

PERSONAL RESOURCES OF PREVENTION OF DESTRUCTIVE TRAUMA CONSEQUENCES

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The article deals with the psychological resources of reducing devastating experiences of traumatic events. It is shown that traumatic events do not always lead to devastating consequences. It has been found out that viability can be considered an internal human resource, which enables an individual to resist the destructive effects of a trauma. The following resources of individual viability have been identified: a focus on self-fulfillment, vitality, life satisfaction, the ability to change one's own attitude to risk and trauma causing events. The author argues that trauma is not always a post-traumatic disorder. Under certain conditions, an experience of traumatic events leads to the post-traumatic personal growth. Among the conditions for the growth there is individual high viability, which is realized in the ability to be positive and optimistic about the future, to be willing to overcome difficulties and hardships, to manage risk, to take care of one's own safety and life ecology.

Key words: trauma, post-traumatic stress, post-traumatic growth, viability.

Human life provides endless process of adaptation and adjustment to external circumstances, extraordinary and extreme situations of traumatic events. Although the man has a very wide arsenal of defense mechanisms and adaptation resources to achieve a sense of security and stability of some events have a devastating impact, causing psychological trauma personality, depriving the way of life, creating a sense of hopelessness, fear and disbelief.

Thus, it is safe to note that the events related to euromaidan "Revolution dignity" 2013-2014 yy and launch a hybrid war proved traumatic for the entire population of Ukraine. Of course, the most devastating consequences suffered temporary residents of the occupied territories, settlers and warriors ATO. However, do not forget the large number of people indifferent Ukraine that were active participants in complex and sometimes horrific events. As pointed timeline analysis euromaidan active participants in numerous power struggles with authorities was just young people and students who have demonstrated a willingness to change in society and active in the struggle for a better future. Therefore, injuring the above events affected the life of every Ukrainian.

Problem experiences of trauma and its consequences is considered by many scientists. So psychoanalysis trauma is understood as affective, painful experience that an experienced and one that later suffered displacement [15]. P. Sztompka defines trauma as a collective phenomenon, the state is experiencing a group or society as a result of devastating events [14]. Considering the traumatic event E.V. Pyatnytskaya points to its connection with the threat of

physical integrity rights [9]. B. Kolodzyn stresses that the traumatic event causes intense fear and distress, leading to lose a sense of security [2]. Thus, the study of psychological resources prevent devastating consequences of traumatic events is now essential and urgent.

The purpose of the article is to determine the structural psychological resources to reduce the devastating experiences of traumatic events.

Consider in more detail the features of experiencing trauma. So traumatic event has the city when it is associated with death, the threat of death, serious injury, or other threat to the physical integrity. It is essential that such an event can either be directly related to human or indirectly – through relevant persons. Sometimes the injury occurs because a person is witnessing injury or death, the threat of danger to unknown person. These events fundamentally violate individual sense of security, causing experiencing traumatic stress, psychological effects which may be different [9].

B. Kolodzin, referring to the traumatic event, noted that the issue of such events which not only exceed the limit everyday experience, but also cause intense fear and distress. Man feels such a strong threat at all to lose a sense of security, the ability to feel comfortable in this world [2].

Traumatic stress causes numerous post-traumatic disorders, growth dynamics are observed recently in Ukraine. The effects of trauma can manifest suddenly or over time, to the overall well-being, and eventually deterioration becomes more significant. These conditions are defined as post-traumatic stress disorder. Stressors that go beyond the usual human experience are those events that can injure the psyche of almost every healthy person. These are events like natural disasters, man-made disasters and events are the result of purposeful often criminal activity (sabotage, terrorism, torture, mass violence, fighting, falling into a “hostage situation”, the destruction of their homes and others ...) [9].

