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**TÍTULO:** Formación de la estabilidad nerviosa y mental de los futuros policías mediante entrenamiento físico especial.

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**RESUMEN:** El artículo examina la influencia del entrenamiento físico especial en la formación de la estabilidad nerviosa y mental de los cadetes de las instituciones de educación superior a los factores negativos de la futura actividad policial. 252 cadetes de la Academia Nacional de Asuntos Internos de Ucrania participaron en la investigación. Está comprobado que a medida que los cadetes mejoran su rendimiento gracias al entrenamiento físico especial, como requisito previo para la formación de su estabilidad nerviosa y mental, su nivel general de adaptabilidad aumenta, la estabilidad psicoemocional y el autocontrol aumentan, la perseverancia y la determinación aumentan, y el coraje y disposición al aumento justificado del riesgo generalmente contribuyen a mejorar la preparación psicológica para futuras actividades profesionales.

**PALABRAS CLAVES:** entrenamiento físico especial, estabilidad mental y nerviosa, policía, cadete, actividades profesionales.

**TITLE:** Formation of future policemen' nervous and mental stability by means of special physical training.

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**ABSTRACT:** The article examines the influence of special physical training on the formation of nervous and mental stability of cadets of higher educational institutions to negative factors of future law enforcement activity. 252 cadets of the National Academy of Internal Affairs of Ukraine took part in the research. It is proved that as cadets improve their performance from special physical training, as a prerequisite for the formation of their nervous and mental stability, their general level of adaptability increases, psycho-emotional stability and self-control grow, perseverance and determination increase, courage and willingness to justified risk increase that generally contributes to the improvement of their psychological readiness for future professional activities.

**KEY WORDS:** special physical training, nervous and mental stability, police officer, cadet, professional activities.

## **INTRODUCTION.**

The professional activity of police officers as a result of extremeness always occurs in conditions of extreme stress of mental and physical forces (Gül, & Delice, 2011; Alekseenko, 2010; Bondarenko, 2018; Korolchuk, & Kraynyuk, 2006). In a broad sense, law enforcement activities are associated with the impact on the personality of the police officer of such extreme factors as: danger and extraordinary dynamism of events; lack of time and information; uncertainty of possible options for changing the situation; need for continuous analysis of the flow of unstructured or poorly structured information; need for immediate solution of tasks requiring a non-standard, creative approach; high responsibility for the consequences of decisions made (Mayhew, 2001; Anufriiev, 2003; Alexandrov, et al., 2007; Posokhova, 2016). These and other factors, due to their stressful nature, often lead to the emergence of destructive mental states in police officers, that in the absence of an appropriate level of psychological stability and readiness lead to an increase in victimization and, as a consequence, to an increased risk of injury or even death (Alexandrov, Okhrimenko, & Drozd, 2017; Malkina-Pykh, 2005; Valieiev, Tohochynskyi, Pekarchuk, Sobakar, & Iermakov, 2019).

In addition, the extreme nature of law enforcement activities can lead to the accumulation of nervous and mental stress, which has a devastating effect on the organism, causing a decrease in the adaptive potential of the individual (Prontenko, Plisko, Griban, & Bondarenko, 2019; Romanchuk, 2015; Papkin, 1996; Henning, Park, & Kim, 2011). Therefore, the formation of psychological readiness of police officers in extreme conditions of official activities has a particular impact on the organization of special physical training (Bouchard, Blair, & Haskell, 2007; Knapik, Sharp, & Steelman, 2017; Kompaniets, 2012).

The purpose of special physical training is not only the development and improvement of professionally important physical qualities of the police officer, but also the formation of his psychological readiness for professional activities (Hauschild, De Groot, & Hall, 2017; Kraemer,

Szivak, 2012; Lester, et al., 2010; Verenga, 2014). The content of the special physical training of the police combines traditional physical exercises with a set of exercises that model specific conditions of official activities; allow adapting the body and psyche of the police officer to the ultimate physical activities that occur when performing tasks (Edwards, Stephen, & Clive, 2004; Jahani, Motevalian, & Asgari, 2002; Prontenko, et al., 2019; Rosendal, Langberg, & Skov-Jensen, 2003).

