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PSYCHOLOGICAL ISSUES OF THE IMPACT OF PANDEMIC INFORMATION IN DOMESTIC RELATIONS

Introduction. The impact of pandemic information on family relationships is one of the main socio-psychological issues that is relevant today.

The gradual implementation of the quarantine regime plays an important role in the regulation of family relations, as it is important for people to adapt to the current situation.

Main part. Creating a healthy psychological climate in family relationships during a pandemic is important for the well-being of family members. Due to the quarantine regime, the areas where we socialize are extremely limited, so we try harder to get social support. In particular, we live these processes intensively with our families who share the same house. At the same time, the presence of psychological intimacy between family members affects our mood by creating a positive psychological climate in family relationships, which acts as a regulator of our family relationships. s.). If we look at the psychological climate of the family in the most general way, we can note the following features: as in any social group, the psychological climate in the family is an important area of human life, the vitality and activity of family members depends on it.

In general, if we characterize family relations in terms of the typology of success and failure, we see that the existence of a healthy psychological climate in family relationships is not directly related to family living conditions, but to the relationship, behavior and communication of husband and wife [1, p. 202]. Care, trust, kindness, sincerity, attention and understanding are psychological traits that are alien to such families, especially in times of pandemic, when husbands and wives have quarrels and misunderstandings, which have a devastating effect on family relationships. In such a family environment, it is the children who suffer the most, whether they shed tears secretly or openly, feel ashamed of their parents, and suffer certain psychological traumas. During the quarantine period, such a family environment makes it more difficult for children to adapt to the current situation. In successful families, on the other hand, family relationships are based on mutual respect, love, and trust, and such people struggle to protect their health together by easily adapting to quarantine rules.

Mutual respect and demand in the family, the existence of mutual trust increases people's trust and confidence in each other by having a positive effect on family relationships [2, p. 166]. One of the most important psychological issues in the regulation and protection of family relations is the mutual concession of each other, especially in today's world, in terms of differences in interests and needs, temperament and character traits. In such a tense situation, condemning the actions of the other party, treating them with suspicion, and trying to find fault with them, can only lead to further tensions in the family.

Management methods also have a different effect on the regulation of family relations during the pandemic. The code of communication is central to families with a democratic style of government. Respect for the interests and needs of such families, independence in ideas and opinions, solidarity in unexpected situations, mutual respect and sincerity among family members, especially in the positive regulation of family relations during the quarantine period, are highly commendable. They purposefully and consistently instill knowledge about the disease and ways to prevent it in words. In families with an authoritarian style of government, the head of the family creates his own rules for the observance of quarantine rules in the family, without taking into account the views and opinions, interests and needs of other family members.

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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