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## **IMPACT PECULIARITIES OF POLICE OFFICERS PSYCHOMOTOR TRAINING THE MANIFESTATION OF AGGRESSIVENESS**

*The article revealing the psychological features of displaying the police employees aggression with different levels of psychomotor training. It was stated that the execution of their duties in the special conditions of police officers requires fast and precise action. A. Assinhera applied a test that divides investigated the level of expression of aggression into three groups: moderate aggressiveness; excessive aggressiveness; excessive peacefulness. We proved that the performance of the best in extreme conditions in those individuals with a higher level of psychomotor training. With increasing psychomotor preparedness observed some increase aggressiveness.*

**Key words:** *psychomotor readiness, emotional state, aggression, police officers, extreme conditions.*

**The statement of a problem.** Between the level of preparedness of psychomotor and emotional state there is a dialectical relationship. The physical quality of the subject and his social behavior relatively autonomous, yet they are specifically combined and shown in mental health. The study of the relationship psychomotor fitness and emotional state are important scientific and practical tasks of psychology.

The solution of this problem lies in those activities that occur under special conditions that require significant human expression of psychomotor training, especially when its level depends on the effectiveness of the professional activities of the entity, its health and life [3; 6; 7].

However, the relationship between the efficiency of the implementation, which should reveal a significant level of physical (psychomotor) skills, and emotional state of the subject is complex and ambiguous. That is, on the one hand, there are some psychomotor skills makes it possible to predict the behavior and success in solving professional tasks, and the second – a forecast is not accurate [2; 4; 11]. Workers who are in special circumstances, have a higher level of expression of psychomotor readiness, lower anxiety, higher degree of focus on external objects, lower dependency [5; 8; 9].

Instead, the features of the relationship between psychomotor preparedness police officers and their emotional state is still not clear.

**The purpose** of the article is to explore the features of displaying the aggression of police employees with different levels of psychomotor training.

**The statement of the main material.** To achieve the goal the 90 officers were investigated on preparedness of psychomotor speed, strength, endurance, agility.

We know that speed has the following manifestations: the execution of a movement, a response signal, the frequency of movements. Between these manifestations of human speed there is weak correlation or not. Also we noted that in real (not laboratory) conditions of life on anthropometric rate movements affect human characteristics [4, p.136] morphological and functional properties of muscle fibers and motor neurons.

Response time for signal depends not only on physiological patterns identified in this process, but the

value of the stimulus for a person to focus on movements (faster response) or at the starting signal (slower reaction) and other psychological factors.

The frequency of movements is determined by lability of the nerve centers and muscles, especially the typological properties of the human nervous system.

So speed is a complex concept, in which the content of available features of physiology and psychology appears [1, p.19-20]. Measurement of speed entity was the result in the women's 100 meters running.

The ability of man with muscular contractions resist external forces to overcome external resistance of psychomotor quality is called force. There are absolute and relative strength of man. Relative determined by dividing the absolute power to weight person. The ability to detect power than muscle mass, their structure and quality characteristics affect coordination mechanisms (consistency of muscle synergists and antagonists) and emotional and volitional processes of man.

«Power – is almost entirely a natural feature of an organism. It depends on the volume and quality muscle mass and indirectly from other circumstances» [1, p.19-20] we determined force patients to the result of pulling on the high bar.

Man's ability to carry out long-term work, without compromising the quality and intensity without compromising called endurance. This quality of psychomotor closely linked to the strong-willed efforts, because after the onset of fatigue intensity and maintain the necessary level of performance is possible only through willpower. Therefore all the duration of work can be divided into two phases: the first – to fatigue, the second – against the backdrop of fatigue. The second phase – a phase compensated fatigue, which is realized by bringing the management of physical activity more willpower. E.P. Ilyin writes: «Value the duration of these phases varies from person: those who have a strong nervous system, the longer second phase, and in those with a weak nervous system – the first» [4, p.143-144].

There are different types of endurance, speed, aerobic power (dynamic or static), global (including major muscle groups), local (including individual muscle groups) and others. Different types of endurance differently correlated.

Motivation affects on the subjects' expression endurance. Growing importance of psychomotor activity can increase the endurance of man more than twice (e.g. team competition) [4, p.144-145].

Physical (psychomotor) quality – endurance we studied in terms of running 1,000 meters, including M. Elin research which has shown that people with strong and weak nervous system with the performance of large and medium intensity endurance by different physiological mechanisms may be the same.

Psychomotor quality – agility investigated for possession of techniques of unarmed combat. All psychomotor manifestations are integrated in this capacity. Take into account that the «physical qualities understood by the relevant laws, the main of which are: the need to understand the structure of each physical quality; clarify the nature of the most important elements of physical qualities; to focus on individual elements of physical quality; self orders use to increase the limit expressions of physical properties; the searching for additional guidance in mastering specific physical structure» [8, p.63].

The results of each test and according to certain standards, we got results using four-system marking. Then we calculated the average score in each of the subjects, who presented his level of physical (psychomotor) preparedness. Then all studied were divided into three groups. The first group had a satisfactory psychomotor fitness (n = 24), second – good (n = 48), and the third – an excellent (n = 18).