In addition to conducting high-level training sessions in various areas of physical training; at present, educational institutions of the system of the Ministry of Internal Affairs of Ukraine have sections from various service-applied sports: hand-to-hand fight, sports and combat sambo, athletics, weight-lifting, officer triathlon, mini football, shooting. Due to this, the main achievement of sports work is that physically trained, hardened and courageous officers are released into the security, defense and law enforcement agencies power structures that are not afraid of difficulties and are ready to carry out official tasks with honor and dignity.

Thus, the risky conditions of law enforcement activities contain significant obstacles to the effective solution of the professional tasks of the police officer, and therefore affect the performance of his activities. This makes it necessary to maintain an appropriate level of nervous and mental stability based on the implementation of the tasks of special physical training, both at the stage of training of future law enforcement officers, and throughout the course of service.

## **DEVELOPMENT.**

### **Methodology.**

The aim of the study is to investigate the influence of special physical training on the formation of nervous and mental stability of the future police officers to law enforcement activities.

The object of the study is nervous and mental stability of future police officers to the conditions of law enforcement activities, and the subject is special physical training as a means of forming their nervous and mental stability.

To achieve the purpose of the study, we applied a number of techniques:

1. To determine neuroticism and extroversion, the Eysenck Personality Inventory (EPI) test questionnaire was used (Eysenck, H., & Eysenck, S., 1964).
2. To determine nervous and mental stability, the "Prognosis" method was used (Baranov, 1988). This technique contains a single generalized indicator of nervous and mental stability and the risk of deadaptation in stress.
3. To diagnose the characteristics of nervous and mental stability, as a component of professional adaptability, we used the multi-level personality questionnaire "Adaptability" (MLQ-AM) by A. G. Maklakov – S. V. Chermyanina (Maklakov, 1994). This method contains the following scales: indicator of adaptability, nervous and mental stability, communicative competence and moral normative behavior.
4. For a comprehensive study of the individual and psychological characteristics of the police personalities, which can act as factors of nervous and mental stability, R. Cattell's multifactor personality questionnaire (16 PF form C) was used (Cattell, & Chevrier, 1994). This method contains 16 Primary factors: Warmth (A); Reasoning (B); Emotional Stability (C); Dominance (E); Liveliness (F); Rule-Consciousness (G); Social Boldness (H); Sensitivity (I); Vigilance (L); Abstractedness (M); Privatness (N); Apprehension (O); Openness to Change (Q1); Self-Reliance (Q2); Perfectionism (Q3); Tension (Q4).

The study involved 252 cadets of the National Academy of Internal Affairs of Ukraine (Kyiv) males aged 18-21 years. The selection of this category is determined by the specifics of the age of cadets for physical training. The quantitative indicator of the sample was calculated on the basis of the

general amount of cadets of the Academy, which amounted to 2968 people, with a confidence coefficient  $t=2$  with a confidence level of probability of 0.95 with a theoretical statistical error of 0.059. The sampling step, respectively is 10, it was evenly distributed among all cadets from the total amount. Hence, it can be argued about the representativeness of the studied sample.

### **Research methods.**

theoretical analysis and synthesis of scientific and methodological literature, pedagogical observation, questionnaires, methods of mathematical statistics. An analysis of the relationship of special physical training with the formation of nervous and mental stability of police cadets was carried out using the Spearman's rank correlation coefficient.

### **Results and discussion.**

In the context of the study of the future police officers' psychological readiness to tense conditions of law enforcement activities by means of special physical training, they usually turn to an analysis of its nervous and mental stability to stressful factors and destructive effects. In this sense, psychological stability is an integral characteristic of a personality, which ensures its resistance to frustrating and stressful effects of adverse situations (Malkina-Pykh, 2005; Korobeinikov, 2002).

It is undeniable that the psychological readiness for the tense conditions of law enforcement activity through special physical training is directly linked to the neuropsychological stability of the police officer's personality.

At the beginning of the XX century, J. Johnson experimentally proved that at a certain level of activity of the nervous system the results of human activities begin to change (Wilmore, & Costiill, 2004). With minimal mental stress the productivity of the activity is quite low, but with the increased optimal level of mobilization, the efficiency increases significantly; that is, at the optimal level of nervous and mental stress, when it does not exceed the limit of utility, a person's

professional actions become more energetic, active, and quick, attention improves, the mind works quickly and clearly, motivation intensifies, determination and courage appear, tasks are performed with emotional enthusiasm and interest. However, if the tension rises excessively and crosses the utility limit, then distress occurs, which causes a deterioration in the quality of activities, and, consequently, a decrease in readiness for effective behavior (Sergienko, & Andreianov, 2013; Miroshnichenko, et al., 2019; Allen, & Hodge, 2006).

