fine spiritual organization, sensitivity, artistry, artistic perception of the environment, delicacy, politeness, may indicate a state of maladaptation, disorganization of behaviour, loss of control over desires. Masculinity-feminism is inherent in 30% of legists at a high level, at a medium level in 50% and a low level in 20% of them. A high level of the property is expressed in the performance of mental activity mainly by male type. It is characterized by courage, risk appetite and quick, decisive action without sufficient consideration, desire for self-affirmation.

**Table-5.** The results of the personality research using a 16-factor questionnaire by Kettel (form C) (%)

Factor	High	Medium	Low
A "unsociability – sociability"	65	5	30
B "intelligence"	10	35	55
C "emotional instability – emotional stability"	30	25	45
E "subordination – dominance"	85	15	0
F "restraint – expressiveness"	55	45	0
G "low – high normative behaviour"	70	15	15
H "timidity – courage"	40	30	30
I "rigidity – sensitivity"	25	20	55
L "trust – suspicion"	55	35	10
M "practicality – dreaminess"	40	20	40
N "straightforwardness – diplomacy"	35	55	10
O "calm – anxiety"	50	50	0
Q1 "conservatism – radicalism"	45	25	30
Q2 "conformism – nonconformism"	35	50	15
Q3 "low self-control – high self-control"	45	50	5
Q4 "relaxation – tension"	45	20	35
MD "adequate self-esteem – inadequate self-esteem"	25	60	15

As it can be seen from Table 5, the A factor of "unsociability – sociability" is revealed in 65% of respondents with a high level of manifestation, in 5% with a medium level and a low level being typical for 30%. A high level is characterized by sociability, openness, naturalness, effortlessness, willingness to cooperate, adaptability, attention to people, willingness to mutual work, activity in conflict resolution, ease of establishing direct contacts. A low level indicates isolation, alienation, distrust, unsociability, inhibitedness, criticism, the tendency to rigidity, excessive severity in the assessment of people, difficulties in establishing interpersonal, direct contacts. According to the B factor of "intelligence", 10% of subjects showed a high level, 35% of them possessed a medium and 55% a low level. A high level expresses the developed abstract thinking, efficiency, cleverness, ability to learn quickly. A low level is



