

4. Цимбалістий Т.О. Конституційна юстиція в Україні : навчальний посібник. К. : Центр учбової літератури, 2007. 200 с.
5. Софійська декларація, 1997 р. URL: <http://zakon.nau.ua/doc/?uid=1014.2932.0>.
6. Європейська конвенція з прав людини. Свобода вираження поглядів: Довідник з українського та європейського інформаційного законодавства упоряд. В. Ф. Іванов, Ю. Є. Зайцев. К. : Центр вільної преси, 2002.
7. Кукіна З. О. Міжнародно-правові джерела медіа-права. Часопис Київського ун-ту права. 2011. № 3. С. 297-299.
8. Конституція України : Закон України від 28. 06. 1996 № 254к 96-ВР. Відомості Верховної Ради України від 23.07.1996 - 1996 р., № 30, стаття 141.

COGNITIVE RESOURCES TO INCREASE THE STRESS RESISTANCE OF THE INDIVIDUAL IN THE FACE OF MODERN GLOBALIZATION CHALLENGES

Kuznetsov R. O., student,

Suknov M.P., PhD, Associate Professor,

Kharkiv National University of Radioelectronics

The active inclusion of psychological science in the development of the problem of finding and realizing the mental capabilities of a person reflects the actual significance of the introduction of psychological technologies in the process of psychological support of the individual. This issue is of particular importance in the conditions of a full-scale war in Ukraine, world globalization socio-political, educational and cultural processes. The need to increase the level of psychological preparedness of the individual for modern challenges is justified by the fact that there is a need to be living in conditions of high psycho-emotional stress, when the success of individual actions is determined by the level of development of special competencies that ensure the reliability and effectiveness of activities in emotionally difficult and stressful situations.

Theoretical works of A. Ganushkin, M. Dyachenko, L. Nersesyan, V. Pushkin, O. Safina, M. Tomchuk reveal a system-structural approach to the study of the

psychological readiness of a person for activity. The provisions related to the concept of psychological stress are presented in the works of domestic (V. Bodrov, L. KitaevSmyk, A. Leonova, V. Suvorov, N. Nayenko et al.) and foreign (G. Selye, C. Spilberger, R. Lazarus, etc.) researchers.

The concept of "psychological resource" is associated with the implementation of such a research approach, which involves, on the one hand, the identification of reserve, untapped mental capabilities, and on the other, the use of a flexible strategy for building actions and actions based on an adequate approach to assessing and analyzing specific situations that arise in various conditions of educational and professional activity of a person. One of the leading determinants of the stress resistance of the individual is the cognitive resource. Through it, there is an active assimilation of information necessary for the formation of skills, the adaptation of the cognitive structures of the psyche is carried out, on the basis of which a strategy is formed for the effective use of information affecting the activity sphere.

Modern scientists consider stress as a reaction and features of the interaction of the individual with the outside world. Studies by various authors demonstrate that the sources of stress are not so much the objective characteristics of the situation itself, as the peculiarities of the individual's perception of the situation and his characteristic way of responding. The causes of stress can be: irrational ideas or beliefs based on deep needs, the satisfaction of which is necessary for psychological balance; distortion of thinking as a result of which there is a fixation on negative consequences, rather than on success; activation of "negative nodes" of memory occurring through associative communication, lack of skills to assess the situation, select adequate means of resolving the situation, find alternative solutions and predict their consequences [1; 2; 3].

Among the factors of the cognitive sphere that are important to ensure stress resistance, the researchers highlight such resource factors as understanding the situation and the possibility of predicting its development, rational reasoning and interpretation of events, an adequate assessment of the amount of physical and mental stress, a structured experience of overcoming difficult situations [3; 4].

The determining importance of self-esteem of one's own resource capabilities for the ability to manage events that affect life, A. Bandura emphasized. In the developed socio-cognitive theory, he paid special attention to the concept of self-efficacy. The way a person evaluates their own effectiveness determines the possibilities of choosing an activity, the efforts that he must make to overcome obstacles and frustrations. Self-esteem of the effectiveness of the individual affects the forms of behavior, motivation, behavior and the emergence of emotions [1].

Some researchers of stress resistance to explain the mechanisms of formation or increase of this personal characteristic use the concept of "resource" as a distinguished scientific category. They justify the feasibility of a resource approach to the study of stress resistance by determining the essence of psychological stress not as a reaction, but as a process in which the requirements of situational impact are evaluated by the individual in relation to the resources necessary to meet these requirements. And the main resource that determines stress resistance is the characteristics of the cognitive sphere of the individual. The resource approach to the problem of overcoming stressful situations is not only in the quantitative accumulation of "reserves" of the relevant body systems for information management.