In scientific sources, there is an interpretation of readiness both as a physical state and a personality characteristic. In sports, military and legal psychology, there are many works devoted to the study of the phenomenon of a person's readiness to carry out relevant activities in psychologically stressful conditions.

Researches of A. D. Ganyushkin (2002) indicate that there is a direct connection between psychological readiness for action in tense conditions of extreme situations and the level of nervous and mental stability, self-control, mobilization and psychological flexibility, courage, intelligence, optimism, neurotism, tension, depression, anxiety, pedantry, suspiciousness, aggressiveness and others. In turn, M. E. Lester et al. (2010) note that psychological stability determines resistance to physical and mental stress, which can accompany the performance of official tasks. Therefore, the better the organization of special physical training for police officer is, the more successful it is in conditions of great physical and mental stress, the better it maintains self-control and can neutralize negative changes in its own psyche.

The psychological stability of a person to physical and mental stress formed due to special physical training is determined by the ability to resist or adapt to external destructive influences that impede the effective performance of official tasks. The phenomenon of psychological readiness for professional activities by means of special physical training of police officers has several visions as:

- A certain regulator of purposeful activity when high physical and mental stress.
- A state of physical and mental mobilization for targeted activities during the performance of professional duties.
- A specific psychological setting, which sets up the effective implementation of professional tasks.
- A complex of personality traits and qualities that determine the effectiveness of acquisition of professional knowledge and skills.

In addition, the readiness for endurance in conditions of significant physical and mental stress is also directly related to the characteristics of the nervous system and personality temperament, acting in particular as the basis of its characterological features. As scientists Hauschild, De Groot, & Hall, (2017) note, this should be taken into account when organizing classes for special physical training. Modern studies (Henning, P., Park, B. S., & Kim J. S., 2011; Herdem, 2019; Prontenko, et al., 2019) also stress the direct connection of nervous and mental stability with the emotional and volitional components of a person's psychological readiness, such as: responsibility, independence and initiative; readiness for justified risk; resistance to failure; perseverance; self-control, as the ability to control oneself under any adverse circumstances.

The readiness of the future police officers for professional activities is based on mental stability, which, in turn, is formed using measures of special physical training. And, as studies show (Knapik, Sharp, & Steelman, 2017), being well established during special physical training, mental stability is a factor and prerequisite for successful activity in psychologically tense and extreme conditions of significant physical and mental stress. It becomes obvious that one of the basic personality traits underlying in all other structural superstructures of the police officer's, psychological readiness for tense working conditions is nervous and mental stability formed in advance by special physical training measures. J. H. Wilmore and D. Costiill (2004) explain this by the fact that, on the one hand, mental stability is determined by the constitutional characteristics of the biopsychic



components of the personality structure, and on the other, it is the result of volitional qualities based on physical and psychological training.

Adaptation to difficult conditions of official activities depends on the strength of the nervous processes, therefore, proceeding to an empirical study of the factors of police officer's mental stability by means of special physical training, it should be noted that of the variety of factors, we will focus on the nervous and mental characteristics, because, they affect the effectiveness of activities.

To study the relationships of cadets' indicators in special physical training with nervous and mental stability, as a prerequisite for psychological readiness for official activities, we selected indicators of nervous and mental stability according to the MLO-AM method. The selection of this scale is proved by the fact that it determines the stability or liability of the nervous system. This personality characteristic is associated with adaptability to psychologically tense situations of official activities. It should be noted that the indicators of the selected scales have the opposite values, when a decrease in the score points of indicators show an increase in nervous and mental stability.

The appropriateness of choosing this particular indicator of nervous and mental stability is confirmed by high correlation with the cadets' indicators of current assessments in the "Special physical training" discipline with: the level of nervous and mental stability according to the MLO-AM method (-0.6305), and the indicator of neuroticism according to the ERI method (-0.5434) and an indicator of the "Prognosis" method (-0.6527). This confirms the direct relationship between the level of physical fitness of the police officers and the level of their nervous and mental stability. However, first of all, it is necessary to determine the reliability of the relationships between these indicators of nervous and mental stability in order to ensure their relevance to the purpose of our study.

