

Psychological harmony also plays a key role in the regulation of family relations. Psychological harmony is one of the main psychological factors in the regulation of family relations during the pandemic, taking into account structurally viable interests and needs, temperament and character compatibility. Functional psychological coherence in family relationships is of particular importance in terms of expectations, which means that the performance of behavior in accordance with the role of family members plays a key role in regulating relationships, otherwise it can lead to family conflicts. Psychological adaptation in the adaptive direction is also ensured by the use of the method of business games in the formation of positive family relationships and the reduction of tension. An unfavorable psychological climate leads the family to depression and stress, arguments and conflicts. In such families, the lack of positive emotions, tension, resentment and anger often manifest themselves, so it becomes a way of life and does not pass unnoticed in people's psychology.

Admittedly, in the early days of the pandemic, people began to react differently to information, quarantine rules, depending on their interests and needs, and over time began to adapt to the already existing situation in order to protect themselves and their loved ones. It is very natural and even necessary to be in a state of anxiety during this period. Because, even if these feelings are negative, they allow us to take appropriate action to protect ourselves and our loved ones. The fear and anxiety associated with this situation motivates every member of the family to be more careful in order to protect themselves and their loved ones. However, if anxiety and fear are exaggerated, it can affect people's mental health and negatively affect family relationships, and the fact that children also experience psychological trauma during a pandemic is closely linked to the mental health of their parents.

Conclusion. Consistent relaxation of quarantine rules has a positive effect on family relations, reducing people's fears and anxieties and improving their mood. However, in order to regulate our family relationships and maintain our emotional health in the present, we need to focus on the positive and, if necessary, force ourselves to do so. We must rely on official information, comply with the requirements, and protect our security by approaching the rules responsibly. Finally, we must not forget that the situation we are in is a period of crisis and these days will soon end.

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EMPLOYEE PERSONALITY IN EXTREME CONDITIONS OF PROFESSIONAL ACTIVITY

Introduction. Extreme stressful situations are typical for many types of professional activity. At the same time, it is important to monitor how the employee copes with these stressful situations and how professionally reliable his actions are, so as not to expose their morale to dysfunction.

Tolerance to extreme situations depends on:

- 1) the type of extreme impact, its intensity and duration;
- 2) previous human experience (specific adaptation);
- 3) nature of the activity; his/her individual qualities [1].

Under the influence of extreme conditions, first of all, complex or new actions are difficult, while simple or well-known ones are performed without difficulty. Therefore, training, especially when performing complex activities, is a good preventive measure against the destructive effects of stress in extreme conditions.

Tolerance to extreme conditions also depends on the nature of the activity — single or group. Usually, group influence diminishes individual differences. In group activities in extreme conditions, psychological compatibility, group harmony, communication skills, lack of conflict, etc. are important.

Main part. Extreme conditions of professional activity include: monotony of work, stress, limitation of information, loneliness (or group isolation), a threat to life.

Monotony is one of the most inaccessible qualities in work. Nobody likes to do the same thing every day. The danger of monotony consists in a decrease in attention to the production process, rapid fatigue and some decrease in interest in the labor process, which affects labor safety in general. Monotony is accompanied by boredom, apathy for the performance of work. But it cannot be precisely defined that performing these particular actions is a monotonous

and boring exercise. Each person for himself determines the type of his activity and gives it his own objective assessment. For example, one employee working on an assembly line finds his job monotonous and boring, while another, on the contrary, finds it very interesting. This is a purely individual predisposition to monotony.

In order to prevent quick fatigue of employees, some employers conduct testing of the future. It concerns the psychological capacity for repetitive work. This allows them to immediately weed out people for whom this specificity of work does not suit. But the best way to combat boredom is to expand the scope of responsibilities, complicate the work or enrich it with such functions and responsibilities that can act as incentives for this or that employee [2].

Stress. Employee stress is a problem for companies, because it reduces their desire to work, to be interested in the results and quality of work performed. Stress arises for many reasons: interaction with people, lack of self-realization, deadlines, high responsibility, low earnings, insufficient understanding of professional tasks, working conditions, intense work, or the same monotonous work. This leads to depletion of the body's resources and weakening of health, and stress also causes an inhibition reaction. In a person in a state of tension, muscles usually contract, breathing stops. At the level of the psyche, the same thing happens: fluctuations in decision-making are observed, there is no desire to act, faith in one's own strength is lost.