Considering the etiology of posttraumatic stress syndrome M. Sh. Magomed-Eminova in his book “Transformation personality” notes that post-traumatic stress syndrome are not directly caused by trauma but by the traumatic work identity in post-traumatic situations exist. He says that in retrospect of traumatic work of individual personality develops on traumatic experience exactly what explains the delayed nature of post-traumatic stress syndrome. The author notes that the event itself is not presented to us in its entirety, it opens fully when the event returns. Given the numerous empirical data we know that when a man is in trouble, it does not immediately stung by what is happening, there is a latent period after which rolls experiencing trouble [4, p. 148]. Thus, on how the individual is traumatic work can observe a variety of often devastating injuries.

The most negative effects of trauma is the emergence of a variety of post-traumatic stress syndrome and general formation injured person.

As noted by B. Kolodzin when a person is not possible to defuse internal tensions, his body and mind are way how to come to terms with this strain. It is in such a situation and run mechanism of post-traumatic stress, which has the same clinical symptoms:

1. Unwarranted vigilance. Man constantly monitors everything that happens around her, as if she threatened.

2. “Explosive” reaction. In any unexpected situation makes people do unexpected movements (falls to the ground, he heard the sound of low flying helicopter, turns sharply and take combat position when someone close to him because of the spin).

3. Low emotion level. Sometimes the person fully or partially loses its ability to emotional displays. It is difficult to establish close and friendly relations with others, it unattainable joy, love, inspiration, spontaneity.

4. Aggression. The desire to solve the problem by brute force. Although, as a rule. This applies to physical coercion, but also meets the mental, emotional and verbal aggression. So people tend to use force whenever wants to achieve the desired, even when the goal is not vital.

5. Violation of memory and concentration. The person has difficulty when to concentrate or remember something. At some point the concentration may be fine, but as soon as the stress factor, the person is unable to focus.

6. Depression. In a state of post-traumatic stress depression reaches the darkest and gloomy depths of human despair, when it seems that everything is meaningless and not good. For such a sense of depression is characterized nervous exhaustion, apathy and negative attitude to life.

7. General anxiety. Shows up at a physiological level (slice of Dog, stomach cramps, headache), in mental health (constant concern and concern, “Long paranoia” phenomenon (unexplained fear of persecution, insecurity, guilt complex).

8. Attacks rage. Most attacks still occur under the influence of drugs or alcohol.

9. Abuse of narcotic and medicinal substances.

10 Wedding memories. This is the most important symptom, which gives the right to speak of post-traumatic stress. In memory of the patient suddenly pop up horrible, disgusting scenes related to the traumatic event. These memories may occur during sleep and during wakefulness [2].

Injury individual is subsequently influenced by these devastating symptoms. You can identify the main features of the individual injured by E. M. Cherepanov:

1. Romanticism. These people know what is happiness for humanity and are prepared to sacrifice those who have a different idea of happiness. Man seems that it defends its “light” ideals, not noticing that harms others.

2. Prevalence of the group over individual values. For the life of man is more important than the life of a single individual. Therefore, for the happiness of life can sacrifice one or the other person, but also their lives.

3. The desire for self-destruction. This idea has a direct link with the base and the illusion of immortality in some way an extension, my death is not important if the case of lives and wins.

4. The illusion of justice system in the world. Some people think that all evil is always punished, and good will certainly prevail. Such people are usually too honest, noble, principled and fair. However, their honesty and generosity are only members of their own society, but for principle and they are willing to sacrifice their own lives and the lives of their loved ones and alien life. The motto “Give no principles” are very typical of traumatic personality.

5. The illusion of simplicity world order. Under this illusion, the world divided into two parts: “our” and “not ours.” In relation to “our” is used and honesty and generosity, and for “not our” only principle – who is not with us is against us. Worldwide is estimated based on “which side of the fence,” he finds himself [16].

N.V. Tarabryna, I. S. Hazhuev admits that regardless of social, ethnic, age belonging to the subject as a result of his experiences stressful events changes the structure of its identity with, disrupt the continuity of life and perception of individual cognitive schemes, providing safety, predictability, evidence, clarity of the world, also violated the basic view of the world and the self. The authors say that the victims of stressful events significantly reduced ability to anticipate the future and building a system of intentions and plans of the reformist basic foundations of psychological security [13].