Analyzing the internal connections of the selected indicators of nervous and mental stability, we found that the indicator of nervous and mental stability according to the "Prognosis" method has high positive correlations with the indicator of neuroticism according to the EPI (0.6325) and nervous and mental stability according to the MLO-AM (0.8148). In turn, the EPI indicator of neuroticism is supported by significant positive correlation with the indicator of nervous and mental stability according to the MLO-AM method (0.4734), and the corresponding indicator by the "Prognosis" method (0.6325).

The indicator of nervous and mental stability according to the MLO-AM method is determined by significant positive correlations with the indicator of neuroticism according to the EPI (0.4734) and nervous and mental stability according to the "Prognosis" method (0.8148). In addition, adaptability to special physical training, as a prerequisite for the development of mental stability of the police cadets, should also be illustrated by significant correlations of the level of adaptive abilities according to the MLO-AM method with: neurotism index according to the EPI method (0.4084), and the indicator of nervous and mental stability according to the same method of MLO-AM (0.8995) and an indicator of the "Prognosis" method (0.8267). It can be concluded that the selected indicators are reliable and have a sufficient level of mutual reinforcement, although it is worth noting that the indicator according to the "Prognosis" method provides significant links with other indicators than indicators of nervous and mental stability according to EPI and MLO-AM methods. The abovementioned indicates the relevance of the selected diagnostic criteria to the research task.

At the same time, we will not be limited to only one of these indicators of nervous and mental stability, and for the reliability of the study we will use the parallel form approach. The sequence of interpretation of the defined relationships of these indicators with other psychological characteristics of the police cadet personality is carried out in accordance with the number of significant correlation links. This sequence of presentation is determined by the fact that the greater

number of these three indicators of nervous and mental stability a certain personal quality has significant correlations, the more they have in common with the physical fitness of the police officers.

Now, we turn to the analysis of the leading interdependencies of indicators of nervous and mental stability, which is formed in the process of special physical training with the individual psychological characteristics of cadets, which determine their readiness for official activities. Indeed, as modern scientific research shows, the qualitative organization of physical training is reflected not only at the level of a person's physical development, but also on his personal qualities (Alekseenko, 2010; Jahani, Motevalian, & Asgari, 2002; Kompaniits, 2012). In turn, high nervous and mental stability contributes to the development of cadets' abilities, accelerates the entry of professional experience, knowledge and skills, which determines the effectiveness of the formation of professional readiness for professional activities (Alexandrov, Okhrimenko, & Drozd, 2017; Bouchard, Blair, & Haskell, 2007; Prontenko, et al., 2019).

When analyzing the leading individual and psychological characteristics of the personality of police officers according to R. Cattell's method formed through the development of nervous and mental stability in the process of physical training, first, we should note the significant inverse correlation with the C scale indicator (nervous and mental stability according to the "Prognosis" method) (-0.5842), nervous and mental stability according to MLO-AM (-0.3886) and neurotism for EPI (-0.2550)). This indicates that as nervous and mental stability grows, so does emotional stability, endurance, self-control, and self-control. The individual's working capacity and endurance to the tense conditions of official activities increases that is also confirmed by the other scientists' studies results (Bondarenko, 2018; Prontenko, et al., 2019; Romanchuk, 2015).

The next by the number of significant connections is the indicator of O scale of R. Cattell's method, which has positive correlations with the indicator of nervous and mental stability according to the "Prognosis" method (0.4370), nervous and mental stability according to MLO-AM (0.3645) and neuroticism according to EPI (0.2546). Such manifestations determine that as sustainability develops, so does self-confidence and self-reliance. The police officer quickly and decisively carries out the tasks and gradually becomes convinced of his own professional potential, which is also an indicator of the formation of readiness for service activities.

The indicator of A scale of R. Cattell's method also contains significant inverse correlations with the leading indicators of nervous and mental stability that we have chosen according to the MLO-AM method (-0.1812), according to the "Prognosis" method (-0.1674) and neuroticism according to EPI (-0.1300). Such relationships indicate that the growth of nervous and mental stability contributes to the development of the communicative potential of police officers, which is an extremely necessary characteristic in official activities. Therefore, the ability to maintain productive contact with colleagues is a sign of readiness for effective communication in carrying out tasks that require coordinated teamwork.

Now, we turn to the characteristics, which are supported by two of the three possible leading characteristics of nervous and mental stability. The first significant interconnection is the M scale of R. Cattell's method, which has positive correlations with indicators of nervous and mental stability according to the "Prognosis" method (0.3787) and MLO-AM (0.2648). These trends lead to an increase in pragmatism as nervous and mental stability increases. This confirms the importance of the practical orientation of police officers to perform official tasks as physical fitness develops, its focus on realistic perception of objective circumstances, pragmatism and firmness in the performance of professional activities.

