

Список бібліографічних посилань

1. Офіційна сторінка Deutsche Welle. Електронний ресурс. URL: <https://www.dw.com/uk/венеціанська-комісія-закон-про-українську-мову-треба-переглянути/a-51559516>.
2. Офіційна сторінка омбудсмена України. Стан дотримання та захист прав національних меншин в Україні : Спеціальна доповідь Уповноваженого Верховної Ради України з прав людини. 2006. Електронний ресурс. Режим доступу: http://www1.ombudsman.gov.ua/ru/images/stories/07022011/S_Dopovid_2_1.pdf
3. Вільна електронна енциклопедія. Електронний ресурс. URL: https://uk.wikipedia.org/wiki/Національні_меншини_в_Україні#:~:text=В%20Україні%20живуть%20представники%20понад,%2C%20вірмени%2C%20роми%20та%20ін.
4. Anastasios Fountis, Yuliya Sagaydak. The actual State of Exemption in Ukraine under a Schmittian Perspective. «Україна і світ: правові питання регіональної та глобальної безпеки». *Матеріали міжнародної науково-практичної конференції*. 18 травня 2022 р. С. 110-113. URL: <https://ir.kneu.edu.ua:443/handle/2010/37622>

Одержано 17.03.2024

UDC 159.9.07

Larysa Serhiivna SAZANOVA,

*a senior lecturer of the department
of foreign languages of faculty No. 4
Kharkiv National University of Internal Affairs;
ORCID: <https://orcid.org/0000-0002-3722-2593>;*

Anzhela Vasylivna PROTSENKO,

*a third-year cadet of faculty No. 1
Kharkiv National University of Internal Affairs;
ORCID: <https://orcid.org/0009-0003-4663-6792>*

INFLUENCE OF PSYCHOLOGICAL FACTORS: POLICE OFFICERS IN MARTIAL LAW

Without exaggeration, police activity is complex in many aspects, and in even more so in the conditions of war. Police officers are forced to carry out their duties in constant exposure to danger as they deal with constant violent situations, such as looting, crime, and terrorist acts. These dangerous circumstances require a policeman to be always ready to use a weapon, which is a traumatic situation.

In the conditions of war, the police have to deal with various kinds of war crimes, such as sexual and physical violence against women, children and the civilian population in general. All this causes painful experiences,

injuries and extraordinary police stress. Although it has been scientifically proven that the personality of a police officer is psychologically more resistant to various types of stress, unlike other segments of the population, however, scientists are sure that the long-term effect of stressful factors has consequences for their mental state and health. The police play a crucial role in combating crimes that take place during hostilities, as they are forced to be more vigilant and trained to react quickly to a crime, regardless of the danger of coming under fire or get injured. Activities in these conditions can lead to the development of chronic stress in police officers. Police officers suffer from the effects of chronic stress more often than others, which requires scientists to pay close attention to this issue. Problems with the mental health of police officers associated with unstable work schedules, overcrowding and violence that provokes the emergence of post-traumatic stress disorder.

Scientists K. Menard and M. Arter determined that police officers are at risk, therefore, because of excessive stress, they often suffer from depressive states and prone to suicide [1]. A similar tendency harms the stability of police officers, and it significantly affects the quality of the performed duties, especially in the conditions of wars, which place increased demands on a wide range of law enforcement officers' service. The potential post-war effects are of particular concern, as they may affect the mental health of police officers. Police cannot completely protect themselves from stress. In the conditions of hostilities, the police is an "important service" that must continue its activities and respond to challenges, even during active hostilities. In 2010 Slocum L. pointed out that negative past experiences and transferred stress have a significant impact on a person's ability to resist stressful factors in the future [2]. It can be assumed that police officers who are forced to work in war conditions will be less ready to face new things stressful factors that negatively affect their activities. Police activity in conditions of war, active hostilities and constant shelling will reduce the willingness of police officers to deal with other stresses. Demands and uncertainties associated with war is itself a source of stress, but also clearly exacerbates other stressors that can affect mental health. Dealing with an unruly citizen becomes more and more difficult because of the threat of coming under fire. Police service under martial law potentially affects stress resistance of police officers in other areas of their lives, for example, in the family sphere, which increases the need for police officers to develop stress self-management skills and receive qualified help [3].