But stress isn't always negative. Alternatively, the stressful state may prompt a person to discover a new, more comfortable and smarter way of doing business. At the initial stage, stress can stimulate action and help mobilize strength to overcome difficult situations. This gives the employee the opportunity to grow personally and professionally, to gain the necessary experience. Stress also manifests itself as the body's defensive response to excessive stress. That is, in this way, stress is designed to protect a person from a nervous breakdown. This is its warning significance [3].

Limitation of information. Information is essential for rational problem solving. However, the information required to make a good decision is often not available or is too expensive. The cost of information should include the time of managers and subordinates spent on collecting it, as well as the actual costs, for example, associated with market analysis, paying for computer time, using the services of external consultants [4].

If it is not easy to obtain information at an affordable price, but such an opportunity will appear soon, the best thing for a manager is to postpone the decision. In this case, however, the assumption is made that time is not a critical factor, and the losses from delay will be offset by the benefits of making a better decision based on additional information. Therefore, the manager must decide whether the benefit from additional information is significant, how important the decision is in itself, whether it involves a significant cost of the organization's resources or a small amount of money.

Under normal conditions, a person constantly produces, transmits and consumes a large amount of information, which he divides into three types: personal, which is valuable for a narrow circle of people, usually related by family or friendly relations; special, having value within formal social groups; massive, transmitted by the media.

In extreme conditions, the only source of information about loved ones, about events in the world and about the homeland, about achievements in science, etc. is radio. The range of information transfers to "onboard" ranges from periodic radio communications during flights on airplanes and spaceships to extremely rare, laconic business telegrams for submarine command personnel. Long-term transmission of radiograms to Antarctic stations can be hampered by electromagnetic storms.

Loneliness (or group isolation). This term should not mean the result of social isolation, but severe emotional exhaustion. One study found that 50 % of people, no matter where they work, feel exhausted. Burnout is not only a problem for managers, in whose group the indicators of loneliness and fatigue are higher, this tendency is relevant for all areas and hierarchies. Loneliness itself, whether it is the result of social isolation or overwork, has dire consequences for workers. One leading expert in the field of loneliness speaks of the devastating effects on mental and physical health as well as life expectancy. Research by Sarah Pressman of the University of California, Irvine showed that being overweight reduced life expectancy 20 %, alcohol 30 %, smoking 50 %, and loneliness 70 %. The brain perceives loneliness as a physical pain, and this emotion also has a direct impact on performance, because people develop indifference [5].

Research has also shown that there is a link between social attitudes at work and lower burnout rates. If the team has well-coordinated friendly relations, then productivity will be several times higher. People who are actively involved in the work process and build relationships with other employees feel more valuable, respected, and protected. Research has shown that a person who feels connected to others has a higher level of mental well-being, which directly affects performance. Social connection also leads to higher levels of self-esteem, which makes employees more confident, empathetic and cooperative.

Threat to life. A hazardous production factor is a factor of the environment and the labor process, which can cause an acute illness or a sudden sharp deterioration in health, death. A harmful production factor, depending on the intensity and duration of exposure, can become dangerous. The threat to life in a certain way affects the mental state of people. For example, the overwhelming majority of cosmonauts, submariners, polar explorers experience sthenic emotions under conditions of serious risk, show courage and heroism. However, mental tension arises due to uncertainty about the reliability of security [6].

Conclusion. Thus, in extreme conditions, the following main psychogenic factors affect a person: monotony, loneliness, group isolation, and a threat to life. These factors act, as a rule, not in isolation, but in aggregate. Therefore, it is very important to monitor your mental health during and after work, because this can lead to unfavorable outcomes

for the body as a whole, as a result of which you lose the ability to communicate with employees, work efficiently and quickly, be cheerful and with a fresh mind and, in the end, simply enjoy your work. After all, this is a fundamental factor in successful and fruitful work.

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