

Readiness of Military Professionals for Challenging Situations

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Abstract : The article deals with the readiness of military professionals for challenging situations. It discusses higher requirements on the psychical endurance of military professionals arising from the specific nature of the military occupation, which is typical for being very difficult to maintain regularity, which is in accordance with the hygiene of work alternated by relaxation. The soldier must be able to serve in the long term and constantly intense performance that goes beyond human tolerance to stress situations. A challenging situation is always associated with overcoming difficulties, obstacles and complicated circumstances or using unusual methods, ways and means to achieve the desired (expected) objectives, performing a given task or satisfying an important need. This paper describes the categories of challenging situations, their classification and characteristics. Attention is also paid to the formation of personality in challenging situations, coping with stress in challenging situations, Phases of solutions of stressful situations, resistance to challenging life situations and its factors. Finally, the article is focused on increasing the readiness of military professionals for challenging situations.

Keywords : coping, challenging situations, stress, stressful situations, military professionals, resilience

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