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STRESS RESISTANCE AS AN INDICATOR OF MENTAL HEALTH OF MANAGERS

The author raises the issue of disclosing the essence of the phenomenon of «mental health». It has been established that the successful performance of managers' professional activities is possible provided that their mental health is maintained. The activity of managers is characterized by complexity and increased tension, it is associated with a high risk of mental health disorders. The adaptive, anthropocentric and phenomenological groups of conditions for the development of the acmeological reserve of managers' health are distinguished.

Keywords: *stress resistance, mental/mental health, managers, managers, leaders, professional activity, acmeological approach.*

Achievement in the field of professional activity is determined by the prevalence of values or their reassessment. The above, in our opinion, allows us

to consider their totality as factors that, in turn, play a significant role in determining the mental health of a person. We emphasize that professional management activity is one of the most stressful. This is because this activity involves systematic psychological, physical, emotional and intellectual stress. Periodically arising stressful situations, irregular working hours, irregular nutrition, unsystematic sports, inadequate rest – all of this negatively affects the health of managers and their level of performance. At the same time, we should not forget that health is necessary for the effective performance of our professional functions.

We fully support A. Zemba states that “the professional activity of managers is associated with systematic psychological, physical, emotional and intellectual stress, which can lead to health problems” [1, p. 145].

The intensity of the tension that arises during the performance of professional activities, in particular of managers, requires increased attention to the consideration of aspects of their mental health, which is often identified with mental, psychological and spiritual health.

The World Health Organization (WHO) defines mental health as “a state of well-being in which a person can realize his or her potential, cope with the normal stresses of life, work productively and fruitfully, and have the ability to contribute to the life of his or her community” [2]. L.Karamushka uses “the concept of ‘mental health’ as a broader one that will apply to all manifestations of mental health in all categories of the population and professionals” [4, p. 17]. We fully share the opinion of domestic researchers that mental health as a “phenomenon is an integrated characteristic of the individual that underlies the overall well-being and quality of life of a person [3, p. 79].

It should be emphasized that the main criteria of mental health are adequacy of mental reflection, adequate perception of oneself, high concentration of attention, retention of information in memory, ability to logically process information, critical thinking, creativity, emotional stability, free expression of emotions and feelings, optimism, balance, adequate level of aspirations, sense of duty, responsibility, self-confidence, independence, spontaneity, sense of humor, self-respect, adequate self-esteem, will, self-control, activity, purposefulness, communication skills, moral principles, prudence, adaptability, good health, physical activity.

L. Kalashnikova, Y. Rudenko, S. Rudenko emphasize that “the role of the system-forming components of mental health as an integrated characteristic of the individual is played by: the balance between the emotional, psychological, social

and spiritual well-being of the individual and the state of harmony of the person with the outside world and with himself' [3, p. 80].

Increasing the level of managers' readiness, and therefore the degree of success in performing managerial activities, is directly related to the conditions for maintaining their mental health. In this case, we are convinced that the acmeological resources of this process should be taken into account, the limits of which are set by the possibilities of increasing the acmeological level of managers' personalities. The acmeological approach provides an opportunity to reveal the inner potential of a person, enabling him or her to dispose of it in the course of extreme situations, coping with situational anxiety.

Based on scientific research, we will distinguish groups of conditions for the development of the acmeological reserve of managers' health: adaptive, anthropocentric and phenomenological. Let us consider the first group of conditions in more detail. Thus, adaptation conditions include unforeseen circumstances that may lead to strain on managers' internal resources and, as a result, the emergence of stressful circumstances, as well as an increase in the severity of situational risks that negatively affect a person. In addition, these conditions include circumstances that can create favorable conditions for the lives of managers. This refers to what is commonly termed as "personal comfort"

Among the main factors of deterioration of managers' mental health are the following: professional factors (professional workload, level of conflict, psychological climate, status in the system of interpersonal relations, ability to control constantly changing circumstances, etc.); general social factors (everyday problems, responsibility, existential factor, etc.). In light of the above, I would like to note that the level of mental health of managers is particularly affected by the degree of their demand in the organization, because in the absence of a sense of need, it is difficult to implement the process of self-realization and satisfaction of needs that are important to the individual.

Phenomenological conditions can be characterized as a person's full or partial dependence on the natural circumstances surrounding him or her. This, in turn, requires additional efforts, the importance of which is determined by the need to maintain the most optimal psychophysiological level. This can be easily explained, in particular, if managers realize that they are powerless to solve unexpected problems. As a result, managers experience a drop in the level of satisfaction with their professional activities, which is accompanied by the deformation of personal and characteristic qualities.

The whole set of the above characteristics and aspects of professional activity that can negatively affect the content of both internal and external relations with the manager's environment can cause his/her personal problems. The key factor determining the degree of possibility of personal and, as a result, professional problems of a manager is stress.

“In the context of practical psychology, the term “stress” is most often used in the sense of “distress” or “bad stress”, such as “strong physical, mental or emotional stress”, “reactions that a person has when he or she feels that the requirements for him or her exceed his or her individual and social resources”, etc.” [5, p. 16].

When experiencing a stressful situation, a manager comes to a state of high or full readiness, according to which his or her body mobilizes its full potential for instant psychological and/or physical activity, which makes it possible to carry out complex activities while controlling their actions. It is possible to achieve a high degree of stress resistance, which largely determines a manager's ability to endure very high emotional loads in the context of intense professional activities. Achieving a high level of stress resistance, gradual formation of the manager's readiness for such situations is possible with a comprehensive interdisciplinary approach.

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SOCIO-PSYCHOLOGICAL SUPPORT FOR CHILDREN IN SITUATIONS OF PARENTAL LOSS OR DIVORCE

The author presents an overview of the psychological challenges children face in situations of parental loss or divorce and highlights the need for timely socio-psychological support. Attention is paid to key components of effective intervention, including crisis counseling, emotional expression, and family therapy. The study emphasizes integrative, child-centered approaches and discusses barriers such as stigma, lack of resources, and institutional gaps. Future prospects include scalable programs, digital tools, and culturally adapted practices to improve support systems.

Keywords: *parental loss, divorce, socio-psychological support, child resilience, emotional development*

In modern society, the family plays a central role in the emotional and psychological development of children. However, increasing rates of divorce, separation, and parental mortality create a significant number of children growing up in non-traditional or disrupted family environments. The psychological consequences of parental loss or divorce often include heightened levels of anxiety, feelings of abandonment, difficulties with identity formation, and lowered academic or social performance. These challenges are particularly acute during key developmental stages, where the absence of a stable parental presence can disrupt emotional security and the development of trust.

While the effects of family breakdown have been extensively researched, there remains a lack of comprehensive socio-psychological frameworks for providing early and effective intervention to children facing such crises. In many countries, including post-conflict or economically strained societies, the systems