
ПСИХОЛОГІЧНІ АСПЕКТИ ЛЮДСЬКОГО ФАКТОРУ В УМОВАХ НЕВИЗНАЧЕНОСТІ

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STRESS MANAGEMENT TECHNIQUES FOR AIR TRAFFIC CONTROLLERS: ENHANCING DECISION-MAKING IN EMERGENCIES

Air traffic controllers play a pivotal role in ensuring the safety and efficiency of air travel. However, their job comes with immense pressure and responsibility, especially during emergencies. The ability of air traffic controllers to effectively manage stress is crucial for maintaining optimal performance and making sound decisions amidst high-pressure scenarios. Below various stress management techniques tailored to the unique challenges faced by air traffic controllers are explored.

Air traffic control is inherently stressful due to the complex nature of the job, which involves multitasking, making split-second decisions, and managing heavy workloads. The Federal Aviation Administration (FAA) acknowledges that stress can impair cognitive function and decision-making abilities, posing significant risks to aviation safety (FAA, 2017). Therefore, implementing effective stress management techniques is essential for mitigating these risks and ensuring the well-being of air traffic controllers.

Stress Management Techniques:

- **Mindfulness Meditation:** research has shown that mindfulness meditation can reduce stress and enhance cognitive performance (Tang et al., 2015). By practicing mindfulness techniques, air traffic controllers can develop greater self-awareness and emotional regulation, enabling them to remain calm and focused during stressful situations.
- **Stress Inoculation Training:** stress inoculation training involves exposing individuals to mild stressors in a controlled setting to build resilience and develop coping strategies (Meichenbaum, 1985). Air traffic controllers can benefit from this training by learning to anticipate and effectively manage stressors encountered on the job.
- **Physical Exercise:** engaging in regular physical exercise has been shown to reduce stress and improve overall well-being (Salmon, 2001). Incorporating exercise into their routine can help air traffic controllers alleviate

tension and maintain mental acuity, thereby enhancing their ability to handle demanding situations.

- **Cognitive-Behavioral Therapy (CBT):** CBT is a psychotherapeutic approach that focuses on modifying negative thought patterns and behaviors (Beck et al., 1979). By addressing maladaptive beliefs and developing coping skills, air traffic controllers can better manage stress and approach challenging circumstances with greater resilience.

Stress management is an integral aspect of ensuring the effectiveness and safety of air traffic control operations, particularly during emergencies. By implementing evidence-based stress management techniques such as mindfulness meditation, stress inoculation training, physical exercise, and cognitive-behavioral therapy, air traffic controllers can enhance their ability to regulate stress and make sound decisions under pressure. Investing in the well-being of air traffic controllers is paramount for maintaining the integrity of the aviation system and safeguarding the lives of passengers and crew.

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ПРОБЛЕМИ ЖИТТЄСТІЙКОСТІ БІЖЕНЦІВ В УМОВАХ НЕВИЗНАЧЕНОСТІ

Актуальність теми полягає у тому, що біженці та шукачі прихистку стикаються з низкою труднощів до, під час і після міграції. Після того, як біженці зазнали різних видів насильства (психологічного, фізичного), втрач