**Fomina L. V., Chornous N. A., Sheyko A. O.**

**Prophylaxis of coping with stress in professional activity**

Kharkiv National Medical University (Department of Ukrainian Language, Principles of Psychology and Pedagogy), Kharkiv, Ukraine

In modern rapidly changing world, the mental health of a specialist faces daily new challenges and tasks caused by hard professional competition, the instability of the social and economic conditions of the functioning of the society, and, as a result, the increase of stressful situations. Thus, one of the most up-to-date problems of modern psychology is the prevention and prophylaxis of stress in the professional activities of a specialist. The aim is to determine the causes of the professional stress of a specialist and its prophylaxis.

Recently, more and more researches of the scientists from different areas of science – economics, psychology, sociology and other sciences, connected with the provement that the human resource is one of the most important components of the economic wellfare and development of modern society appear. In particular, in the absence of psychological health, comfort, respect for democratic, humanistic norms in the professional activities of a specialist, it is impossible to achieve high performance indicators. Consequently, the most rational way of personal development is to reduce the amount and intensity of stress in the professional activities of a specialist, to focus attention on the emotional well-being of workers. In order to carry out the prophylaxis of occupational stress the most effectively, it is necessary to know the nature of stress and its main determinants of occurrence.

The universal concept of stress was formulated by the world-famous Canadian physiologist H. Selye, which had a great influence on various directions in the development of human science: psychology, medicine, sociology and other fields of knowledge. The scientist detaches out a number of statements related to the preventive activity of determining stress and ways to overcome it: the problem of studying the mechanisms of emotional stress, which are the result of human progress and the development of modern civilization; development of methods for overcoming stressful situations [2].

In the context of the chosen problem, the definition of the group factors of stress occurrence is particularly appropriate. Thus, A.Visnoslavskaya emphasizes the importance of maintaining favorable group relationships for prophylaxis and coping with stress in the team [1]. Fist of all the group of stress factors primarily include:

1. lack of group unity – lack of opportunities for an employee to feel himself a member of the team due to various factors: the specifics of the workplace; actions of a manager who does not allow or restrict the rights of employees; rejection by other members of the group into their ranks, etc.; it can be a source of stress;
2. interpersonal and intrapersonal and group conflicts, that is, the presence of serious contradictions or incompatibility of individual characteristics of the employee's personality, for example, his personal goals and values with the values of the group where he have to work, to be, to communicate, to interact constantly.

So, stress can cause many different negative factors. The most common are the incorrect correlation between the authority and responsibility of the specialist, poor channels of information exchange in the organization and unreasonable demands of employees to each other.

**References**

1. Vynoslavska O. V., Malyhina M. P. Liudski stosunky : Navchalnyi posibnyk. – Kyiv : KVITs, 2001. – 83 s.

2. Sele H. Stress bez dystressa / H. Sele. – Moskva : Prohress, 1982. – 127 s.Contents

Fomina L. V., Chornous N. A., Sheyko A. O. Prophylaxis of coping with stress in professional activity……………………………………………………….P,244-245