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## THE ROLE OF A FAMILY AND A CLOSE ENVIRONMENT IN THE FORMATION OF THE RESILIENCE OF THE EXTREME ACTIVITY SUBJECTS: CROSS-SECTIONAL STUDY

<sup>1</sup> Svetlana V. Kotovskaya\*, <sup>2</sup> Igor M. Boyko, <sup>3</sup> Igor G. Mosyagin, <sup>2</sup> Anna I. Khokhrina

<sup>1</sup>Moscow State University of Humanities and Economics, Moscow, Russia

<sup>2</sup>Northern State Medical University, Arkhangelsk, Russia

<sup>3</sup>High Command of the Navy, St. Petersburg, Russia

**OBJECTIVE:** To study the role of family and close environment in the formation of a high level of resilience of subjects in the sphere of extreme activity.

**MATERIALS AND METHODS:** The study involved 748 male subjects of different professional groups whose daily activity included an extreme component at the content level. From them two groups were distinguished - with a low level of ability to live (55 people) and with a high level of ability to live (397 people). Interpersonal relations were diagnosed in all participants. The role of the family and the immediate environment was assessed according to the author's questionnaire.

**RESULTS:** In the low and high resiliency group, 42.6 % and 44.6 % of respondents were confident in most of their coworkers; conflicts among colleagues were denied by 51.1 % and 57.2 % of those surveyed; 48.9 % and 57.9 % of wives had a positive attitude toward their husband's profession, respectively.

**DISCUSSION:** Subjects of extreme activity with a high level of resiliency in interpersonal relations aspire to close cooperation with the reference group, to friendly relations with others. Respondents with a low level of resiliency are characterized by greater emotional coldness and aloofness in meaningful interpersonal relationships. They are less tolerant of change of environment and more easily lose their equilibrium in social conflicts with co-workers and superiors. Congruent interaction with a significant reference environment contribute to the leveling of conflict situations, so the formation of not just a favorable climate of the team, and the maintenance of comradery, companionship, brotherly relations, based on the principles of mutual respect and mutual support determines the maintenance of a high level of professional vitality in the subjects of the extreme profile.

**KEYWORDS:** marine medicine, resiliency, family, close environment, subjects of extreme activity

\*For correspondence: Svetlana V. Kotovskaya, e-mail: [s.marunyak74@mail.ru](mailto:s.marunyak74@mail.ru)

\*Для корреспонденции: Котовская Светлана Владимировна, e-mail: [s.marunyak74@mail.ru](mailto:s.marunyak74@mail.ru)

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## РОЛЬ СЕМЬИ И БЛИЗКОГО ОКРУЖЕНИЯ В ФОРМИРОВАНИИ ЖИЗНЕСПОСОБНОСТИ СУБЪЕКТОВ ЭКСТРЕМАЛЬНОЙ ДЕЯТЕЛЬНОСТИ: ПОПЕРЕЧНОЕ ИССЛЕДОВАНИЕ

<sup>1</sup>С.В. Котовская\*, <sup>2</sup>И.М. Бойко, <sup>3</sup>И.Г. Мосягин, <sup>2</sup>А.И. Хохрина

<sup>1</sup>Московский государственный гуманитарно-экономический университет, Москва, Россия

<sup>2</sup>Северный государственный медицинский университет, г. Архангельск, Россия

<sup>3</sup>Главное командование Военно-Морского Флота, Санкт-Петербург, Россия

**ЦЕЛЬ:** Изучить роль семьи и близкого окружения в формировании высокого уровня жизнеспособности субъектов в сфере экстремальной деятельности.

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**МАТЕРИАЛЫ И МЕТОДЫ:** В исследовании приняли участие 748 лиц мужского пола различных профессиональных групп, повседневная деятельность которых на содержательном уровне включала экстремальный компонент. Из них были выделены две группы – с низким уровнем жизнеспособности ( $n = 55$ ) и с высоким уровнем жизнеспособности ( $n = 397$ ). Всем была проведена диагностика межличностных отношений. Роль семьи и ближайшего окружения оценивалась по данным авторской анкеты.