Despite this unfavorable consequences of injury must emphasize the well-known view that not all victims develop post-traumatic stress. One of the major internal resources is a psychological defense mechanisms and ways of mastering stress, providing individual psychological resistance to stress.

So traumatic events do not always lead to devastating consequences. Yes, Stephen Joseph, prof. Psychology University of Nottingham (the UK), a representative of positive psychology in his research indicates that a wide range of traumatic events – from illness, divorce, serious losses, natural disasters and terrorism – can act as catalysts for positive change in life, strengthen relationships, changes in shareholders’ attitude to life and identify internal forces. In his book “What does not kill us” new psychology of posttraumatic growth by showing that traumatic experiences can help find new meaning, purpose and direction in life [10].

For the first time the concept of post-traumatic growth was represented in the works and Tedeshi Kelhoun (Tedeschi and Calhoun, 2004). The authors note that post-traumatic growth – experience positive changes that happen to a man in a collision with difficult life crises. The manifestations of post-traumatic growth is different: the awareness of the value of life, strengthen interpersonal relationships, increase self power transformation priorities in life, enriching the spiritual and existential part of life. Thus, the concept of posttraumatic growth implies a qualitative change and transformation of the individual, as opposed to the concept of personal resilience, acquire new meaning, optimism and endurance [20].

Considering the concept of post-traumatic growth in terms of its use in clinical theory and practice and Lynley Joseph (Joseph & Linley, 2006) point out that well-known methods of treatment of post-traumatic stress is not always conducive to post-traumatic growth. Citing empirical data leading factors of posttraumatic growth is stress, individual characteristics and choice of coping strategies, optimism, and extrovert self-effective, social support. All these factors allow the use of internal spiritual and emotional resources to deal with the trauma and subsequent growth [18].

A study Peterson et al (Peterson et al, 2008), a retrospective study of 1,739 Web adults surveyed showed that personal growth after injury can strengthen a person's character. In this study of post-traumatic growth is seen as positive changes after potentially traumatic events. Among these changes improve relationships with others, opening new prospects, higher value of life, expanding opportunities and personal spiritual growth. The interrelation stability nature and potential impact of the traumatic event allows authors argue that men are much stronger than before been considered [19].

Thus, the effects of traumatic events can be as devastating symptoms and positive change. It depends on the individual's ability to resist difficulties constructively to overcome their problems, master complex situations, in general, the level of sustainability of personality.

Sustainability is substantial potential sanohenny characteristic personality, healthy personality development. In terms of system-communicative approach to understanding the potential viability sanohenny seen as the ability to manage their health resources socially acceptable ways. According to the L.Yu. Osadko is the main manifestation of vitality harmony with itself and with the world, that dynamic response endless process of active adaptation, changing themselves and the world to improve their lives. Thus, the author notes that “the viability criterion rights can only be stabilized dynamics of sanohenno its ability to interact with the world” [8, s. 198].

G.S. Nykiforv understanding sustainability as a synonym for mental and physical health suggests that the leading resource rights are individual psychological stability is directly and determine its viability. Thus, psychological sta-

bility – is a quality individual, certain aspects of which are balance, stability and ability to resist. It allows the individual to confront life's difficulties, unfavorable pressure conditions, maintain health and performance in various tests [7].

Thus, sustainability can be considered by internal human resource, allowing resist destructive effects of trauma.

Viable “resilience” is relatively new psychological concept, which literally translates as flexibility, elasticity, flexibility, resistance to external influences, the person's ability to recover physically and mentally. Broadly speaking viability is the ability to survive and optimal adaptation capacity efficiently plan and operate effectively in certain circumstances, a combination of the stability of the system and its adaptability [6].