characterized by specificity and some rigidity of thinking, difficulties in solving abstract problems, reduced efficiency of thinking, and insufficient level of general verbal culture. According to the C factor of "emotional instability – emotional stability", 30% of legists are characterized by a high level, 25% of respondents have a medium level, and 45% have a low level. A high level is characterized by emotional stability, endurance; legists are emotionally mature, calm and steadfast in interests. A low level is characterized by emotional instability, impulsiveness, being under the influence of feelings, mood swings, mild despondency. Low tolerance to frustration, irritability, fatigability. The E factor of "subordination – dominance" in most respondents was revealed at a high level, namely 85%, with a medium level presented at 15% and a low level with no scores. A high level is characterized by independence, tenacity, stubbornness, capriciousness, sometimes proneness to conflict, aggression, refusal to recognize external power, the tendency to authoritarian behaviour. According to the F factor of "restraint – expressiveness", 55% of the subjects of interest are characterized by a high level, 45% of legists have a medium level, a low level is not represented. A high level is characterized by cheerfulness, impulsiveness, enthusiasm, carefreeness, recklessness in choosing communication partners, the emotional significance of social contacts, expressiveness, emotional brightness in relationships between people, dynamic communication, which involves emotional leadership in groups. According to the G factor of "low normative behaviour – high normative behaviour", the vast majority of the subjects of interest have a high level (70%) with equally represented medium (15%) and low levels (15%). A high level is characterized by honesty, responsibility, stability, tranquility, persistence, the tendency to moralizing, reasonableness. A low level is manifested in the tendency to inconsistently indulge in their desires without making efforts to comply with group requirements and norms. The H factor of "timidity – courage" is presented with a high level in 40% of future specialists, a medium level in 30% and a low level in 30% of them. A high level expresses entrepreneurship, activity, risk and cooperation appetite, ability to make independent, extraordinary decisions, the tendency to adventurism and leadership. Low levels are characterized by shyness, emotional restraint, caution, social passivity, delicacy, increased sensitivity to threats, the predominance of individual style of activities and communication in a small group. According to the I factor of "rigidity – sensitivity", 25% of respondents have a high level, 20% have a medium level and predominating low level is represented in 55% of the respondents. A high level expresses sensitivity, vulnerability, the richness of emotional experiences, artistry, the tendency to empathy, compassion and understanding of other people, refined emotionality. A low level is characterized by self-confidence, severity, prudence, flexibility in judgments, practicality, sometimes some rigidity and callousness. According to the L factor of "trust – suspicion", 55% of respondents have a high level, 35% possess a medium level, and 10% of them are characterized by a low level. A high level indicates caution, vigilance towards people, the tendency to jealousy, desire to put responsibility for mistakes on others, irritability. A low level expresses openness, sociability, tolerance, flexibility and acquiescence. According to the M factor of "practicality – dreaminess", 40% of legists have a high level, 20% a medium level, and 40% of them possess a low level. A high level shows a rich imagination, concern for their ideas, inner illusions, ease in the abandonment of practical judgments, ability to operate with abstract concepts, focus on their inner world, dreaminess. A low level is characterized by the high speed of solving practical problems, focus on external reality, developed concrete imagination, realism. According to the N factor of "straightforwardness – diplomacy", 35% of the respondents from the sample have a high level, 55% have a medium level, and 10% have a low level. A high level indicates sophistication, ability to behave in society, communication, diplomacy, emotional endurance, insight, caution. A low level expresses openness, naivety, straightforwardness, tactlessness, naturalness, immediacy, emotionality, inability to analyze the motives of the partner, lack of insight. According to the O factor of "calm – anxiety", a high level is represented in 50% of the subjects of interest. A medium level is present in 50% of them, with no indicators at a low level. A high level is characterized by anxiety, worry, tendency to change the mood, self-doubt, tendency to anticipation, depression, sensitivity to the approval of others, feelings of guilt and dissatisfaction with themselves. According to the Q1 factor of "conservatism – radicalism", 45% of respondents have a high level, 25% have a medium level, and 30% have a low level. A high level is characterized by the presence of intellectual interests, developed analytical thinking, susceptibility to changes, to new ideas, distrust of authorities, focus on analytical, theoretical activities. A low level indicates conservatism, doubts about new ideas and principles, focus on specific real activities. According to the Q2 factor of "conformism – nonconformism", 35% of respondents have a high level, 50% have a medium level, and 15% have a low level. A high level expresses independence, focus on their own decisions, self-sufficiency, desire to have their own opinion. A low level shows the dependence on the opinion and requirements of the group, sociability, desire to work and make decisions with other people, focus on social approval. According to the Q3 factor of "low self-control – high self-control", 45% of respondents have a high level, 50% a medium level, and 5% a low level. A high level shows determination, strong will, ability to control their emotions and behaviour. A low level expresses low discipline, indulgence, dependence on moods, inability to control their emotions and behaviour. According to the Q4 factor of "relaxation – tension", 45% of respondents possess a high level, 20% a medium level and 35% a low level. A high level determines concentration, vitality, tension, frustration, increased motivation, anxiety, constraint, irritability. A low level indicates relaxation, lethargy, apathy, calm, low motivation, over-satisfaction, calmness. According to the MD factor of "adequate self-



esteem – inadequate self-esteem", 25% of legists are diagnosed with a high level, 60% with a medium level, and 15% with a low level. A high level indicates a reassessment of their capabilities, self-confidence and self-satisfaction. A low level expresses dissatisfaction with oneself, self-doubt, and excessive self-criticism.

The results obtained during the third stage of the research made it possible to identify direct and inverse correlations between feelings of Loneliness and personal traits of legists and to analyze the results obtained in the context of the communicative process of a modern human being. The results are shown in Table 6.

