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PSYCHOLOGICAL STATE OF POLICE OFFICERS IN THE CONDITIONS OF HYBRID WAR

After the full-scale invasion on 24.02.2022 of the aggressor country on the territory of Ukraine, the life and psychological state of people, as well as employees of law enforcement agencies, changed forever. Millions of Ukrainians were forced to leave their homes to save their lives, a large number of citizens found themselves in occupation. Psychological state of employees of law enforcement agencies is accompanied by increased stress during performing of official duties. That is, stress is the body's response to internal and external stimuli. What is the state of tension in a person, arises under the influence of emotionally negative and extreme factors of environment?

According to Doctor of Psychological Sciences Oksana Romanenko, there are specific, additional stressogenic factors as follows as: awareness of a threat to life (biological fear of death, injury, etc., disability) permanent readiness for hostilities; experiencing a psycho-emotional state due to the death of comrades; state of uncertainty and the need to instantly respond to sudden events in conditions of time shortage; blocking the body's basic needs for full sleep and rest [1].

As a result, police officers are exposed to an increased risk of developing symptoms of post-traumatic stress disorder and professional burnout. Both the internal situation and the tasks of the personnel of the security and defense sector of the state have undergone changes. For today, the importance and relevance of the work of the National Police units has increased significantly because in accordance with the Laws of Ukraine "On Amendments to Laws of Ukraine "On the National Police" and "On the Disciplinary Statute of the National Police of Ukraine" with the aim of optimizing police activities, including during the martial law regime, the police were given new powers. Part Four, Article 8:

"During martial law, the police act in accordance with the purpose and the specifics of the activity, taking into account those restrictions on the rights and freedoms of citizens, as well as the rights and legitimate interests of legal entities, which are determined in accordance with the Constitution of Ukraine and the Law of Ukraine "On the Legal Regime of Martial Law"; Regarding the preventive activities of the bodies police, it is a complex of actions (measures). Which are implemented by police, in order to prevent or prevent offenses. Implementation of preventive activities during the martial law regime gives positive results, for example, optimization and increase of patrol routes in populated areas, especially in occupied territories;

conducting explanatory work, including with the use of printing products and Internet resources; effective interaction with banking institutions - all this leads to a decrease in the number of such crimes such as: robberies, robberies, illegal possession of vehicles and fraud.

The work of psychologists in practical units is relevant, as police are entrusted with important tasks, regarding provision of psychological assistance by law enforcement officers. Psychologists are crucial in understanding and management stress factors affecting the effectiveness of the police work also, psychological support can contribute to increasing the internal communication of personnel, reducing conflicts and improving the general well-being of the team, which is important for the successful functioning of police units in conditions of war. Since the effects of russian aggression on the mental health of people and workers of practical units are extremely serious, the First Lady Olena Zelenska of Ukraine implemented the "National Program of Mental Health and Psychosocial Support" [2]. The purpose of which is to provide assistance to anyone whose mental health has been damaged by war, regardless of where they are now.

A particularly important component for law enforcement officers - emotional stability and the ability to control one's inner state. Police officers who are trained to maintain psychological stability are able to effectively perform their duties and maintain internal balance even in the most difficult situations. Thus, it can be concluded that in conflict situations and threats from various forms, from cyber attacks and disinformation to hybrid ones threats, law enforcement officers are exposed to a great psychological strain. It can cause stress, anxiety, fatigue and affect their emotional state. It is necessary to take into account that the psychological state of law enforcement officers can be reflected in their professional activities, decisions and behavior. Therefore, it is important to provide them with support, psychological help and stress self-management skills. Equally important is the implementation of preventive measures that will help maintain the mental health of law enforcement officers in the difficult conditions of a hybrid war.

Список використаних джерел

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