**РЕЗУЛЬТАТЫ:** В группе с низким и высоким уровнем жизнеспособности 42,6 % и 44,6 % респондентов были уверены в большей части своих коллег, конфликты среди сослуживцев и коллег отрицали 51,1 % и 57,2 % исследуемых, положительно к профессии мужа относились 48,9 % и 57,9 % жен соответственно.

**ОБСУЖДЕНИЕ:** Субъекты экстремальной деятельности с высоким уровнем жизнеспособности в межличностных отношениях стремятся к тесному сотрудничеству с референтной группой, к дружелюбным отношениям с окружающими. Для респондентов с низким уровнем жизнеспособности характерна большая эмоциональная холодность и отчужденность в значимых межличностных отношениях. Они хуже переносят смену обстановки и легче теряют равновесие в социальных конфликтах с сослуживцами и руководством. Конгруэнтное взаимодействие со значимым референтным окружением способствуют нивелированию конфликтных ситуаций, поэтому формирование не просто благоприятного климата коллектива, а поддержание сплоченности, товарищеских, братских отношений, основанных на принципах взаимоуважения и взаимовыручки обуславливают поддержание высокого уровня профессиональной жизнеспособности у субъектов экстремального профиля.

**КЛЮЧЕВЫЕ СЛОВА:** морская медицина, жизнеспособность, семья, близкое окружение, субъекты экстремальной деятельности

**Introduction.** The importance of the family and reference environment in the formation of personality is enormous, beginning with moral qualities, principles of life, and up to the formation of the person as a whole. A.V. Kuramshev, referring to the works of O. Kotn, emphasizes the enormous role of the family and the reference environment in the education of a citizen of his country: “modern society is a product of the family organization of people’s life, it is in the family and through the family a person becomes not only a member of society, but also a citizen” [1]. L.V. Kovtunenکو points out that it is in the power of the family and the reference environment “the creation or destruction of personality” [2]. In difficult moments in life “a person should always have those people who could help him, give advice and just support” believes A.R. Mukhametzyanova considers<sup>1</sup>.

The category of resilience is now increasingly discussed in the works of Russian and foreign authors of various branches of modern science. In medical and biological branches of science resilience is understood as the ability to maintain the individual level of a human being. The ability not only to survive, but also to develop under given environmental conditions is the starting point of

analysis of philosophical views. Economic analysis of the resilience of an organization (state) makes it possible to calculate both current and long-term opportunities, the prospects of the institution (country). Society’s resilience is measured by the ability to overcome external and internal problems and contradictions, and the formation of a resilient citizen becomes a priority task of the state. The reasonability of creating, using new devices is parsed from the position of resilience in the technical sciences. In pedagogical approaches the relevant is the study of the process of adaptation [3]. In psychological science, resilience is mainly considered from the positions of holistic, resource, component and emergent-synergetic biopsychosocial paradigms [4-6]. In general, resilience is understood as a person’s ability to maintain their holistic nature through the use of internal and external resources: constructive management of energetic, perceptual, motivational, communicative and emotional-activity spheres, which are reflected in the individual’s quality of life, their state of mental health, which is subjectively perceived as satisfaction with human life [7].

The emergent-synergetic biopsychosocial concept of studying resilience is based on the following statements:

1. Emergentness is based on a systemic effect, which implies not a simple sum of components, but the presence of special properties not inherent in the components separately (an alloy of carbon and iron, depending on their quantitative composition, will differ in qualitative characteristics – it is cast iron or steel);

<sup>1</sup>Mukhametzyanova A.R. The role of the family in human life. Materials of the IX International Student Scientific Conference “Student Scientific Forum” [Мухаметзянова А.Р. Роль семьи в жизни человека // Материалы IX Международной студенческой научной конференции «Студенческий научный форум» <https://scienceforum.ru/2017/article/2017037045> (дата обращения: 20.10.2022).]

2. Synergetics – as a “universal theory of evolution”, describes the mechanisms of origin of innovations (and development in general) as a period of crisis chaotic behavior, leading to a new formation, the choice of which is determined by emergent fluctuations in the bifurcation point.

3. Biopsychosociality allows us to consider the development of innovations as a unity of a set of social, psychological and biological components.

The study of the role of social components in the formation of a high level of resilience includes consideration of the importance of the reference environment.

**Objective.** To study the role of family and close environment in the formation of a high level of resilience of subjects in the sphere of extreme activity.

