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TO THE PROBLEM OF PROFESSIONAL TRAINING OF PSYCHOLOGISTS: CRITERIA AND LEVELS OF READINESS OF PRACTICAL PSYCHOLOGISTS FOR HEALTH PRESERVATION BY MEANS OF RECREATIONAL RESOURCES

У статті розкрито наукові та теоретичні засади визначення критеріїв і рівнів готовності практичних психологів до збереження здоров'я за допомогою рекреаційних ресурсів як важливої умови підтримання психофізіологічного, психічного та соціального здоров'я в умовах воєнного стану в Україні.

Підкреслюється, що ефективність рекреаційної діяльності значною мірою залежить від формування інтегративної готовності практичних психологів, що включає аксіологічну орієнтацію, мотиваційну спрямованість, знання, критичне мислення, емоційну стабільність, волюву саморегуляцію та практичну діяльність.

Мета та наукова новизна визначаються тим, що автор пропонує критерійно-індикативну систему, що охоплює чотири ключові критерії: аксіологічно-мотиваційний, когнітивно-критичний, емоційно-вольовий та рекреаційно-діяльний. Показники кожного критерію описані детально, що дозволяє проводити як якісну, так і кількісну оцінку ступеня готовності.

На основі цього виділено три рівні готовності – високий, середній і низький – кожен з яких характеризується певним ставленням до здоров'я, мотивацією, знаннями, емоційно-вольовими якостями та рівнем залученості до рекреаційної діяльності.

Підкреслюється, що визначення критеріїв та рівнів готовності створює основу для подальших емпіричних досліджень та впровадження психологічної підтримки та профілактичних заходів у професійному середовищі. Перспективи подальших досліджень пов'язані з розробкою ефективних програм психологічної підтримки та формуванням культури збереження здоров'я серед практикуючих психологів.

Ключові слова: психолог, професійна підготовка, готовність, збереження здоров'я, засоби рекреаційних ресурсів, критерії, рівні.

The article reveals the scientific and theoretical foundations for determining the criteria and levels of readiness of practical psychologists for health preservation by means of recreational resources as an important condition for maintaining psychophysiological, mental, and social health under martial law in Ukraine.

It is emphasized that the effectiveness of recreational activity largely depends on the formation of the integrative readiness of practical psychologists, which includes axiological orientation, motivational focus, knowledge, critical thinking, emotional stability, volitional self-regulation, and practical activity.

The purpose and scientific novelty are defined by the fact that the author proposes a criterion-indicative system encompassing four key criteria: axiological-motivational, cognitive-critical,

emotional-volitional, and recreational-activity. The indicators of each criterion are described in detail, allowing for both qualitative and quantitative assessment of the degree of readiness.

Based on this, three levels of readiness are identified – high, medium, and low – each characterized by specific attitudes toward health, motivation, knowledge, emotional-volitional qualities, and the level of involvement in recreational activities.

It is emphasized that identifying the criteria and levels of readiness provides a foundation for further empirical research and the implementation of psychological support and preventive measures in the professional environment. Prospects for further research are associated with the development of effective psychological support programs and the formation of a health-preserving culture among practical psychologists.

Keywords: *psychologist, professional training, readiness, health preservation, means of recreational resources, criteria, levels.*

Problem statement. Under the current conditions of wartime, the issue of maintaining the health of practical psychologists has become one of the key priorities, as it was precisely the practical psychologists who were among the first to provide psychological assistance and support to the people of Ukraine following the outbreak of hostilities in 2022. Among the effective means of maintaining the psychophysiological state, mental health, and social well-being of practical psychologists, the use of recreational resources occupies a special place. However, the effectiveness of such activity largely depends on both the quality of professional training and the degree of readiness of practical psychologists to apply these resources – that is, their engagement in recreational practices. This highlights the need for a deep theoretical understanding and systematic scientific analysis of this phenomenon. Arguments supporting this position are presented with reference to the views of T. Hurkova, who analyzed the category of “readiness” in the psycho-pedagogical discourse and emphasized its conceptual significance, ... the effectiveness of any activity is determined primarily by an individual’s psychological and practical readiness to perform it [3, p. 317].

Analysis of recent research and publications. In the Ukrainian scientific field, there exists a substantial body of work devoted to the study of the concept of “readiness” from the perspectives of various methodological approaches and scientific disciplines. Among the scholars who have contributed to this topic are Biekirova L. [1]; Varii M. [2]; Hurkova T. [3]; Danylko M. [4]; Zhvania T. [5]; Kavunenko N., Bondarchuk O. [6]; Kozak L. [7]; Lynenko A. [9]; Furs O. [11]; Tsybulska O. [12], and others.

At the same time, the issue of the readiness of practical psychologists for health preservation by means of recreational resources remains insufficiently explored. Therefore, we consider the readiness of practical psychologists for health preservation by means of recreational resources as a holistic, multilevel integrative socio-psychological formation that reflects self-awareness, motivation, active life position, responsibility, and a stable or situationally actualized ability and disposition of the psychologist’s personality toward the conscious preservation and restoration of both their own health and that of others. This is achieved through the use of natural and intellectual recreational resources and the skills of their practical application, which in turn ensure the maintenance of professional efficiency and psycho-emotional stability.

