

Название публикации:

Socio-psychological training in modern health psycho-technological toolkit to improve stress tolerance in academic personnel

Авторы:

Vasyakin, B.S., Berezhnaya, M.S., Pozharskaya, E.L., Ovsyanik, O.A.
Plekhanov Russian University of Economics, Moscow, Russian Federation

Сведения об издании:

Teoriya i Praktika Fizicheskoy Kultury
Issue 8, 1 August 2018, Pages 75-76

Аннотация:

The study outlines the ways to improve health and stress tolerance of the academic personnel. The authors have designed and piloted a “Stress Control” socio-psychological training course, with the Plekhanov Russian University of Economics Physical Education and Psychology Departments staff being subject to the study. Prior to the course, the sample was tested for nervous-psychological balance, stress coping models and strategies and job-specific burnout levels. The primary health data were analyzed and applied to customize the “Stress Control” socio-psychological training course for the Experimental Group (EG). Upon completion of the course, the sample progress was rated by the post-course questionnaire survey, with the survey data compared with the pre-course ones. The socio-psychological training course was found beneficial as verified by the EG versus RG progress rates. Based on the study findings, we recommend training academic personnel on a regular basis to help them develop efficient mental-and-emotional control and stress coping skills; with the training service supported by a follow-up counseling service to help the personnel apply and advance the knowledge and skills.

Ключевые слова:

Health promotion psychotechnologies, Socio-psychological training, Stress, Stress control