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THE INFLUENCE OF SOCIO-PSYCHOLOGICAL MANAGEMENT METHODS ON THE STRESS LEVEL OF SEAFARER

The maritime is a complex industry that requires high professionalism, special knowledge and skills. Working on a ship requires the use of heavy physical labor in very specific conditions with a high degree of danger to the life and health of a specialist. The negative side of

this work is separation from family and friends, from native culture, as well as the rejection of many other components of psychological comfort. Given these characteristics, it is essential that future maritime workers be aware of the emotional challenges they will face and be ready to deal with their consequences.

Samantha K. Brooks and Neil Greenberg in our researchers provided recommendations for improving the mental health of maritime personnel. Recommendations through increased mental health education; strengthening control over the level of well-being of staff; increased attention to the healthy lifestyle of the ship's crew; noise reduction; compliance with the rules for the distribution of working time on board; improving the level of interpersonal communication on board; active use of the leadership qualities of the command staff to improve the management of the ship's crew [1]. Olena Bezlutska focuses on the need to increase the level of psychological preparation of future and current captains through the improvement of psychological assistance after a long stay on a voyage [2]. Olena Soroka she studied the stress resistance of seafarers depending on the duration of the flight and age [3].

The ship is an autonomous closed system with a high level of danger. The ship operates as a transport unit in the field of complex industrial, commercial, financial, legal relationships under the influence of global legal norms and rules. Future captains have many roles to play in the face of declining crew member and commercial pressure from shipping companies. These conditions require professionalism, responsibility, creative approach to solving the tasks set from future captains. Working at sea is associated with increased risk, and the cause of most accidents is not technical and human factors. Low stress resistance of crew members can lead to the presence of errors that lead to an accident on the ship. Each crew member is a person with his own characters, views, habits, with his own attitude to the world around him. Unfortunately, the agencies do not recruit crew members for compatibility and the formation of an effective team on the ship is the task of the captain. When a future seafarer sets out on his first voyage, he may experience a lot of stress. This situation can later lead to mental illness. To solve this problem, we will conduct some studies that will help provide some recommendations of a theoretical and practical nature.

Types of occupational stress: information stress occurs in conditions of information overload, when the employee does not cope with the task and does not have time to make important decisions; emotional stress

occurs with a real or imaginary threat, feelings of guilt, anger, resentment in the face of contradictions with management, colleagues, subordinates; communicative stress is associated with problems of business communication, manifested in increased irritability, in ignorance of methods of protection against manipulation, a mismatch in the pace of communication

There are several techniques to reduce stress levels on board. Research on stress must begin by looking at the factors that cause it. It is stress that affects the mental health of specialists in any industry, and in the maritime sector this aspect needs to be given increased attention.

The main directions of optimizing the moral and psychological climate on the ship: 1. Preservation and maintenance of the professional potential of ship crew members in order to increase the motivation of seafarers. 2. To create a favorable psychological atmosphere and reduce conflict situations, it is proposed to use a flexible leadership style, apply an individual approach to each crew member, and use the team's potential to achieve the set goals. 3. Formation of positive relationships in the ship's crew, contributing to the strengthening of cooperation and maintaining a favorable atmosphere in the ship's crew.

Thus, everyday practice confirms that the creation of a favorable moral and psychological climate on the ship is largely facilitated by the analysis of individual and group opinions, as well as those moods that create a collective psychological state and determine the compliance of the moral and psychological climate with the manager's management style.

Summing up, it should be noted that the captains in the process of management activities on board the ship to ensure efficient, accident-free and conflict-free work of the crew, it is necessary to take into account the influence of stress factors, the presence of psychological fatigue and the peculiarities of the psychological well-being of seafarers. At the same time, an important factor that helps crew members endure the conditions of exposure to negative psychogenic factors and maintain high performance is a favorable moral and psychological climate in the team. That is why maritime directive documents constantly emphasize that the most important direction in the activities of the command staff of the ships is the creation of a favorable moral and psychological climate, the maintenance of good human relations on board the vessel and the organization of conflict-free labor activity.

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СИСТЕМНИЙ ПІДХІД У РИЗИК-МЕНЕДЖМЕНТІ

Формування будь-якої системи, зокрема і системи ризик-менеджменту, значною мірою залежить від управління. Для того, щоб управління було результативним, воно має базуватись на наукових підходах, таких як логічному, системному, інтеграційному, ситуаційному, комплексному. Усі ці підходи можуть бути використані при розробці загальної системи управління ризиками. Проте, саме системний підхід є основним при формуванні методологічної основи системи ризик-менеджменту, яка буде ефективною на підприємстві [1].

Загалом, системний підхід до управління ризиками полягає в керуванні підприємством як цілісною системою, в якій кожна управлінська дія в одній частині системи має вплив на решту її частин. Тобто, це означає, комплексне управління усіма ризиками на підприємстві як єдиним цілим [1].

Використання системного підходу в управлінні ризиками дозволяє аналізувати об'єкти ризиків різної природи і складності з єдиної точки зору, виявляти найважливіші особливості функціонування системи ризик-менеджменту і враховувати найбільш значущі фактори, що мають вплив на її розвиток. Безсумнівною