**Table-6.** Data on the correlations between personal traits and feelings of Loneliness in legists

Personality trait	Deep experience of actual Loneliness	Diffusive Loneliness	Dissociated Loneliness
<i>Direct correlation relationships</i>			
Tranquility	p < 0.05 (r = 0.48)		
Emotional lability	p < 0.05 (r = 0.44)		
Depressiveness		p < 0.05 (r = 0.46)	
Shyness		p < 0.05 (r = 0.54)	
Psychoneurotism		p < 0.01 (r = 0.66)	
Neuroticism			p < 0.01 (r = 0.56)
Restraint		p < 0.05 (r = 0.34)	p < 0.05 (r = 0.48)
Diplomacy	p < 0.05 (r = 0.43)		
Anxiety	p < 0.05 (r = 0.39)	p < 0.05 (r = 0.30)	p < 0.05 (r = 0.47)
<i>Inverse correlation relationships</i>			
Spontaneity	p < 0.05 (r = -0.38)		
Sociability		p < 0.01 (r = -0.64)	
Reactive aggressiveness			p < 0.01 (r = -0.43)
Low self-control	p < 0.01 (r = -0.47)		p < 0.01 (r = -0.36)

The results provided in Table 6 show that the deep experience of actual Loneliness at p < 0.05 correlates with tranquility (r = 0.48), emotional lability (r = 0.44), diplomacy (r = 0.43) and anxiety (r = 0.39). Diffusive Loneliness at p < 0.05 correlates with depressiveness (r = 0.46), shyness (r = 0.54), restraint (r = 0.34), anxiety (r = 0.30); at p < 0.01 correlates with psychoneurotism (r = 0.66). Dissociated Loneliness at p < 0.05 correlates with restraint (r = 0.48), anxiety (r = 0.47); at p < 0.01 correlates with neuroticism (r = 0.56). However, an inverse correlation was also found. Deep experience of actual Loneliness at p < 0.05 correlates with spontaneity (r = -0.38) and low self-control (r = -0.47). Diffusive Loneliness at p < 0.01 correlates with sociability (r = -0.64). Dissociated Loneliness at p < 0.01 correlates with reactive aggressiveness (r = -0.43) and low self-control (r = -0.36).

In general, the results obtained by us confirm that legists with a sense of Loneliness become more cautious in social and communicative processes, deliberately limit interpersonal contacts and avoid conflict situations and misunderstandings. Thus, it is established that the communicative activities of lawyers are determined by the experience of a sense of Loneliness, which negatively affects both social and communicative processes in the framework of professional activities and communicative behaviour in particular.

#### 4. Discussion

The psychodiagnostic techniques used in our research are not original. They are adapted versions in Russian and Ukrainian, the use of which is authorized by Ukrainian scientists on the basis of a cooperation agreement between G. S. Kostiuk Institute of Psychology of the National Academy of Pedagogical Sciences of Ukraine and international public, professional organization European Federation of Psychologists Associations (EFPA) (No. 27/134 dated 12.05.1997).

The problem of Loneliness as a significant psychological phenomenon is one of the most acute problems of our time, which is associated with the development of human self-awareness, social change and social development (Korchahyna, 2005; Kandyba, 2012; Makarenko, 2014; Neumoeva, 2004; Okhrimenko, 2019; Pomazova, 2013; Shagivaleva, 2007). The Loneliness of a legist in the modern sense acquires a psychological meaning and personal character and becomes a purely personal experience. As a multidimensional construct of the specialist (Kolisnyk, 2014), Loneliness, on the one hand, provides an opportunity to break away from standard cycles of behaviour, and on the other hand, is a negative subjective experience of a personality, accompanied by feelings of alienation, uselessness, which negatively affects social contacts and professional relationships with others, complicates communicative activity, prevents the formation of communicative behaviour and the successful development of communicative competence and communication skills.