The next by the number of significant correlations with leading indicators of nervous and mental stability is the L scale of R. Cattell's method, which has positive relationships with the corresponding indicators by the methods of "Prognosis" (0.3330) and MLO-AM (0.2443). The positive nature of the identified relationships determines the natural growth of confidence depending on the development of nervous and mental stability in the process of physical training. A cadet with a high level of mental stability feels more confident and can trust his colleagues more increasing their cohesion and collective interaction in carrying out professional tasks.

In the context of the foregoing, one should dwell on such a characteristic of the police officer's personality as the ability to justified risk that is also due to the level of mental stability. In particular, the N scale of R. Cattell's method has high inverse correlation with the indicators of nervous and mental stability according to the MLO-AM methods (-0.2975), and "Prognosis" (-0.2815). It can be stated that the high nervous and mental stability formed in the process of special physical training of cadets contributes to the development of such professionally significant quality as psychological readiness for actions in extreme conditions of official activities, requiring decisiveness and courage. The growth of nervous and mental stability during special physical training helps to reduce manifestations of anxiety and fear, facilitates self-control of psycho-traumatic experiences, and allows police officer to objectively assess the real circumstances in which they have to perform official tasks.

Assessing the level of danger, the police officer is able to adequately correlate them with his capabilities and his own level of preparedness, and allows him to act decisively in risky conditions of professional activities. It is worth noting that such a trait does not mean adventurism or risk for the thrill. On the contrary, nervous and mental stability allows police officer to clearly distinguish the situations where the risk is justified from those that contain an unjustified level of threat. This, as noted by J. Knapik, M. Sharp and R. Steelman (2017), is also a manifestation of the professional

experience acquisition, which indicates the cadet's adaptability to the difficult conditions of professional activity.

According to such psychological signs of performance as its subordinate nature, it is determined by E scale of R. Cattell's method, which has strong correlations with the indicators of neuroticism according to EPI (0.2696) and nervous and mental stability according to "Prognosis" method (0.2229). The positive orientation of the identified connections means an increase in willingness to observe discipline as the formation of nervous and mental stability in the process of special physical training. The ability to maintain a high level of performing discipline determines the ability to adapt one's own life habits to the conditions of performance. A positive correlation reveals that such an important ability of a police officer indicates his willingness to meet the requirements of the service and his adaptation to the conditions of professional activity.

It should be noted that the Q1 scale indicators of R. Cattell's method has also two significant correlations with the level of nervous and mental stability according to "Prognosis" (0.3147) and MLO-AM (0.1665) methods. A tendency towards certain conservatism has been identified, which leads to the constancy of views and beliefs, as well as focus on the real requirements of the objective conditions of service in general and the performance of specific official tasks.

The nervous and mental stability that has developed during the process of special physical training allows observing the established rules under any circumstances, because they coincide with the formed worldview of the police officer. Personal maturity increases his stability to stressful conditions of service and helps to overcome difficulties and obstacles in the process of activities. The police officer is not inclined to radical innovations in the performance of official tasks, if it borders on adventurism but is not supported by good practice or his own experience.

Similarly, the Q2 scale indicator of R. Cattell's method is also combined with indicators of pragmatism, subordination and certain conservatism. This scale has significant positive correlation with the formation indicators in the process of special physical training of nervous and mental stability (according to the "Prognosis" (0.3030) and MLO-AM (0.1930) methods) demonstrating the sociability of the police officers and their focus on the team, when the success of performance of official tasks depends on the coordinated interaction. Submission of personal principles and value orientations to the relevant foundations of a particular police unit allows them to adapt to the conditions of official activities quickly.

Next, we should dwell on the relationship between the mental and physical stability that has developed in the process of special physical training and the Q3 indicator of the R. Cattell's method, which contains significant correlations with the indicators of stability according to the "Prognosis" method (-0.1584) and neuroticism according to the EPI (-0.1465).

