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FEATURES OF PSYCHOLOGICAL REHABILITATION OF MILITARY PERSONNEL WITH CHRONIC FATIGUE AND EMOTIONAL BURNOUT SYNDROME (LITERATURE REVIEW)

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ABSTRACT

The article presents the results of the analysis of literary sources covering the problems of chronic fatigue syndrome in persons undergoing military service. The causes, mechanism of development of emotional burnout and post-traumatic stress disorder are studied. The need for psychological correction of stress, as well as the development of methods for rehabilitation and prevention of this pathology is substantiated.

KEY WORDS: *military personnel, stress, emotional burnout, post-traumatic stress disorder, psychological correction and rehabilitation.*

Rehabilitation is a set of medical, military-professional, socio-economic and pedagogical measures aimed at restoring, correcting or compensating for impaired mental functions, personal and social status of military personnel who have suffered mental trauma [5,6,13,20,21]. The rehabilitation process often includes psychological treatment at a certain stage. Due to the increase in mental and physical stressors, the problem of restoring the lost state of psychological health, which is important for the continued work of highly qualified specialists, is considered to be quite serious [2,8]. The term "psychological rehabilitation" is understood as the organization of psychological influence in order to assist military personnel in overcoming the adverse psychological consequences of traumatic stress caused by participation in military activities [1,3]. In a word, it is a set of measures aimed at restoring impaired mental functions, personal and social status of military personnel who have suffered mental trauma.

Providing first aid in case of injury or illness, competent treatment in medical institutions, the use of psychotropic drugs that have an effect that normalizes the emotional space of a person - all these are examples of medical measures that are included in psychological rehabilitation using the achievements of medical science [8,22]. Healthy and reasonable nutrition, care for the health of military personnel, compliance with simple hygiene standards and other factors - all this plays an important role in the medical rehabilitation of military personnel [2, 4, 5, 13].

If it is not possible to save the career of military personnel, they are retrained and prepared for new, more accessible types of service [19,23]. This process is called professional reorientation. Social measures of rehabilitation of military personnel are measures that are implemented under the influence of the social element (events of public life and the local environment) in order to activate social values. These measures are capable of changing a person's worldview and outlook on life. Such psychosocial influence can be implemented in various ways, including through group therapy, development of social interaction, and search for meaningful work. It has been proven that regular communication with fellow servicemen, support from loved ones, letters, newspapers, magazines, listening to radio broadcasts, and other activities have a quantitative impact on the social rehabilitation of military personnel [2,4,7,23]. The nature of rehabilitation can be both specific and non-specific, which is determined by the problems faced by the serviceman, as well as the degree of specialization of the treatment methods used [19]. It is very important for the mental health of a service member and his ability to adapt that he has a strong sense of identity and a high assessment of his own capabilities. Insufficient self-esteem and the accompanying violation of self-esteem are the basis of many health problems of service members, as well as the widespread violation of their system of attitudes [3,10,12].

The research literature has identified the following types of personality responses related to how military personnel respond to their condition:



Neurotic reactions are characterized by excessive anxiety, worry, and negative emotions. People who are prone to neuroticism may feel emotionally overloaded, experience excessive worry and fear, and have a tendency toward depression. These reactions may be inappropriate to the situation and make it difficult to function in everyday life.

On the other hand, adequate reactions are more balanced and appropriate to the specific situation. A person with adequate reactions is able to effectively cope with stress, make informed decisions, and maintain psychological stability.

Service members exposed to service-related stress exhibit a variety of responses to this psychologically and emotionally charged experience. Normal physiological and emotional responses to stress, such as increased alertness and neural activation, are natural and adaptive. However, some service members may experience more severe consequences, such as post-traumatic stress disorder (PTSD), depression, anxiety disorders, or maladaptive responses. Maladaptive responses may include aggression, isolation, and substance abuse problems. At the same time, some service members turn to adaptive coping strategies, such as support seeking and stress management training. Understanding this diversity of responses is necessary to create effective support and rehabilitation programs for veterans and active service members [12,13,16]. Polymorphic manifestations of combat-related PTSD have been documented [17]. Post-traumatic stress disorder (PTSD) is characterized by a variety of symptoms that span the physical, emotional, and behavioral spheres. One of the characteristic features is the recollection and repetition of traumatic events, expressed in painful flashbacks and nightmares. People with PTSD may seek to avoid situations that remind them of the trauma, showing alienation from certain places or people. Hyperarousal is also characteristic of this disorder, manifested in excessive vigilance, irritability, and difficulty concentrating. Emotional numbness and loss of interest in familiar activities may result, and psychosomatic symptoms are also possible, including headaches and sleep problems. It is important to seek professional help if PTSD is suspected, as this disorder significantly affects the quality of life and requires a competent approach to relieve symptoms [16,17,15,24]. Depending on the characteristics of the character and methods of adaptation to new conditions, psychologists have identified four different categories of veterans of the war in Afghanistan. Veterans classified as "aggressively active" are more likely to resort to physical force to achieve their goals. They may have difficulty adapting to a new environment and may exhibit hostile behavior. Veterans classified as "aggressively passive" may internalize their aggressiveness, leading to neurotic reactions. It has been hypothesized that the tendency of "passive-zero" veterans to forget about their service in Afghanistan is a defense mechanism. "Active opportunists" elevate themselves socially by taking advantage of the generosity of the Afghan elite. It is possible that these communities can develop and interact with others, such as those who support them and those who can provide mental health services. Research can be continued to better understand the mechanisms of adaptation of Afghan war veterans and to develop more effective support measures for each of the identified categories [10,14,15,22].

Rehabilitation is a multi-stage procedure that helps patients gradually regain confidence and independence in the social and professional environment after a health crisis [2,8]. All structural aspects of military personnel rehabilitation should be assessed in the space of "task - subject - circumstances" [11], and not analyzed abstractly, non-specifically.

The main goals of rehabilitation are to identify existing problems, assess their severity and study the unique ways of overcoming psychological stress by each serviceman. Therapy for stress, irritation and fear can also be carried out by several methods. In addition, correction of the physiological state of a person using various stimuli; training servicemen in the skills of healthy mental response to the consequences of the disease, uniting their personality to overcome new circumstances, cultivating willpower; Next, it is necessary to form a deep understanding of potential dangers and a realistic view of possible countermeasures; then, using various organizational and pedagogical techniques, as well as encouraging the social activity of the serviceman, it is possible to achieve the most optimal resolution of the psychotraumatic situation, restoration of social status and adaptation to environmental conditions.

It is important to include all factors that influence the solution of the problem in the analysis of military personnel rehabilitation. Research indicates two key categories of features that should be considered: socio-demographic and psychological. The first category includes rank, position, age, education and other social characteristics [9,18,21,24]. The second category includes a generalization of independent features of specialists, certification data and self-assessment before mental trauma.

Social assessment of a serviceman's return to duty, as well as his level of performance and professional reliability, are considered the main indicators of the success of the medical rehabilitation system [11,14]. Monitoring these parameters is critical to determining the effectiveness of rehabilitation programs.

Thus, rehabilitation occupies a central place in the medical care of military personnel, since it is aimed at restoring their psychophysiological balance and returning to their previous state before the disease. Effective rehabilitation also provides the opportunity to adapt to new living conditions, facilitating full recovery and successful return to society.

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