The purpose of this article is to define the key criteria and levels of readiness of practical psychologists for health preservation by means of recreational resources, with the aim of their further application in experimental research.

Presentation of the main research material. For the possibility of conducting empirical research, it is appropriate to develop an author’s criterion-indicator system, since the defined parameters serve as optimal guidelines for experimental work. These parameters must be objective, reflect the essential features of the phenomenon under study, encompass its typical aspects, and be formulated clearly, concisely, and unambiguously. It is important that such characteristics do not contradict each other and form a coherent and holistic picture of the studied phenomenon [8, p. 71].

The concept of a criterion is represented in the scientific discourse through various interpretations. Thus, the term criterion is understood as a measure for determining or evaluating an object or phenomenon; a feature taken as the basis of classification; a measure of the reliability of knowledge and its correspondence to objective reality (Melnychuk O.) [10, p. 432]; as a feature on the basis of which evaluation or classification is carried out; a measure of assessment; a principal feature

by which one decision is chosen from a set of possible ones (Kuchynska L.) [8, p. 71]; as an objective manifestation of something; ... a psychological orientation of the researcher; ... a measure or rule used during diagnostics; ... a level of expression of certain qualities based on responses to questionnaires, surveys, or tests (Furs O.) [11]. An integral component of a criterion is the indicator – the degree of manifestation or qualitative formation of a characteristic. The definiteness of a criterion is expressed through properly defined indicators (Kozak L.) [7, p. 77].

Within the study of the readiness of practical psychologists for health preservation through the use of recreational resources, the criteria are understood as characteristics of the object of study that make it possible to record its state, level of functioning, and dynamics of development. These characteristics are also measurable through corresponding indicators that have qualimetric representation. Considering the structure of the readiness of practical psychologists for health preservation through recreational means, the following criteria were distinguished: **axiological-motivational criterion, cognitive-critical criterion, emotional-volitional criterion, recreational-activity criterion**. The detailed content of these criteria and their indicator characteristics will be presented below.

The axiological-motivational criterion reflects the deep value-based attitude of an individual toward their own health, the aspiration to preserve and restore it, as well as the internal need to use recreational resources as tools for self-preservation and the renewal of life potential.

The axiological component of this criterion embodies a system of personal perceptions, beliefs, life orientations, and priorities, in which health functions as a fundamental existential value. A practical psychologist who perceives health not only as a biological resource but as the foundation of professional competence, social activity, and personal development demonstrates a high level of axiological orientation toward health preservation. Conversely, a low level of axiological orientation is manifested through neglect of health significance, disregard for preventive and restorative practices, and this can lead to critical consequences in the context of professional activity.

The motivational component is expressed through an individual's orientation toward participation in recreational activities, interest in restorative practices, and a conscious need for physical, psycho-emotional, and spiritual recovery. The level of motivation directly depends on the presence of personal responsibility for one's own health, positive experiences with recreational activities, the degree of self-reflection, and the development of self-regulation skills. Practical psychologists with a high level of intrinsic motivation actively engage in physical training, relaxation, and spiritual practices, which enhances their psychophysiological resilience.

The indicators of this criterion include: conscious attitude toward health as a core life value; presence of motivation for health preservation and recovery; purposeful use of recreational resources; consistent interest in health-preserving activities; ability for self-organization and self-regulation.

The cognitive-critical criterion reflects the degree of awareness regarding health issues, the use of recreational resources, and the ability to critically comprehend information and make responsible decisions in the sphere of health preservation.

The cognitive component includes knowledge about the physiological, psychological, and social foundations of health, the principles of a healthy lifestyle, the peculiarities of bodily functioning under professional conditions, as well as the preventive and restorative potential of recreational resources (physical activity, nature, art therapy, meditation, etc.). An informed practical psychologist is capable of independently planning health-promoting activities, adapting behavior to changing work or health conditions, and consciously choosing appropriate recreational means.

The critical thinking component, as the second part of the criterion, is manifested in the ability to analyze, evaluate, and synthesize information, determine its reliability, identify logical relationships, and filter out pseudoscientific sources. This skill is especially important in conditions of information overload, particularly for practical psychologists, as it contributes to the formation of responsible and safe behavior concerning one's own health.

Indicators of this criterion include: systematic knowledge of factors influencing the health of practical psychologists; awareness of recreational means and technologies; ability to critically analyze risks; ability to adequately assess the effectiveness of health-promoting means; developed skills of self-observation, reflection, and self-correction.

The emotional-volitional criterion characterizes the ability of a practical psychologist to maintain emotional self-regulation, inner balance, willpower, and self-discipline in sustaining a healthy lifestyle.