The logic of the participation of cognitive functions in ensuring the stress resistance of the individual is more understandable based on the provisions of the resource approach. Considering cognitive functions as a separate psychological resource, it is possible to characterize stress as a state of real or imaginary loss of part of the potential, which ensures the behavioral activity of the individual [4; 5].

The decisive place in the generation of stressful states is occupied by the characteristics of memory processes and mnemonic abilities, the significant importance of the study of which is assigned in the theoretical developments of G. Eysenck, A. Beck, G. Bauer, R. Lazarus. One of the fundamental features of memory is its vulnerability. A large number of circumstances and factors, influencing it, selectively suppress or creatively reconstruct memory [5].

A special category of stress resilience resources is the nature and way to overcome stressful situations – strategies and models of coping behavior. The

psychological objective of coping is to adapt the person to the demands of the situation as best as possible by mastering, weakening or mitigating these demands, limiting this stressful influence of the situation. The success of coping behavior is significantly related to the cognitive resources of the individual. In particular, the development and application of a basic coping strategy for solving problems is impossible without an appropriate level of thinking.

We present the most common behavioral patterns that characterize the constructiveness of a personal approach to overcoming a stressful situation: - a problem-oriented coping strategy establishes a person's ability to identify a problem, find an alternative solution, effectively overcome stressful situations, thus contributing to the preservation of both mental and somatic health;

- coping strategy focused on emotion is manifested by the individual in experiencing protest, resentment, emotional response (for example, crying), isolation (suppression of feelings, adequate situations), self-blame, humility, fatalism, surrender, experiencing anger, irritability, as well as maintaining self-possession, emotional balance and self-control.

- coping avoidance strategy allows the individual to reduce emotional stress, the emotional component of distress even before changing the situation itself; -As one of the avoidance options, one can review the coping strategy of seeking social support, when the individual relies on the cognitive, emotive or behavioral responses of other reference or authoritative persons to successfully overcome stressful situations [2; 3].

So, psychological stability characterizes the ratio of personal constancy and variability, the constancy of the main life principles and goals, the dominant motives, behaviors, response in difficult situations. Stress resistance as a personality trait is often tested in extreme conditions and, above all, depends on the availability of body resources. Psychological stability is caused by the presence of external resources, which include interpersonal and social support, as well as internal resources that combine the consciousness of the individual, the attitude of the individual (including himself), components of the cognitive, emotional, behavioral and communicative spheres.

References

- 1) Bandura A. Sotsial'no-kognitivnaya teoriya. Personality: theories, experiments, exercises. SPb.: PRIME-EVREZNAK, 2001. 864 S. 2) Volyanyuk N.Y. Features of the choice of coping behavior strategies of trainersteachers. Social psychology. 2005. №4. P.101 – 112.
- 3) Kolosov A.B. Cognitive resource to increase athletes' resilience to stressful situations. Social psychology. 2006. №5. P.155 – 162.
- 4) Kraynyuk V.M. Psychology of stress resistance of personality: Monograph. K.: Nika Center., 2007. 432p.

ATYCHIPHOBIA

BryzhataYe., student,

Gerasymchuk T.V., Associate Professor

Kharkiv National Automobile and Highway University

Fear of failure, also called atychiphobia, is a constant, overwhelming feeling of dread that accompanies the undertaking of projects or pursuit of life goals. People who live with atychiphobia often feel absolutely certain they will fail, even if that feeling is not based in reality. This sense of insecurity can interfere with their thoughts, emotions, and actions.

When kept in check, a healthy fear of failure can be positive and lead us to better plan, focus, and prepare. But when a fear of failure grows out of control it can become paralyzing and isolating.

Atychiphobia Definition Fear of failure, or atychiphobia, involves the belief that you are not or will not be “good enough,” and that you’ll disappoint yourself or other people in your life. It is far more than being afraid to do poorly on a task, and instead is an all-encompassing reaction to the notion that you won’t measure up. Fear of failure involves extreme worry, negative thoughts, and a hesitation or unwillingness to work toward a task or goal.

The unpleasant feelings associated with the fear of failure exist on a spectrum ranging from mild to severe. When mild, anxiety such as the fear of failure can be motivating, providing positive stress and encouraging people to persist and achieve