

CHARACTERISTICS OF THE CONCEPT TRAUMATIC SITUATION

The term “extreme situation” is characterized by such indicators as: suddenness and unexpectedness of occurrence; subjective perception of it as threatening life, health, well-being; creates conditions for maladjustment and disorganization of life; makes it impossible to satisfy the needs for self-realization. This, in turn, makes the situation or event stressful, intense, crisis and emergency, if the extreme conditions are long-term and of great intensity. There are many approaches to defining such extreme conditions in the scientific literature. For example, I. Golovskaya and D. Pocheptsova identify several approaches to defining extreme conditions [1, p. 55]: “1) extreme conditions are equated to emergency situations classified by the nature of the external environment; 2) extreme conditions requiring physiological or mental stress; 3) extreme conditions as a “person in a situation” system, where the conditions of the environment influence and the individual are considered as an integral system.” So, it is in extreme situations that a person experiences severe stress and is in a state of crisis. Human behaviour in extreme conditions is the body’s reaction to the arrival of stress factors in extreme situations, manifested in different forms.

A crisis state develops under the influence of internal processes, and external events can be its trigger” [2, pp. 15-16]. The author connects the crisis situation with intrapersonal experiences and reactions. She divides situational reactions into six types:

1) reaction of emotional imbalance (decrease in mood, predominance of negative emotions, narrowing of the circle of contacts and depth of contacts - they become more superficial and are partly of a formal nature);

2) pessimistic situational reaction (expressed primarily by a negative worldview, modification and restructuring of the value system, a steady decrease in the level of optimism, real planning gives way to gloomy forecasts, the imaginary uncontrollability of changing events or conditions causes a secondary decrease in self-esteem, a feeling of less reaction occurs against the background of an overestimation of one’s own possibilities, that is, exorbitant claims that do not meet personal capabilities, a situation of artificially exaggerated stress is created);

3) negative balance reaction (this is a situational reaction, the content of which is a rational summing up of life’s results, assessment of the path travelled, determination of real prospects for existence, comparison of positive and negative aspects of life extension);

4) situational reaction of demobilization (characterized by the most drastic changes in the sphere of contacts: refusal of habitual contacts or at least their significant limitation, causing a persistent, long-term and painful experience of loneliness, helplessness, hopelessness; there is also a partial refusal of activities, except for the most necessary established and the rules and requirements of society accepted by man);

5) situational reaction of opposition (characterized by an extra punitive position of the individual, expressed aggressiveness, sharply negative assessments of others and their activities; this reaction usually gradually fades away on its own, but in the case of depth and high intensity it requires the rapid adoption of adequate adaptation measures - in order to avoid a progressive deepening of the attitude personality.);

6) situational reaction of disorganization (basically contains an anxious component, as a result of which somatic vegetative manifestations are observed (hypertensive and vascular-vegetative crises, sleep disturbances). This reaction does not have a protective function, while all other types of situational reactions (including pessimistic) are psychological reactions protection, since they save mental energy, in one way or another, infringing on the real practical activity of the individual without violating the adaptation system as such) [2, pp. 15-16].

Today, the concept of experiencing traumatic events (the phenomenon of psychological trauma) is being actively developed. The term “psychosocial consequences of disasters” (V. Krasnov) is widely used [3, p. 19], which takes into account the interconnected set of negative changes in mental and psycho-emotional states, behavioural patterns of victims, the specifics of social interaction and functioning in society, feedback from the microsocial environment, which to a certain extent can be combined with the term “mental maladjustment”.

As a result of the influence of a traumatic situation, a person begins to experience both neurotic reactions and neuroses, as well as behavioural disorders. As Yu. Kazakov noted, “personal resistance to the pathogenic influence of a combat situation is formed in a person in the process of his individual socio-psychological development, adequacy of perception of reality, preservation of self-criticism, determination of the subjective true meaning of life and death, psychological readiness for any consequences. damage to mental health determines the generalized characteristic of a specific bipolarity of health boundaries - trauma based on the reserves of homeostasis, home kinesis and psychokinesis” [3, p. 27].

Consequently, psych traumatic situations act as the basis for the emergence of psych traumatic experiences as a condition characterized by the severity, duration, and repetition of negative psycho-emotional experiences, which can lead to clinical forms of mental, behavioural and adaptive disorders and mental functioning disorders. Studies of neuroses, reactive states, psychopathic and other neuropsychic disorders, in the origin of which a leading place is occupied by

traumatic experiences, make it possible to determine the range of such conditions. This is a state of dissatisfaction, melancholy, depression (sub depressive states), anxiety, fear, restlessness, uncertainty, helplessness (states of the phobic circle), emotional tension, as well as a complex set of states that arise due to the presence of internal conflict when a person faces excessive obstacles and difficulties.

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