The emotional component encompasses reactions to stressful influences of the professional environment – fatigue, risk, loss, emotional burnout – and consists in the ability to control one's emotions, overcome destructive experiences, and form emotional protection through relaxation techniques, interaction with nature, and art-therapeutic practices.

The volitional component manifests in the ability to mobilize internal resources, overcome difficulties, and adhere to a health-oriented routine despite constraints and external pressure. Developed volitional regulation promotes regular engagement in recreational activities, resilience to negative influences, and the development of healthy habits. Recreational resources, when an individual is internally open to their impact, contribute to reducing emotional tension, stabilizing mood, and enhancing vitality.

Indicators of this criterion include: emotional stability in difficult circumstances; ability for emotional self-regulation and reflection; purposefulness in health-related matters; development of volitional qualities (endurance, responsibility, determination); readiness to overcome challenges during recreational activities; emotional engagement in relevant practices.

The recreational-activity criterion represents the degree of actual involvement of a practical psychologist in health-promoting, restorative, and preventive forms of activity based on the use of recreational resources, demonstrating the practical realization of readiness for health preservation.

Unlike the potential aspects of readiness (knowledge, motivation, emotions), this criterion reflects direct action – the ability to plan leisure time, balance workload and rest, maintain a healthy sleep routine, and systematically use physical, natural, and sociocultural resources (sports activities, nature therapy, psycho-emotional relaxation, etc.). It also encompasses activity, initiative, and a positive attitude toward recreational engagement, as well as tangible results such as improved well-being, increased work capacity, and enhanced stress resilience.

Indicators of this criterion include: regular participation in recreational activities; diversity of applied health-promoting forms; ability to independently organize restorative leisure; integration of recreational practices into everyday life; consistency of health-preserving behaviors under stress and changing professional conditions.

To ensure the effectiveness of experimental research and obtain valid and reliable results for both qualitative and quantitative evaluation of the dynamics of practical psychologists' readiness for health preservation by means of recreational resources, it is considered appropriate to present the author's vision of the level differentiation of this phenomenon – namely, **high, medium, and low levels**.

The high level of readiness is characterized by a stable positive orientation of practical psychologists toward a healthy lifestyle as a significant life value. Such individuals consciously and consistently strive to preserve and restore their health; they possess strong intrinsic motivation, acting not only as informed participants in recreational activities but also as responsible initiators of positive change within their personal and professional environments. They demonstrate deep knowledge of recreational resources and health-promoting practices, as well as the ability to critically evaluate their appropriateness and effectiveness. Practical psychologists in this group exhibit emotional balance, high stress resistance, self-regulation, and volitional determination, effectively overcoming difficulties. They can recognize early signs of psychophysiological decline, assess states of fatigue or tension, and select optimal recreational strategies. Moreover, they are capable of independently organizing recreational activities, integrating them into daily life, and actively and consciously participating in health-promoting events. Such psychologists often serve as motivational role models for others, maintaining their recreational habits even under intense professional pressure.

The medium level of readiness manifests as a partial awareness of the importance of health combined with unstable motivation to maintain it. Practical psychologists at this level may participate in recreational activities but typically require external encouragement or favorable conditions to do so. They possess general knowledge about recreational resources and health practices but are not always capable of critically assessing their effectiveness. Their emotional stability and volitional traits appear sporadically, and participation in recreational activities tends to be irregular. The integration of recreational engagement into everyday life is fragmentary or inconsistent, especially under conditions of heightened stress or professional workload.

The low level of readiness indicates an absence of a well-formed awareness of the importance of health, often accompanied by indifference or resistance to the use of recreational resources. Such practical psychologists lack not only motivation but also the essential knowledge, skills, and critical thinking abilities necessary for health-promoting and recreational activities. They demonstrate low emotional stability and weak self-regulation, showing little initiative in health-related matters. Their knowledge of recreational resources is limited and unsystematic. These individuals rarely engage in recreational activities or quickly discontinue participation when faced with difficulties. Their involvement in health-oriented practices lacks stability, and recreational activity is not perceived as a meaningful part of life – particularly in conditions of professional instability or exposure to stress factors.

Conclusions and Prospects for Further Research. Given the considerations outlined above, it can be concluded that constructing a holistic understanding (conceptual model) of the studied socio-psychological phenomenon – the readiness of practical psychologists for health preservation by means of recreational resources – is a key stage of scientific analysis. Defining the structural components of this phenomenon through the formulation of clear criteria, corresponding indicators, and levels of formation ensures not only methodological integrity but also opens opportunities for subsequent empirical studies aimed at examining the specific manifestations of readiness in real professional conditions.

In turn, the empirical data obtained will create a foundation for exploring and testing effective ways to support health preservation among practical psychologists, particularly through the active use of recreational resources. This approach will not only enhance the level of individual psychophysiological well-being of psychologists but will also contribute to the formation of a health-preserving culture within the professional community as a whole – an especially urgent task under the conditions of heightened psycho-emotional strain caused by martial law in Ukraine.

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