The first domestic development problems viability carried out in school B.G. Anan and were aimed at finding factors and conditions active longevity. Even then, an idea that reflects modern trends Postnonclassical viability studies, and the idea of self-organization, “long-term preservation overall efficiency is a key indicator of the viability of many years of people because of basic human resources and reserves rights not only implemented but playable” [1, p. 272].

Representatives of positive psychology believe that this indirect longevity trait as optimism. Optimists believe turmoil is temporary, so that you can fix that unique to a particular situation. Pessimists, on the contrary believe that adversity will not end edge and that as a result they do never come and that it does can not correct [11].

However, optimism is not the only positive feature that ensures the viability of man. George Wayne, a lecturer at Harvard University calls the same properties as a mature individual means of protection. Among them he calls altruism, the ability to not require immediate reward for good works, concern about the future and humor. According to scientists, some people do not have these qualities, they just do not get older, but in other age mature ways to protect occur in large numbers. According to Vine, the key to longevity is a steady income, physical health and ability to enjoy life [11].

Research E. Mr. Martin Seligman shows that one of the important components of health and longevity is working. Positive-minded people often find satisfaction own labor. According to the study, good mood improves efficiency, and this in turn reflected in the financial well-being. So optimistic, cheerful people exhibit greater stability in safety tests, and easier to tolerate pain better care of their health and safety. Positive emotions help to neutralize the negative (there is).

Positive feelings associated with past, present and future. Feelings associated with the future – is optimism, hope, confidence and faith. Present are such feelings as joy, delight, serenity, enthusiasm, excitement, pleasure, love of

life. The positive feelings that are associated with the past is a satisfaction, a sense of accomplishment, pride, peace [11].

The author notes that distinguished three types of feelings are not always linked. In most preferably a person must feel equally positive emotions of all three types. But this is not all the people. Positive feelings related to the future in the greatest degree increase resistance to depression, productivity and strengthen health.

Thus, cheerfulness, optimism, working ability, restore our vitality, prolong life and give it a sense of joy and happiness.

Another resource sustainability is considered in psychology it is viable. The main feature of viable human is the ability to see life's difficulties opportunity for positive change. Thanks to such dispositions as personal involvement, control and risk-taking man not only successfully overcome difficulties, and yet able to maintain and strengthen their own health [5].

Our studies indicate a constructive influence on viability of building their own future. So a viable youth often resorts to environmental planning future (T. Larina). Environment is that young people trying to build a viable life desired quality maintaining mental health. The main features of this building is awareness different future needs; focus on education and career development; choice of strategy redundancy and saving subject activity during the implementation of vital tasks; confidence in the formulation of complex life problems and feelings of social support during their implementation; balance between the richness of everyday tasks and deadlines for their implementation, ensuring an adequate level of self-esteem and satisfaction with their own lives in the process of personal self-fulfillment; care of their own psychological health [17].

The results of our study, we found that high resilience makes it possible to maintain an optimal level of psychological comfort, to feel the security, stability and security in the setting life goals; maintain their own mental health, to maintain self-confidence and trust in the environment during the implementation ix.

Thus, high levels of environmental resilience makes achieving success in life, above all, entails updating personal meanings such as comfort and material wealth; fixation provides vital tasks in the "training and work"; supports personal activity during the implementation of the tasks; ensure readiness for the future while raising vital problems and to overcome possible difficulties; causes updating of the planning and structuring element lifetime as patience, experience their own success in the major aspects of life [17].

The features also raising vital task of achieving mental health Z.V. Sydorenko indicates that components of mental health is focus on interpersonal harmonious relationship, the viability of which is caused by a common desire for self-actualization, the vitality, the life satisfaction, spontaneity and intentionality [12].

Thus, based on the concept of post-traumatic growth is the ability to experience positive feelings about their own future is an effective factor in preventing depression, you can talk about the viability of such resources as personality, focus on self-fulfillment, vitality, life satisfaction.

Yes, traumatic stress is usually a normal reaction to abnormal circumstances. Therefore, the leading role in the prevention of trauma is to strengthen the vitality of the individual, increasing its sustainability, efficiency and cheerfulness.