Then we used test by A. Assinhera [10, p.45-48], which divides investigated into three groups due to the level of expression of aggression: moderate aggressiveness; excessive aggressiveness; excessive peacefulness. The experimental results are presented in Table.1.

Table 1

Expressions of aggression (in points) police employees with different levels of psychomotor fitness

The level of expression of psychomotor fitness	Aggressiveness, M±m	The effectiveness of extreme conditions, M±m
High level, n=18	43,73±0,96	10,17±0,39
Average, n=48	42,56±0,98	8,94±0,36
Low level, n=24	37,82±1,23	6,79±0,31

We take into account that surveyed with moderate aggressiveness (36-44 points) sufficiently self-confident and ambitious. These are subjects with adequate response to the circumstances of the need for self-affirmation implemented. Aggressiveness is emotional state and trait that can present profound nature of man.

The second group is excessive aggressiveness (45 or more points). Their behavior is more impulsive, in the heat of passion, accordingly, anger and rage; there is some loss of self-control. Meanwhile aggression as a pattern of behavior may be deliberate to achieve the desired goal. There is a cruelty to other people take place and ignoring their interests and rights.

The third group is excessive peaceableness (35 points or less). Typically, such a person's behavior is caused by a lack of self-confidence, lack of determination. Excessive

peacefulness in its extreme manifestations may border with depression.

Thus, the aggressive behavior of police staff should have the best manifestations. However, in difficult and dangerous conditions of professional police officers it can grow. There is high-performance psychomotor fitness aggressiveness equal to 43,73±0,96 points, while subjects with an average level – 42,56±0,98 points. The difference between the arithmetic mean (0,17 points) was not statistically significant  $p>0,05$ . Detection of this indicator in subjects with low levels of psychomotor preparedness amounted to 37,82±1,23 points. The difference between subjects' average arithmetic expression of aggression with medium and low psychomotor preparedness (4,74 points) is statistically significant  $p<0,01$ .

Individual subjects were recruited from seven or more questions for 3 points less than the seven questions – 1 point. This shows that the explosions of aggression are not constructive and destructive. Such studied provoke conflicts despise others.

Some investigated had 1 point for seven or more questions or less than the seven issues – by 3 points. This indicates that their outbursts of aggression are suppressed too carefully.

Observations show that aggression is motivated by a destructive behavior of other people has physical or psychological harm. «Psychologically, aggressive behavior is one of the main meaning of solving the problems associated with preservation of individuality and identity, the protection and growth of self-esteem as well as the preservation and strengthening of control over the material to the subject of the environment» [9, p.11].

Thus, aggres'sive (physical and verbal) action can be an important meaning to achieve the goal, the way of psychological discharge or to meet the needs of self-affirmation.

It is known that athletes have higher level of aggressiveness than non athletes. [3] To understand our empirical results it is important that sports psychologists explain this fact for two reasons. First of all, the fact that the development of aggressive contribute to one specific sport and the fact that certain sports are attracted people with a higher level of natural aggression. Perhaps these factors are in the police.

Human aggressiveness closely linked to its anxiety. Usually there is a high level of aggressiveness with a low level of anxiety and persons with low levels of aggression have high level of anxiety [5, p.193].

The efficiency of patrol police employees in extreme conditions is a complex indicator of their professional skills. It is caused by a number of developed and formed by the subject of psychological characteristics that meet the complex conditions of its activities. Investigated had high-readiness of psychomotor performance indicators in extreme conditions amounted to 10,17±0,39 points, while subjects with average – 8,94±0,36 points. The difference between the arithmetic mean (1,23 points) is statistically significant  $p<0,05$ . Subjects with low levels of psychomotor efficiency of preparedness in extreme conditions amounted to 6,79±0,31 points. The difference between the arithmetic meaning of the indicator studied with middle and low psychomotor preparedness (2,12 points) is statistically significant  $p<0,001$ .

**Conclusions.** The relationship between the expression of aggression of police workers and their psychomotor preparedness exists; it is complex and might be investigated in future. However the empirical results suggest that an increase in psychomotor preparedness observed some increase of aggressiveness. Individuals with a higher level of psychomotor training have the best effectiveness in extreme actions.

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### ОСОБЛИВОСТІ ВПЛИВУ ПСИХОМОТОРНОЇ ПІДГОТОВЛЕНОСТІ ПРАЦІВНИКІВ ПАТРУЛЬНОЇ ПОЛІЦІЇ НА ВИЯВ АГРЕСИВНОСТІ

У статті розкриті психологічні особливості вияву агресивності у працівників патрульної поліції з різним рівнем психомоторної підготовленості. Констатовано, що виконання своїх службових обов'язків в особливих умовах діяльності вимагає від працівників поліції швидких та точних дій. Застосовано тест А.Ассінгера, який поділяє досліджуваних за рівнем вияву агресивності на три групи: помірна агресивність; надмірна агресивність; надмірна миролюбність. Доведено, що ефективність діяльності в екстремальних умовах країца у тих осіб, які мають вищий рівень психомоторної підготовленості. Зі зростанням психомоторної підготовленості спостерігається і певне зростання агресивності.

**Ключові слова:** психомоторна підготовленість, емоційний стан, агресивність, патрульна поліція, екстремальні умови.