**Materials and methods.** In order to establish the role of family and the immediate environment, 748 male subjects of different professional groups whose everyday activities included an extreme component were examined: aviation military and civilian dispatchers; surface and submarine sailors; war veterans; ground and deck-based transport and fighter aviation pilots; trawl fishermen; firemen; specialists in radioactive substances disposal; emergency medical care doctors.

Of the 764 subjects, the first group (with low level of resilience) included 55 men whose mean age was  $32.11 \pm 9.40$  years (7.20 % of the total sample) and the second group (with high level of resilience) consisted of 397 men whose mean age was  $29.62 \pm 7.77$  years (51.96 % of the total sample). Not high percentage of representatives of the first group is explained by qualified professional-psychological selection, high quality of professional training, as well as constant medical and psychological support of representatives of these professional groups.

All subjects, after signing a voluntary consent for the study, were diagnosed according to the following methods: diagnostics of interpersonal relations [8], the role of family and the immediate environment were evaluated according to the author's questionnaire.

Results were processed using standard Windows Millennium Edition statistical methods; Excel 1997 for Microsoft Office; SSPS 11.5 as well as standard calculation methods. Results were presented as median (Md), 25th (Q1), and 75th (Q2) percentiles. Differences were considered statistically significant at  $p \leq 0.05$ . In identifying differ-

ences between groups with nominal or ordinal scales, Pearson's  $\chi^2$ -square was used. At revealing of distinctions in level of an investigated attribute for 2 independent samples the U - Mann-Whitne criterion [9] was used. For more clear analysis of the obtained results the data are presented in percentages.

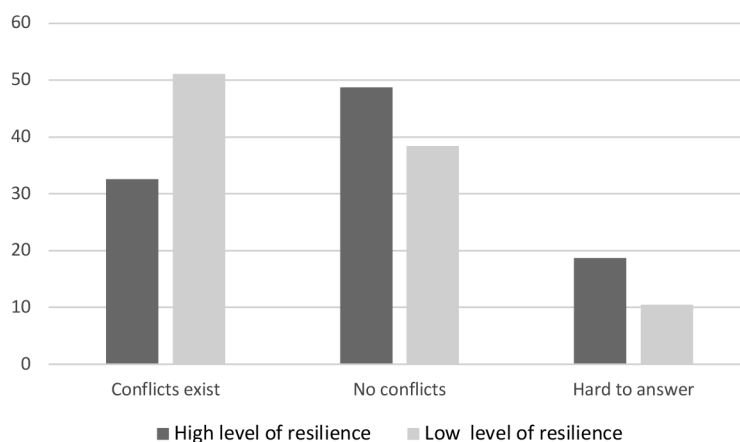
**Results.** The study found that those who had a high level of resiliency, confident in most of their colleagues in 44.6 %; rather satisfied than not satisfied 44.6 % of respondents with relations in the team. When asked about the presence of conflicts between supervisor and subordinates, respondents answered negatively in 48.7 % of cases (Fig. 1). Conflicts among coworkers and colleagues were denied in 57.2 % (Fig. 2).

The positive attitude to the husband's profession was reported by 57.9 % of wives (10.0 % – neutral; 1.8% – negative; 29.2% - found it difficult to answer), 80.8 % of parents (13.3 % – neutral; 1.5 % – negative; 4.4 % – difficult to answer), 76.0 % of friends (15.5 % – neutral; 1.5% – negative and 7.0 % – difficult to answer) (Fig. 3).

Representatives of the group with a low level of resiliency are confident in most of their colleagues 42.6 %, rather satisfied than not with the relations in the team 39.1 %. When asked about conflicts between supervisor and subordinates, 51.1 % of respondents answered positively (Fig. 1), in 46.8 % of respondents indicated the presence of conflicts among co-workers, colleagues (Fig. 2). The wives had a positive attitude to the work performed in 48.9 % (12.8 % – neutral and negative; 25.5 % – had difficulty answering), the parents in 55.3 % (31.8 % – neutral; 8.5 % - negative; 4.3 % – difficulty answering), friends, as well as parents, in 55.3 % (27.7 % – neutral; 12.8 % – negative; 4.3 % – difficulty answering) (Fig. 3).