Loneliness is a subjective feeling because only a personality can feel it. Therefore, it is very important to distinguish Loneliness from "solitude" and "isolation" (Pomazova, 2013) and not to associate it with depression, autoaggression, frustration, anxiety, shyness, inhibitedness (Makarenko, 2014), which is actually a stereotyped perception of Loneliness.

The problem of Loneliness has repeatedly been the subject of scientific research, which indicates its integrative nature, theoretical and practical significance, but still does not have a single position that would explain the nature and diversity of this phenomenon. Most often, scientists have studied the theoretical aspects of Loneliness (Bek, 2000; Gasanova, Omarova, 2017; Huseinova, 2013; Fromm-Raikhman, 1986; Russell, Peplau, Cutrona, 1980; Slobodchikov, 2007; Weiss, 1973). Along with this, the applied nature of the manifestation of this phenomenon has escaped the attention of the scientific community, especially in law and law enforcement fields.

Thus, the problem of Loneliness is not new, but the analysis of the scientific discourse of Loneliness, especially of legists, shows its contradictory nature. After all, a specialist, on the one hand, seeks to express his individuality, freedom, independence from the wider public and professional environment. On the other hand, he/she is characterized by a sense of belonging to a certain social community, the desire for contact with specific people, for professional recognition (Bondarenko, 2020; Okhrimenko, Yevdokimova, Shvets, Pakhomova, & Fediy, 2020; Pimenova, 2013). Feelings of Loneliness are most common among law enforcement officials who do not have close relationships, who do not have friendly ties. Still, it can also be manifested in people who do not formally have problems in the field of communications. Still, internally difficult experience their identity, try to understand themselves and their relationships with others and experience existential crises.

Thus, the existing contradiction in assessing the impact of Loneliness is that the legist's Loneliness is understood as a destructive phenomenon and is considered a necessary stage of self-knowledge, self-determination and self-development. In general, one can be lonely, even among colleagues and friends, because Loneliness is associated not only with the problem of interaction, interpersonal relationships and communication, including professional but also with personal traits as well as individual and psychological manifestations. It follows that the personal traits of legists are interrelated with a sense of Loneliness, which affects the communicative activities and quality of work tasks accomplishment and requires further consideration within the training system.

## 5. Conclusions

The analysis of the problem of Loneliness of legists has convinced of its multidimensionality, relevance and necessity to study. Loneliness, as a form of personal attitude to others, is caused by disruption of interpersonal (professional) communication, accompanied by disharmonious personal experiences, provokes inadequacy of self-esteem and self-acceptance, formats unwillingness to build an adaptive system of social and service contacts and generally hinders communicative activity.

According to the results of the research, no specialists were found who would not experience Loneliness at all or experience it very deeply. Most lawyers have a dissociated type of Loneliness. It has been found that legists with feelings of Loneliness should be described as prone to doubt, insecure, maladapted, irritable, emotionally labile, with signs of depression, shy, somewhat neurotic professionals. Their communicative activities are determined by the experience of Loneliness. It is difficult for them to establish social and professional contacts spontaneously and quickly. The process of their social and psychological adaptation is subject to certain obstacles and requires appropriate psychological support.

Our theoretical and methodological discourse of studying the individual and psychological traits of legists and the peculiarities of their feelings of Loneliness made it possible to identify patterns of psychological phenomena of Loneliness, to justify the importance of communicative activities and competence development in lonesome lawyers, to build on this basis the prospect of holistic perception and expediency for further psychological support provision in the process of future legists and law enforcement officers training. Further understanding of the nature of Loneliness will allow developing optimal strategies for overcoming and mastering it, as well as contributing to the quality of staffing and psychological support of law enforcement agencies.

## Acknowledgement

All authors contributed to the conception and design of the study.

## Funding

This study received no specific financial support.

## Competing Interests

The authors declare that they have no conflict of interests.

### Transparency

The authors confirm that the manuscript is an honest, accurate, and transparent account of the study was reported, that no vital features of the study have been omitted, and that any discrepancies from the study as planned have been explained.

### Ethical

This study follows all ethical practices during writing.

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