In accordance with the previously described indicators of C and B scales of the R. Cattell's method, mental and physical stability determines an increase in the level of police officer self-control in the performance of official tasks. The internality allows making responsible decisions and independently complying with their proper implementation, in compliance with the necessary requirements of professional activities. The police officer clearly adheres to self-awareness and personal capabilities that enable him to objectively assess his potential and use it at the maximum level in the process of activities. High self-possession facilitates volitional self-control in the performance of official duties, especially in tense circumstances. Due to the potential of volitional characteristics, the police officer is able to persistently move towards his goal.

At the same time, one should pay attention to the following characteristic, which is also supported by two significant connections with the level of mental and physical stability, namely, the Q4 scale indicator of R. Cattell's method. Revealed significant correlations with the indicator of neuroticism

by EPI (0.1411) and mental and physical stability according to the "Prognosis" methods (0.1317) indicate that, despite the high level of internal self-control, it does not cause exhausting tension. This determines the ability of the individual to withstand frustrating circumstances and not succumb to excessive anxiety. Against the background of physical fitness and mental and physical stability, this is a positive indicator of psychological readiness for professional activities, because stressful and psychologically tense conditions of official tasks in other circumstances would lead to rapid exhaustion, neurotization and psycho-emotional burnout of police officers.

The G scale indicator of R. Cattell's method, which has a high inverse correlation with the level of mental and physical stability according to the "Prognosis" method (-0.2920), should also be considered. But, unlike the internality on the Q3 scale indicator of R. Cattell's method; this indicator defines the Super-Ego of a police officer as the ability and internal willingness to comply with norms and requirements as a job. This manifestation of the police officer's orientation to normative behavior is also confirmed by the tendency to increase the index of moral normality according to the MLO-AM method, which is determined by the significant direct correlation with the indicators of mental and physical stability according to "Prognosis" method (0.4197) and the corresponding stability scale of the same MLO-AM method (0.3110).

The identified tendency determines the stability in the pursuit of professionally important goals, accuracy and responsibility, but not only due to internal willpower but also a focus on the external demands of official activities. Such combination of internality and "Super-Ego", taking into account the mental and physical stability, contributes to the realization of the volitional component of motivation for success in the professional activities of the police officer.

Taking into consideration the psychologically tense nature of law enforcement activities, attention should be paid to the relationship between the I scale indicator of R. Cattell's method and the level of mental and physical stability established during the process of special physical training



(correlation according to the "Prognosis" method (0.1219)), which demonstrates the presence of police officers pronounced traits of masculinity. With this trend, as noted by L. Rosendal, H. Langberg and A. Skov-Jensen (2003), the personality manifests itself as assertiveness in achieving goals, courage and self-confidence.

There are prudence and realistic judgments in actions, given the pragmatism of worldview contribute to objectivity. The aforementioned also contributes to the observance of the hard line of the chosen strategy of behavior, since the N scale index of R. Cattell's method has a significant positive correlation with the manifestation of mental and physical stability (according to the MLO-AM method (0.1482)). This indicates that, due to special physical training, mental stability determines the natural behavior of police officer. Taking into account all of the above, it can be considered that straightforward openness is more an element of a certain conscious role-based behavior aimed at achieving productive results in the process of interaction during official activities. It can also be considered as an element of acquired professional experience and a sign of psychological readiness for various conditions of activities, especially when performing tasks in the unit.

As follows from the above, special physical training directly affects mental and physical stability, which, in turn, is reflected in the professionally important personal qualities of police officers. At the same time, personal growth takes place, not only experience in fulfilling official tasks is acquired, but also awareness of one's own potential, the formation of self-confidence and one's abilities.

## **CONCLUSIONS.**

From the analysis we can draw the following conclusions regarding the positive consequences of the growth of mental and physical stability in the process of special physical training of the future police officer:

- Increase in the general level of adaptability.
- Increase of psycho-emotional stability and self-control.
- Increase of perseverance and determination.
- Improvement of the normative behavior.
- Increase of courage and willingness to justified risk.
- Extroversion, trust, self-control, practicality, discipline in interpersonal interaction indicate an improvement in professional communication.

So, mental and physical stability, as the leading professionally important component of mental qualities in the structure of the police officer personality, is directly related to the success of his special physical training.

Due to special physical training, mental and physical stability develops, that is in general a determinant of readiness for career. Given the important role of special physical training in the formation of readiness for the cadets' career, it is necessary to significantly expand its intensity, both in the learning process and in the subsequent period of police service.

Readiness for special physical training becomes the basis for the formation of mental readiness for further career activities due to the development of professionally important qualities, as well as the acquisition of professional experience in the learning process.

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