Analyzing the specifics of interpersonal interaction, it was found that the subjects of extreme activity with a high level of resiliency had a mixed cooperative-conventional and responsible-great-hearted type of interpersonal relations, focused on congruence (Table; Fig. 4).

They are characterized by emotional lability, high level of responsibility and low level of aggressiveness, increased responsiveness to environmental influences, dependence of self-esteem on the opinion of significant others, aspiration to correspond to the group's expressions, propensity for cooperation. The desire to find community with others, enthusiasm, sensitivity to the emo-



**Fig. 1.** Assessment of conflicts between supervisor and subordinates by respondents in groups 1 and 2  
**Рис. 1.** Оценка наличия конфликтов между начальником и подчиненными респондентами 1-й и 2-й групп

Table

**Specifics of interpersonal interaction between subjects of extreme activities with different levels of resiliency, Md (Q1 - Q3)**

Таблица

**Особенности межличностного взаимодействия субъектов экстремальной деятельности с разными уровнями жизнеспособности, Md (Q<sub>1</sub> - Q<sub>3</sub>)**

Scales	High level of resiliency	Low level of resiliency
	1 group	2 group
Power-Leading Type	7,00 (5,00-10,00)	8,00 (5,00-10,00)
Independent – dominant type	6,00 (5,00-7,00)	7,00 (5,00-8,00) *
Directly-aggressive type	6,00 (5,00-8,00)	7,00 (6,00-9,00) *
Distrustful – skeptical type	2,00 (1,00-4,00)	5,00 (3,00-8,00) *
The submissive – bashful type	4,00 (3,00-5,00)	5,00 (3,00-7,00) *
Dependent-obedient type	4,00 (3,00-6,00)	5,00 (3,00-8,00) *
Collaborative – conventional type	8,00 (6,00-9,00)	7,00 (5,00-9,00)
Responsible – generous type	8,00 (5,00-10,00)	7,00 (6,00-9,00)

Note: \* – statistically significant differences ( $p \leq 0.05$ ) according to the Mann–Whitney U-test for groups 1 and 2.

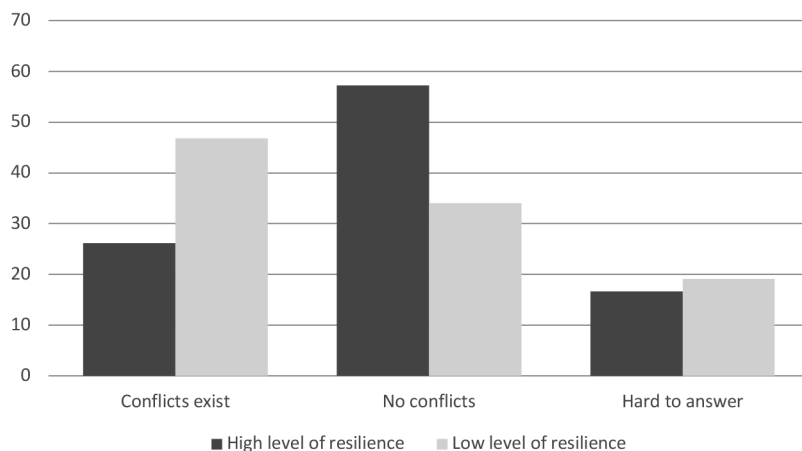
Примечание: \* – статистически значимые отличия ( $p \leq 0,05$ ) по данным U-критерия Mann–Whitney для 1-й и 2-й группы

tional mood of the group, a wide range of interests with some superficiality of hobbies was revealed. Their need for conformity with social norms of behavior, propensity to idealize the harmony of interpersonal relations, exaltation in manifestation of their beliefs, expressed emotional involvement, which was more superficial than it was declared; artistic type of perception and processing of information, a style of thinking - holistic, figurative. Easy entering into different social roles, flexibility in contacts, communicativeness, benevolence, sacrifice; striving for activity, useful