Get captured traumatic stress can everyone. Almost everyone has the experience of experiencing traumatic events, either in childhood or in adulthood life. Traumatic events or always the risk to human health or her identity, or to implement ii vital tasks. The ability of risk management enables a shorter period to stabilize life, to survive with minimal losses the state uncertainties of the future. The experience of the uncertainty of future very negative impact on a person. When negative feelings people fill it completely loses its sense of safety and security which undermines its ontological security negates the sense of trust in the world, to others and ultimately to himself.

Exploring the phenomenon of risk management and defining its role in the Life-Creative personality we found that activity to reduce and minimize risks is motivated conscious behavior aimed at transforming itself and self-development. This behavior is implemented in practice stabilization of personality. Psychological meaning of these practices is the ability to change their own attitude to risk, traumatic events.

The ability to change their own attitude to risk to sudden unexpected events is an effective resource work constructively with negative states while experiencing traumatic events. Using the same techniques of risk management as increased credibility, increase trust in the world, experimentation, test themselves and their capabilities makes it possible to gain confidence in their own ability on the ability to solve complex situation and is a condition of taking responsibility for their own security. Outlining for the care of the safety and environment of their lives as a vital task, people resort to self-organization, control of own living space.

Conclusions. Thus, the trauma is not always a post-traumatic disorder. Under certain conditions, the experience of traumatic events leading to post-traumatic personal growth. Among the conditions for this growth is the high viability of the individual, which is implemented in the ability to positively and optimistically about the future, the willingness to overcome difficulties and hardships, manage risk, worry about their own safety and environmental life.

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Ларіна Т. О. Особистісні ресурси запобігання руйнівним наслідкам травматизації

Розглянуто психологічні ресурси, які дають змогу зменшити руйнівні наслідки переживання особою травматичних подій. Показано, що травматичні події не завжди призводять до непоправних, руйнівних наслідків. Визначено, що життєздатність можна вважати тим внутрішнім ресурсом людини, який дає їй силу протистояти руйнівним наслідкам травматизації. Виокремлено такі ресурси життєздатності особистості, як спрямованість на самореалізацію, життєстійкість, задоволеність життям, здатність змінювати власне ставлення до ризикованих, травмонезбезпечних подій. З'ясовано, що наслідками травми не завжди є посттравматичні розлади. Встановлено, що за певних умов переживання травматичних подій зумовлює посттравматичне зростання особистості. Як умову такого зростання визначено високу життєздатність особистості, яка реалізується в її здатності позитивно та оптимістично дивитися в майбутнє, у готовності долати труднощі та негаразди, керувати ризиками, турбуватися про власну безпеку та екологію життя.

Ключові слова: травма, посттравматичний стрес, посттравматичне зростання, життєздатність.

Ларина Т. А. Личностные ресурсы предотвращения разрушительных последствий травматизации

Рассмотрены психологические ресурсы, которые позволяют уменьшить разрушительные последствия переживания человеком травматических событий. Показано, что травматические события не всегда приводят к непоправным, разрушительным последствиям. Определено, что жизнеспособность можно считать тем внутренним ресурсом человека, который позволяет ему противостоять разрушительным последствиям травматизации. Выделены такие ресурсы жизнеспособности личности, как направленность на самореализацию, жизнестойкость, удовлетворенность жизнью, способность изменять свое собственное отношение к рискованным, травматически опасным событиям. Выяснено, что последствиями травмы не всегда являются посттравматические расстройства. Установлено, что при определенных условиях переживание травматических событий приводит к посттравматическому росту личности. Как условие такого роста определена высокая жизнеспособность личности, которая реализуется в ее способности позитивно и оптимистично смотреть в будущее, в готовности преодолевать трудности и неурядицы, управлять рисками, заботиться о собственной безопасности и экологии жизни.

Ключевые слова: травма, посттравматический стресс, посттравматический рост, жизнеспособность.