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## The problem of studying the psychological stability of the person

One of the big problems of the different branches of psychology is the problem of studying the psychological stability of the person. This problem is up to date nowadays when a man has to overcome many physical and emotional difficulties.

Studying the professional stability is necessary in many professional spheres. A man quite often should carry out professional work at deficiency of time, even in dangerous conditions, overcoming fear and other negative emotions.

Unfortunately, today the notion of psychological stability is not enough defined in science although it has big practical significance.

Among authors who analyze the development of the problem are V.S. Berdnikov and E.S. Kazurova [1]. In particular, they distinguish different kinds of stability in psychological literature: stress stability, stability to injuring situations, stability to uncertainty, noise stability, stability to infringement of norms and borders, stability to disputed behaviour, etc.

The problem is not full developed and it appears in the fact that the notion of psychological stability is non-concrete and has multiple meanings.

Authors emphasize, that, at first sight, the clear concept stress stability at the superficial analysis is filled with set of various semantic shades and specifying terms. In particular, one of the aspects of the problem is the distinction between emotional stability and emotional-strong-willed stability. It is necessary to understand the meaning of emotional stability and frustrational tolerance, ability to self-checking and ability to any regulation of functional conditions.

The listed definitions have different toolkit for measurement and, not to mistake, psychologists should think out their own toolkit, as well as their own definition.

The problem remains open, while there are various directions and definitions of psychological stability in psychological science. One of the directions in psychology is connected with the development of a problem of tolerance. Within the borders of this direction tolerance is considered as one of the sides of psychological stability of the person. The term "tolerance" means the absence or easing of reaction to any adverse factor as a result of sensitivity reduction to its influence [10].

The term affective tolerance is found in works of representatives of a psychoanalytic direction of psychology who study opportunities for increase of tolerance level to painful affect [3, 7].

Among the theories of foreign psychologists a big interest for the problem of psychological stability represents R. Yanof-Bulman's concept of psycho trauma. According to it the reason for the appearance of person desintegration condition under influence of psycho trauma are unproductive basic views, concerning positive "I-image", goodwill of surrounding world and formation of self invulnerability illusion.



In a general sense psychological stability is connected with the absence of disorganization of behaviour or a category of preservation of activity structure, preservation of motivation, realization of the purposes and rational thinking, and also correct implementation of necessary schemes [9, 10], and it is also reflected in activity of a person and intensity of a need for reorganization or adaptation of an organism [4].

V.V. Nechiporenko, V.M. Lytkin, A.G. Senichenko [5], studying psychological consequences of war at military men, allocate following structural components of psychological stability of the person: emotional, strong-willed, intellectual. In their opinion, these components occupy various «range places» in psychological stability depending on the character of activity and on concrete external reasons, disorganizing activity (conditions, task, etc.), and the internal reasons - specific features of a soldier (condition, opportunities, motive, etc.).

Various opinions of psychologists at a problem of psychological stability studying allow to draw a conclusion that psychological stability in Russian psychology is defined in general sense as a complete characteristic of a person, providing stability to frustration and stress influence of difficult situations [6], and which is shown in preservation of activity structure [9, 10].

Taking into consideration the given problem, we suggest to investigate psychological stability in system of personal qualities and specific features according to its structural components.

### Literature

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