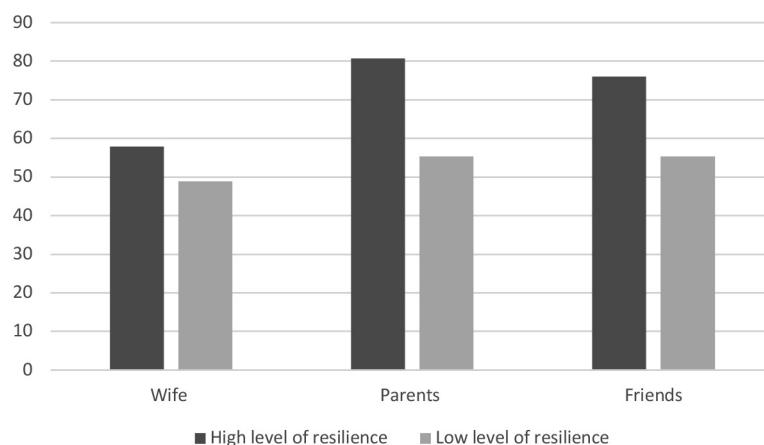
for all people; manifestation of mercy, charity, missionary type of personality. Artistry, the need to make a pleasant impression, to please others.

Statistically significant ( $p \leq 0,05$ ) in individuals forming the group with high level of resiliency such features as distance, egocentricity, exaggerated level of pretensions, sense of rivalry, persistence in achieving the goal were less manifested.

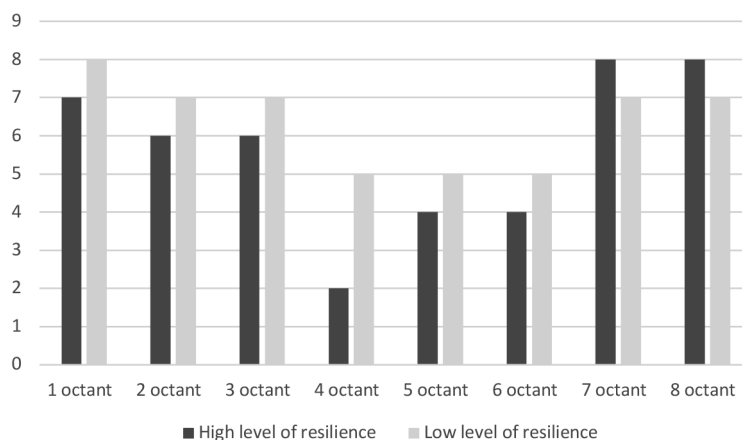
For representatives of the group with a low level of resilience stenic, dominant personality type of interpersonal relations, manifested at the level of social activity in the form of leadership



**Fig. 2.** Respondents in groups 1 and 2 assess the presence of conflicts among coworkers  
**Рис. 2.** Оценка наличия конфликтов среди сослуживцев респондентами 1-й и 2-й групп



**Fig. 3.** Positive attitude of the reference environment to the chosen profession of subjects of extreme activity  
**Рис. 3.** Положительное отношение референтного окружения к выбранной профессии субъектов экстремальной деятельности



**Fig. 4.** Leading types of interpersonal relationships in individuals with different levels of resiliency (where: octant 1 – power-leading type, octant 2 – independent-dominant type, octant 3 – directly-aggressive type, octant 4 – distrustful-skeptical type, octant 5 – submissive- bashful type, octant 6 – dependent-obedient type, octant 7 – collaborative-conventional type, octant 8 – responsible-generous type)

**Рис. 4.** Ведущие типы межличностных отношений у лиц с разным уровнем жизнеспособности (1-й октант – властно-лидирующий тип, 2-й октант – независимо-доминирующий тип, 3-й октант – прямолинейно-агрессивный тип, 4-й октант – недоверчиво-скептический тип, 5-й октант – покорно-застенчивый тип, 6-й октант – зависимо-послушный тип, 7-й октант – сотрудничающий-конвенциональный тип, 8-й октант – ответственно-великодушный тип)

tendencies (Table; Fig. 4). Self-confidence, leader properties, ability to be a good mentor and organizer, orientation on own opinion and judgment (autonomy) were expressed.

**Discussion.** Analyzing the results of the study, it was found that the subjects of extreme activity with a high level of resiliency in interpersonal relations strive for close cooperation with the reference group, for friendly relations with others. They have expressed readiness to help people, developed a sense of responsibility. They were statistically significantly more satisfied with relations in the team, had fewer conflicts with co-workers.

