

## **B08-O07**

### **MECHANISMS FOR COPING WITH ADVERSE STATES AND THE PERSONALITY CHANGES OF WORKERS IN A CHANGING ARCTIC CLIMATE**

*Yana Korneeva (assistant professor of psychology department Northern (Arctic) Federal University named after MV Lomonosov, Russian Federation)*

*Natalia Simonova (Head of the Department of Psychology Northern (Arctic) Federal University named after MV Lomonosov, Russian Federation)*

amazonkca@mail.ru

Professional work in the Arctic contributes to stress the functional reserves and adaptive systems of the body, the formation of unfavorable functional states, the development of destructive personality traits and the occurrence of various diseases of workers, which lead to a decrease in the level of mental and physical health, productivity and efficiency. Improvement of methods and techniques of health workers in the Arctic is becoming increasingly important.

Due to the fact that the main type of production in these areas is the production of oil and gas, this study was carried out in these enterprises that employ fly-in-fly-out work. Objective: To study the mechanisms for coping with adverse states and the personality changes of workers in a changing Arctic climate.

The study included two phases: the study of adverse conditions and changes in personality characteristics and coping resources with them in fly-in-fly-out workers oil and gas companies (59 persons (drilling "Toboy", "Tedinka", "Ardalin" Nenets Autonomous Okrug, with the duration of the watch 28 days) and the builders of the main pipelines (70 people with the duration of the shift-in 52 days). methods: psychological tests, questionnaires, observation of the workflow. Statistical methods are: descriptive statistics, stepwise discriminant analysis and stepwise regression when using the software package SPSS 20.00.

Adverse functional states of fly-in-fly-out workers are fatigue, monotony, tension, and various forms of psychological stress and conditions caused by exposure to extreme factors of the physical nature.

Successfully adapted to work in the Arctic workers of oil and gas companies have: moderate introversion, acceptance to others, the prevalence of internal control locus, the use of software such as the regulatory process and the optimal type of adaptation strategy.

According to the analysis of frequencies of 2.1% of the employees do not have expressed character accentuations, 10.6% - one type, 12.8% - type 2, 10.6% - 3 types, 14.9% - 4 types, 14.9% - 5 types, 14.9% - 6 types, 12.8% - 7 types, 6.4% - 8 or 9 types. Thus, almost all fly-in-fly-out workers expressed more than one type of character accentuations simultaneously.

In construction of main gas pipelines workers with fly-in-fly-out experience low five years, have expressed alarm, exalted and cyclothymic accentuation. Builders of trunk pipelines with fly-in-fly-out experience more than five years have following the characteristic expression of character accentuation: stuck hyperthymic, disturbing and emotive.

The fly-in-fly-out builders of the main gas pipelines in the Arctic, with a lot of character expressed accentuations used mainly psychological defenses: compensation, substitution, and denial, and have an average level of expression of flexibility as the regulatory process.