Moon M. and Jonson S. noted that stress in police officers was related to their commitment to the job. Those who feel more stress

related to the activity are less committed to their profession. Wolfe S. and his colleagues wrote that uncertainty in activity was a significant factor that affects policemen's job satisfaction, which can be reflected in law officers' stability and their dedication to work [4]. In the conditions of war, a favorable attitude and support from on the part of management, because it can increase job satisfaction. To scientists and it remains to be seen by practical psychologists whether the war will lead to an increase in police turnover, as the probability of this is quite high, due to excessive stress and burnout among police officers. Development is required relevant programs that will be directed to the correction of relations at workplace and will have a positive impact on the mental health of police officers. Bishopp S. and co-authors suggested that an increase in organizational factors may lead to misconduct by the police, who should strictly adhere to the standards of ethical behavior in any situation [5].

In the conditions of war, the number of organizational stresses will increase, because the uncertainty and variability of police protocols increases. The police have an important task – to ensure the protection and safety of citizens as they are representatives of the government and its laws. Staub E. was engaged in the study of stress management programs. The scientist analyzed programs for police officers, which were directed to preventive measures regarding the violation of official ethics and improving the well-being of police officers [6]. The main goal of such training programs, from the point of view of the scientist, was to encourage police officers to intervene in case of violation of official ethics by colleagues. The behavior of one police officer can have a negative impact on the attitude towards the police in general, undermine public trust and compromise [7]. Foreign training is aimed at the well-being of police officers, with the aim of stimulating development of prosocial mechanisms. Trainings are reliable and can really help police officers to increase their resistance to stress caused by war. Other foreign programs to improve the mental health of the police are based on other, no less effective methods, such as meditation, yoga, and therapy. These programs are often criticized because they are generally accepted. Police culture discourages police officers from seeking outside help and support. The most common and recommended programs are aimed at the development of positive skills in police officers.

To effectively deal with stress in wartime, the police command needs the maximum to reduce the stress on the staff and determine the individual strategies for overcoming stressful situations. Psychological resistance to stress in police officers is the ability to resist, adapt and recover from adversity and stress, and the ability to return to a positive state of mental health and well-being through coping strategies.

Nowadays, a program with development of resilience in police officers, which requires a holistic approach considering needs of the body, mind, and spirit. Police officers are subjected to various life-threatening cases in the conditions of war. It has a detrimental effect on their personality, which leads to several problems in the future. The traumatic event is not a separate event but is a daily stressful factor that lasts over time, in which stability helps maintain healthy psychoprotective behavior.

Timely psychological training of police officers is crucial in promoting resistance to stress and reduction of its consequences in the future, which actualizes the need for further scientific research in the outlined direction. The challenge for the scientific community is to offer an effective toolkit prevention of stress disorders in police officers because of military operations.

References

1. Menard K.S., Arter M.L. Police officer alcohol use and trauma symptoms: Associations with critical incidents, coping, and social stressors. *International Journal of Stress Management*. 2013. № 20. P. 37–56.

2. Slocum L.A. General strain theory and the development of stressors and substance use over time: An empirical examination. *Journal of Criminal Justice*. 2010. №38(6). P.1100–1112.

3. Moon M.M., Jonson C.L. The influence of occupational strain on organizational commitment among police: A general strain theory approach. *Journal of Criminal Justice*. 2012. № 40(3). P.249–258.

4. Wolfe S.E., Rojek J., Manjarrez V.M., Rojek A. Why does organizational justice matter? Uncertainty management among law enforcement officers. *Journal of Criminal Justice*. 2018. № 54. P.20–29.

5. Bishopp S., Worrall J., Piquero N. General strain and police misconduct: the role of organizational influence. *Policing: An International Journal*. 2016. №39(4). P.635-651.

6. Staub E. Preventing violence and promoting active bystandership and peace: My life in research and applications. *Peace and Conflict: Journal of Peace Psychology*. 2018. №24(1). P. 95–111.

7. Staub E. Witnesses/bystanders: The tragic fruits of passivity, the power of bystanders, and promoting active Bystandership in children, adults, and groups. *Journal of Social Issues*. 2019. № 75(4). P.1262–1293.

Received 14.03.2024