Respondents with a low level of resiliency were more sensitive with emotional coldness and aloofness in interpersonal relations, they were more eager to draw attention to themselves, were slower to adapt, were less tolerant of changes of environment and more easily lost their equilibrium in social conflicts. They were less satisfied with team relations

and had more conflicts with co-workers and superiors. The results of the study fully correlate with the findings presented in the works of A.V. Kuramshev, L.V. Kovtuneneko, A.R. Mukhametzhanova and others on the role of family and the reference environment in raising a citizen of their country, their significant role in supporting personality, including that of an extreme occupational specialist.

**Conclusions.** The support of family, parents and friends plays an essential role in forming a high level of resiliency of a specialist of extreme activity. Congruent interaction with significant reference environment contributes to the leveling of conflict situations, so the formation of not just a favorable team climate, but the maintenance of comradery, companionship, brotherly relations, based on the principles of mutual respect and mutual support determine the maintenance of a high level of professional vitality in the subjects of the extreme activity.

#### Information about the authors:

*Svetlana V. Kotovskaya* – Cand. of Sci. (Biol.), Associate Professor, Head of the Department of Pedagogy and Psychology, Moscow State University of Humanities and Economics, 49, Losionostrovskaya str., 107150, Moscow, Russia; e-mail: s.marunyak74@mail.ru

*Igor M. Boyko* – Cand. of Sci. (Med.), Associate Professor, Associate Professor of the Department of mobilization preparation of healthcare and disaster medicine of the «Northern State Medical University» of the Ministry of Healthcare of the Russian Federation; 51, Troitskiy av., 163000, Arkhangelsk, Arkhangelsk region, , Russia; e-mail: imboyko@mail.ru

*Igor G. Mosyagin* – Dr. of Sci. (Med.), professor, head of medical service of the High Command of the Navy; 1, Admiralteysky travel, leading researcher at the Central scientific research laboratory of the «Northern State Medical University» of the Ministry of Healthcare of the Russian Federation, 1191055, Saint Petersburg, Russia; e-mail: mosyagin-igor@mail.ru

*Anna I. Khokhrina* – Assistant of the Department of Family Medicine and Internal Medicine of the “Northern State Medical University” of the Ministry of Healthcare of the Russian Federation; 51, Troitskiy av., 163000, Arkhangelsk, Arkhangelsk region, Russia; e-mail: anna.boenko@mail.ru

#### Сведения об авторах:

*Котовская Светлана Владимировна* – кандидат биологических наук, доцент, заведующий кафедрой педагогики и психологии Федерального бюджетного образовательного учреждения инклюзивного высшего образования «Московский государственный гуманитарно-экономический университет»), г. Москва, 107150, ул. Лосиноостровская, д. 49, Россия; e-mail: s.marunyak74@mail.ru; ORCID 0000-0001-7832-2702

*Бойко Игорь Михайлович* – кандидат медицинских наук, доцент, доцент кафедры мобилизационной подготовки здравоохранения и медицины катастроф Государственное бюджетное образовательное учреждение высшего образования «Северный государственный медицинский университет» Министерства здравоохранения Российской Федерации; 163000, г. Архангельск, Архангельская обл., Троицкий пр., д. 51, Россия; e-mail: imboyko@mail.ru; ORCID 0000-0001-5918-7074

*Мосягин Игорь Геннадьевич* – доктор медицинских наук, профессор, начальник медицинской службы Главного командования Военно-Морского Флота; ведущий научный сотрудник Центральной научно-исследовательской лаборатории Государственного бюджетного образовательного учреждения высшего образования «Северный государственный медицинский университет» Министерства здравоохранения Российской Федерации, 191055, Санкт-Петербург, Адмиралтейский проезд, д. 1,; e-mail: mosyagin-igor@mail.ru; ORCID 0000-0003-2414-1644

*Хохрина Анна Игоревна* – ассистент кафедры семейной медицины и внутренних болезней Государственное бюджетное образовательное учреждение высшего образования «Северный государственный медицинский университет» Министерства здравоохранения Российской Федерации; 163000, г. Архангельск, Архангельская обл., Троицкий пр., д. 51, Россия; e-mail: anna.boenko@mail.ru; ORCID 0000-0001-6811-2285

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**Special contribution.** SVK, IGM contribution to the concept and plan of the study. SVK, IMB provided collection and mathematical analysis of data. SVK, AIKh contribution to the preparation of the manuscript.

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